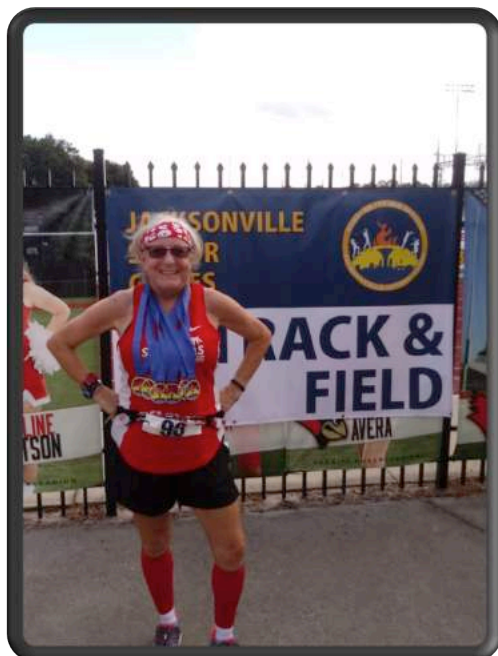


The StrideRight

www.floridastriders.com

Club #229



2019 Jacksonville Senior Games

Written by Jean Schubert

Each year, the City of Jacksonville, along with major sponsors, hosts an event for men and women ages 50 and over referred to as the *Forever Fit 50 & Beyond Jacksonville Senior Games*. These Senior Games are usually held at the end of September and consists of multiple events for both athletes and other active senior citizens. You just have to be at least 50 by December 31st of the year the games are held. Cycling, golf, power lifting, line dancing, bowling, pickleball, tennis and track and field are just a few of the many events offered for willing participants over the course of a week or so. I first got involved when George Hoskins challenged Striders to sign up for the 2014 Games.

The 2019 Games began with an opening ceremony held on September 27th at Hemming Park in downtown Jacksonville. Attendance at the Opening Ceremony is optional but it's always a great opportunity to meet with peers from around the City. In addition to a few speakers, they offer a boxed lunch, and a highlight was the torch lighting (think Senior Olympics) and the parade of

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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

MESSAGE FROM THE PRESIDENT

Welcome, finally, to the more comfortable running months in Florida! This seems to have been an extra-long and hot summer to be out on the roads and trails of the Jacksonville area.

I want to tell you about an exciting improvement to the FloridaStriders.com website. By the time you read this message, the initial transition to our new website should be completed. An email introducing our new site will have been sent to the address we have on record, explaining what our members will need to do to take full advantage of the improvements.

When you go to the FloridaStriders.com website, you will notice that it looks a little different. To access the member area, you will be required to log in. You will be able to see your membership status and when your membership will be due for renewal. To receive the member discount while registering for any of our races, you will need to be logged in, so the system knows you are a current member. "Yes," in the future, our Florida Strider race registration will be handled through our website! That feature will begin with registration for Run to the Sun. Look for instructions and a temporary password for your account in the introductory email.

One of the main reasons for making this upgrade is to consolidate our membership database and improve the ability to communicate effectively with our members. It will also allow us to target participating non-members with club information that may be of interest to them.

I'm an active Facebook user and do some of the posting on our Club Facebook page, so I am thrilled that the new website also has a prominent link to our Facebook page for easy access to the latest and greatest Florida Strider news! Check it out and "like" our Facebook page so you can get notified about the latest posts.

I urge everyone to go to our site and explore. Realistically, it's not yet perfect. It's new to us, and it will be evolving and improving over time. Everyone working behind the scenes is a volunteer, so I'm counting on our members to step up and be volunteer proofreaders. Let us know if you notice something that isn't right. We are all learning and growing as we embrace this improvement. Our Club will be better than ever!

Being a member of the Florida Striders and associated with a wonderful group of individuals working to be healthy and active makes me proud. I hope you all feel the same!

Best wishes to all,

Jon Guthrie



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 NF races, go to www.ameliaislandrunners.webs.com/kbendy/rrcaca.htm.

DATE	RACE	TIME	RACE DAY LOCATION	WHERE TO REGISTER
2-Nov	Jacksonville Brain Tumor 5K	7:45am	Baptist MD Anderson's New Cancer Center	1st Place Sports (online or in the store)
9-Nov	Bailey's Health and Fitness Mandarin 10K/5K	8:00am	Bailey's Gym on San Jose Blvd.	1st Place Sports (online or in the store)
16-Nov	Hog Jog Cross Country 5K	8:00am	Ronnie Van Zant Park	www.floridastriders.com
10-Nov	Salute to Veterans 5K	8:00am	East Adams Street, Jacksonville, FL	1st Place Sports (online or in the store)
23-Nov	McKensies Run 5K	10:00am	TIAA Bank Field, Stadium Place	1st Place Sports (online or in the store)
28-Nov	Community First Thanksgiving Distance Classic 5K/Half Marathon	7:00am	Pickwick Plaza on San Jose Blvd.	1st Place Sports (online or in the store)
29-Nov	Run off the Turkey 5K	9:00am	John's Creek Amenity Center, St. Augustine	runsignup.com
30-Nov	Jingle Bell Jog 5K	9:00am	St. Johns Golf & Country Club, St. Augustine	runsignup.com
1-Dec	Guana 12K	1:00pm	Guana Research Reserve	1st Place Sports (online or in the store)
7-Dec	Light Up the House 5K	8:00am	Ronald McDonald House Charities	1st Place Sports (online or in the store)
8-Dec	Reindeer Half Marathon & 5K	7:00am	Main Beach Park, Fernandina Beach	Amelia Island Runners & 1st Place Sports
14-Dec	Festival of Lights 5K	6:00pm	San Marco Square	1st Place Sports (online or in the store)
20-Dec	Run Santa Run 5K	6:00pm	Henry J Klutho Park, Springfield	1st Place Sports (online or in the store)
28-Dec	The Last Gasp 5K	2:00pm	Jacksonville University	jtc.wildapricot.org
31-Dec	Vystar New Years Eve 5K	2:00pm	Downtown Jacksonville	1st Place Sports (online or in the store)
5-Jan	Ameris Bank Jacksonville Half and Full Marathon	7:00am	Bolles School, Jacksonville	1st Place Sports (online or in the store)
11-Jan	Resolution Run 5K	8:30am	Best Bet, Orange Park, FL	www.floridastriders.com

Vicky's Running Review

Confession time. I'm starting to get Running Book Review fatigue. I was beginning to think another book about running couldn't possibly be that interesting. However, I'm the kind of person who always keeps my commitments, so I recently picked up Deena Kastor's book, "Let Your Mind Run" and started to read.

Much to my surprise, this book captivated me from the very first chapter. My first night reading I spent about 30 minutes reading past my normal bedtime because I wanted to finish the first section. It was actually very interesting, and it stayed that way throughout the entire book.

I guess it was the title that threw me a little bit. I've read quite a bit lately about the "mental training" side of running and figured if this book was just about that, I was going to be bored. However, there was nothing boring about it! And, yes, Deena does talk quite a bit about how she learned to be mentally tough and eternally optimistic, but the journey she took getting there was what made it a great read. This book was more autobiographical than anything else, and Deena's journey to becoming one of America's best distance runners was

fascinating! For anyone who has ever run a race, particularly the marathon, there is much we can identify with.

Deena holds U.S. records in the following events: the Women's 8K in a time of 24:36 set in 2005 at the Chicago Shamrock Shuffle, the Women's Marathon (set when winning the 2006 Flora London Marathon with a time of 2:19:36), the Women's Road 10 mile (set at the 2006 Berlin Half Marathon with a time of 51:31), and the Women's Road 15K (set at our own 2003 Gate River Run in Jacksonville with a time of 47:15!). And more recently she set the Women Masters' PR for the 8K this past March with a time of 27:12, in the same race that she has the U.S. Women's record!

Deena's records are quite mind boggling, and her approach to training and racing are unique. I truly enjoyed reading her story and took away quite a few nuggets that I could apply to myself. At the end of the book, there's a self-help section to use if you really want to try her methods. I'll let you decide whether or not they work! Either way, I highly recommend that you add this book to your reading list.



'Tis the season to shop online at [amazonsmile.com](http://smile.amazon.com)! Support your local running club every time you purchase a gift for a loved one (or something special for yourself)! Amazon will donate 0.5% of your purchase price to Road Runners Club of America – Orange Park. Bookmark the link <http://smile.amazon.com/ch/74-2194707> and support us every time you shop. Use the same email address and password you use now. You will be directed to the same place as before with the same products, your same account information, etc. You know you did it right if you see the Amazon Smiles logo in the top left corner of the page. Every little bit helps! It doesn't cost you a thing, and you can "smile" knowing you just did a good thing for your club.

#1 holiday hack:

When you shop at
smile.amazon.com,
Amazon donates.

amazonsmile



M E M B E R S H I P

Returning Members

New Members

Karen Bock-Losee
Frankie Bonds-Mreen
John Chismar
Randall Hill
Kevin Langston
Kira Roberts

Amy & David Bonnette
Denise Dailey
Cecile Dunham
Ashley Dutton
Nancy Field
Paul & Meghan Grybb
Carol MacDougall
Barbara Scott
Jamie & Tabitha Williams

November Renewals

Bryan & Ellen Boyer
Jan & Billie Bullock
Kim & Steve Crist
Maria Ganas
Marcee Graves
Dawn Hall
Kay Jones
Lisa Kern
Edward Rego
Matthew Van Gilder
Dave Whitin

Join the Florida Striders Track Club

The Florida Striders Track Club is a family oriented club that stages 5 races each year, offers free children's fun runs with our races, and has socials and other activities on a regular basis. Profits from our events are funneled back into community projects to promote fitness and health. Our Newsletter, the StrideRight, includes articles from our members, fitness tips, and pictures of our members in action, race results, and items of general interest. See our website, www.floridastriders.com, or contact our membership director, George Hoskins, 264-4372, or email membership@floridastriders.com for more information. Complete the membership application below and come have fun with us.

Florida Striders Membership Application

Last Name _____			First _____	MI _____	New _____	Renewal _____
Address _____			Apt# _____	# in Family _____	Spouse's Name (Family Membership Only) _____	
City _____		State _____	Zip _____	Your DOB _____	Spouse's DOB _____	
Home/Cell Phone _____		Alternate Phone (Optional) _____		Children's Names (Family Membership Only) _____		
Email Address (print clearly) _____			Signature _____		Date _____	

Would you like to make a donation to the Children's Running Program?

___ \$1 ___ \$2 ___ \$5 ___ Other Amt \$ _____

Annual Dues

- ___ Family \$25 (2 years \$50, 3 years \$75)
___ Single \$20 (2 years \$40, 3 years \$60)
___ Junior \$15 (2 years \$30, 3 years \$45) (under 18)
___ Senior \$15 (2 years \$30, 3 years \$45) (age 65+)

I know that running and volunteering to work in club races are potentially hazardous activities. I should not enter and run in club activities unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running and volunteering to work club races including, but not limited to, falls, contact with other participants, the effects of the weather, including high heat and/or humidity, the conditions of the road or the traffic on the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your acceptance of my application for membership, I, for myself and anyone entitled to act on my behalf, waive and release the Road Runners Club of America, The Florida Striders Track Club, and all sponsors, their representatives and successors from all claims and liabilities of any kind arising out of my participation in these club activities, even though that liabilities may arise out of negligence or carelessness on the part of the persons named in this waiver. Rev. 12/15

Looking for the Perfect Gift?

Written by Jean Schubert

'Tis the season for gift giving. Actually, 'tis the season year round if you consider birthdays, anniversaries, graduations, retirements, weddings, etc., in addition to multiple holidays. Want to give a gift that is one size fits all (for real) and keeps on giving? Impossible to find such a gift you say? No way, my friend. You just have to look to the Florida Striders, and you can find such a gift that also will not put a huge dent in your wallet.

Each Florida Striders membership category will fit someone on your list. A single person, a family, or even the economical senior level will suit someone you know. You'll be giving them something that will enrich their lives and increase benefits to their health as well as just a wonderful opportunity to hang around with some awesome people! Keeps on giving? Yes it does, because with a membership, your recipient will get reduced race entries for the Striders races, get at least 10% off on select running store purchases and entry into the BEST post Gate River Run party tent!

Don't know the details for your chosen recipient? No problem! Just give their name and some form of contact (phone number, email, etc.) to our talented membership chair, George Hoskins, and he'll contact them for the rest of the info. I know he is a wizard at this sort of thing because he's done that for me on more than one occasion when I've given memberships as gifts to friends and coworkers. And you know that Florida Strider membership costs are reasonable because you've experienced that as a member yourself along with extra events offered such as socials, picnics, Jenny's Pennies, baseball games, and other group outings.

So give this perfect gift and we'll all have fun together!!

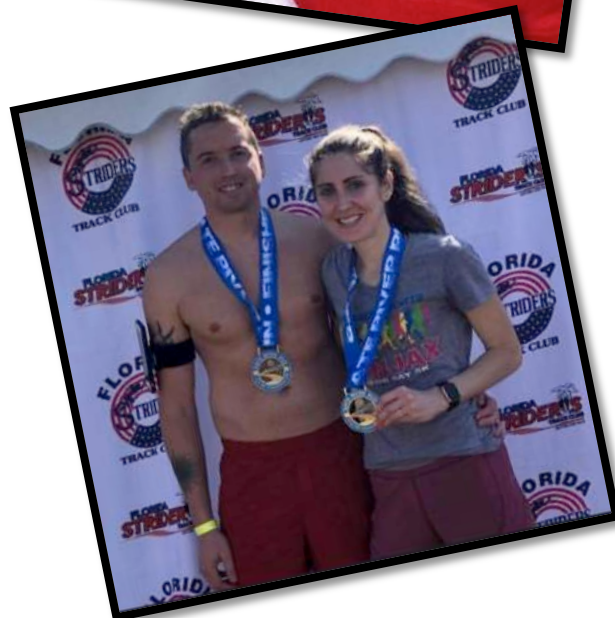
FLORIDA STRIDER RUNNING TEAM HIGHLIGHT

The Florida Striders Running Team would like to WELCOME our two newest Team Members, Josh and Charity McDaniel! We are excited to have them joining us and representing our club. Josh, 39 years old, has been running for 10 years and works in merchandising at Home Depot Pro. Charity is 32 years old, and has been running for 12 years. She works as an accountant at One Call.

And, they are expecting their first child next April!

We have a limited number of Strider Running Team singlets in stock and available for purchase. Some sizes are out of stock, but we can order more if needed! Contact us at

fstraceteam@floridastriders.com.



Jenny's Pennies

Written by Jenny Allen



The Beach Bay Pavilion at the Clarke House Park is beginning to feel like home. This is the second year that we have had our anniversary party at this wonderful location. This year we had approximately 50 runners, walkers, and friends attending our anniversary celebration. The park provides everything we could possibly need, including shelter, picnic tables with benches, electricity, running water, garbage cans, lighting and a scenic course for our run/walk. We look forward to many future parties here. This celebration marks the 41st anniversary of the Florida Strider's Sunday morning runs, currently run from I-HOP on Blanding Blvd. in Orange Park.

Forty-one years ago, Chuck Cornett, along with several other runners, met at Famous Amos and started our first Sunday morning run. Chuck, who passed away in 2004, was one of our original Florida Striders. He was our guru. Since then many runners have participated in our Sunday morning runs. We have had as many as 100 runners, probably more, training together and enjoying the camaraderie of running with a group of friends.

The gates to the Clarke House Park were opened by 6:15am, thanks to George Hoskins who was our "go-between" with Orange Park City Hall. I would like to thank him, in addition all the others who helped me, including Marge Ruebush, Lori Scarlett, Sara Guthrie, Mike Mayse, and my husband, Richard Allen. Richard helped with everything from shopping to writing this article. Mike Mayse arrived early, as usual and was ready with all our supplies from the storage shed. Marge, Lori and Sara decorated the tables with bright red tablecloths, fall flowers, and a punch bowl, full of delicious mimosas and Marge's fruity Ice ring. Ann Krause made the delicious Bloody Mary's which she and Bill donated for our party. As the food arrived, it was arranged on the tables until there was no more space for anything. We had so much food we could feed an army! Fried chicken and donuts galore! Birthday cake, too! (We ordered the cake for Marge, since her birthday was October 4th. I'm sure there were more birthdays that I failed to mention. I am very sorry if I left you out.)

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Let's Chat About Carbs

Written by Kelsey Beckmann, RDN/LDN



Across several common fad diets, carbohydrates are being demonized which creates a lot of confusion among athletes, particularly endurance athletes. From grain free everything to paleo to whole30 to keto... carbohydrates are being shunned. Athletes, be warned, banning carbs from your diet will cost you a winning performance. So let's have a little chat about why carbs are so vital. I've talked about carbohydrates at length in the past, so this will be a nice topic overview. Carbohydrates are the number one source of energy in any physical activity, which makes them the most important fuel source in boosting energy before a workout or competition. We often hear, "Well I will just use my fat storages for energy". While we do use fat for energy, it's not as voluntary as one may like it to be and metabolism is much more complex than a one trick pony.

As a dietitian, one of the most frequently asked questions that I get from athletes is "how can I get more energy?" Generally speaking, they are asking about what specific supplement or pre-workout they should buy to assure they get through their workouts. However, there is NO supplement or pre-workout as effective at boosting your energy than whole foods. Contrary to popular belief, the excessive amounts of b-vitamins found in energy drinks do not specifically provide energy. However, b-vitamins do aid in the transition from glucose to ATP (energy). That is why consuming adequate amounts of both carbohydrates, which provide glucose, and b-vitamins found in lean protein sources will be an effective way to increase energy levels.

Why? How Much?? When???

Your muscles store around 400 grams of carbohydrates & the liver stores roughly 100 grams. However this varies per person, and exhausting body stores shouldn't be the training goal. Carbohydrates are the most used (and most efficiently used) source by your body during exercise. When exercising at 65% of VO2Max, carbs account for about half of energy being used which raises two-thirds when intensities increase to 85% of VO2Max. When you begin to fatigue, exogenous carbohydrates become increasingly vital to performance. If you've ever bonked or hit the wall, it is simply because you skimped on carbs!

Most athletes need 6-7 grams carbohydrate (CHO) / kg / day. Ultra endurance athletes will need more and those training less than 7 hours a week are fine off less. If you're looking to carb load, aim for 10-12g CHO/kg/day.

Before training - aim for easy to digest carbs (bananas, oatmeal, cereal, rice pudding, juice, granola bar) at a rate of roughly 1g CHO / kg / hr prior to training.

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Can Running Improve Your Marriage?

Written by Mae Barker, PhD, BCBA-D

Misery loves company ... and there is often quite a bit of misery encapsulated in an ultra-marathon... extreme temperatures and weather; falling over roots, rocks, or your own tired two feet; nausea or “sloshy gut”; severe cramps or acute pains; getting off-trail (aka “lost”) resulting in more distance you now have to cover; batteries failing in your headlamp, and the unexpected dangerous wildlife encounter.

I’ve shared all of these miseries with my partner in life, love, and ultra-running, Zach. But, what we have also shared is the great awesomeness of ultra-running... seeing Mother Nature’s most beautiful treasures (many that are accessible only by foot), disconnecting from the hustle-bustle stress of the real world, developing amazing friendships with fellow runners, receiving shiny belt buckles, and celebrating an epic feat of finishing an ultra. Sharing these ultra-experiences – the good, the bad and the downright ugly - has undoubtedly strengthened our relationship.

Marriages and intimate relationships are like roller-coaster rides – oscillating between thrilling, just moving along, and downright “I want to get off NOW” scary. Kids, new jobs, mortgages, and other life stressors can make the marriage ride definitely bumpier. Instead of seeking solace, support, and love from their partner, many erroneously just lump their partner into the “things that cause me stress” pile. It happens, but it can be prevented.

After having our first child in 2011, I started to search for the formula for a happy marriage. I delved into research and books, and I’ll summarize what I found in one simple statement. In order to have a happy, enjoyable relationship with your partner, you need to spend ample quality time together. The more quality time couples spent together, the happier that they reported to be with each other¹. Most would say, “Well, that makes sense!” Yet, how many people actually make a deliberate effort to spend quality time with their partner? It doesn’t just happen; you have to make it happen. As I started to think about how Zach and I could spend more quality time together, running came into the picture as an answer.

Four months after the birth of our first child, I decided to see if I could run a 5k again. As I ran a very slow 5k race, Zach was on child-care duty. He spectated with our little baby wrapped up warm beside him. It was rare for him to come to a running event. Running was my thing. In our decade of coupledness, he had watched as I had gone out for runs, heard about the antics of my running group, and occasionally come out for fun runs. I had tried to get him to come run with me, but it just didn’t stick. It just wasn’t his thing until that cold November day. After finishing my 5k, Zach announced to me, “I think I’m going to start running.” I was a bit stunned and asked him what led to him making such a resolution. He said, “I just see all these people running here, and they seem like pretty positive, happy people.” He wanted some of *that* and saw running as a way to obtain it. Since that day, well, he just started running and never stopped.

Now, that Zach was a runner, we started to go on runs together. We enjoy our “long run dates,” family runs, and the occasional group fun run. During these “long run dates,” we have often made big decisions like buying an old VW bus in CA and driving it back to FL in seven days and selling our house (two separate unrelated events). I don’t think we would have made these decisions outside of running. When running, we escape the distractors of life and can actually focus on each other and our dreams.

Running also became a medium for conversation and entertainment. As our friends know, Zach and I can talk running for hours. We listen to books on running, go to running-related events, volunteer at races, and are now even dabbling in race directing and cultivating running experiences for others. This is powerful because many couples will stare at each other and wonder what can they talk about or their talk is all kids, work, or family-related. I see so many couples sitting across from each other at meals focused on their phones instead of each other. It saddens me because that is not quality time. I want to scream, “Wake up! Look at your partner! Go for a

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Lake Powell Half Marathon Page, Arizona

Written by Michele Pelham

On October 12, 2019, I had the opportunity to run the Lake Powell Half Marathon, hosted by Vacation Races. Vacation Races are half marathons, ultramarathons & trail races hosted throughout the year in the nation's most breathtaking destinations. If I had to describe it using one word, I would unequivocally choose "Wow."

Let's start at the beginning. My husband, Perry, and I chose this race based on location. He had never been out west, and I was excited about finally getting him to see Vegas. We flew into Phoenix, rented a car, and began our journey. Along the way we stopped at several National Parks, spent some time in the Grand Canyon (best sunrise I have ever seen), and slowly made our way to Page, Arizona. We arrived in Page the day before the race and headed to packet pickup located at John C. Page Park. The expo was located outside and included many vendors and a "make your own s'mores" station. Packet pickup was extremely organized and had a festival vibe. It was BYOB (bring your own bag) to hold your shirt, bib etc. Also new to us was their

HydraPouch that replaced the use of hydration cups. The pouch was included with your entry and was your responsibility to carry it or another method to hold water during the run. There was various local entertainment scheduled throughout the expo, but we were ready to find our lodging and get settled.

Page has a population of roughly 7,500 but has a surprising amount of lodging and restaurants. There were many lodging options available within walking distance from the start of the race (same park as expo), or you could choose to stay at the finish line located in Glen Canyon National Recreation Area and shuttle to the start. We chose the Lake Powell Resorts and Marina. It was modestly priced and less than a mile away from the finish. This is important to us because Perry finishes much quicker than I do, and he would have access to the car and our hotel room. Seriously, he has time to shower, eat a meal and watch something on Netflix while waiting on me to saunter in. Our room was nice, albeit no elevator to the second floor. We had a balcony

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with an amazing view of the marina and on-site dining options. A \$25 entry fee to the park was required for the lodging, but the location more than made up for the fee.

Race day was an early start! We were told to be at the shuttle by 4:30am for the 8-mile drive to the starting line. We are rule followers and arrived a little earlier. Also worth mentioning, is that most of the race is in Arizona but finishes in Utah. The

states have different time zones and we set multiple alarms to make sure we were in the right time zone. By 4:45 we were at the starting line, and the temps were in the low 30's. No warming tent or heat lamps were provided. Needless to say, we Floridians were FREEZING! In hindsight, we should have waited longer to arrive, but we did not know what to expect. Raffles began at 5:00 and some pretty cool prizes were given out. We did not win anything but spent some quality time huddling together and using a garbage bag for warmth. By 6:00 we started lining up in our waves. No corrals or race security - just look at the pacer signs and find your spot.

By 6:30, the sun had thankfully appeared, and the race began. The first 3 miles circle a portion of the town before getting onto the Page Rim Trail. The trail was a combination of loose sand, packed sand, and gravel. Thankfully, I could feel my toes by then. It starts off downhill, and then you turn the corner for the most amazing view I have ever seen. You spend a little more than a mile on the trail, but the time flies because of the epic views. Once you gradually climb your way up and out, you are back on the pavement for a lengthy steep downhill descent on your way to the bridge that crosses over Glen Canyon Dam. At about mile 7 ½, you leave the highway and enter Glen Canyon National Recreation Area. Around mile 10, there is another gradual incline and then it is downhill until the finish, located at the marina.

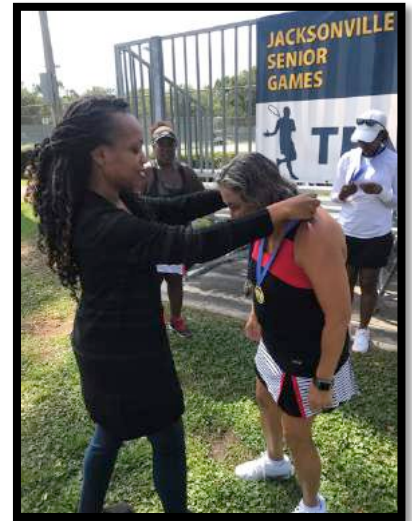
The finish offered a lively atmosphere, and each runner was announced by name as they crossed. After receiving the plaque-sized medal, you were given chocolate milk, water, and a box filled with many healthy post-race snacks. Along the entire route were multiple port-o-lets and many aid stations all including gel, water and electrolyte beverages. There was even a place to drop clothing at mile 3 that was delivered the finish line. The race as a whole was a huge success. Perry even snagged a 1st place win in his age group. It was our first Vacation Race but won't be our last. We finished our trip and flew out of Vegas. I didn't win anything at the race or at the slots, but I have memories that will last a lifetime!



Continued from front page

athletes. They announced that almost 500 people had signed up for the Games this year.

Some participants are involved in many sports and activities. Our own Florida Strider Jan Bullock is often seen as a competitor in multiple sports. This year she earned a Gold medal in Women's Doubles Tennis and a Silver medal in the 5K Road Race. Unfortunately, the official results haven't been posted yet, and I'm terrible when it comes to names, but I did see Herb Taskett and Paul Smith at the track events this year. Last year, Paul qualified for the State games, and there he also qualified for the National games where he placed in the 5K road race.



Being budget minded, I appreciate that the registration fees are always kept low. Some events such as golf and bowling have additional fees but the basic entry is \$15 and that includes 1 Sport. (Even better is that ALL the track and field events count as one sport!) If you run the 5K road race, the fee is an additional \$5 even if you are doing other sports, and you must register yourself for the actual local 5K race being used for the Games. This year it was the Run for Heroes 5K. As we runners are accustomed to, the City is not responsible for changes, postponements or cancellations due to weather or other circumstances beyond their control and NO refunds are given as a result of those reasons.

The Track and Field events were held on Saturday, October 5, 2019 at Bishop Snyder High School. The oldest athlete for track and field was a gentleman 89 years of age. The day was pleasant with some early cloud cover then warmed up as the day progressed. Each year the staff and volunteers make improvements to the organizing of the events. This year they announced that the track events would take precedence over the field events. (Definitely an improvement over my first Senior Games when we runners had to wait until all the field events were done, leaving us to run in the increased heat of the early afternoon.) They were flexible about allowing time between the day's events to accommodate restroom and water breaks. They also provided plenty of water, Gatorade, snacks and bananas.

Hopefully they will post the results of all the events soon at www.jaxseniors.net. In the meantime, if you are interested in joining the fun, mark your calendars to watch for information to come out in early August 2020 for next year's Games. Add the City of Jacksonville, Special Events for Senior Office and their phone number (904) 255-5667 to your address book to contact them about registration for the 2020 Games. I hope to see you there! (I'll be the old and slow one wearing a red Striders Team singlet.)



Continued from page 9

run, a walk, or bike ride together! Talk about what you see out there in the world! Talk about what goes through your head!”

On October 13, 2019, after 27 hours and 30 minutes of running, Zach and I finished the No Business 100 mile trail race hand-in-hand. This not only marks our 5th ultra run¹ together but also serves as a personal record for both of us for our longest duration of running. Ultra-running life really is more an act of ultra-surviving, and it helps to have a supportive partner by your side. When one is weak and wants to stop or death march to the finish, the other comes to the rescue. Such rescue efforts involve applying one’s intimate knowledge about their partner to motivate, to ease a pain, to add comic relief, to distract, and to remedy a problem. We do not always run ultras together and we train separately more than together. That said, when we *do*, it is quality time to reconnect, to talk, and to share moments. As my dear Nana would say, we are out there “making memories!” Now, go grab your partner, head out for a run, and make your own memories!

¹ A wonderful summary of behavioral research can be found in Chapter 10 “Enhancing Marital Satisfaction” in a Eileen Gabrill’s book *Behavior Modification: Handbook of Assessment, Intervention, and Evaluation* (1977). This book may be considered dated; however, Gambrill’s book is still extremely relevant and applicable to marriage as well as other matters of modern-day society.

² For more information about Mae and Zach’s ultrarunning, you can listen to this podcast: <https://ultrarunnerpodcast.com/mae-barker-zach-hanna-run-100-miler-together/>

Angry Tortoise 25k/50k Trail Run

March 14, 2020

Register at <https://ultrasignup.com/register.aspx?did=70841>

Use coupon code “Strider” for \$5 off registration

Great Swag! Cool shirts! Fun atmosphere! Beautiful scenery! Free camping at the start!

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

For more info, contact Mae Barker

mae@facesjax.com or 904-210-2556



Continued from page 8

During training - take in simple carbs (gummies, gels, bars, sports drink, banana) starting early in the event for 45-90 minutes at high intensity or lasting over 90 minutes. You'll want a minimum of 45g CHO/ hr and up to 90g CHO/hr for ultra endurance events. Your body has a ceiling of 100g CHO/ hr so training to get super close to that will help maximize your performance.

After training - to rapidly restore energy after training, take in ~30-40 g carbs along with at least 10 g of protein form immediately upon finishing.

What about when I'm not training?

Meals outside training should be balanced and include complex carbohydrates (buckwheat, quinoa, root veggies, corn, fruit, vegetables).

What if I want to lose weight?

Performance fueling needs do not change because you're trying to lose weight. Keep adding carbohydrates to your training as listed above, but limit carbohydrates in meals outside training.

Still confused about carbs and how to eat them to get the most out of your health, weight and performance?

Contact mteornutrition@gmail.com to set up a nutrition consult!

If you have enjoyed Kelsey Beckmann's articles and are familiar with her work please consider leaving a Google review for Meteor Nutrition. They're insanely helpful and much appreciated!

STRIDERS AT THE RACES

8/23/19 – USATF Masters 1-Mile Road Race

National Championships Race

Flint, MI

Shelly Allen 5:52 3rd AG

55-59 age group

9/8/19 – 5th Avenue Mile Race

New York, NY

Shelly Allen 5:44 1st AG

55-59 age group

9/13/19 – TCC Eagle Invitational XC 5K

Apalachee Regional Park, Tallahassee, FL

Shelly Allen 21:20 1st overall

9/14/19 – RunJAX Labor Day 5K

Jacksonville, FL

August Leone 45:23 1st AG

Jean Schubert 50:06

9/21/19 – BASCA "CAPE" Abilities 5K

Jacksonville, FL

August Leone 42:58 1st AG

9/28/19 – Dreams Come True 5K

Jacksonville, FL

August Leone 45:56 1st AG

10/05/19 – Jacksonville Senior Games

Jacksonville, FL

Jean Schubert 1:09:26 (200M)

13:30.1 (1500M)

2:46.90 (400M)

Silver medal for 2nd AG

5:41.86 (800M)

10.6 (50M)

Gold medal for 1st AG

10/12/19 – USO Armed Forces 5K

Jacksonville, FL

Jean Schubert 46:53

Continued from page 7

On Sunday morning, one of our Strider friends reported seeing Robert Shields' name in the obituaries the previous week. We were all shocked and saddened to hear the news of his death. Robert was a good friend! For at least five years he has sent checks for the money he has found in Cary, NC. When we got home, Richard looked up his obituary in the Times Union and realized this was not *our* Robert Shields. I immediately called Robert. He was very surprised to find out he had died the week before. He found the whole story very amusing! I was so happy to hear his voice and very relieved to find out Robert was alive and healthy.

Our total amount of money found for the year is \$230.83. The person who found the most money at one time and place was our friend, Frank Frazier. He found two twenty-dollar bills. In second place was Martin Wilkinson, who found \$25 at one time and place. In third place was CeCi Ouellette Dunham, who found one twenty-dollar bill. Those finding five-dollar bills were Bobby Greene, Robert Shields, and our club president, Jon Guthrie. Those finding one-dollar bills were Shelly Allen, Pat Noonan, Bonita Sikes, and those who found two were Jon and Sara Guthrie. Robert Shields has probably turned in the most money throughout the year. Each month he sent me a check, which totaled \$65.25 for the year. Thank you to all who found money and donated it to our funds. You're so appreciated!

We heard from our "Anonymous Runner" again for the fifth year in a row! Along with the donation of \$50 was a note, which read: "Jenny! Here's my yearly donation based on all the money I found. I run a lot of miles. Therefore I usually find a lot of money. Keep up the good work!" Thank you so much, "Anonymous Runner", for your generous donation and kind heart. Does anyone have a clue who this may be?????

In closing, here's a penny for your thoughts!!!!

*When an angel misses you, they toss a penny down.
Sometimes to cheer you up, to make a smile out of your frown.
So don't pass by that penny when you're feeling blue...
It may be a penny from heaven that an angel tossed to you.*

Until then, happy, healthy running and keep those pennies rolling in.



<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

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



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

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>

***1st Grand Prix
Race of the year***



**Start the year off
right!**

**Long sleeve cotton
shirts and Finisher
medals**

Runs Benefit Local School's Run/Walk Programs



**5K starts at 8:30AM & 1 Mile Fun Run Starts at 9:30AM
Saturday, January 11th, 2020
bestbet - Orange Park 455 Park Avenue**

- **Free 4 week training camp to the first male and female finishers, courtesy of Camp Gladiator**
 - Overall winners and awards 3 deep in each age group
 - Register at <http://www.signmeup.com/132098> or scan the QR code below
 - Online registration is available until noon Thursday, Jan. 9th, or register at any 1st Place Sports store thru Friday, Jan. 10th
 - Day of race registration onsite opens at 7AM
 - Orange Park Medical Center is going to be there with their First-Aid tent
- Race Director: Bill Krause - resolutionrunrd@floridastriders.com

ENTRY FEES

	<u>Striders</u>	<u>Non –Striders</u>	<u>Kids 13 & under</u>
Until Dec. 27st	\$22	\$27	\$15
Dec. 28 - Jan. 10th	\$27	\$32	\$20
Day of Race	\$35	\$35	\$35

PARTNERS



For more information and to register, visit floridastriders.com/resolutionrun

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