

the

StrideRight

www.floridastriders.com

Club #229



Cooper Bridge Run.... the Way it Was

Written by Jack Knee

Cooper River Bridge Run.....the way it was:

The present bridge looks like our Dames Point Bridge. The one my late buddy, Frank Morse, and I ran c. 1989 was a double hump affair, each tall enough to permit an aircraft carrier to pass under them. It was a 10K point-to-point run from Paradise Point to downtown Charleston in one of the hottest days of summer. Our hotel was near the Start and also near carrier CV 10, the second Yorktown,

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Save the Date!

Running Class Begins

September 25th

Train with friends this fall to become a faster and stronger runner!

Hog Jog 5K Trail Run

November 16th

Challenge yourself with a cross-country race at Ronnie Van Zant Park!

Resolution Run

January 11th

Jumpstart the new year with a new PR – Registration opens soon!



MESSAGE FROM THE PRESIDENT

The hot summer days of North Florida will soon shift to more comfortable running conditions! I'm certainly looking forward to that! Lots of action is planned for the coming months. I'll highlight a few things below, but we also have the usual group runs, destination runs, and other special events mixed in. Really, it's more than I can discuss in this short message.

Run class starts September 25, and meets for 10 weeks, with the goal race being either the half marathon or 5K at the Distance Classic on Thanksgiving morning! Come be part of the class. By the way, Strider members get a nice discount!

Soon we will be kicking off a new mileage competition to help encourage running among our members. Right now, it's scheduled to begin October 1. There will be prizes, and it is not judged on speed! Details will be released very soon. Thanks, Perry and Michele Pelham for organizing this!

Jenny's Pennies is scheduled for Sunday, October 6 at Clarke House Park. This has become one of our bigger social events of the year. Put it on your calendar, come reconnect with old friends, and maybe make a few new ones!

Our tent will be set up at the Pumpkin Run in Evergreen Cemetery October 27 to provide a base of operation for our members. This is something that seems to be gaining popularity. It provides a nice place to fellowship before and after the run! Many folks bring treats to share!

Hog Jog cross-country 5K is happening at the popular Van Zant Park on Saturday, November 16. Help us spread the word, and be sure to come run, walk, or spectate. Bring your kids for the one-mile fun run!

As always, we will have our yellow tent at Pickwick Plaza for the Thanksgiving Distance Classic. Stop in to see what's happening! Holiday/Christmas party is Sunday, December 15 at Haskell on the St Johns River. Put it on the calendar. This event has been growing each year, and 2019 should be better than ever!

Cruising is one of my favorite ways to vacation. The Strider cruise in May 2019 was a great success for those who attended. Plans are now in the works for a 2020 Strider cruise! Date and ship are not yet finalized, but we are targeting June of 2020. Be watching for the official announcement! It's not too early to think about your 2020 summer vacation!

Here is how to stay up to date on all of the club activities:

Website: www.floridastriders.com

Facebook: www.facebook.com/FloridaStridersTrackClub

Also, be sure to watch your email for important updates.

Hope to see you soon!

Jon Guthrie



STRIDERS AT THE RACES

6/22/19 – NAS Jax Runway 5K Jacksonville, FL

Jean Schubert 45:22

7/4/19 – Celebration Run 5K

Jacksonville, FL

August Leone 41:26 1st AG

Jean Schubert 47:31

David Bonnette 22:19

Amy Bonnette 23:25

7/13/19 – JTC Track Meet

Jacksonville, FL

Jean Schubert 21.09 1st AG (100 meter)

1:00.91 1st AG (200 meter)

2:27.6 1st AG (400 meter)

My 300th race in 7 years!

7/20/19 – Vestcor Bridge 5K

Jacksonville, FL

August Leone 46.18 1st AG

8/3/19 – Tour de Pain

Jacksonville, FL

Jean Schubert 1:05:07 (4 mile beach)

47:16 (5K)

13:14 (1 mile)

5th AG - Combined time 2:05:28 (6:13 faster than last year)

8/17/19 – Summer Beach Run 5 Miles

Jacksonville Beach, FL

Jean Schubert 1:20:32

2019-20 Board of Directors & Key Persons

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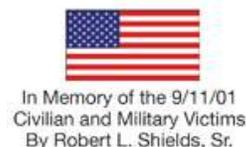
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Race Advisor: Bob Boyd bobboydFL@fmail.com
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For a complete list of all directors, personnel, and board meeting minutes, please go to the “about” tab on our website: www.floridastriders.com.



WE ARE SO THANKFUL FOR ALL OUR PARTNERS! PLEASE THANK THEM BY GIVING THEM YOUR SUPPORT!

Goodbye, BOB!

A bittersweet parting with my jogging stroller

Written by Mae Barker



The author running with Double BOB. A perk of running with a stroller is you can take off layers and have a place to stash them! You can also bring your coffee with you!



Putting snacks in a container like this will keep your kid entertained for at least 6 miles! Also, attach the container and other toys with plastic rings so they don't fly from stroller!

BOB is sitting in my garage. He doesn't know it, but he is will soon be moving on to live with a new family. After I remove the half-naked Barbies, miscellaneous toys, partially melted crayons, and crumbles of decayed food from his possession, he will be posted on Craigslist as a used, but in good condition, double jogging stroller.

After having my first child eight years ago, I was eager to return to running. My first jogging stroller was given to me. I don't recall what kind it was, but I called it the hammock because the portion where you put your child hung low and swung back-and-forth when you ran. It rocked the baby to sleep and allowed me access to running and fresh air.

When my daughter was one year old, our family went to New York City where anything and everything can be bought and/or rented and brought to your doorstep. Within 24 hours of arriving in NYC, I had a rented BOB jogging stroller delivered to our hotel and was running around Central Park! It was amazing. My husband and I ran happily around Central Park as our daughter wrapped cozily in the stroller gnawed on a giant bagel and watched the world speed by.

After coming back from NYC, I sold the hammock and purchased my first single BOB. It was almost as exciting as buying my first car. It was a yellow Ironman BOB – easy to push, highly compactible, and room for lots of accessories. About a year later, I purchased a double BOB as our family grew and I now had two daughters to push.

For nearly eight years, I have pushed one to two kids in BOB. Last night, my husband and I watched in awe as both of our daughters independently rode their bikes to and home from track ALL BY THEMSELVES. We laughed as we struggled to keep up with them!

Over the years, I have heard parents say their kids never acclimated to the stroller or they just couldn't get out to exercise once kids entered the mix. This is unfortunate. Exercise is crucial for your mental and physical well-being. Also, remember children learn what they live. If they see you exercising, they are more likely to follow suit. That said, I KNOW trying to juggle life responsibilities, work duties, childcare AND exercising is not easy, so here are some tips that might help you. If you are past this phase of your life, then maybe you can pass them on to new parents or they will remind you of your own running with kids adventures.

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Welcome to Our New Members!

Allyson Lowans
 Geri & Ed Roden
 William Saunders
 Amber Terrell
 Benjamin & Natalie Van Buren
 Agnieszka Zhukova

Welcome Back!

Luke Bybee
 DiOnne & Gentle Clark
 Liane Daniels
 Errol Daniels
 William & Carmen Darfler
 Janet Fox
 Bernie Gross
 Paul Hibel
 Susanne Jones
 Jack Knee
 August Leone
 Michael Martinez
 Susan & Brian McInnis
 Shannon Pellegrini
 John & Laura Rafalski
 Dee & Dan Robertson-Lee
 Al Saffer

Upcoming Renewals

Amy & David Bonnette
 Tonya Brock
 Stacy & Troy Brown
 Jack Buss
 Nicole Clark
 Cecile Dunham
 Ashley Dutson
 Gregg & Kristin Friend

Carol MacDougall
 Renee Sager
 Denise Dailey
 Nancy Field
 Joseph & Carey Gullett
 Gary Lewis
 Barbara Scott
 Jamie & Tabitha Williams

The Hog Jog Cross Country 5K

Written by Mike Mayse, Race Director



A whole bunch of years ago I ran a 5K on a farm somewhere in Middleburg. Just an old farm boy myself I got a kick out of the scenery and all the critters along the way. Of course, I'm talking about the Hog Jog. I'm not 100% sure what year but it was somewhere around 1995. It remains one of my favorite 5ks of all time.

Back then the Hog Jog was part of the Clay County Ham Jam. Not long after my first Hog Jog experience, the Ham Jam moved to another location, and that very much put the brakes on the Ham Jam/Hog Jog connection. The Hog Jog moved to Ronnie Van Zant Park and continued to carry on without missing a single year. Last year was the 30th anniversary. One year the club decided to change the name, but that went over like a lead balloon. So the name Hog Jog was cemented in place for all eternity. I would bet the majority of the runners who have run the Hog Jog over the last decade have no idea why it is called Hog Jog.

Since the Hog Jog moved to Van Zant Park, the Ham Jam moved at least once more before going on hiatus several years ago. We have had some great Race Directors for the Hog Jog, and they have kept it going, and last year it became my turn to keep it going. Sometimes it's better to be lucky than good. I'm saying that because I got lucky this year. The Ham Jam is returning to Clay County and Ronnie Munsey (Ham Jam owner) has given us the green light to once again be the "Official" Cross Country 5K of the First Coast Ham Jam.

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FLORIDA STRIDERS RUNNING TEAM SUMMER SPOTLIGHTS

Written by Shelly Allen, Running Team Coordinator

Summertime racing in Florida is a real challenge, but many of our Florida Strider Running Team members faced that challenge head-on! With key races around the area in June, July, and August, including many classics, such as Run for the Pies and the Summer Beaches Run, the team members didn't take a summer break. Our lead runner, Matthew Stratton, age 15, had phenomenal races; and either won or challenged for the win in most. Also noteworthy, is consistent age-group award wins by Amy Bonnette and Dena Gaucher.



Here's a brief re-cap of some of the many racing spotlights our team has had this summer:

Run for the Pies was on 6/8/19, and John Keester ran 17:58 for 1st place in his age group. Elijah Showalter also placed 1st in his age group. Nick Camarata ran 19:59 for 5th place in the age group, while Randy Arend placed 4th with a 21:12. Jennifer DeSantis ran 26:52 for 15th place out of 85 women in her age group! Perry Pelham ran 27:27 for 14th out of 43 in his age group. And Jean Schubert ran 46:48 to represent in her age group.

The PRS Big Chief 1 Mile Road Race was on 6/29/19, and if you like speed, this was the place to

be! Keegan Emmanuel ran a 5:19 in the elite men's race! Nick Camarata felt the pain of a fast 1-mile with a time of 5:44 for 1st place in his age group! Amy Bonnette also snagged a 1st place age group award in 7:01. Perry Pelham showed his speed with a 6:01 for another 1st place in his age group. Elijah Showalter ran 6:23 at age 10! Another impressive youth result was Kira Roberts, at age 8, running an 8:23! Club President Jon Guthrie cranked out an 8:58. And myself, the Running Team Coordinator, ran a time of 5:38, which I am very pleased with at my age of 55.



The Runway 5K on 6/22/19 had a strong Strider team showing with Matthew Stratton winning in 16:11. Amy Bonnette and Dena Gaucher both placed 1st in their age groups. Bernie Powers had a 3rd place finish, while Jamie Williams and Jean Schubert both had 4th place finishes.

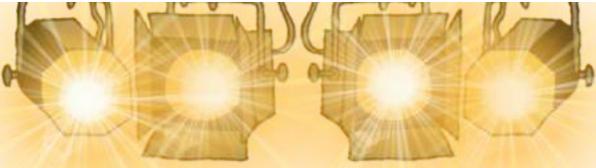
The Celebration Run was on the 4th of July, and Matthew Stratton ran 15:59 for 1st place in age group and 5th place overall. (He's 15 years old and he's running in the 15's!) Allie Knotts came in 3rd in her age group, with Addison Adams in 4th. Lauren Schaudel finished 5th in her age group. Dena Gaucher was 2nd in 23:53 in age group.

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Upcoming Races

DATE	RACE	TIME	RACE DAY LOCATION	WHERE TO REGISTER
2-Sep	Run Jax Labor Day 5K	7:30am	1st Place Sports @ Baymeadows	1st Place Sports (online or in the store)
7-Sep	Run with the Flock 5K	7:30am	Riverside, Jacksonville	1st Place Sports (online or in the store)
8-Sep	Tunnel to Towers 5K	8:46am	One World Golf Place, St. Augustine	tunneltotowers.org
13-Sep	Jaguars Stashe Dash 5K	6:00pm	TIAA Bank Field, Stadium Place	1st Place Sports (online or in the store)
14-Sep	Springfield 5K	7:30am	Wells Fargo Bank @ 6th & Main St.	1st Place Sports (online or in the store)
15-Sep	Rails to Trails then Ales 5K	1:00pm	Engine 15 Brewing Company, Jacksonville	runsignup.com
18-Sep	9/11 Heroes 5K	6:30pm	Seawalk Pavilion, Jax Beach	911heroesrunjacksonvillefl.itsyourrace.com
21-Sep	BASCA "Cape"abilities 5K	8:30am	352 Stowe Ave., Orange Park	1st Place Sports (online or in the store)
26-Sep	Hoods for Heroes Cinnamon Roll 5K	6:00pm	Engine 15 Brewing Company, Jacksonville Beach	runsignup.com
28-Sep	Run for Heroes 5K	6:00pm	Riverside, Jacksonville	1st Place Sports (online or in the store)
5-Oct	Whistling Death 5K	8:00am	Military Museum of N. FL, Green Cove Springs	1st Place Sports (online or in the store)
6-Oct	Rails to Trails then Ales Oktoberfest 5K	1:00pm	Engine 15 Brewing Company, Jacksonville	runsignup.com
12-Oct	USO Armed Forces Half Marathon & Freedom 5K	7:00am	Metropolitan Park	1st Place Sports (online or in the store)
19-Oct	Ancient City Brewing Boos and Brews 5K	5:00pm	Agricultural Center Drive, St. Augustine	runsignup.com
26-Oct	Jail Break 5K	8:00am	The Old Jail, St. Augustine	racesmith.com
27-Oct	Evergreen Pumpkin Run 10 Mile & 5K	8:00am	Evergreen Cemetery	1st Place Sports (online or in the store)
9-Nov	Bailey's Fitness Mandarin Run 10K & 5K	8:00am	Bailey's Gym on San Jose Blvd.	1st Place Sports (online or in the store)

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 NF races, go to www.ameliainlandrunners.webs.com/kbendy/rrcaca1.htm.



STRIDER SPOTLIGHT

Written by Michele Pelham

Meet Will Saunders, a 35-year-old native of Orange Park. Will is an avid runner who recently joined Striders and can be seen running in the Orange Park area as well as the Striders Wednesday night track practice. Will developed a love for running in the 4th grade and has continued ever since. Will also enjoys pushing his limits and participates in local triathlons. Will recently earned his real estate license and is ready to put his knowledge as a native to the test in the real estate market.

Because Will is such a nice guy, I asked him to participate in a game of running related “Would You Rather?” Of course, he said yes, and the interview was a lot of fun. Here’s how it played out:

Would you rather run a 5k, 10k, half or full?

WS: “Definitely 5K, I prefer to run fast.”

Would you rather run with someone who never says a word or with someone who won’t stop talking?

WS: “Someone who never says a word.”

Would you rather go into a race expecting to PR or go into a race just to have fun?

WS: “PR for sure.”

Would you rather do a beer run or a bacon run?

WS: “Beer Run. But both sound awful!”

Would you brag about your run on Facebook or Instagram?

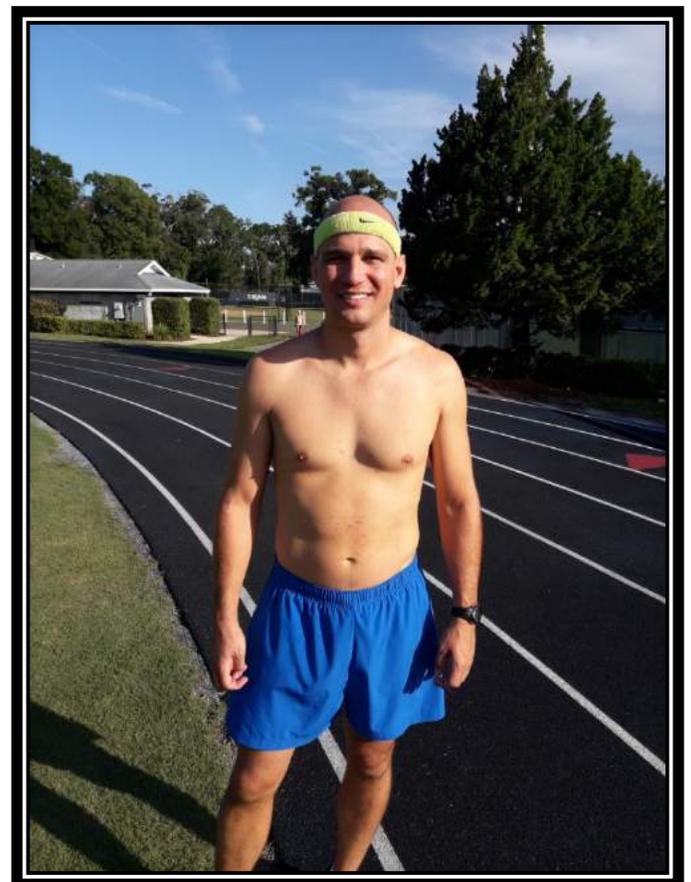
WS: “Facebook, because I don’t have Instagram”

Would you rather run without music or without your GPS watch?

WS: “I don’t use either.”

That last answer completely blew my mind! I thought the run didn’t count if your watch didn’t record your results?

It was a pleasure getting to know Will a little better. If you see him out on a run, say hello. Just don’t talk his ear off because he is probably working on his next PR!



Another Podcast Review

Written by Vicky Connell

You may remember that I started this Review Column with a podcast review and then switched to books. Lately I've been reading books about WWII, and although very interesting, not exactly running related. I'm also a voracious listener to podcasts. I find they are so easy to listen to while I'm running, doing mundane chores, or driving to various destinations. I learn so much, and you can find a podcast on just about any subject in the world. If you haven't listened to one yet, you're really missing out on great entertainment as well as an education. (If you need help on how to listen, send me an email at vickyjc@comcast.net and I'll be glad to assist!)

One of the interesting things about podcasts that might not be so prevalent with books is that the podcaster is usually someone who is very easy to reach out and contact. So far I've emailed four different podcasters on a variety of subjects and received a quick response from all of them! I've actually been mentioned twice on these podcasts, having my question become the subject that was subsequently discussed. My most recent one was a podcast by Monica Reinagel, also known as the "Nutrition Diva". Her podcast can be found on the Quick and Dirty Tips Network (quickanddirtytips.com).

My question to Monica was whether or not drinking tart cherry juice is worth the benefit, considering how much sugar is in the juice. To my surprise, I got an answer from her the next day stating she would research my question and address it in an upcoming podcast. And that's exactly what she did. In fact, what I most like about listening to her podcast is the research she always references when answering questions about nutrition. She believes in actually reading the research herself, and not relying on what a journalist says about the research (they often confuse things). Her answer not only addressed my question, but added more info I hadn't thought of previously. If you want to listen to this particular podcast, here's the link:

https://www.quickanddirtytips.com/health-fitness/healthy-eating/tart-cherry-juice?utm_source=Nutrition+with+Monica+Reinagel&utm_campaign=2c186e9ed0-

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Lastly, another really great thing about podcasts is that there are some that last around 10 minutes, and others that go on for more than an hour. The long ones are great on my long run, and the short ones can get me through a quick chore or trip to the store. I hope you'll give it a try. The Nutrition Diva is a great place to start. Next issue I promise to return to books!

Join us for a fun, family event that celebrates all "CAPE" abilities!
Capes suggested but not required.

BASCA INC.
"CAPE" ABILITIES
7th ANNUAL 5K
SEPT. 21, 2019
CELEBRATING 25 YEARS

5K at 8:30am
1 Mile Fun Run at 9:30am
BASCA-352 Stowe Ave,
Orange Park
September 21, 2019

"Fun Fest" at Town Hall Park
immediately following the race!

Register at www.bascainc.org

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Continued from front page

where as a young Marine Frank lost an eye from a successful Kamikaze attack off Okinawa in WW2.

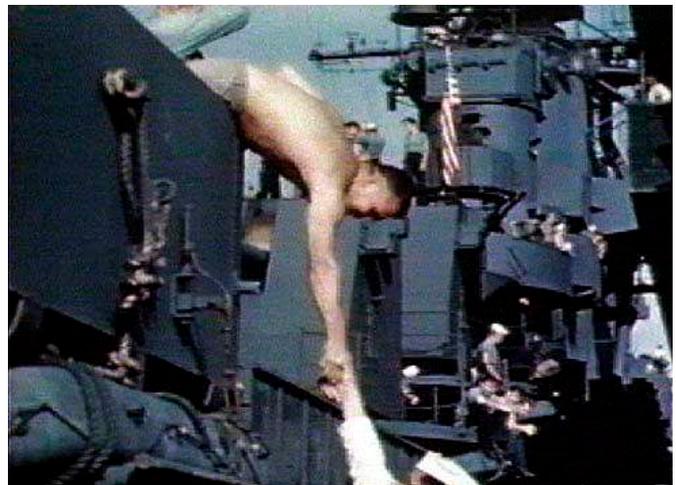
Waiting for the start, we wondered why all the entrants were standing in the middle of the paved road. Standing on the shoulder we also quickly went to the middle after being chewed by sand fleas: the same critters that chewed Frank, and later, myself, in the three months we went through boot camp at Parris Island.

While I was a “back of the pack” runner, I made up going up the two hills of the bridge and beat Frank. Downtown we lost each other in the mob of several thousand, and the only thing we knew was that we didn't have to hang around for a trophy. I was drenched with sweat and decided to walk back to the hotel, 6 miles. I took a short cut through an old inner city neighborhood with shotgun homes up on blocks. Dying of thirst, I saw an elderly black lady watering her garden with a hose. I asked her if I could have a drink from her hose. She would not have that, and told me to wait while she went inside. She emerged with a tall glass of water, and I could hear the ice cubes clinking. God, it tasted great! I noticed it was in a jelly glass, which most jelly came in years ago - no threads - you had to pry off the lid. She did not want it back and refilled it. I proceeded toward the Bridge.

Part way there, still over three miles to go and covered with soggy sweat from cap to running shoes, a car pulled over saying to hop in. I was easily recognized as one of those crazy runners. It was a man and his young son. They insisted I would not soak their “upholstery” which I noticed was leather or fake leather. The car was a dilapidated former Checker Cab having served its several hundred thousand miles and had now been auctioned out to the used car market. They gave me a ride to the front door of my hotel.

Imagine that, in just one day, drinking out of a jelly glass and riding in a Checker!

Oh, if you go up there and take a tour of CV-10, in the WW2 film, you can see Frank Morse in a white tee shirt shaking hands with a person inches away on the passage through the Panama Canal on the way to the Pacific.



Frank at the Panama Canal during the war – photos courtesy of Katherine Morse, daughter of Frank.

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Tips for still getting out to run when you have young children:

- Build exercise into your daily routine. Even if you are exhausted, get out the door and walk/run/exercise. You will feel better afterwards. Schedule your run in the early morning if you can. The more tired you are later in the day, the more you will want to put off exercising until tomorrow.
 - I'd like to add a caveat here about waking up super early to run. There are many parents who wake up super early to run and are cutting their sleep reserves short. Don't do this. You need SLEEP! Find another way of getting your run in.
- Use a stroller or find childcare. In addition to running with my stroller, I joined the YMCA. The YMCA provided childcare, a medium for meeting other parents, and allowed me to have 2 hours of ME time to exercise or simply unwind. Don't be afraid to ASK others who you trust to watch your children. Don't feel guilty about asking for childcare so you can take care of yourself!
- Be part of a running community: Being a member of a running club connects you with likeminded people who can support and motivate you. I have learned and laughed so much from other mothers who have older children through their own trials and tribulations! Although it may be hard to get out the door, get out and attend club events because you will likely find the effort is worth it! My daughters love going to the Striders Wednesday night track workout. They run and play while my hubby and I sweat it out on the track.

Tips for running with a stroller:

- Invest in a good running stroller. The BOB brand was my favorite, but there are other brands that you may want to check out. Strollers can be expensive, so you may want to check out Facebook marketplace, Craigslist or REI garage sales. Don't skimp, though, you want an easy to push stroller and a safe one! You also want a stroller that you can easily compact and travel with. We took our BOB on planes, trains and automobiles!
- Keep your running stroller in good condition. If you feel like the stroller is heavy, check your tires. Check to make sure all fasteners and clasps are tight. I did not do this often enough and am lucky that I still have two kids after a wheel flew off on a run!
- If you are running with a stroller, schedule your run during your child's morning nap window. Your child will likely fall asleep for a good hour and you can have a peaceful run.
- Before you put your child in the stroller, take care of their basic needs – change their diaper and feed them. It is likely that they may cry for a little bit due to the newness of being in the stroller, but they will likely settle down and fall asleep or be entertained by the sights and sounds of the world speeding by them!
- Keep your child entertained: I would hook toys on to the stroller and put extra “just to play with in the stroller” toys in the pockets of the stroller to pull out when needed. As my kids aged, we would listen to music on my phone, play games (e.g., “I spy.” and “Crazy Mama Driver”) or make the run into a mission (“Let's run to get a bagel!” “Let's run to the park!”) Sometimes, we would play Stroller Karaoke!
- Be prepared: Bring snacks, change of diapers, baby wipes, blanket, towel, money, water, bug spray, sunscreen, etc with you. I recommend just leaving this stuff in your stroller, so you don't even have to think about daily packing up the stroller.
- Find a running buddy to take turns pushing your stroller!



G-Daddy (aka Zach Hanna) with girls bundled up. I loved these blankets because they were like sleeping bags and they didn't hang loose and get caught in wheels. Also, note the bike bell attached to the handle. I highly recommend for when you need to signal someone to move over on a sidewalk, safety, as well as kid entertainment!

Continued from page 6

Amy Bonnette ran 23:25 for 5th place, and David Bonnette ran 22:19 for 4th place. Perry Pelham also ran 22:19 for 16th place in his age group. Jennifer DeSantis, Jon Guthrie, and Jean Schubert also represented our team!

The Tour de Pain on 8/2 – 8/3/19 was right in the heat of summer. Running all 3 races is quite a challenge (4 mile beach run, 5K road race, and 1 Mile road race, all within 24 hours). Matthew Stratton once again challenged for the overall win, and represented our team so well! He won the 4 -mile beach run in a very tight race with Chris McCaffrey, and came in 2nd in the 5K race, and then he came in 1st in the 1 Mile in another tight race with Chris! The overall win for the race series went to Chris, by a mere 7 seconds (combining their times in the 3 races). Other overall race series winners were Dena Gaucher, 1st in age group; Amy Bonnette, 2nd in age group; Jean Schubert, 5th in age group; and Jon Guthrie, 12th in age group.

The Jaguars Stadium Challenge 5K was on 8/10/19, and Rebecca Stratton came in 2nd place in her age group!

The Summer Beaches Run, 5 Miles was on 8/17/19, and once again Matthew Stratton challenged for the win, coming in 2nd place overall to Chris McCaffrey by 2 seconds in 27:27. Dena Gaucher won her age group in 39:26, and Amy Bonnette was 2nd in her age group in 41:24. Rebecca Stratton and David Bonnette both finished 3rd in their age groups; and Jon Guthrie and Jean Schubert also ran well representing our team!

Keegan Emmanuel spent his summer training for his first high school cross country season, and ran 19:25 in the team time trial on Aug. 17. He also attended high school cross-country training camp in North Carolina as did team members Grace Adams, Lauren Schaudel, and Matthew Stratton.

By this point, at the end of summer, most of us are dreaming of fall running weather relief. The Strider Running Team members have put in some summer work! Not all team results are listed here, as there are so many. Thank you Strider Running Team members – and remember to log your race results on the Strider website.



Photo credits to Randy Lefko and Dave Allen

Continued from page 5

Initially, we tried to figure out a way to have the Hog Jog the same weekend and same location as the Ham Jam, but there were too many challenges to make it a success. After much consideration and discussion, we decided that for this year we would return the Hog Jog to Van Zant Park. However, we are moving it to Saturday morning as opposed to Sunday afternoon. The date is November 16th. It's almost a full month after the Ham Jam, but we picked that date because it comes after cross-country season ends for the schools, and there are no competing races that day. We are hoping to get many of the school cross country athletes and their parents to come out and run the Hog Jog. With so many races these days, it is difficult to find a day where there are not several races around North East Florida.

The Ham Jam is returning, and it will be at Clay County Fair Grounds from Thursday, Oct 17, 2019 to Sunday, Oct 20, 2019. In my Hog Jog discussions with Ronnie Munsey he told me a lot about the Ham Jam, and it is going to be fantastic and a really good value for your entertainment dollars. Please go!

<https://firstcoasthamjam.com>



SAVE the DATE for Some Good Ole' Fashioned Trail Fun

Angry Tortoise 25k/50k

March 14, 2020

Registration will be open soon!

Don't wait to register for this event! The event sold out last year!

For more info, contact Mae Barker



Become a Faster/Stronger Runner 10 Week Class



- Starts:** Wednesday, September 25th, 2019, 5:45pm on the track at St. John's Country Day School
- Locations:** St. John's Country Day School (Wed 5:45pm)
Starbucks parking lot, Oakleaf (Saturday 7am)
Lucky's Parking Lot, Oakleaf (Monday 6pm)
- Included:** Coach led runs 3 times per week, Class T-shirt, Strider Membership, Choice of Training Plans, Strength Training Program, End of Class party
- Price:** \$70 non-members, \$45 members
- Required:** Must currently be running at least 3 times a week for at least 30 minutes/10-15 miles
- Goal:** Choose your race and class training program – 5K or Half Marathon on Nov 28
- Who?:** Class is designed for both first time 5k/Half Marathoners or more advanced runners who want to run with a group and get faster. Participants will follow a 10 week training schedule which is tailored according to the individual's starting level.

For more info call Vicky at 904/707-8469 and to register, go to:
www.floridastriders.com/running-classes/

<http://www.floridastriders.com/hogjog>



Official Cross Country 5K
of the
First Coast Ham Jam
<https://firstcoasthamjam.com>

Ronnie Van Zant Park
2760 Sandridge Road
Lake Asbury, FL 32068

5K Race Start 8:00 AM
Fun Run Start 9:00 AM

Race Director
Mike Mayse (904) 238-3650 (Leave a Message or Text)
Email: jaxmjm@gmail.com

Entry Fees

	Striders	Non-Striders	Kids 13 & Under
Until Oct 31	\$22	\$25	\$15
Nov 1 to Nov 15	\$27	\$30	\$20
Race Day	\$35	\$35	\$35

Awards

Top 3 overall male and female
Top Master's male and female
Top Grandmaster's male and female
Top three male and female finishers in each age group: 10 and under, 11-13, 14-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79 and 80 & over
Awards ceremony will be held following the race

Register Online: <http://www.signmeup.com/131950>

Sorry no refunds!

Online registration closes at noon Thursday, November 14th

Register at any 1st Place Sports location Thursday or Friday

No registration on Saturday

Registration race day starting at 6:30 AM

T-shirts for first 300 pre-registered runners



Course

Cross country starts and finishes in the park
This two-lap rugged course
Not be suitable for strollers
Spikes may be worn
Walkers are welcome - No separate walking awards
Race is timed using Champion Chip attached to the bib

Packet Pickup

ALL packet pick-up will be at Ronnie Van Zant Park
race day starting at 6:30 AM



1 Mile Fun Run

Free
Must register to participate
Complete an entry form on race day or bring in a completed entry form
Please do not mail in Fun Run entry forms

<http://www.floridastriders.com/hogjog>

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FLORIDA STRIDERS TRACK CLUB

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

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Jenny's Pennies!

Another year has come and gone, and it's time for one of our favorite socials of the year again. Join us at Clark House Park at the Beach Bay Pavilion (on Kingsley Avenue) on October 6th at 7:00am to run/walk and party at 8:30(ish)am! This is the day we celebrate with all the random coins found on our runs. Orange juice, champagne, coffee, and other goodies will be provided. Please bring something to share! Bagels, fruit, chips & dip, wings, or another favorite breakfast/brunch item you enjoy. We look forward to seeing you there!



You don't want to miss it!