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the

StrideRight

Club #225

www.floridastriders.com

What's Inside!

President's Message	2
Membership Page	3
Race Director Article	4
Race Director Info	5
Upcoming Races	6
Children's Running	7
The Running Review	8
Updated Website	9
In Memory Of	10
Do You Have What It Takes?	11
Hog Jog 2019 Recap	12
Board of Directors	13
Strider Partners	13
Social Page	14
Striders at the Races	18
Resolution Run Flyer	19



The Mental Marathon – One Sexy Beast

Written by Regina Soocy

The marathon is my favorite distance. This all-encompassing, supremely elusive, often brutal, occasionally beautiful event that has the ability to crush my soul yet bring me to a pinnacle of glee within a few short hours. After running 68 marathon distance and longer races, I feel I am only beginning to peel off layers of the onion. The more I know, the more I really don't understand about myself and running, which makes me want to slay this beast even more!

Continued on page 15

Save the Date!

Resolution Run January 11th

Start the year off with a 5K and a lot of fun with fellow Striders!

Angry Tortoise March 14th

Test your endurance and enjoy nature at the same time!

Run to the Sun April 18th

Last race before that summer weather kicks into gear. Join us!

MESSAGE FROM THE PRESIDENT

Happy New Year to all our Florida Striders members and friends! Using my “2020” vision, I see that this is going to be a wonderful year for our Club!

In this message, I want to again highlight our new and improved website. There is an article in this edition of the Strideright that details how to log into your member profile on the website, so please study that information and become familiar with verifying and updating your information. Those with family memberships can also add additional family members, including children, who will each have their own profile. The individual profiles are extremely important because runners must be logged in and use their profile in order to receive member discounts for our races. Using the profile will also streamline the process of race registration, since name, age, and gender are all saved in the member profile. Please handle the updating and verifying soon, as we plan to require login for member registration beginning with Run to the Sun on April 18.

Within your website profile, we are now featuring a couple of things that many of you will find useful. Under your “My Account” tab, there is a tab for you to add your workouts and detail a training log that is just for you. There is also a “Photos” tab where you can upload your running pictures so you can keep them all in one place. Look around in your profile and see what else you can discover.

After the January 11th Resolution Run, we have the River Run expo happening on March 5 and 6, with the actual River Run 15K and Race Day Hospitality tent event on Saturday, March 7. Please let us know if you are willing to assist with the expo and/or the hospitality tent. The Striders always have a large presence at this event.

Our Angry Tortoise 25K and 50K trail runs are scheduled for Saturday, March 14, and sold out early last year. Don’t wait too long to register, or you may end up on a wait list! The next day (Sunday, March 15) is the annual St. Paddy’s 5K and 10K at Evergreen Cemetery. This is not a Strider race, but we have been having a tremendous turnout for our social gathering at this event. Come early and stay late for snacks and fellowship! Lots of people become Irish for the day!

On April 4, some of our members will be in Charleston, SC for the Cooper River 10K. We have been advertising this as a destination race. It’s a large event, and I hear that it sells out early. Details for this and more can be found on our club Facebook page and on our website.

Please consider helping with one or more of our club events as a volunteer. Putting on our races requires a lot of manpower. All of us working behind the scenes are unpaid volunteers. We do the work because we are passionate about providing the fun and support needed to make your running experience the best it can be. Want to be more involved? Just let us know!

One last comment.... Every day is a learning experience for our volunteers, so let us know when you see anything about the club that needs improving. We will do our best to accommodate!

Hope to see you soon at a running event!

Jon



Welcome to Our Newest Members!

Tammy Bryant
 Paul Bullock
 Michelle Colina
 Oliver Domingo
 Lauren Fagan
 Isabel Guerrero
 Courtney Hardage
 Robert Hathcox
 Kelli Larkan
 Sean McCormack
 Eric Sauvageau
 Annette Stevenson
 Steven V Tuten

Returning Members!

Membership Page

Jan Bullock
 Sean Kern
 William Laird
 Sondra Santana
 LaTanza Sutton
 Samantha 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

Mail Application with dues to:

Florida Striders – 2254 Gabriel Drive – Orange Park, FL 32073

A First-Timer's Experience Race Directing

Written by Mae Barker

Less than 24 hours before the gun would fire, signaling my debut as a race director, I was ready to tap out. In comparing my novice race directing to that of running an ultra, the first stretch was pretty easy and exciting – the brainstorming, recruiting sponsors, garnering interest via social media. The middle stretch was where I began to periodically encounter annoyances - addressing running community drama and disagreements, obtaining quality digital images for printing, finding volunteers, and race planning while managing work and family commitments. Then, there were the final miles where I was truly put to the test. Would I succeed or fail?

I was fairly convinced that I was going to do the latter. It was 4 p.m. the day before my first race (which started at 7:30 a.m. the following morning). I had not finished marking the course. It was about to rain. I still hadn't unpacked my trailer for that evening's packet pick-up. I was completely alone in a forest, and I needed help. It was at this point that I realized with exact clarity that I had embarked on a mission that I thought I could tackle alone and I had been wrong. I should have asked for help, but the problem was I hadn't known that I needed help until this precise moment. And, there I was having this epiphany – ready to cry, berating myself and contemplating what to do – when Steve from Iowa rode up on his white horse (okay, actually his blue pick-up truck). Steve embodies what I love about the Ultra community. People who enjoy the solitude of the outdoors, like pushing themselves to run incredible distances, and are willing to be there for fellow members of their tribe. Steve was one of my registered runners, and he helped me finish marking the course.

There were other final tests and tribulations prior to the early morning start of the Angry Tortoise 25k/50k trail race on April



"Mae, the race director, checks the race registration list amidst the stuffed race bags. Last one to bed, first one to rise.... race directing is hard work!"

6, 2019. These included my husband and I "bonding" while stuffing race bags until 1:00am two nights prior to the race, temporary misplacement of race packets, running out of course markings (resulting in my husband and two young kids having to eat yucky fast food and run around town finding such), and a last-minute road closure by the forest service affecting directions to the start. These were all tackled through a magical concoction of my own hardheaded determination, caffeine, amazing support of family, friends, and volunteers, and a measure of good luck/divine intervention.

As crazy hard and painful as those final hours of race directing were, it was all worth it in the end. One hundred and six individuals ran the Angry Tortoise that day – tasting the beauty of the Florida scrub forest, pushing their selves to conquer the humidity and heat, and crossing the finish line with a smile. Further exciting is this year's race proceeds were more than the previous five years combined. This makes the angry tortoise incredibly happy since this helps fund Florida Striders' kids' running programs.

End note: The next Angry Tortoise will be held on March 14, 2020! Mae looks forward to directing another great race and applying all her hard-earned knowledge to make this race rock!

Sign up at

<https://ultrasignup.com/register.aspx?did=70841> Use coupon code "Strider" for \$5 off!



How about making a New Year's Resolution to help your Club continue to get bigger and better?

We have a lot of great people doing a lot of great things, but we need you to help us grow! For the past 40 plus years, our club is very proud for being able to help our community grow through our Children's Running programs, College scholarships, and Running Classes. We need fresh faces with new ideas to continue our mission.

Ever consider being a Race Director? It is not as daunting as you would think. I can speak from experience, as I was asked this same question 5 years ago. I won't lie, I was scared that I would fall flat on my face, but when I realized how much support I had from the club, my fears went away. Past Race Directors, long time Race Coordinators, and Advisors pointed me in the right direction. I'm telling you, there is nothing better than the feeling you get on race day morning when it all comes together! Our community programs are funded in large part with the revenue we garner from our 5 annual races, and it is very rewarding to see everyone come together to make this happen. We really have a great club!

Please consider being one of our Race Directors. 2020 will be my fifth year directing the Resolution Run and Run To The Sun, and Scott Hershey's sixth year directing the Memorial Day 5K. It is time for us to retire! We'll be glad to show you the ropes if you would like to shadow us this year. Don't worry, you don't have to commit for as long as we have! Mike Mayse just directed his second Hog Jog 5K and Mae Barker is directing her second Angry Tortoise 25K/50K this March, so we are hoping and assuming they aren't done yet. ☺ You can contact me at resolutionrunrd@floridastriders.com, or rttsrd@floridastriders.com, and Scott at memorialday5krd@floridastriders.com

Thanks!

Bill Krause

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
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
18-Jan	Matanzas 5000	8:00am	Francis Field, St. Augustine	1st Place Sports (online or in the store)
20-Jan	MLK Jr. Community 5K	8:00am	Historic Stanton Property	1st Place Sports (online or in the store)
25-Jan	Wolfson's Childrens Challenge 55K/55K relay/30K	7:00am	Baseball Grounds of Jacksonville	PRS Race Timing
25-Jan	Go Green Winter Beach Run 10M/5M	2:00pm	Seawalk Pavilion	1st Place Sports (online or in the store)
26-Jan	Saratoga Classic 1/2 Marathon & 5K Trail Run	8:15am	Mayport Naval Station	www.itsyourrace.com
1-Feb	Fight for Air Climb	8:00am	Bank of America Tower	1st Place Sports (online or in the store)
8-Feb	K9s United 5K/9K for K9s	8:00am	350 A1A Beach Blvd, St. Augustine	PRS Race Timing
15-Feb	Superhero 5K/8K	8:30am	Grace Episcopal Day School, Orange Park	1st Place Sports (online or in the store)
16-Feb	Mardi Gras 5K Beach Run	8:30am	Anastasia State Park	www.racesmith.com
22-Feb	Moo-Ve It 5K	8:00am	Cowford Chophouse	1st Place Sports (online or in the store)
23-Feb	6th Annual Running of the Bulls 5K	8:30am	Institution Ale Works	1st Place Sports (online or in the store)
29-Feb	Sweet Three Race Series Race #1 Thin Mint Sprint 5K	7:30am	4624 Town Crossing Drive	www.thinmintsprint.itsyourrace.com
29-Feb	Ortega River Run 5 Mile	8:30am	St. Marks Episcopal Day School	1st Place Sports (online or in the store)

Florida Striders Track Club Children's Running Program

Written by Carol MacDougall

The Florida Striders Children's Running Program has been in existence for over 20 years. The purpose of the program is support the fun of walking and running to our youth in the elementary schools in our area. We challenge these students to set goals for themselves in fitness by earning awards when they reach these goals. We hope that these students gain a love of running and continue doing it into their adult years.

In the beginning, the running program began with a couple of elementary schools physical education programs doing their own program and wanting to award their students at the end of that school year with a special Medal to any student who has run/walked a distance equal to a marathon during that school year. From there, the awards have grown to mileage tokens, mileage shirts from 50 to 300 miles, and the Marathon Medal.

The program has now grown to over 30 elementary schools in Clay, Duval and St. John's County's. This includes public, private and Charter schools. We do not charge any of the schools any fees to be sponsored by the Striders to receive any of our awards. A coach, teacher or volunteer parent conducts each program at the individual schools. These volunteers keep track of the mileage logged in by each participant. They all love this activity and the accomplishments of reaching their mileage goals. There were over 11,000 total participants who earned almost 300,000 miles the 2018/19 school year. The Striders provided over 5,400 Marathon Medals, 17,000 mileage tokens, and 3,000 Mileage Shirts.

The Striders also sponsor several One Mile Fun Runs in conjunction with their annual 5K, 8K or 10K runs throughout the year. Two of these runs (Resolution & Run To The Sun) are very important to the active Run/Walk Programs since the schools can win money for their program based on the number of their students' enrollment.

There is one Fun Run that just took place this December that has been sponsored by the Striders for over 10 years. It is called the Christmas on Walnut Street Jingle Bell One Mile Fun Run, and it takes place in Green Cove Springs in conjunction with the annual Christmas Parade. This run kicks off the annual Christmas parade. We had 143 participants who enjoyed running & walking down US17 with spectators cheering them on the entire way on either side of the street. Everyone received jingle bells for their shoes, candy canes, and a finish ribbon. The conclusion was that they could watch the parade.

The Striders are very proud to provide this program to our youth and to create the love of running in them. Many of our participants have gone on to run cross country and track for their junior high and high schools, and some have received college scholarships in those sports. And..... we Striders can say that we were the beginning of their running careers!



The Running Review

Written by Vicky Connell

My latest running book read is “Running Rewired” by Jay Dicharry. The subtitle of the book is “Reinvent Your Run For Stability, Strength & Speed”. Jay Dicharry is a leading physical therapist and board-certified Sports Clinical Specialist, and he seems to really know what he’s talking about when it comes to running form and posture. Through the initial part of the book he attempts to dissect your running posture and mobility through some self-tests, and show you how to become a better runner.

I did all the self-tests, but truthfully I didn’t learn much, and I’m not really sure I did them correctly. They seemed simple, but I couldn’t see what he said I should see. I think this is probably something done best with an expert who knows what they’re looking at and can guide you through them.

One important thing I got out of the book is to not sweat the fact that my feet don’t point forward, and instead point outwards. He gave many examples of a variety of stances, and how they don’t all need correction. This was good to know, as I’ve tried in vain to get my feet to straighten.

Jay emphasizes the need to work on strength and mobility, even if we have to skip a run to do so. I totally agree, as I think most people would these days. The latter part of the book is spent showing a wide variety of exercises, which will do just that. He divided them into sections called: Drill Work, Precision Workouts, Performance Strength Workouts and Performance Power Workouts. Although I knew many of the exercises, there were some new ones that I was happy to add to my list.

My biggest complaint about the book is that although he did say how to space your strength and stability workouts with your runs, he never gave any examples. The way he worded it made it something you really had to think about to understand. A simple example would have gone a long way toward making this easier.

I give this book a 4 out of 5 stars, mainly because there was a lot of info that was just over my head. However, at the same time, I don’t believe he gave any “bad” info. For someone who doesn’t already have a strong strength and mobility program, this book would be a good place to start. If you’re a beginning runner, an injured runner, or a runner who just wants to take the next step in getting stronger and faster, you can get a lot of useful info from “Running Rewired”.



FLORIDA STRIDER MEMBERS – WE HAVE AN UPDATE AND A REQUEST!

The Florida Strider website converted to a new system, managed by The Driven Race & Club Solutions, on November 11, 2019. The web address remains the same:

www.floridastriders.com.

One area that has changed significantly is how Memberships are handled. In the future, there will be changes to Strider race registrations; this will most likely take place with the Run to the Sun in April 2020.

The changes to the Strider Membership system are in effect now, and require some actions by **EVERY** current Strider member. All Members need to set up their **login** and **profile**. (For Family memberships, all adults in the Family have a separate profile, and children can have one too, if desired).

The first action is for every Member to create a username and password. If you don't have the November 11 message about this, you can click on *Forgot Password*, and follow the instructions. *Hint: both the username and password can be short and simple.*

Once logged in correctly, the second action is to update the member profile, by selecting **Edit Profile**.

Check the following things:

Email address – update to your preferred email address, if needed. Each family member can give a separate email address if desired.

Address – update if your mailing address is not correct.

DOB – click on the DOB field and use the pop up calendar to show correct DOB.

Gender – select M or F if blank. After editing the profile, **click Save**, at the bottom.

One profile option we would like you to consider is to upload a photo of yourself. Your profile also has a button for Membership Card. We have not offered this before. The card can be printed, or downloaded to a device. This will be very useful for store discounts and for attending any future Strider event where membership is checked, such as the Gate River Run Booth and Tent (March 2020).

Here is a little more about Family memberships. In every Family membership, one member is listed as the Family Head. (This is usually the person who originally joined the Club). This person has an option in their profile to add another family member. This is a way to create a profile for a child or a spouse, if they are not already in the system.

Please let us know if you need assistance with any of this.

THANK YOU for being a Florida Strider!

Jon Guthrie

president@floridastriders.com

George Hoskins

membership@floridastriders.com

Celebrating the Lives of Our Striders

From Out of the Past...



Dick Erickson,
Chuck Cornett (1933-2004),
Hank Zambie (1942-2004), and
Warner Millson (1937-2009)

Near the finish line at the inaugural Sun Run in the early 1980s.

Submitted by Frank Frazier

Remembering Joe Connolly

Written by George Hoskins

Joe Connolly died in December at the age of 95. Up until his mid to late 80's Joe could be found at most races in Jacksonville, including our Strider races. He was active in the Striders for at least 25 years and kept up his dues long after he quit running. Joe loved being a part of the Striders and the local running community.

Joe ran in 1,134 organized races in his lifetime, and he had the bibs and awards to prove it. Doug and Jane Alred with 1st Place Sports honored Joe with a celebration event when he completed his 1000th race.

Joe was quite competitive. Every year from age 81 to 84 he placed in the top three of the 75-and-over age group in the Jacksonville Grand Prix. Joe ran the Gate River Run more than 30 times. One year Joe had a heart attack and collapsed near the end of the Gate River Run. He went on to run several more GRR's and every time, he would celebrate his comeback by stomping his foot on the very spot of pavement where he had collapsed!



Joe was a talented musician; his military service was in the Army-Air Force Orchestra. Late in life Joe had regular “gigs” (as he called them), playing piano at the Mayo Clinic, and at several retirement facilities.

In 2016 Joe contacted me about renewing his Strider membership, and I visited him. We spent hours talking about the running community, music, long time friends, and life in general.

Rest in peace, Joe. You were a great friend to many, and will be long remembered.

If you know a fellow Strider whom you believe should be recognized and celebrated, please send their information and a photo to striderighteditor@gmail.com.

Do You Have What it Takes?

Written by Vicky Connell

I've been coaching Strider Running Classes for about 15 years now. I started out assisting Bob and Vanessa Boyd and eventually took over. Many people have helped me along the way, and I'm very appreciative. The classes have become smaller and smaller, and my best guess would be it's because we just don't have a good way of getting info out to the people who want to take them. It seems like there are tons of people who need help getting started or preparing for longer distance races. It's always more fun to do something new with others.

My last class was to prepare for the Half Marathon on Thanksgiving Day. As happens with all classes, not everyone was able to complete the class and do the race. Life interferes, injury, sickness and other reasons. But I consider a 75% completion rate to be a success! Thanks to Perry Pelham and Jon Guthrie for filling in for me when I was unexpectedly out of town several times.

This year I tried something a little new that I learned from Sean McCormick. He writes for the other club newsletter (you know what I'm talking about) and I really enjoy his articles. For our speed sessions on Wednesday nights at the St John's Country Day School Track, we ran 800s (that's two times around the track or .5 miles), each week either increasing the number we completed or decreasing the rest. The first week we ran 3 x 800 with 2 minutes rest. By the final week we ran 7 x 800 with only 1-minute rest. The trick was the ladies in the class ran them at the same pace from week 1. So they gradually increased their ability to hold that pace while doing more reps with less rest. We tracked their progress on a spreadsheet so it was easy to see the improvement. They were pretty surprised at their accomplishments by the end of the session! Two of them have managed to get in Half Marathon PR (personal records) since the class.

So that brings me to the title of this article. This

was the last class that I'll be teaching. The Striders will need a new coach to bring new life to our program. If you're interested but think you don't know enough to head up a class, here's what I think is required: you must enjoy running, love to work with people, have time to devote at least 8 weeks of once-a-week or more (depending on how you set up the class), and be able to organize things. Note that I didn't say anything about degrees or training. Of course they are helpful, but there is a ton of info on the Internet, and lots of expertise in our club for helping out. We mostly need an organizer. And whoever that is will also receive the benefit of my free advice, along with my notebook with all the notes and training schedules from previous classes. I'm pretty organized, so you'll find it easy to use.

So... if you think you have some interest in taking over, please give me a call at 904/707-8469 or email at vickyjc@comcast.net.



2019 Hog Jog Cross Country 5K

Written by Mike Mayse

If you were the Hog Jog 5k Race Director how would you define success? Would it be the amount of money added to the Strider bank account? How about the number of runners? I have been helping with Strider races for many years, and now as Race Director, my misguided focus was always on the money. Yes, indeed we need to make money on our races. We have just four major events each year to fund the significant donations we make to our Children's Running program, scholarships, and events like the membership hospitality tent at Gate River Run. Although making money is good, according to Article II of our By-Laws it should never be the key focus:

"The prime objective of the corporation shall be to promote and encourage running by, among other things, educating the community about the benefits of physical fitness and sport."

Over the last few years many things were attempted in order to increase Hog Jog attendance. We tried having barbeque with live entertainment. Very costly and didn't do much to bring the folks to the park. Last year was my first year as race director, and the only major change I made was to drop the food and music. Attendance was up a little and we made a little more profit. This year we made significant changes. Putting on a 5k race may look simple, but there is a lot more work to it than you might think. One thing we did not change this year was the team of volunteers giving their very best to make all the moving parts work together like a well-oiled machine. This team has been the reason every Strider race for many years has had great success. We have gotten so good at this we just show up and do our thing. No long drawn out meetings, excessive amount of emails etc. There are always hiccups and problems, but the team handles them with ease. As Race Director I don't worry about much when we have a team of this caliber.

There were many significant changes for the 2019 Hog Jog Cross Country 5K. If you had the opportunity to read an article a few months back, you might recall this year the HJ5K would once again be tied to the First Coast Ham Jam. The Ham Jam is where the Hog Jog got its running legs, and for many years was a big part of the event. The Ham Jam owner was nice enough to give us a spot at Ham Jam to set up and promote the race. Sad to say, this was a big flop. It rained us out and we didn't get to advertise the Strider Club and our events. At this point the verdict was out on the success of tying the HJ5K back to the Ham Jam. If there is

another Ham Jam next year, we will have to weigh our options to see if we want to continue this relationship.

Many years ago, it was decided to move the HJ5K to Sunday afternoon. I didn't like it, but that is the way it went. Scheduling the race on Sunday meant working around the Jaguars schedule. That caused the race date to be a moving target. This year we moved the race back to Saturday morning. We also chose a date where there wasn't much competition from other races and local school track teams were done for the season. Our goal was to get as many kids and their family members to come run the HJ5K. Many good comments were made about having the race on Saturday. Although one of our team members said being out in the woods at zero-dark-thirty was just a bit too early!

This year we tried something, that as far as I know, has never been tried at a Strider race. We invited all the local High School Cross Country Track teams to come run the HJ5K. It would cost \$100 per team, and they could bring as many immediate family and track team members as they liked. They would not get a t-shirt, and we had separate awards for the teams. This seemed like a good idea, but the logistics to make this run smoothly didn't go so great. While it wasn't a total failure, the process needs significant improvement if we want to try this again.

All the years I have worked the HJ5K we have never given out Finisher medals. This is a small race, and medals, when bought in small lots, are expensive. This year we decided to give it a shot and hand out medals. Did giving out finisher medals increase attendance? Based on the numbers the answer is no. Will we do this again? Too early to say at this time, but I doubt it. HJ5K little piggy trophy awards seemed to be a big hit. Got just one complaint – we ran out! That is not good. However, with a race this small, if we bought enough awards to fill every category we would end up with boxes of surplus awards. I did go out and purchase awards for the two runners who were left out and wanted one. So, we were two awards short versus 30 awards without a loving home.

Overall, we had many great compliments about this year's Hog Jog. I don't recall any negative feedback from the participants. It's impossible to make everybody happy and trying to do so is foolhardy. We try to do the best we can, but

Continued on page 16

2019-20 Board of Directors & Key Persons

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

Directors at Large

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

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

If you are interested in joining the Florida Strider Board of Directors or becoming a race director, please contact Jon Guthrie or Bill Krause for more information on how to get involved. We would love to have you!

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
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Memorial Day 5K: Scott Hershey
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Hog Jog 5K: Mike Mayse
 mjmayse@comcast.net

A BIG Thank You to Our Partners!



Strider Socials

Christmas Party Time

Our Florida Striders Holiday/Christmas party was held on Sunday evening, December 15, 2019 in the Riverfront Cafe at the Haskell Company. About 82 of our members enjoyed the food and beverages provided at this excellent location overlooking the St. John's River in downtown Jacksonville. This was the third consecutive year we have hosted at this location, and it is also the third year that one of our members, Jim Connell, has volunteered his time and equipment to provide us with a professional DJ experience! He deserves a big "thank you" for getting people out on the dance floor.

Also deserving of recognition is our social coordinator, Amy Bonnette, for organizing all the details to put on a successful event. Everyone in attendance seemed to have a great time!

All of the attendees were encouraged to have photos taken during the course of the evening. The pictures have been posted on the club's Facebook page, so be sure to check it out and see which of your running friends were there! Feel free to tag yourself if you wish.

Thanks to everyone for a wonderful 2019, and please resolve to become involved to help make our Florida Striders running club even better in 2020!



Continued from front page

I am not an elite caliber runner by any definition, but I can offer some insight for the rest of us weekend warriors in search of PRs and BQs. I started to write out my list of things that now come second nature to me as race prep, but you can read about that in any book or Runners World article. Let's talk about the mental game, which I work on every day, from the beginning of training, to the day before the race, to the post-race blues.

Why do you crush your training schedule, have perfect weather, yet come up short on race day? Other times you are grossly undertrained, 5 pounds over weight, but you PR on a warm day. I would propose that your mindset surrounding the race makes a huge difference: your self talk, your attitude, and your problem solving before and during the race.

Race week: You are tapering, and your runs don't feel that easy, you think you are gaining weight, or didn't train enough. Stop being so negative. All you can do this week is get lots of sleep, eat clean, drink lots of water, read inspirational articles or books, watch empowering movies you love. Say affirmations or powerful statements about your upcoming race, or about yourself as a runner in general. Do not try to make up for lost training. Don't try a new yoga class, eat a strange new diet, or do some cross training you don't normally do. Do try to keep your immune system boosted up with supplements, extra hand washing, and staying away from unnecessary crowd situations.

1-2 days before: Something is going to go wrong, but don't freak out. Keep the same strong, positive attitude you have been trying to maintain all week. Say your mantra throughout your day, or an affirmation you can read posted on the bathroom mirror. Focus on a tough workout you nailed. The weather is going to be different than expected, you forgot to pack something, and my personal favorite – everyone at the race expo looks fitter than me. Gear or products I see people buying at the expo psyches me out, and I second-guess my gear and preparation. I feel all sorts of phantom "niggles" that really aren't there.

Spend as little time at the expo as possible. Instead, focus on your race plan and preparation. Go home and put your feet up the rest of the day, take a nap, watch a movie, read, journal. Nothing at the expo can help you, but too much time on your feet and negative feelings can really hurt you.

Don't freak out about the weather. Everyone will have the same weather. Execute the best you can in the given conditions. You might surprise yourself. I have seen a lot of people give up when the weather changes for worse. Des Linden didn't let bad weather ruin her 2018 Boston Marathon. I managed a marathon PR at age 48 at Boston this year despite what many consider to be a difficult course and warm conditions. I decided to go out there, have fun, and push hard. I had an absolutely awful race at flat, cold Chicago 7 years prior because of giving up and negative self-talk. I walked and threw myself a big pity party on and off during the last 6 miles.

Three-two-one-goooooooooooo.....we are off and running! Start off at your planned pace, but do allow for crowds in the first few miles. Do not waste energy weaving in and out, elbowing people aside or looking at your watch every second. Hopefully, you learned about the elevation on the course, so you know where you will naturally vary in pace. It's a long race, so relax, breathe, smile, and be grateful and proud that you are running a marathon.

I find it best to break the race down into segments and focus on the task immediately at hand, rather than worry about what will happen at mile 22. The first few miles are just settling in, seeing how the conditions feel, learning how the aid stations are structured (water first, or

Continued on page 17

The Florida Striders Track Club 2020 College Scholarship

This year, (5) \$1,000 college scholarships will be awarded to graduating high school seniors who live in Northeast Florida. The 2020 Florida Striders Track Club 2020 College Scholarship application is available on our website at www.floridastriders.com and can be downloaded as a Word document. The deadline for applications is March 21, 2020. Winners of this year's FSTC College Scholarships will be announced at the beginning of May.

Eligibility Requirements:

- Must be a resident of Northeast Florida for the past two years.
- Must be a graduating high school senior.
- Must be a runner or active in track and field events.
- Please be advised the NCAA regulations may prohibit you from accepting this scholarship if you attend college/university on an athletic scholarship.

ENTRY DEADLINE:

Applications must be postmarked by March 21, 2020. Completed applications should include: • FSTC College Scholarship Application (4 pages, items I through X) • Personal Reference (Item III) • Essay about your running (Item IX) • High school transcript (if desired, not required)

Applications **MUST** be mailed. Emailed applications will not be accepted.

Please send your completed application to:

Florida Striders Track Club 2020 Scholarship Application

P.O. Box 413

Orange Park, Florida 32067-0413

For additional information, contact:

Kim Lundy, Chairperson, Scholarship Committee at kimberly.lundy@myoneclay.net

Continued from page 12

inevitably, someone will be upset and that is just business.

As Race Director, I learned a lot from this year's Hog Jog. There are many reasons this race will never be a big money maker like the other three Strider races. Ronnie Van Zant Park is a great park, but we would max out capacity at 400 or so runners. Being located in the boonies doesn't help much either.

I've been told by numerous friends that are very knowledgeable about competitive racing that "Cross Country" does not draw a significant number of runners because of the environment. If you have ever run Van Zant Park after a rainstorm you would understand why.

I think the main thing I learned this year is if we are going to continue with this race we need to stop focusing on the money and just make this more of a social event. Maybe we start later in the day (Saturday of course), bring back the barbeque and music and have ourselves a grand ole time. Always looking for feedback so if you have some ideas, please share.

Continued from page 15

Gatorade first....which side of the road), making sure my breathing is easy and form tight. Focusing on my breathing relaxes me. Focusing on keeping my shoulders back, arms fluid, face relaxed, quick light strides helps me stay in the present moment and not worry about the future.

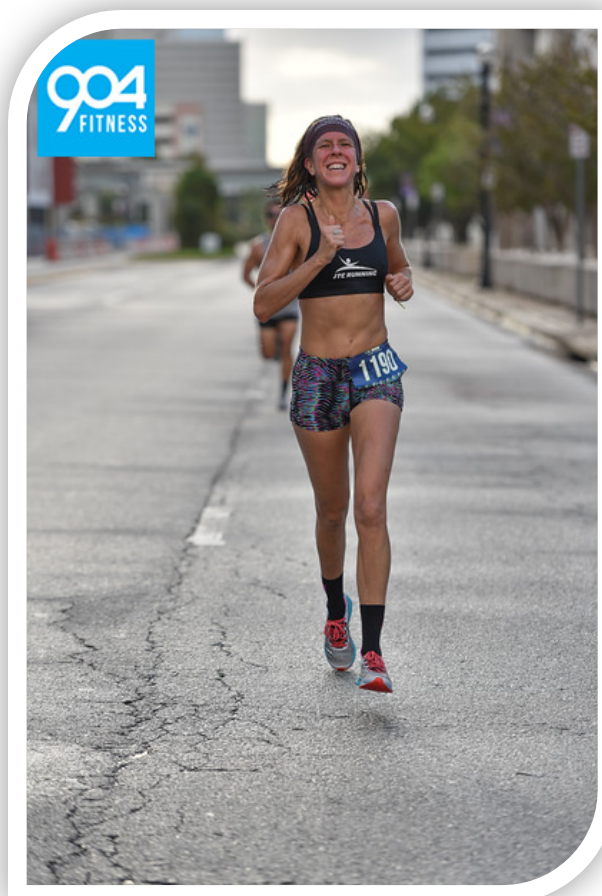
Run the Mile You're In: my latest favorite mantra for long races works wonders. If I start feeling bad, I ask myself how I can make this mile as good as possible. If I feel really bad then I break it down to how I can make this ¼ mile great! If that's too much, I start counting my steps to an almost hypnotic rhythm...12345678 22345678 32345678 ...for as long as I can stand. Then I focus on my breath again--breathe in 2...out 2...in 2...out 2. You'd be surprised how far this will take you. By now you are already on to the next mile so you can focus on another positive idea to get you through that mile, and pretty soon you can think about your next gel, water stop, or place where you'll see a loved one. I do these mental gymnastics the entire race, and before I know it the miles have flown by. There are so many countless ways to break down 26.2 miles into manageable pieces. So experiment with things that make sense to you. Once I am settled in, I'm looking forward to my 10k split then being in double digits, then being at the half, then being in the second half and counting down, then being in single digits (or only having a River Run left), then blasting through mile 20 and having less than an hour to go, only a 5k to go, less than 20 minutes to go, less than 10 minutes to go, last mile (which I always choose to savor despite the pain).

Never give up: You can have a bad mile or few miles and still have a good race. Maybe you are going to miss your "A" goal, but hopefully you have set other goals to be proud of. You can figure out what went wrong in the days to come, but in the heat of battle you must find something positive to fight for in that moment. I'm not going to let the remaining miles be slower than X, I'm going to run my fastest on this course, I'm going to run my last 10k under X, I'm not going to walk, I'm going to run my last mile hard, I'm going to beat that lady in front of me, I'm going to stick with this pace group. Anything that keeps you pushing!

Pain is temporary: It's going to hurt at some point. It's how you handle the bad miles that makes you a tough competitor. Quitting lasts forever, so you have to develop techniques to push through the pain. I cannot currently wrap my brain around the pain I must endure to achieve my 5K goals. Be brave. This is one I'm working on at present. I tend to race a little safe and not put it all out there. Even though my times are consistent and improving, I'll admit I am probably capable of more. That scares me, because if I put it all out there, I might blow up and finish slow or DNF, but I also might have a huge break through. What's the worst thing that could happen?

It's just not your day: That's ok. It happens. You've tried all of the above, but you continue to run slower

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than planned, have some pains, or other issues. First, determine if you should finish the race at all. You know your body and how this race fits into the rest of your season. Then, re-define what this race means for you, hold your head high, and celebrate your strength. This can be an opportunity to help a slower friend or stranger achieve their goals, notice more of the scenery, thank the volunteers, take selfies, call your spouse and share the moment with them, and remember learning points for next time. It is NOT a failure. If we always crushed our goals, it would not mean as much, and we'd soon tire of this sport.

I ran my first marathon in 2001 here in Jacksonville. It was warm. I ate too much the 24 hours before the race, including a new breakfast cereal. I consumed way too many gels and different flavors of Gatorade during the race, and I fell short of some of my goals. I remember walking at Mile 22, telling my mother it was the hardest thing I had ever done, I was miserable, and I would never do it again. I was on the internet the next day looking for races coming up where I would try to shave 12 minutes off my time and qualify for Boston. Two months later I bettered my time by 16 minutes and got a BQ! Eighteen years later, my love affair with the marathon continues, as does my desire to tame this shrew.

I hope you enjoyed reading this. I'll see you on the roads, and Happy Running!

STRIDERS AT THE RACES

10/26/19 – Purple Stride 5K

Jacksonville, FL

Al Saffer 43:19

Charity race....no race awards

10/27/19 – Evergreen Pumpkin Run

Jacksonville, FL

Paul Grybb 20:59 2nd AG, 15th overall

Jean Schubert 48:26

11/02/19 – Cottonmouth Quarter Half

Marathon

Elkton, FL

Jean Schubert 1:42:37

11/10/19 – Salute to Veterans Race

Jacksonville, FL

Paul Geiger 23:58 1st AG

RUN ALL THE RACES!!!



We want to see more Striders at the Races! To see your name and times here, send your info to: striderighteditor@gmail.com. Include your name, name and date of race, your finish time, and any other important notes you'd like to include about your time or the race itself.

***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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FLORIDA STRIDERS TRACK CLUB

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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

