

November – December 2020

the

StrideRight

www.floridastriders.com

Club #229



Hello Again, BOB!

Written by Mae Barker

Can there be a pregnant master's division in racing? Is a pregnant woman capable of running a 100 miler without placing herself and/or her growing fetus in harm? Could I run the River Run on my due date if the baby is still hanging out in my womb? These are all questions that I would have never thought I would ask myself, but, alas, I recently have! At 43 years old (strike that "old" and replace with "young"), I found out that I was pregnant with our 3rd child. Given my age and the fact that I had to embrace fertility treatment to conceive our two daughters, this was a bit of a shocker to our whole family. It is also somewhat ironic that nearly a year ago, I had written an article for our *StrideRight* newsletter entitled, "Goodbye, BOB! A bittersweet parting with my jogging stroller." Yes, my dear BOB and all my other baby stuff had been given away or sold. Who would have known that I'd need it all again! Of course, my first baby purchase was a used BOB (found on Facebook Marketplace). It will be awhile before it is our little one's new chariot, but it is comforting to know that I have it when that day comes. [As a side note to expectant or new parents, I included tips

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Save the Date!



Message from the President

As we approach the end of the year 2020, I feel that we all need to focus on being positive. The disruptions over the past months have forced us to adapt and re-think the ways we live our lives in order to accomplish our goals. Although we have had to change and adapt, the basics of setting and achieving goals remains the same. Probably most of us have read or been taught about goal setting. For you, this will be a quick review. However, I'm certain that some of you reading this have never learned an efficient and effective method for setting and successfully completing goals. This is for you.

None of this is original to me. An internet search will provide you with most of this information. The most common approach to setting goals is called the "S.M.A.R.T" method. A goal must be:

Specific – clear and well-defined

Measurable – progress can be tracked with numbers

Achievable – realistic progress that you can reach

Relevant – the goal must be important to you

Time bound – there must be a deadline to complete the goal

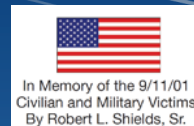
Write it down and make sure to hit each of the steps above. I don't know who said it, but "A goal without a

plan is just a wish". Set yourself up to succeed. Success breeds more success. Achieving goals provides motivation to set more goals. You won't lose 30 pounds in one week. Be realistic. As runners, our goals are usually about speed, distance, and fitness. The same goal setting techniques that help make you a better runner will also help you to be successful in your personal and professional life. Examples are money management, household organization, education, etc. It applies to everything in life that you want to improve.

Goal setting is a big topic, and cannot be sufficiently covered in this format. I hope this has influenced some of you reading this to seek out more information about setting and achieving goals.

Let's make 2021 a year of reaching our goals!

Regards,
Jon Guthrie



Be sure to thank our partners by supporting their businesses. We are so grateful for their sponsorship!

Written by Vicky Connell

For this edition of the Strideright, I was wracking my brain for something to write about. I haven't read any running books lately, because, well, I just haven't heard about any that piqued my interest. I've written about podcasts that I listen to, but I didn't want to go there again. I even wrote about baking bread during the Pandemic.

So what to write about now?!!! And then as I was checking my email, I read one that I've been receiving lately called "The Six Minute Mile". It's a newsletter, and I have no idea how I got signed up for it, but after glancing at it the first few times, I found myself drawn in and reading the articles. As it turns out, some of them were quite interesting! And yes, it only took about 6 minutes to read the entire thing! Of course that only works if you don't click on any of the links, which are numerous!

The last edition I read had articles that were very timely, such as discussing marathons that have been postponed, and when they will resume. There were links to click on if you want to sign up for the lottery to be in the 2021 London Marathon. There were also links for some virtual marathons (and shorter distances) if that's your thing.

One of the articles was about Amelia Boone, an elite runner, who has won some of the toughest obstacle course races in the world. She also has an eating disorder, and she openly discussed dealing with it, especially during some tough times since the beginning of the Pandemic.

The newsletter also managed to throw in some amusing things about how to run with your partner. They advised to not give encouragement such as saying things like "Run, Forest, Run!". And if you can't run together, it gave links for running in the "Wife Carrying Championship" and how it actually works. I found it quite funny!

There was even an inspiring story about a double amputee who completed an Ironman Race. Whew! Having done one myself, that's hard to imagine!

I also learned after reading several of these newsletters that in addition to print, they're also producing podcasts. Of course I had to listen to them, and the ones I tried were very entertaining.

All in all, I'd give the Six Minute Mile group a 5 Star Rating for an interesting and informative newsletter, kind of like the Strideright! If you want to subscribe, go to <https://www.sixminutemile.com/>. It'll do your running some good!



'Tis the season to shop online at [amazon.com](https://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. Every little bit helps!

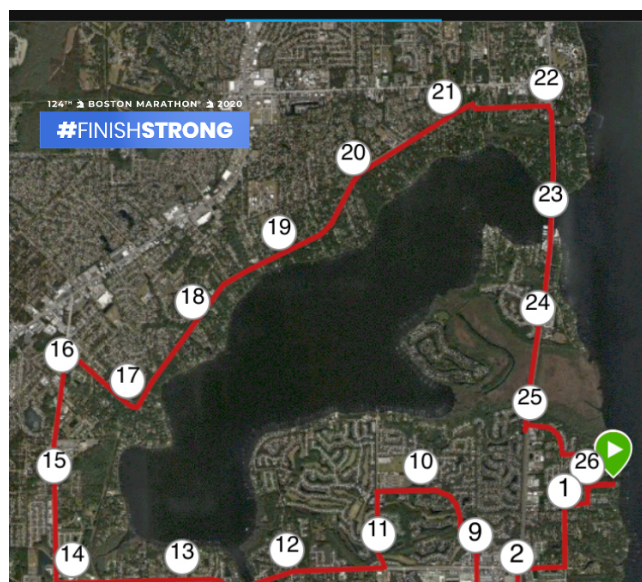
No Heartbreak Here

Written by Mae Barker

At 4 AM on Sept. 13, 2020, a band of runners started the 124th Boston Marathon in Fleming Island, Florida. Lisa and Dan Adams and Britta Fortson were officially registered for this year's race. Unfortunately, COVID-19 led to the race being a virtual one that could be run anytime and anywhere during race week. These 3 runners invited their running buddies to accompany them, put out signs to designate landmarks on our course (e.g., Heartbreak Hill = 17 Doctors Lake Bridge), and held a post-race party for the finishers and their biggest fans.



Pictured from left to right at the official 26.2 finish line: Jay Millson (official bike chaperone and mule), Marathon Runners: Jeff Gully, Brian Pate, Dan Adams, Lisa Adams, Mae Barker, Zach Hanna, Bobby Wood, and Britta Fortson



The Orange Park/Fleming Island Boston Marathon Course designed by Dan Adams

Written by Marisa Kortright

A Strider Thank You

The Florida Striders are an amazing organization in the running community. As a child, I did not realize all the work that went into all of the races. I thought nothing of everything that went into me being able to just grab a race bib or water bottle. Volunteering allowed me to see how they not only set up an extremely efficient system but also enjoy being there. They are there for hours before and after the race making sure that everything is set up just right and carry a positive attitude the whole time. All of my memories growing up and enjoying 1-mile fun runs to 5ks would not have been possible without the Florida Striders.

In addition, the people who come out to participate in the races are motivating. They find joy in just coming out and being a part of the race-day atmosphere. Everyone is talking, laughing, and having a good time. The Wednesday track workouts at St John's Country Day School are another testament to that. Everyone out there is driven by their own motivation and it creates a place where people are able to support and push each other. People of all ages are out there and the workout pulls people together. The coaches there also aid in that process as they give challenging workouts while also encouraging you. They truly help to build your confidence and keep you working towards whatever your goal may be. I always walk away from the track feeling accomplished with that I have done. It is an environment that is rare to find these days.

Overall, we are blessed to be able to have an organization like the Florida Striders to continue to spread the joy and sport of running.

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

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

Race Directors

Resolution Run: Perry Pelham
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Angry Tortoise 25K/50K: Mae Barker
mae@facesjax.com
Run to the Sun 8K: Mike Martinez
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bobbydFL@gmail.com
StrideRight Editor: Cari Holbrook
striderighteditor@gmail.com

Angry Tortoise 25k/50k Trail Run

Feb. 6, 2021

Register at <https://ultrasignup.com/register.aspx?did=79440>

Use coupon code "Strider" for \$5 off registration

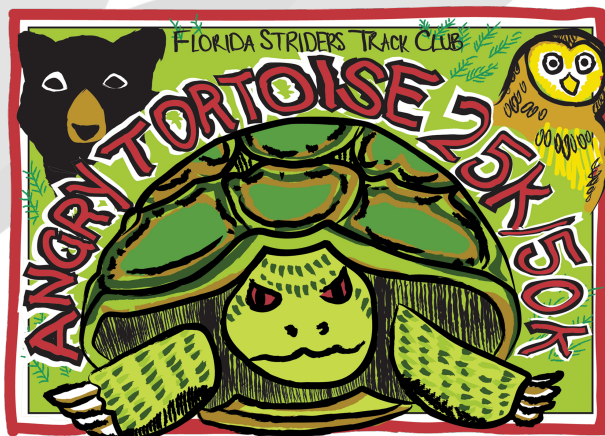
Great Swag!

Cool shirts!

Fun atmosphere!

Beautiful scenery!

Free camping at the start!



Don't wait to register for this event! It has sold out for the past 2 consecutive years!

For more info, contact Mae Barker

mae@facesjax.com or
 904-210-2556

NEW & RETURNING MEMBERS

Mae Barker
Amy Bonnette
Gary Corbitt
Denise Dailey
Errol Daniels

Liane Daniels
Ceci Dunham
Nancy Field
Paul Geiger
Stan Lambert

Carol MacDougall
Kira Roberts
Dinah Rodillas
Elisabeth Rodillas
Al Saffer

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, or contact our Membership Director, Eugene Biala, 904-778-9502, or email membership@floridastriders.com for more information. Complete the membership application below and come have fun with us.

Florida Striders Membership Application

<hr/> Last Name First MI			New <input type="checkbox"/> Renewal <input type="checkbox"/>	
<hr/> Address Apt#			<hr/> # in Family Spouse's Name (Family Membership only)	
<hr/> City State Zip			<hr/> Your DOB Spouse's DOB (Optional)	
<hr/> Home / Cell Phone Alternate Phone (Optional)			<hr/> Children's Names (Family Membership only)	
<hr/> Email Address (Print clearly)				

Annual Dues

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

Continued from front page

for running with a stroller and after baby in that Aug. 2019 *StrideRight* article.]

I'm almost half-way through my pregnancy, and I have continued to run. During my first trimester, running was one of the few times when I didn't feel nauseous. Although I feel heavy and slow now, it still feels invigorating to run. When I was 13 weeks pregnant, I ran the virtual Boston Marathon with friends. I was nervous about doing this, but I listened to my body and felt great. Although I don't intend on being an ultra-runner during this pregnancy, as long as I feel well, I intend to continue running 5-6 days per week. I know that this makes some people uncomfortable, but I believe our bodies were made to be strong and work. Further, I recently read the book *Exercising through Your Pregnancy* by Dr. James Clapp and Catherine Cram. This book summarizes Dr. Clapp's extensive research and highlights how extremely beneficial exercise is for the mother and her baby during pregnancy and afterwards. I highly recommend it for expectant mothers.

Let's return to those questions! *Can there be a master's pregnant division in racing?* To my fellow race directors, we should totally do this (maybe it can just be a pregnant division!) and maybe even add a stroller division! ☺ *Is a pregnant woman capable of running a 100 miler without placing herself and/or her growing fetus in harm?* I extensively searched the internet and asked professional ultrarunner mama Michele Yates for input on this one. I have yet to find an account of a pregnant woman running a 100 miler. It is probably not wise as Yates stressed, "100m is SOOO strenuous on a normal healthy person, let alone a pregnant one." *Could I run the River Run on my due date if the baby is still hanging out in my womb?* Ironically, my due date is River Run day. If that baby is still in my womb, we are going to tackle the Green Giant together in pursuit of a 10% hat. Then, maybe I'll deliver the baby in the Striders' tent after the race!

Please contact Mae at mae@facesjax.com or text 904-210-2556 if you are interested in group runs or workouts with other parents of young children.

RESOLUTION RUN 5K – JANUARY 16, 2021



*******FREE LONG SLEEVE COTTON T-SHIRTS AND FINISHER MEDALS FOR ALL PARTICIPANTS*******

Time: 8:00 AM

Fee: \$27.00

Member Discount Applicable

*****You must login to the Florida Striders website with your username and password to get the Striders discount.*****

Online registration is open until noon on Thursday, January 14th. Go to: www.floridastriders.com or you can register at any one of the 1st Place Sports stores as well until 6pm on Friday, the 15th. Race day registration opens at 6:30AM with the race starting at 8AM. There will be Wave Starts. You will need to select your start time when you register. We encourage anticipated award winners to start in the first wave. Please also

check the box for the location you want to p/u your race packet.

Please don't come if you are feeling ill, or recently tested positive for COVID-19, Sorry, but there are no refunds.

The Children's 1 mile Fun Run starts at 9am. There is no preregistration. Please register at the Children's Fun Run table at the race. Thanks for joining us and supporting our Non-Profit Club:-)

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>.

FLORIDA STRIDERS TRACK CLUB

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

NON-PROFIT ORG.
U.S. POSTAGE PAID
ORANGE PARK, FL
PERMIT NO. 215



Entry Fees

Striders	Non-Striders	Kids 13 & Under
\$22	\$27	\$15



Sadly there will not be a 1 Mile Fun Run this year

Race Director

Mike Mayse (904) 238-3650 (Leave a Message or Text)

Email: jaxmjm@gmail.com

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



5K Race Start 9:00 AM

Packet Pickup

ALL packet pick-up will be done at
Ronnie Van Zant Park on race day
starting at 7:30 AM

Register Online

- https://thedriver.net/event-registration/site_race_reg/eid/38734012348
- Sorry no refunds!
- Online registration closes at noon Thursday, 11/19/2020
- Register at any 1st Place Sports location until Friday, 11/20/2020
- Saturday registration at event only
- Race day registration price will not increase
- Race day registration starts at 7:30 AM
- T-shirts for first 300 pre-registered runners

