

S E P T E M B E R - O C T O B E R 2 0 2 0

the

# StrideRight

[www.floridastriders.com](http://www.floridastriders.com)

Club #225

## Running is in Our Blood

Written by Alex Goodwin, Marathon High Executive Director

Marathon High makes a lasting impact in the lives of high school students across Northeast Florida by helping them to grow new friendships, set goals, and realize their full potential through distance running. What they learn through Marathon High stays with them for years to come as they continue running into their adult lives. If you ask them why, they say, "Running is in our blood." This virtual half that benefits Marathon High will help ensure we can continue to impact the lives of young people in our area for years to come. Participants are asked to complete 13.1 miles (the distance of a half marathon) during the month of September to help kick off Marathon High's upcoming season. Everyone who runs will be running in solidarity and support of student athletes who will begin training for their own half marathon in October.

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Save the Date!



The Resolution Run 5k and 1 mile Fun Run will be at 8 a.m. on Saturday, January the 16<sup>th</sup> at Bestbet Poker Room in Orange Park. The 5k course will be an out-and-back on beautiful River Road next to the St. Johns River.  
See you there!



## MESSAGE FROM THE PRESIDENT

Once again, I've been inspired by the lyrics of a song. "Don't Let the Old Man In" was written by Toby Keith, and became semi-popular when it was featured in the Clint Eastwood movie, "The Mule" in 2018.

For those who have not seen the movie, Clint Eastwood plays the role of a 90 year old horticulturist who takes a job as a courier, making deliveries for a drug cartel. He has many adventures as he goes about his job duties.

According to an interview that I read, Eastwood was actually the inspiration for Toby Keith to write the song. While playing golf together, Keith asked Eastwood, "What keeps you going?" and Eastwood's response was "I get up every day and don't let the old man in".

Here are some of the lyrics from that song:

*Don't let the old man in, I want to live it some more.  
Can't leave it up to him, he's knocking on my door.  
I knew all of my life that someday it would end.  
Get up and go outside. Don't let the old man in.*

*Many moons I have lived.  
My body's withered and worn.  
Ask yourself how old would you be  
if you didn't know the day you were born.*

*Try to love on your wife  
and stay close to your friends.  
Toast each sundown with wine.  
Don't let the old man in.*

For me, the lesson here is don't let age keep you from pursuing your dreams. Please don't assume that I'm referring only to senior citizens like Eastwood, because I am not! Some men and women decide to be old at a very young age.

Of course, the effects of age tend to slow us down, and health issues may not allow us to physically compete the way we used to, but we can still take pleasure in the things we CAN do. I've talked with runners who quit because their old pace was no longer achievable for them. I understand the drive to be competitive, but if you are able to run or walk, you should do it, no matter the speed! Don't give up living, learning, and growing. Remain active. Take a class. Read. Learn. Volunteer. Find a purpose to get up every day and do something positive for yourself, your friends, and your community.

My favorite line of the song is "Ask yourself how old you would be if you didn't know the day you were born." That's a topic that could make for interesting discussions!

To sum it up, stay young! Don't let the old man or old woman in, and don't give in to the mentality that you are too old...you aren't!

Regards,

*Jon*



## 2020-21 Board of Directors and Key Persons

### Officers

**President:** Jon Guthrie  
*president@floridastriders.com*

**Vice President:** open

**Secretary:** Sara Guthrie  
*froggyskg@comcast.net*

**Treasurer:** Bill Krause  
*treasurer@floridastriders.com*

### Directors at Large

Amy Bonnette	David Bonnette
Kathy Murray	Michael Mayse
Michele Pelham	Perry Pelham
Scott Hershey	Shelly Allen
Suzanne Baker	Mae Barker
Zach Hanna	Mike Martinez
Jon Guthrie	Sara Guthrie
Bill Krause	Dave Allen

### Race Directors

**Resolution Run:** Perry Pelham  
*resolutionrunrd@floridastriders.com*  
**Angry Tortoise 25K/50K:** Mae Barker  
*mae@facesjax.com*

**Run to the Sun 8K:** Mike Martinez  
*rttsrd@floridastriders.com*

**Memorial Day 5K:** Scott Hershey  
*run2day4life@gmail.com*

**Hog Jog 5K:** Mike Mayse  
*mjmayse@comcast.net*

### Coordinators

**Children's Running:** Carol Macdougall  
*carolmacdougall@bellsouth.net*

**Track Coordinator:** Vicky Connell  
*vickkyjc@comcast.net*

**Membership:** Eugene Biala  
*membership@floridastriders.com*

**Social:** Dave Allen & Amy Bonnette  
*social@floridastriders.com*

**Scholarship:** Kim Lundy  
*scholarship@floridastriders.com*

**Race Volunteer:** Ann Krause & Kellie Howard  
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**Equipment:** Mike Mayse  
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**Race Advisor:** Bob Boyd  
*bobbydFL@gmail.com*

**StrideRight Editor:** Cari Holbrook  
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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](http://www.floridastriders.com)*

## Announcements

We are happy to announce that Eugene Biala has taken on the role of Membership Coordinator for the Florida Striders. Eugene and his family have been active members of our club for a number of years. He takes over this position from George Hoskins, who has been handling our membership related issues for the past six years. We owe a huge "thank you" to George for all of his hard work during his tenure, especially during our transition to the current website. George has been, and will continue to be, a valuable resource for our club!

# M E M B E R S H I P

New & Renewing Families/Members

Stephanie Griffith  
Chuck Griffith  
Belinda Leverock  
Kate Hellman  
Grace Hellman

Scott Hellman  
Jack Knee  
Gregory Stratton  
Ken Murray  
Chris Edgington  
Janet Elliott

DiOnne Clark  
Bernie Gross  
Susan McInnis  
August Leone  
John Rafalski  
Anne Giffin

Rob Bendig  
Steve Williams  
Martha Mangus  
Kim Skurti  
George Hoskins

The Florida Striders Track Club is a family oriented club that stages five 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, race results, and items of general interest. See our website, [www.floridastriders.com](http://www.floridastriders.com), or contact our Membership Director, Eugene Biala, 904-778-9502, or email [membership@floridastriders.com](mailto: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 <input type="checkbox"/> Renewal <input type="checkbox"/>	
Address _____ Apt# _____			# in Family _____ Spouse's Name (Family Membership only) _____	
City _____ State _____ Zip _____			Your DOB _____ Spouse's DOB (Optional) _____	
Home / Cell Phone _____ / _____ Alternate Phone (Optional) _____			Children's Names (Family Membership only) _____	
Email Address (Print clearly) _____ @ _____				

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

☐ \$1 ☐ \$2 ☐ \$5 ☐ Other amount \$ \_\_\_\_\_

- ☐ 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 +)

Signature \_\_\_\_\_

Date \_\_\_\_\_

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 7841 Longhorn Cir E. Jacksonville, FL 32244

Revised 8/2020



# What Amuses You When There's Nothing Much To Do?

Written by Vicky Connell

This pandemic has affected everyone, leaving many of us with time on our hands that we don't normally have. Hopefully you've used this extra time to learn something new, or perhaps take up a hobby long forgotten. As for me, I used this extra time to exercise a lot, learn new cooking skills, and rediscover my love for the piano. I'd play you one of my newly learned songs if I could, but since I can't, I'll share some of my new recipes. For the exercise part, I hope you're already doing that!

For years I've wanted to make my own yogurt, but never got around to it. Like many of you, I got an Instant Pot for Christmas a few years ago, but haven't used it much since. I assumed that the Instant Pot would simplify making yogurt like it does many things, and that assumption was definitely correct! I searched many recipes on the internet, finally settling on one that I liked and gave it a try. Here's the website if you want to try it too:

<https://amindfullmom.com/instant-pot-yogurt/>

I highly recommend you read the full article before you skip to the recipe. The first few times I had to keep referring to the instructions, but by the fourth or fifth batch, I felt like a pro. Homemade yogurt is definitely better than store bought! It might be a little cheaper too, depending on the milk you use. I like the organic, pasture fed, 2% type myself. The nice thing about homemade yogurt is that it isn't as tart as the store bought kind, and needs no sweetener. I used to have a hard time eating plain yogurt without any sugar, but not now. It's fine all by itself! I also like to drain the whey and turn it into Greek Yogurt. I then save the whey and use it for other things like making smoothies, and even making sourdough bread, which brings me to my next recipe.

I've always loved sourdough bread, but when I tried to make a "starter" (required for sourdough

bread) I never had much success. That was before the internet though, so I decided to do some research and try again. But being the way that I am, I had to make it more complicated and try to make Whole Wheat Sourdough Bread! Definitely more complicated!

Making the starter was not as easy as it sounded in the many websites I read. My first few tries were a total flop. I was very hesitant to make bread from the starter I developed. I also had a full house of people at the time, so they would be my Guinea pigs and get to try the first batches of bread.

I admit it. My first batch of bread looked absolutely pitiful! It hardly rose at all and was a dense, round disc. However, upon tasting it, it was probably the most flavorful sourdough I'd ever had! And everyone agreed! So it seems I was on the right track. I just had to figure out the rising part.

So a bit more research and a few more attempts, and finally I got the bread to rise and taste good at the same time! What I learned from the process is that sourdough really is dependent on where you live since temperature and humidity (as well as the basic ingredients) come into play when making your starter as well as the final loaf. So no matter how good your recipe might be, it will still need to be adjusted to fit your location. And that takes practice. Fortunately for me, I now had the time to keep trying until I finally got it right.

For my final recipe and starter, I also learned I could use the left over whey from yogurt making as my liquid, which added more flavor to the bread! If you want to give it a try (and maybe I should say several tries!) here's the recipe I finally developed that has worked several times for me. I also used a scale to measure everything, which is

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## Running Team Member Races AAU Nationals

Written by Shelly Allen

Florida Striders Running Team member John Keester IV ran in the AAU National Track and Field Championships in Satellite Beach, FL in early August. Competing in the Boys 14 age group, Johnny smashed his PR by 6 seconds in the 1500 meters running 4:34.86, and finishing in 3rd place! He also ran the 3000 meters finishing 5th place in 10:25.94. The meet also served as the Sunshine State Games Championship for Florida residents, and Johnny won gold medals in both races by finishing 1st among the other runners from Florida. Keester is starting his Freshman year of high school this month at Fleming Island High School where he is running varsity cross country.



A special thanks goes out to our Partners for all your contributions. We couldn't do what we do without you!



# FLORIDA STRIDER SCHOLARSHIP ESSAY WINNERS PART 2

In our last issue, we featured 3 of the 6 winners and their essays from last year's Florida Strider Scholarships. Read on to see the other 3 winners in this issue and what running means to them. Congratulations to all 6 students – we are proud to support you in both your running and your continuing education!

## What Running Means to Me

Written by Lauren Wilkerson

Track and field is a sport that is known for working the body physically. I can attest to this because I have been running since I was seven. The blood, sweat, and tears that go into becoming this type of athlete are infinite. But the real triumph is not physical; it is mental. And this victory is what I take the most pride in because it has helped me prepare for my future career of being a research neuropsychologist.

Like a career, track and field requires intense mental strength. It requires passion and drive, the need to push yourself out of your comfort zone. When I am at practice or running at a meet, I know I need to give what I have. Everyone else is out to do the same, but I'm not focusing on them. I need to work and focus on me. Through this mindset, I have pushed towards my academic dreams with the same outlook and have found great success. Yet, track has also shown me the importance of teamwork. Whether I am practicing with my teammates or studying with friends, it is important to encourage and support each other. I find that an old popular adage is true both on and off the track. Teamwork does make the dream work.

Running has also benefited me outside of competition. A good run makes me feel alert, focused, and accomplished. The adrenaline that comes from running helps me physically and mentally. There is a sense of fulfillment that follows a good run. Although I do not wish to run as a collegiate athlete, I still want to run recreationally. Running brings a balance to my life. For me, there is correlation that helps me with my daily routines.

My life experience has led me to believe that track and life are very similar. Both are ninety percent mental and ten percent physical. And with the right enthusiasm and ambition, any athlete or scholar can be a success. This is why I feel that track has made me into the person I am today and how I see it will continue to serve me in the future.





## What Does Running Mean to Me?

Written by Katherine Harland

It would be a shock to see me without my watch. Though my bright blue watchband rarely matches my attire, my watch is essential. As a distance runner, I'm trained to look at the clock— to value each second of my time. And while my body has developed an intrinsic pace through sports, I've also learned to meaningfully account for my time by using every moment to lead and contribute.

From my 4:51 AM practice alarm to when my head hits the pillow at night, my days are characterized by movement. It often feels like an endurance run as I move through practice, homework, my job, and music rehearsals. However, I know that I'm using each minute to improve myself and enrich my community. When I work at my YMCA childcare job, a few hours turn into a whirlwind of giggling with toddlers and pretend-eating plates of plastic chicken.

In a weekly preschool class at my church I pour my energy into teaching and playing with children. And I know every hour I spend rehearsing with my orchestra is well spent when I see the smiles of nursing home residents.

In this past track season I fully experienced the power of contribution. With my fellow Mandarin High School teammates, I competed at the District meet. My event came after twelve hours of sitting through both beating heat and pouring rain. While catching my breath, minutes after completing my 1600m, I heard that a member of our team was unable to race the 4x400m relay. I knew that points in this last event would be critical, and if we didn't run a relay team, we'd likely lose the District meet. I also knew I was the alternate. With lactic acid burning in my legs, I chased down my coach. He told me that he wasn't going to run me because he couldn't ask me to race with such little recovery time. He had resigned to forfeiting the race. I knew that no matter how tired I was, at that one moment, I was the turning point. I begged him to let me run. Driven by adrenaline, I ran one of my fastest 400 meters and helped win the District meet. That night I made the decision to press beyond my limits and contribute to the team. Three more of my teammates were able to advance to the Regional meet, and I felt the joy of sacrifice.



I don't always get to see the immediate rewards of my time, but running has given me tangible proof that hard work and leadership pay off. I've tried to emulate those qualities in all areas of my life. Even though I may not get to see the immediate benefits of dressing up like a superhero for YMCA kids, I know I'm using each minute to invest in my impact on the world. And when I'm not timing a workout, or tracking my mileage, my watch reminds me to make each second count.

## What Does Running Mean to Me?

Written by Will Livesay

Running is my passion. I began running Track in eighth grade as a method of conditioning for basketball. I enjoyed it so much I decided to try cross country in high school for the same purpose. What I found was more than just a method of conditioning, I found a family and something I could do for the rest of my life, with the support of a whole community. As a freshman, I met some Juniors that would serve as some of the best role models I could have as an underclassman. They were hardworking and always knew how to have a great time no matter point of the day it was.

As a sophomore, I lost a best friend of mine to suicide. She was a great teammate and one of the most special people in my life. That same year we also lost a jumper to suicide, and a classmate to an aneurysm in the track preseason. From that point on, we were no longer just a team, we were a family. Everything we did was in dedication to them and we realized that it was more than just a sport, it was a huge part of our lives. I began to have increasingly more fun at meets, learning that every race and day is a privilege. The more fun we had, the better we ran. Running provided me with a way of life like no other.

My Junior year, our track coach became our XC coach as well. We realized that we had a chance to return to the state championship for the first time since 2010. We had experiences of a lifetime, and went to Orlando to compete at the coolest course we'd come across. We did a shakeout run through a theme park, our team raised the district trophy after having the best race in school history, and we traveled to states knowing we were a force to be reckoned with. That track season was maybe my most memorable. Going into districts I was seeded two spots out of advancing. Not only did I qualify, but at Regionals two weeks later, I had the comeback of a lifetime before collapsing and qualifying for the state championship.

As a senior our coach had to resign because of a family situation and I met Coach Dave, one of the most influential men in my life. In such a short period of time, he helped us go to state for two consecutive years for the first time ever. He is always sure to make practice as interesting and fun as he possibly can, takes us amazing places and is willing to talk about whatever is on our minds. As my career comes to a potential close due to Coronavirus, one of my biggest sorrows is that I never experienced a full track season under his leadership.

To me, running means family, brotherhood, hard work, and a way of life that can never be taken away.





## *A Tale of Two Georges*

Written by George Hoskins

George Mosely, age 80 and a long time Strider, has run a lot of races over the years. He has also ridden a bicycle across the United States, but that is a story for another day. He is a regular at most Strider races as well as other races in the area. He is proud of having run just about every Florida Strider Memorial Day 5K for 20 years. In fact, that is how he got his start in racing. He enjoys meeting other runners and completing the races. Like many of us, he is especially proud of all those running tee shirts and finisher medals.

Due to the coronavirus, the Memorial Day race became a virtual event this year. George never ran a virtual race before. He is not a fan of websites and generally does his best to stay away from computers. He was at a loss as to how to enter and complete a virtual race, but he really didn't want to miss out on this 2020 Memorial Day event. George remembered talking to George Hoskins about his Strider membership and also meeting him at several races where George was a race volunteer. So George called George and asked for help with this virtual race thing.

George went to bat for George, got him signed up, enlisted some help from Race Director Scott, and got everything worked out. George entered the race, ran it from his home in Riverside on Memorial Day, and reported his successful participation to George. In the meantime, George also did the virtual race from his home in Orange Park.

So, on a fine day in July, George and George took a break from social distancing and got together, being careful to not get too close or shake hands. They had a great time discussing the Striders, running, and life in general. George conducted an informal Awards ceremony, and George accepted his hard earned shirt and race medal.

I think the Georges will remember this experience, and this particular running shirt, for a very long time.



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more accurate, and ensures consistency in your baking. If you don't have one, I highly recommend it!

### **Whole Wheat (mostly!) Sourdough Bread**

#### **Ingredients:**

1 cup (227g) ripe (fed earlier that day) Whole Wheat sourdough starter  
1 cup + 2 tablespoons (255g) whey, heated to about 110°F (this is left over from making Greek yogurt – you can also just use water)  
2.5 cups Whole Wheat flour plus ½ cup regular bread flour (340g)  
2 tablespoons honey dissolved in the 2 tablespoons whey or warm water  
1 tsp salt  
1 tsp instant yeast  
2 tablespoons (25g) olive oil  
Egg Wash (a beaten egg) (optional)  
Seed mix (Everything Bagel Seasoning works well!) (optional)

#### **Directions:**

- Combine all of the ingredients, mixing until a shaggy dough forms (will be sticky).
- Let dough rest, covered, for 20 minutes, and then knead on a lightly floured work surface until fairly smooth and slightly sticky.
- Place the dough in a lightly greased bowl, cover it, and let it rise until almost doubled, about 90 minutes (in a room at least 70 degrees F) .
- Gently fold the dough over a few times on a lightly floured work surface.
- Shape dough into an 8" log and place it in a lightly greased 9" x 5" loaf pan.
- Cover the loaf and let it rise until it's crowned 1" over the rim of the pan, about 90 minutes.
- Preheat oven to 350°F.
- If desired, brush egg wash on the loaf, and sprinkle with a mix of seeds (Everything Bagel Seasoning works well!).
- Bake the bread for around 40 minutes, or until the loaf is golden brown and a digital thermometer inserted into the center registers 205°F to 210°F.
- Remove from oven, let it sit in the pan for 5 minutes, then turn it out onto a rack to cool.

### **Whole Wheat Sour Dough Starter**

Use a scale to weigh 4 oz. of whole-wheat flour and 4 oz. water. Mix and cover lightly, and leave on the counter in a room that is at least 70°F. (I used a hard plastic container with a lid that wasn't airtight.) About every 12 hours (basically morning and evening) add another 2 oz flour and 2 oz water, and mix it in. Continue adding flour and water for 5 to 7 days, until the mixture becomes a bit bubbly and doubles a few hours after a feeding. When the bowl of starter gets pretty full, either use some to make pancakes, waffles or muffins, or throw it out. (To make waffles, I added an egg, oil, baking soda and honey. They were fantastic!) After you bake bread, if you aren't going to use it again soon, feed the starter, wait at least 2 hours, then put in refrigerator. Feed it at least twice a week. (A note on the container when you fed it last is helpful.) Take it out of the fridge a day or two before you want to use it, and feed it as before. Wait for it to double before using it.

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

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FLORIDA STRIDERS TRACK CLUB

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Price: \$50.00 Race Fee + \$3.00 SignUp Fee

Registration: Registration ends September 15, 2020 at 11:59pm EDT

Signup at  
<https://runsignup.com/Race/FL/Northeast/RunningIsInOurBloodVirtualHalf>

All runners will receive a short-sleeved moisture wicking shirt and a mask with the Marathon High logo and this year's theme – "Running is in our Blood." Registrants who refer five people using the referral code they get at sign-up get \$20 off their entry fee!

