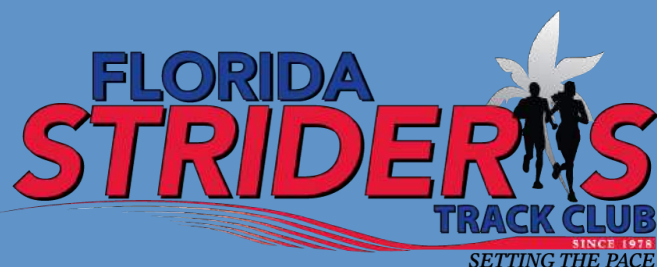


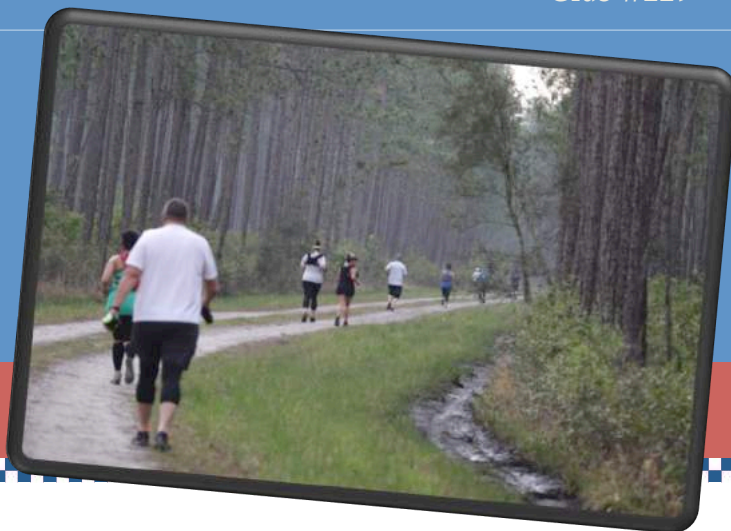
StrideRight

www.floridastriders.com

Club #229



Volume 40, Number 3



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WHY IS THE TORTOISE ANGRY?

Written by Mae Barker, Race Director

Hot, sweaty, and a little dirty... this is how 106 runners finished this year's 6th Annual Angry Tortoise 25k and 50k on April 6, 2019. This year's race was a huge success with race registration at capacity, a great line-up of sponsors, and support from invaluable volunteers. The icing on top of the race cake was that net proceeds from this year were about \$4,000! The Angry Tortoise actually cracked a smile at hearing this and finding out that the funds were going to our club's kids' running programs.

Special thanks to our sponsors (please make sure to support these individuals' businesses and tell them how awesome they are!):

Our ULTRA-Awesome Sponsors (provided \$500 financially or in kind to this event!)

- Regina Sooe, Realtor: <https://reginarunsrealestate.com>
 - Provided \$500 donation and volunteered with her partner, Bill Page!
- Garber Automall: <https://www.garberautomall.com>
 - Provided \$500 donation
- Thyme Down South Restaurant and Catering:

Continued on page 10

Troy Dunkley wins the 50K and sets overall record at 4:08:05!

Read Any Good Books Lately?

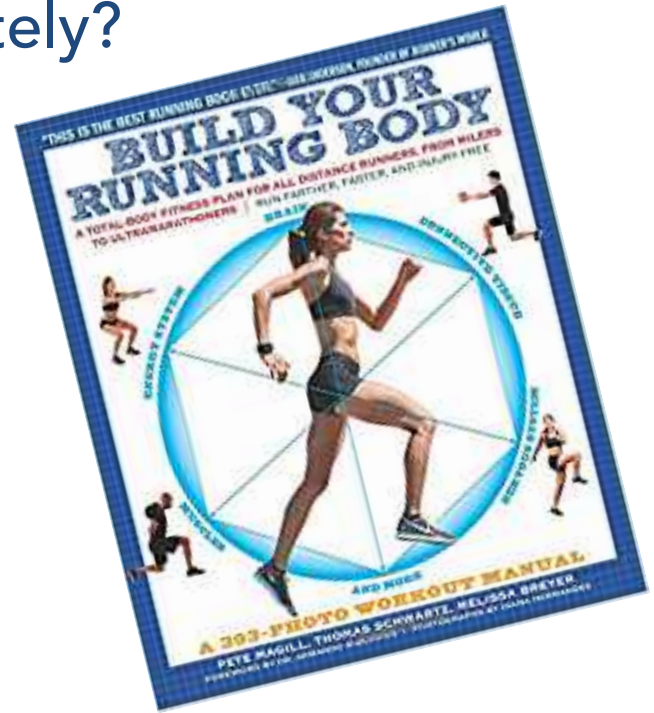
Book review by Vicky Connell

My most current book review is “Build Your Running Body” by Pete Magill, Thomas Schwartz, and Melissa Breyer. The lengthy subtitle is: *A Total-Body Fitness Plan for All Distance Runners, from Milers to Ultramarathoners. Run Farther, Faster, and Injury-Free.*

Wow – that’s a huge claim for one book! But in this case, this book delivers. This book doesn’t just cover a small part of participating in a running program; it covers pretty much everything from training and nutrition to injury prevention. In fact, it covers everything so well, that’s it’s easy to get lost in the detail! Some of the information was so detailed that it was actually more information than I could take in and have any hope of ever remembering. If you want to know absolutely everything about how your body functions and the things that affect it, you’ve come to the right place!

For experienced runners, you will already know a good bit of the information presented in this book. But this book goes very deep into why you should do certain things and not others. It goes into great depth about warm ups, stretching, strengthening programs, and nutrition. Not only does it recommend certain moves you should do, it tells you when and how, and it provides a great many photos demonstrating the moves. There’s great value in the book for the photos alone, which are very good. The workout called “The Runner 360” was especially good for its simplicity and full body movements, which require no additional equipment.

If you’re a beginning runner (or know someone who is), I highly recommend this book, for it’s very sound, science-based information on how to run, starting with what you should wear and how to progress. For anyone wanting to get faster, there are chapters on the type of workouts you should be doing and what pace



you should run. And for masters runners in particular, there are workouts you should be doing to stay healthy and injury free. They are laid out in great detail. There are even suggested weekly programs you can view to help you develop your own schedule.

I was surprised at the lengthy chapters on nutrition, including some recipes. I actually tried a couple of them, and found them interesting. You might be a bit overwhelmed at the detail in the nutrition chapters, but it’s easy enough to skim these quickly if that’s not something you’re interested in reading about. The main takeaways are good sound principles that we should all pay attention to!

I originally found a free version of this book that I downloaded on my kindle. I found it useful enough that I plan to order a hard copy to keep on hand for reference. I especially like the common sense strengthening workouts that were presented which don’t require a ton of equipment. If everyone did them, there wouldn’t be so many runners with injuries! So I guess that’s about as high a recommendation as I can give for a book if I’m willing to pay for it when I’ve already read it!



Welcome the 2019-20 Board of Directors!

Our new board was elected on April 14th at our annual Strider Picnic after a great day of socializing with fellow Striders.

Directors at Large

Amy Bonnette
Ann Krause
Cari Holbrook
David Bonnette
Doug Barrows
George Hoskins
Julia Wolfe
Kathy Murray
Kim Lundy
Michael Mayse
Michele Pelham
Perry Pelham
Scott Hershey
Scott Showalter
Shelly Allen
Vicky Connell

Officers

President: Jon Guthrie
president@floridastriders.com
Vice President: Dave Allen
daveallen@floridastriders.com
Secretary: Sara Guthrie
froggyskg@comcast.net
Treasurer: Bill Krause
treasurer@floridastriders.com

Race Directors

Resolution Run: Bill Krause
resolutionrunrd@floridastriders.com
Angry Tortoise 25K/50K: Mae Barker
mae@facesjax.com
Run to the Sun 8K: Bill Krause
rttsrd@floridastriders.com
Memorial Day 5K: Scott Hershey
run2day4life@gmail.com
Hog Jog 5K: Mike Mayse
mjmayse@comcast.net

Coordinators

Children's Running: Carol MacDougall – carolmacdougall@bellsouth.net
Running Classes: Vicky Connell – vickyjc@comcast.net
Membership: George Hoskins – membership@floridastriders.com
Social: Dave Allen & Amy Bonnette – social@floridastriders.com
Scholarship: Kim Lundy – scholarship@floridastriders.com
Race Volunteer: Ann Krause & Kellie Howard – volunteer@floridastriders.com
Registration: Kathy Murray & Sara Guthrie – registration@floridastriders.com
Equipment: Mike Mayse – mjmayse@comcast.net
Race Advisor: Bob Boyd bobbydFL@fmail.com
StrideRight Editor: Cari Holbrook – striderighteditor@gmail.com

*For a complete list of all directors, personnel, and board meeting minutes, please go to the "about" tab on our website:
www.floridastriders.com.*

MESSAGE FROM THE PRESIDENT

We have come to the end of our "Florida Strider year". It may seem odd to some people since it is springtime and most of us operate on a calendar year, but the annual picnic which was held on April 14 marks the end of the 2018-2019 year for our outgoing Board members, and the start of the 2019-2020 year for our incoming Board of Directors. I want to thank the five outgoing Board members who have served our Club well over the past year(s): Bill Page, Regina Sooeey, Stephanie Watson, Jennifer Harper, and Tara Showalter deserve our appreciation for their volunteer service to help keep our Club running smoothly. We now welcome five new members to our Board of Directors. David Bonnette, Julia Wolfe, Perry Pelham, Michele Pelham, and Scott Showalter have been elected to serve as Board members for this next term. We look forward to some fresh input and new energy in the leadership of our Club! The complete list of our Board of Directors can be found elsewhere in the Strideright, and on our web page: www.FloridaStriders.com.

I'm proud to be a part of the Florida Striders, and I hope that each of you reading this feels the same! Membership in our Club continues to grow, and our visibility on social media also continues to increase. Please make sure you "like" and follow our Facebook page for the most current information about your Club.

During the past year we have done many fun events. We have hosted a Family fun Day at Hanna Park, put on a beginner running class, held the annual Jenny's Pennies event at a new location at Clarke House Park, gone to a Jumbo Shrimp baseball game, celebrated the 40th anniversary of our Club's founding, celebrated the Christmas Holiday season on the St. John's River, done a Polar Plunge at Jacksonville Beach, and traveled to destination runs in Las Vegas, New Orleans, Palatka, New Smyrna Beach, and Key West. All this was accomplished while also putting on our usual events such as the River Run expo and hospitality tent, our social and educational events, our

huge children's running program, and our series of Florida Striders races!

Our Striders Cruise to the Bahamas is happening May 2nd. By the time you read this it may have already happened. You will be able to read about it in the next issue of the Strideright! The morning of May 18 is the Fleming Island Eagle 5K. Also on that same day in the evening we have joined forces with JTC for a Jacksonville Sharks Arena Football game! Our TopGolf outing on May 19 is sold out! Due to the popularity of this, we most likely will be scheduling another TopGolf event in the future! The Memorial Day 5K will be May 27, and has some new and exciting twists! Jumbo Shrimp Baseball is happening on Sunday, June 23. This will be a top notch event! Your all-inclusive price of \$35 gets you admission to our private sky deck with all-you-can-eat pulled pork, BBQ chicken, hamburgers, hot dogs, pasta salad, potato salad, coleslaw, cookies, fruit, tea, lemonade, and water! A cash bar is available also. Don't miss this opportunity to socialize with others in the running community and enjoy a Sunday afternoon at the ballpark!

If you are not a member of our Club, please join us. If you are a member, please support us by participating in our events whenever possible!

Remember..... runners make the best friends!

Hope to see you soon!

Jon Guthrie





Carole Barling
Irene Basore
Una Bolton
Charlene Bolton
Tom Brandies
Robert & Terra Buckley
Darrell Canady
Gallegos Caranne
Sarah Corbitt
Alice & Chris Derreberry
Almira Diaz
Jeffrey Dice
Tamara Ellis
Paula & John Farmer
Elisabeth Ferreira
Kristi & Rodney Garvey
Melanie Goins
Dalton & Carol Gurkin
Tanya & Michael Henson

Robert Holcomb
Daniel Holmes
Jeremiah & Rena Johnson
Darryl Johnson
Elizabeth Lasseter
Kenny Leigh
Heather Lukens
Stephanie Markwith
Paul & Lydia McRae
Patrick Moses
April Murdaugh
Alma Nick
Robert & Wendy Nones
Cathy Paxton
Dan Rawn
Meg Reeseey
Michael & Starla Robbins
Deborah & Peter Russell
Ellen Sackett

Anita & Chuck Sackman
Grace & Jeff Sales
Frank & Melanie Samu
Ryan Schoenfeld
Edgar & Jessica Serrano
Kylee & Jeffrey Shaw
Jessica & Alan Sturm
Elana Waldon
Kara & Patrick Walsh
Shannon Walsh
Dianne Wears
Joseph & Anna Williams

Shelly & Dave Allen
Samuel Atwell
Traci Bane
Joanie & Rob Barrett
George Barthelmes
Bryan Bartosik
Monte Beane
Brian & Kathy Benda
Paul Berna
Julie Bevington
Elmore & Jackie Bing
Gerald Boorse
James Braunreiter
Edward Broadnax
Megghan & Chris Brooks
Nick Camarata
Thomas & Teresa Carlson
Marsha Carter
Susan & Buddy Chadwell
Tom & Diana Crowe
Michael & Shannon Curry
Tom Custer
Elaine & Stan Davis
Tracy & Rich Dawson
Jennifer & Becky DeSantis
Christine & David Doss
Leslie Drake
Sonya Dudley
Karie Ewing
Elizabeth Fagin
Billy Fehrs
Donna & Mike Fielding
Leigh & Rob Flynn
Brian & Michele Fry
Michele Fry
Patrick Gaughan
Paul & Gene Geiger
Jim Giancola

Barbara Gilbert
John Gobaton
Lynne & Jeff Graley
Mark Grubb
Craig & Susan Harms
Jennifer & Chip Harper
Stacey Hendryx
Todd & Camille Hockett
Cari & Harold Holbrook
Benjamin Holland
Bruce Holmes
David & Renee Horn
Jessica & Justin Jewell
Karen Johnson
Gary Jones
Lesley Jones
Bonnie Jules
Nancy Kern
Geoffrey & Alice Klimas
Carolyn & Eric Krall
Jackie & Robert Kroggel
Vanessa & Jason Lain
Holly & Marc Lester
Maria Littlejohn
Patricia Mandelare
Kevin Mangold
James & Denise May
Brian McGready
April McHugh
Alex Moore
Yolanda Munoz
Kathy Murray
David & Diane Nielsen
Patricia Noonan
Sheila Oconnor
Kristina & Sean Oettel-Barber
David & Marilyn Ohnsman

Jack & Kathy Owens
Samantha & Eric Parham
Dawn & Lloyd
Paternoster
Tracy & Len Pfuntner
Thomas Pittman
Bernie Powers
Bill Powers
Raymond & Michelle
Ramos Jr
Maggie & Craig Randall
Bryan Rohlin
Terri Rose
Cinzia & William
Rothrock
Marie-Claire Rowlinson
MARCELINO & DINAH
RUIZ
Cheryl Runkle
Wendy Schaeffer
Nanci Scheetz
Derrick & Jane Schimcek
Kristie & Gary Schneider

Jean Schubert
David Scott
Annette & Kevin Shannon
Bradley Shepherd
Terry Shuya
Tracy & Bea Skipton
Marc Sokolay
Christy & Rob Surgeoner
Jack & Lynn Sykes
Jennifer & Shawn Szala
Bob Tatum
Melinda & Kevin Terry
Doug & Tanya Tillett
Donna Trumble
Rosanne & Sean Vernon
Robert Walker
Lisa Weatherford
Julia & George Wolfe
Elfrieda & Norm Wyner
Carol Wyninger
Mark Wynter
Tom & Kary Zicafoose





2019 Annual Florida Strider Picnic

Written by Amy Bonnette

Florida Striders hosted their annual picnic Sunday, April 14 at Mandarin Park. It was such a huge success with over 80 Striders families and friends. Thank you to everyone who helped pull all of this together. We decided to reinstate the backyard grilling of hamburgers and hotdogs, which were prepared by David Bonnette. We really need to get a Florida Striders cookbook going; there were some delightful homemade sides and desserts that were outstanding!

Our annual picnic is a fantastic way for our Striders families to relax and spend some leisure time together. We brought back the life size Jenga game. Added to the mix were the checker game and water balloons, and we had our very own paparazzo Stephanie Watson taking photos.

Our annual picnic also gives us a chance to introduce to you our 2019 board members. Missing from the photo is Sara Guthrie, Mike Mayse and Kimberly Lundy.

It really is a Wonderful Life being a Florida Strider!

→ Just a quick "Review of the Striders 2019 Annual Picnic"

Written by Frank Frazier

It was excellent!!

Thanks so much to the BOD and the volunteers that put the picnic together, cooked hamburgers and hot dogs and either brought all the stuff to the picnic or coordinated getting it there. There is so much work that goes on behind the scene in putting together a Strider event such as this or the Strider races. The vast majority of folks do not volunteer, and those that do deserve a great big THANK YOU.

For those that do not normally volunteer, please consider helping out in the future. It is a great way to get to know other members and to get to be known and to find out just how much help you can be!



Let's Go Bar Hopping!

Written by Kelsey Beckmann

With a busy schedule, it is hard to avoid convenience foods such as “protein bars” or “energy bars”. You may be asking yourself if bars are even healthy, and if so which ones.

Like anything else, I recommend Meteor Nutrition clients to choose ones that are nutrient dense and in moderation. Also, be aware different bars may be used for different purposes. For example, I would encourage an athlete to take a carbohydrate focused bar (Just Fruit, Fig Bars, Belvita) prior to exercise. If you are looking for it to be a mid-morning snack during work, I would welcome unsaturated fats and complex carbs (KIND bars are a great example). Post workout, we want a nice balance of protein/carbohydrates. Some of our favorite bar brands to optimize recovery are LUNA protein, Picky Bar, Go Macro, and many more. Overall, I encourage using bars when we are low on time and need convenience the most (try not to eat more than 1/day).

Ingredient Labels, Food Labels, Running, Sports Nutrition, Supplements

With so many types of protein/energy bars on the market, it's difficult knowing which is a good option.

You know the saying ‘you can’t judge a book by its cover’? Well, you shouldn’t judge a food product by its cover either, no matter how many health claims they try to print on there.

Example: Quest bars look awesome when you only look at the cover – the front of the package makes it sound like an “all-natural” protein bar. It boasts being so high in protein & fiber, so low in sugar. To make matters worse, their hashtag & slogan is ‘cheatclean’ which really just makes me cringe for so many reasons. The idea of ‘eating clean’ is eating foods rich in fruits, vegetables whole grains (*things that this bar contains none of*) & minimizing processed foods. The fiber is coming from added soluble corn fiber & the low sugar is due to the sugar alcohols & artificial sweeteners (*sucralose/Splenda*)

Most often people look at the front cover of the bar, followed by the calories & grams of protein, fat, carbs

on the back. While this is useful information, it's so important to look at the **ingredient list to see WHERE these calories & grams are coming from.**

- A very **basic guideline** for what your snacks should contain is 200-250 calories, 3g fiber or more, & 5g protein or more. (*note: these are a general guideline. For my clients trying to gain weight, it varies!*) See how your favorite bar matches up to these numbers!
- What are some **good ingredients** to look for? Whole fruits such as dates, dried unsweetened fruits. Protein sources such as whey protein isolate, pea protein, brown rice protein, egg whites. And healthy fats such as nuts, nut butters, seeds, & any spices such as cocoa powder, cinnamon, ginger.
- What **ingredients** should I **avoid**? Partially hydrogenated oils (*this is trans fat*), high fructose corn syrup, artificial sweeteners (*sucralose/Splenda, aspartame, acesulfame K*) and watch intake of both synthetic fibers (*inulin, chicory root fiber*) & sugar alcohols (*erythritol, xylitol*) especially around times of exercise as these could lead to GI distress.
- Energy bars can be a convenient snack between meals or pre/post workout, but they shouldn't be used to replace an entire meal, and I don't recommend relying on them for every single snack, multiple times per day. You can get just as many calories, carbs, and protein from a good pre-workout snack such as a banana with peanut butter, or an apple with a few hard-boiled eggs.
- A few brands to check out that I often recommend to clients include Larabar, RXbar, GoMacro, and Health Warrior.

If you're looking to further strategize your diet, contact Meteor Nutrition to make tailored approaches to fit your lifestyle. You can reach Kelsey at meteronutrition@gmail.com.

Upcoming Races!

Please note that this is published as a service and is not a complete list of races. All dates and times are subject to change. For a complete list of North Florida races, go to www.ameliaislandrunners.webs.com/kbendy/rrcaca.htm

DATE	RACE	TIME	RACE DAY LOCATION	WHERE TO REGISTER
10-May	Running of the Knights 5K	7:00pm	Creekside High School	1st Place Sports (online or in the store)
11-May	United Veterans Craft Brewery 5K	10:00am	Veteran's United Craft Brewery	runsSignup.com
18-May	2nd Annual Ice Cream Sandwich 5K	8:00am	World Golf Village	runsSignup.com
25-May	Schools Out for Summer 5K	9:00am	205 Saint Johns Golf Drive, St. Augustine	runsSignup.com
27-May	Memorial Day 5K	8:00am	Town Hall - Orange Park	www.floridastriders.com
5-Jun	Global Running Day 5K	6:30pm	1st Place Sports @ Baymeadows	JTC Running
8-Jun	Run for the Pies 5K	7:00pm	Jacksonville Landing	1st Place Sports (online or in the store)
15-Jun	Chemo Noir 1 Mile & Wine Tasting	11:30am	Beach Pier, Jacksonville Beach	1st Place Sports (online or in the store)
4-Jul	Celebration 5K	7:30am	1st Place Sports @ Baymeadows	1st Place Sports (online or in the store)

2/23/19 – Ortega River Run

Jacksonville, FL

Jean Schubert 1:18:09

3/02/19 – Moo-ve It 5K

Jacksonville, FL

Perry Pelham 22:03

1st place Masters

3/09/19 – Gate River Run

Jacksonville, FL

Jean Schubert 2:38:02

August Leone 2:18:28

At 89, oldest to have run Gate.

Anxious for next year.

Perry Pelham 1:10:40

PR and top 10%

Nick Camarata 1:05:27

a 49 second PR!

Luke Bybee 1:07:17

37th AG (14-19)

St. Paddy's Day 10K

Jacksonville, FL

Jean Schubert 1:31:58

3/30/19 - Chick-fil-A 5K

Jacksonville, FL

Jean Schubert 43:45

3/24/19 – 3/30/19 - World Masters Indoor Track & Field Championships Torun, Poland

Shelly Allen 11:27.24 (3000m)

6th in W55 AG, 1st American

Shelly Allen 5:22.1 (1500m)

5th in W55 AG, 1st American

4/6/19 – Wine & Chocolate 5K

Jacksonville, FL

Shelly Allen 21:11

4th overall female, 1st Masters

Course was long, my Garmin said 3.21

Al Saffer 41:15 1st AG (80+)

4/6/19 - Chuck Cornett Navy 10K

Jacksonville, FL

Jean Schubert 1:33:04 1st AG

Perry Pelham 45:34 1st AG

4/20/19 – Run to the Sun 5K

Fleming Island, FL

Luke Bybee 19:12

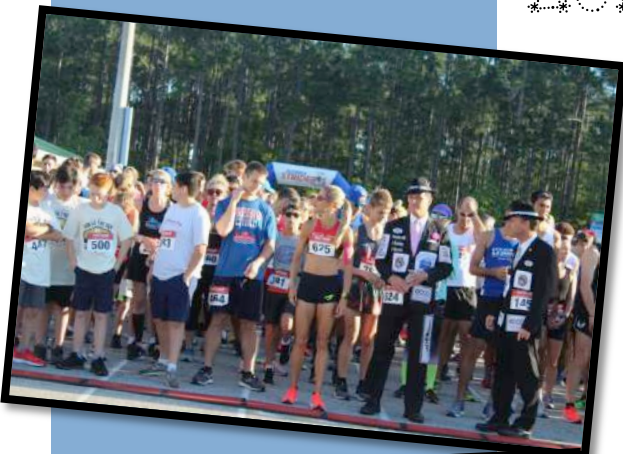
14-19 AG, 12th in AG, PR 6:10 pace

Jean Schubert 43:13

STRIDERS AT THE RACES

2019 Run to the Sun Recap

Written by Bill Krause, Race Director



Another great race on another wonderful day. You guys did it to me again! We had to move the race to a different venue and change it to a 5K. That, coupled with the race being the same day as the Parkinson's Run, AND it being Easter weekend, it was hard to guess how many runners we would have. I ordered 200 more shirts and medals than last year, figuring I was more than covered. I didn't want anyone to have to wait for their shirt or medal, like a lot of you had to after the Resolution Run. Well, we still ran out! Not by a lot, but it still happened. Thanks for this wonderful problem:>

A big thanks to Fleming Island High School for the use of their facilities and letting us copycat off their 5K course. I received a lot of great feedback about the setup and course. If you haven't already, please sign up for their Eagles 5K on May 18th. Same location, and the Striders will be there to support them.

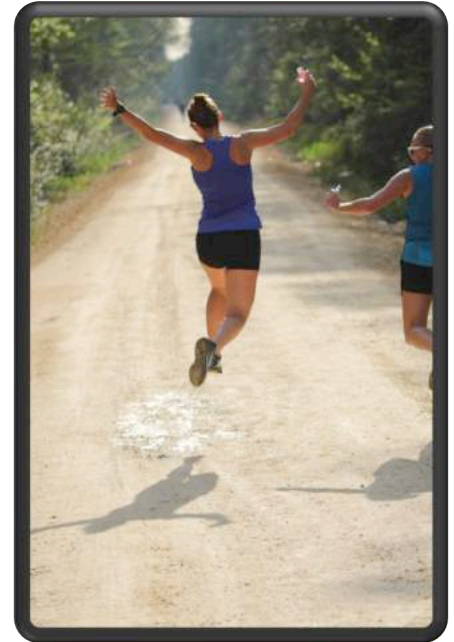
Many thanks to our Partners: Kohl's, Pinch-A-Penny, Dentistry 4 Children & Teens 2, Heartland Rehab, Kenny Leigh & Associates, Vaughn Motors, Orange Park Medical Center, and Camp Gladiator.

We couldn't put our races on without the support of our many, many, many volunteers. From our great setup team at the track, and on the course, to the Clay County Amateur Radio Emergency Services, the fantastic "Kohl's water stop," our course timers, course director and marshals, all working with the Clay County Sheriff's Dept. to ensure everyone has a safe and good time. We were blessed with several volunteers from the Fleming Island High School, the Navy, and the Naval hospital. I would like to thank everyone individually, but time and space do not allow me to do so. I am very lucky to be part of such a great club. Our mission from the beginning has been to help the community grow by educating the kids on better physical and mental health through running and walking programs. Once again, we had more kids in the free 1 mile Fun Run, then we did for the 5K race! I guess it doesn't hurt that we distribute \$1,000 to the schools, based on their participation level, huh?

Thanks again for supporting the RTTS and making this race director look good!

Continued from the front page

- <https://thymedownsouth.com>
 - Provided amazing meals onsite to all runners after the race
 - If you haven't checked out their restaurant on Kingsley, you should!
- PRS Race Timing: <https://www.prsracetiming.com>
 - Thank you to Paul McRae for donating your race timing services. Paul was onsite the entire day of the race, provided bibs and race timing.
- Amy Smedley, Licensed Massage Therapist (MA 91494)
<https://amysmedley.amtamembers.com>
 - Provided massages post-race to runners and gift certificates
- Michael Brynildsen - Owner / Photographer, Semper Fi Photos
 - Provided race day photography
- LAFresh: <https://lafreshgroup.com>
 - Donated sunscreen and bug repellent wipes
- Altra Running: <https://www.altrarunning.com>
 - Provided 4 \$100 gift certificates to runners
- Urban Bean Coffeehouse: <http://www.theurbanbeancoffeehouse.com>
 - Provided Free LATTE cards to all runners and \$50 in gift certificates
- Camp Gladiator: <https://campgladiator.com>
 - Provided cash contribution and gift certificates for awards
- Clay County Amateur Radio Emergency Service:
<http://www.clayares.org/wp/>
 - Provided radio services and assisted at aid stations
- Poochies Dog Park, Boarding, and Pet Spa: <http://www.poochiespark.com>
 - Provided cash donation and coupons for runners for free day pass



Jessica Jewel shows you can run AND have some fun with Kim Scurti!



Master's 50K winner and 2nd overall in 50K, Zach Hanna receives a kiss and his award from wife and RD, Mae Barker.

- Flatlander Running Company: flatlander.run
 - Provided camping and coordinated the race day experience

Special thanks to our volunteers (all of these volunteers devoted a full day for this race!)

- Bill Page – for being our outback aid station caption
- Regina Sooeey – for being a sponsor and volunteering your time and input
- Frank Frazier – for helping run outback aid station
- Mike Scurti – for volunteering in any way asked!
- Joe Pinter - for driving all the way to Gainesville to volunteer and offer tons of smiles and encouragement to runners
- Shirlene and Tracy Barker – my parents who were amazing in every way on race day
- Jodie and Dustin Hawkins – Jodie not only ran the race, but she made handmade ice bandanas for all the runners at a discounted price. This was incredibly useful swag for our runners. Her and her husband also helped out at race packet pickup! Check out Jodie's Sweat Shoppe on Facebook – she sews great seat covers and ice bandanas. They make awesome gifts for the runner!
- My husband Zach Hanna

Continued on next page

and 2 kids Ella Rose and Lillian who helped in countless ways behind the scenes – thank you for allowing me to volunteer as race director and supporting such! Zach, thank you for keeping me calm and helping with many behind-the-scenes technical issues.

Last, I want to acknowledge Charlie Sauter-Hunsberger for starting the Angry Tortoise, mapping out the scenic course, and volunteering many hours to make past races happen. This was my first stint at race directing, and it was quite a roller coaster with many lessons learned and a happy race day ending. I'll be holding onto the torch to direct the 2020 Angry Tortoise, and I hope to see you out there on the trail!

Oh yeah, I forgot to tell you the answer to the question, "Why is the Tortoise Angry?" It is because Frank Frazier continues to call him the MAD TURTLE! ☺

Fleming Island 5K
Maddi's Mile 
Saturday, May 18, 2019 8 A.M.
Fleming Island High School

Register at [Active.com](https://www.active.com)



Proceeds Support The FIHS Track Team
and Suicide Prevention and Awareness





The Florida Striders Track Club is incorporated as a non-profit organization under the laws of Florida and is granted federal tax exempt 501(c) 3 status under the blanket exemption of the RRCA ID#74-2194707. StrideRight is published bi-monthly at P.O. Box 413, Orange Park FL. Printed by Sir Speezy – <http://www.sirspeedyop.com>.

FLORIDA STRIDERS TRACK CLUB

P.O. Box 413, Orange Park, FL 32067-0413

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Thank You Volunteers!

Well, the Gate River Run 2019 has come and gone. Many Florida Striders ran the race, and many others were involved in various activities supporting the event. A large group of Striders played key roles in the main Expo packet pick up effort.

Another group of Striders and Amelia Island Runners kept the Florida Strider Expo Booth running smoothly Thursday and Friday. At the Booth we showed videos of Striders in action, signed up New and Renewing members, took in registrations for our next races, gave away neat stuff, and talked up our Great Club to our Booth visitors.

Many volunteers took part in making our Hospitality Tent “the best place to be” on race day. Getting the Tent area set up and organized, managing all that wonderful food and drink, and finally taking it all down, takes a great team of hard working folks.

To all Florida Strider and AIR volunteers who contributed to these GRR activities, we say Thank You Very Much!!