

Mar- Apr 2021

the

StrideRight

www.floridastriders.com

Club #229



Volume 42, Number 2



Overall 25k winner Josue Velazquez reaches the finish line! Photo courtesy of Semper Fi Photos

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The Angry Tortoise's Search for Dry Ground

Written by Mae Barker, Race Director

This year's Angry Tortoise 25k/50k trail run took place over the weekend of Feb. 6th & 7th. The race was split across the weekend due to COVID restrictions that limited the number of runners in the forest to 50 per day. Days before the weekend, the rain rolled in and punctuated the course with big mud puddles. As the weekend progressed, the rain continued, turning the course into a big ole' mud run. By Sunday, you couldn't go 20 feet past the starting line without your feet already being soaked! The joys of trail running, right? Needless to say, we had lots of locals and a good number of southerners (e.g., Ohio, Miami, NC, SC) come out for the chance to run. These fearless runners conquered the course; and, amazingly, we only had one runner who didn't finish due to his unfortunate twisting an ankle when he stepped into a puddle. We even had some runners who left some blood on the course and obtained some trail tattoos as they tried to forego puddles and brushed up against thorny briars in the process.

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Message from the President

Over the years, I like to joke about my status as an “elite” runner.

When we think of elite runners, we typically think of Olympians, or state and national championship runners. These are the individuals who can cover a prescribed distance more quickly than most of their peers. They are the elite of the elite!

My contention is that if you run or walk at any pace, you are elite. If you finish last in your age group at one of the local events, you might doubt your status, but remember...most people never even start. The mere fact that you participate puts you in an elite category of your peers!

On another topic, Run to the Sun is scheduled for Saturday, April 10. Please support your club and sign up to participate in the Grand Prix event. Sign up is handled through our Club website, www.floridastriders.com.

Speaking of our website, each member should log in and verify their membership status. Looking over our roster, I am amazed at the number of people who have allowed their membership to expire. Perhaps your comfort level to log in and update your account is holding you back? Please ask for help if you need it. It is important that you maintain your membership and have the ability to log in to your account in order to receive the membership discounts you deserve.

Sunday, April 25 is the date for our annual picnic and Board of Directors election. If you are interested in serving on the board, please let me know. We need you.

Best regards,

Jon Guthrie “Elite Runner”



Our Partners in Running!



Florida Striders Track Club College Scholarship

This year, five \$1000 college scholarships will be awarded to graduating high school seniors who live in Northeast Florida. The 2021 Florida Striders Track Club 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 26, 2021. Any questions should be directed to Kim Lundy at Kimberly.lundy@myoneclay.net.

previous Scholarship Recipients.

2020

Jessica Fliess	Fleming Island High School
Katherine Harland	Homeschooled, Mandarin High School
William Livesay	Fleming Island High School
Craig McFarland	Stanton College Preparatory School
John Wright Stanly	Stanton College Preparatory School
Lauren Wilkerson	Paxon School for Advanced Studies

2019

John Bear	Orange Park High School
Alaina Carpenter	Creekside High School
Logan Chastain	Mandarin High School
Ben Gelok	Fleming Island High School

2018

Danielle Corbin	Episcopal School of Jacksonville
Logan Faulkner	Bishop Kenny High School
Sydney Nelson	Fleming Island High School
Sean Snyder	St. Joseph Academy

2017

Ryan Canaday	Bartram Trail High School
Kayley DeLay	Fletcher high School
Grace Gerry	Bishop Kenny High School
Allison Haida	The Bolles School

2016

Mason Gerry	Bishop Kenny High School
Nicole Schoenfeld	Fleming Island High School
Madeline Sgro	Oakleaf High School
Emily Surgeoner	Fleming Island High School



Races to Remember

Fellow Striders share favorite races that stand out in their memories.

Shamrock Run

by Jack Knee

I don't believe the Shamrock Run still exists? Obviously, it was held near March 17th, and was produced by a public school teacher's association as I recall. It started near the Landon School in Jacksonville. It was a 5K in the years before Doug Alred came on the running scene. Doug built up a reputation with accurately measured courses and starting on advertised time as well as accurate individual finishing times. This led to credibility of First Coast races and drew runners from all over.

Getting back to the Shamrock Run...It had beautiful leprechaun featured tee shirts and a mammoth turnout of curtain climbers. It was kind of hilarious to have scads of kids tangling up in the start and various stages of the run. No seeding themselves in the starting lineup for those kids. Of course, there were several hundred adults to leaven the run, but it did have that uniqueness I never saw in any other run. With such a big turnout, I was surprised when it just seemed to have fallen off the radar. It was a lot of fun and many area runners' first competitive 5K.

Houston Marathon

by Britta Fortson

Lisa Adams and I did the Houston Marathon in January 2020, and it was a blast. Very well planned race, great views of the city, and a very warm welcome from the city. They even gave us TWO race shirts: one in our packets and one when we finished. The race packet was filled with all kinds of great stuff—magnets, sunglasses, drinking glasses and food! We had perfect weather and both BQ'ed. The restaurant scene in Houston is phenomenal, and the only picture I have is when we went out for good food and champagne!

Torch of Peace 5 Miler

by Jack Knee

Bear with me a minute for I am not Jewish. I have a great deal of respect for Jews, having been hired by a Jewish CPA firm as a new college grad very short in experience.

This five mile Torch of Peace run was sponsored by the synagogue

noted on the shirt, which has since merged. It went on for a few years as a point-to-point run along San Jose Blvd. I believe it may have started near Doug Alred's only First Place Sports Store and terminated at the synagogue off Sunbeam Road. But that does not sound right, for Sunbeam is next to Baymeadows. Anyway, it started about five miles north of Sunbeam Road. Maybe the store was on University then?

I recall my being a "back of the pack" runner seeing finishers trotting back to the start and I gauged my annual progress by which point they passed me still chugging away for the five miles.

I think it lasted at least three to five years? One year when I was visiting Fort Lauderdale I gave a similar shirt to the daughter of a former Jewish co-worker. Her two brothers wrestled for Piper High School and were jealous I selected her for the nice shirt.



NEW & RETURNING MEMBERS

Reilly Barber	Janice Kellogg	Ashley Neidigh	Melinda Peacock	Kyle Shannon
Steve Benoit	Lindy Landry	Joni Neidigh	Thomas Reinheimer	Georgina Shores
Jason Beutel	Jessica Lowther	Larry Neidigh	Barbara Sage	Ian Shores
Anthony Dixon	Lisa Mannino	Lauren Neidigh	Courtney Sage	Steven Szala
Aaron Fraser	Ian Miller	Geoff Neilson	Kendall Sage	Soledad Terry
Andria Jensen	Maria Miller	Leslie Parkinson	Larry Sage	Deborah Townsend

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

<div style="border-bottom: 1px solid black; height: 20px; width: 100%;"></div>			New <input type="checkbox"/> Renewal <input type="checkbox"/>	
Last Name	First	MI		
<div style="border-bottom: 1px solid black; height: 20px; width: 100%;"></div>			/	
Address		Apt#	# in Family	Spouse's Name (Family Membership only)
<div style="border-bottom: 1px solid black; height: 20px; width: 100%;"></div>			<div style="border-bottom: 1px solid black; height: 20px; width: 100%;"></div>	
City	State	Zip	Your DOB	Spouse's DOB (Optional)
<div style="border-bottom: 1px solid black; height: 20px; width: 100%;"></div>			<div style="border-bottom: 1px solid black; height: 20px; width: 100%;"></div>	
Home / Cell Phone		Alternate Phone (Optional)	Children's Names (Family Membership only)	
<div style="border-bottom: 1px solid black; height: 20px; width: 100%;"></div>				
<div style="border-bottom: 1px solid black; height: 20px; width: 100%;"></div>				
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

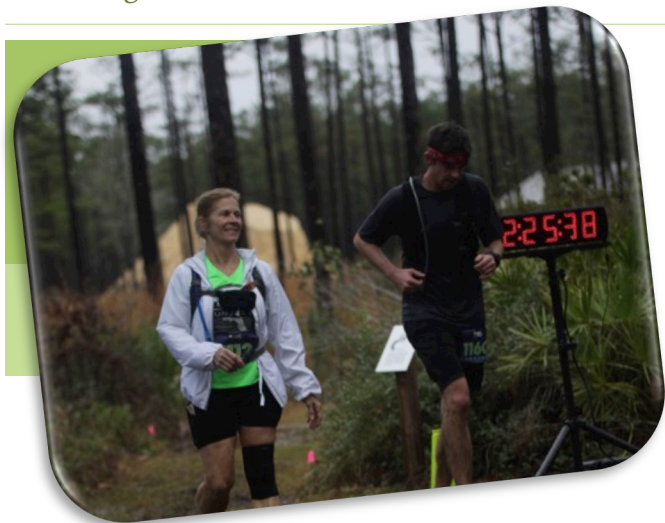
Date

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

Revised 8/2020



Am I a Streaker? Or not...

That's a question that will probably haunt me forever. But I'm getting ahead of myself. You'll need a little background, and then you can draw your own conclusion for which side of the argument you fall on.

The Angry Tortoise trail race occurred last weekend. It was the 7th running of the race. I have done this race every year since the first one, and as I learned last year, I was the only remaining "streaker" who had done them all. I was excited to learn this and vowed to keep the streak alive for as long as humanly possible. I've heard of the Gate River Run streakers for years and always had such admiration for what they were doing. But that brings me to this year. It was up in the air whether I would be able to participate in the race or not.

A couple of months ago, I started having knee pain. After a few weeks of it getting steadily worse, I finally went to the doctor and got a diagnosis of a tight IT band. This came as a complete surprise, as the pain was in my knee. But it seemed like something I could overcome, and I began to do home therapy and stretching. It seemed to improve, and I had a race coming up, so I continued to run, although at a much reduced frequency and distance.

Then came the day I ran when I knew something was off, and I should have stayed home. My knee felt especially tight that day, but I ran anyway, even throwing in a speed rep. On the very first rep, I felt a pop in my knee, and it completely gave way. Pain shot through my leg and I ended up sprawled

on the side of the road. I was about a mile from home, but I could tell I wouldn't be able to walk at all. Fortunately, a good Samaritan stopped to see what was wrong, and gave me a ride home.

After a couple of hours, I realized it wasn't getting better. So I went to the ER and had an xray and exam. The doctor thought it was going to be a meniscus tear, but then assured me it wasn't. They gave me some pain meds, put a wrap around my knee, told me to use the crutches to stay off it for a while, and sent me home. It was very unhelpful!

I was on crutches for just two days, and then I felt I could put enough weight on it to walk. The Angry Tortoise was only a week away at this point, and I knew it was doubtful it would be good enough for me to do the entire 25K (15.5 miles), even if I walked. But I was hopeful!

The week wore on, and my knee felt a bit better, although not anywhere near normal. My husband and my sister both warned me not to be stupid and try to complete the race, and in my heart, I knew they were right, but I had difficulty wrapping my head around it. I called the race director, Mae Barker, and let her know that I might not make it this time, and she said just wait and see.

Finally, the night before the race, I got all my stuff ready, but still was undecided whether to even go at all. There had been torrential rains all that day, and I knew it would be a bit miserable on the course, which was likely to be flooded. Normally, that wouldn't faze me, but I was feeling quite sorry for myself and not very positive. Finally, about 8pm, I got a call from Mae, and she encouraged me to come



and at least make an appearance and walk a short distance. It was just the shot I needed, and I made the decision to go and just walk to the first aid station and back. I thought that would be around 4 or 5 miles and figured that was

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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

Please see each race's website for specific information on COVID safety and social distancing guidelines. Also note that some races may have a virtual option as well.

DATE	RACE	TIME	RACE DAY LOCATION	WHERE TO REGISTER
6-Mar	MOO-VE IT 5k	8:00am	101 E. Bay Street	www.1stplacesports.com
13-Mar	Mellow Mushroom's St. Paddy's Day 5K	4:00pm	Saint Johns Avenue - Riverside	PRS Race Timing
14-Mar	St. Paddy's Run 5k/10k	8:00am	Evergreen Cemetery	www.1stplacesports.com
20-Mar	Gate River Run	8:00am	Fairgrounds Place, Downtown	www.1stplacesports.com
27-Mar	Kilwin's Ice Cream Run	7:30am	St. Johns Town Center	http://www.clarkeschools.org/icecreamrun
28-Mar	March to Get Screened	8:00am	Riverside Avenue, Jacksonville	www.1stplacesports.com
10-Apr	Run to the Sun 8K	8:00am	bestbet Orange Park Kennel Club	www.floridastriders.com
25-Apr	Race to the Taste 5K	8:00am	St. Augustine Amphitheater	runsignup.com
1-May	2nd Annual Black Lives Matter 5K	5:00pm	Riverfront Plaza (Old Landing site)	runsignup.com
8-May	9th Annual Clay County Young Life Hula Hustle 5K	8:00am	bestbet Orange Park Kennel Club	www.1stplacesports.com

Continued

Although the weather was less than ideal, we had some amazing volunteers whose karma overfloweth and made my life so much easier as race director. The Runners4Recovery Crew once again supported runners as the main aid station crew. On Saturday, Mike Martinez, Greg Crews, Stephen Sparks spent all day at the aid station and cheered on the runners. On Sunday, Ashley Dutson and Stacey Johns worked the aid station and may have also made some new love connections with some of the runners! Check out their website:

www.runners4recoveryjax.org/recovery-help. It is a wonderful community resource, and sign up for some of their running events to support our fellow community members who may be struggling with addiction. More RD love goes out to my parents, Tracy and Shirlene Barker, and my husband, Zach Hanna, and daughters, Ella Rose and Lillian, who helped tremendously behind the scenes and on race weekend. Also, thank you to Justin Rodgers, Forestry Recreation Coordinator with the Florida Forest Service, who has worked closely with me for the 3rd consecutive year to coordinate this event.

I am excited to announce that despite COVID and the fact that we had to register less runners, the AT still raised over \$6000 this year, which will go towards our Florida Striders kids' running initiatives and scholarships. We could not have accomplished such AND put on such a great race without these amazing sponsors. Please show your love by supporting their businesses in the future.

Returning Sponsors

Garber Automall: (www.garberautomall.com) continues to be one of our chief financial supporters. They have a great array of vehicles and a wonderful service department. Check them out in Green Cove Springs.

PRS Race Timing: (www.prsracetiming.com) Coach Paul McRae and Rob Gould are amazing in handling our timing, providing our bibs and being present through the whole race to make sure we have accurate results! Also, PRS Race Timing puts on



25k runner, Allison Kallevig, doesn't let a little mud dampen her spirits! Photo courtesy of Semper Fi Photos

some great fun community races. Check out the website for upcoming races and check out Paul's coaching services!

Local Fare: (www.localfarejax.com) I love how Local Fare will deliver fresh, local produce, meats, cheeses, and other goods right to your door for an economical price.

Hemp Daddy: (www.hempdaddys.com) Hemp Daddy provides quality CBD products from Colorado. Zach and I use their CBD creams for pain-relief and CBD oil for improved sleep. They provided CBD lip balm for all of our runner's bags this year.

Flatlander Running: (www.flatlander.run) Zach and I started Flatlander Running a couple years ago. We hope to provide some awesome run-cations and running adventures in the years ahead!

Michael Brynildsen Owner / Photographer, Semper Fi

Photos(www.facebook.com/SemperFiPhotos/)

Continued from previous page

2020-21 Key Persons and Board of Directors

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
vickyjc@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
volunteer@floridastriders.com
Registration: Kathy Murray & Sara Guthrie
registration@floridastriders.com
Equipment: Mike Mayse
mjmayse@comcast.net
Race Advisor: Bob Boyd
bobbydFL@gmail.com
StrideRight Editor: Cari Holbrook
striderighteditor@gmail.com

captures great photos from our race and shares them for free on his Facebook page!

Urban Bean Coffeehouse:

www.theurbanbeancoffeehouse.com) Every runner received a \$5 off gift card to Urban Bean. Urban Bean located in OP has a wonderful selection of gourmet donuts, breakfast foods, lunch/dinner selections, and, of course, COFFEE! Check them out!

Clay County Amateur Radio Emergency Service:

[\(www.clayares.org/wp/\)](http://www.clayares.org/wp/) this HAMM radio team keeps track of our runners to ensure their safety.

Poochies Dog Park, Boarding, and Pet Spa:

www.poochiespark.com)

This is the best place for doggy day care, boarding, and grooming. My dog Miley loves their ponds and playgrounds. Check out their location in Orange Park.

New Sponsors

Alise Ferranti, Miller & Co. Real Estate

Alise is a fellow runner and a great real estate agent. She has assisted our family, and she is especially knowledgeable about Avondale, Ortega, Riverside and surrounding areas. You can reach Alise at aliseferranti@gmail.com

Firehouse Subs (www.firehousesubs.com)

I love firehouse subs – a Meatball Sub, bag of chips and limeade after a run – perfecto! Firehouse gave each runner a coupon for a free post-race sub!

This year's winners of the 25k were as follows:

Male: Josue Velazquez* (Overall), Randy Arend* (Masters), and Randy Pontius (Grandmasters).

Female: Sara Pleasants (Overall), Jennifer Borgio (Masters), and Kathy Sinardi (Grandmasters).

For the 50k:

Male: Brandon Arrastia (Overall), Zach Hanna (Masters).

Female: Lourena Maxwell (Overall) and Ambler Hutchinson (Masters).

I'd also like to mention that, despite being injured and not being able to finish the entire course, our remaining streaker, Vicky Connell, still came out and logged some miles!

*Members of our Striders Racing Team!

Lastly, go ahead and mark your calendar for next year's Angry Tortoise Race weekend: Feb 5 & 6, 2022! Registration will open up for next year's event soon.

Continued from page 6

just about the furthest I should go.

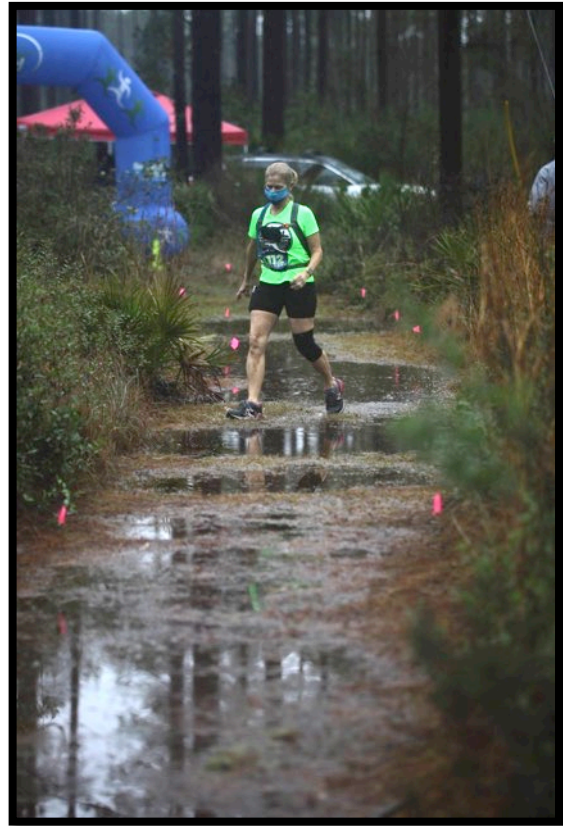
The next morning, I got up way too early in my enthusiasm and was the first racer to show up. Since that made my car the first one in the parking area, it was a bit of an unknown and of course, it got stuck in the mud despite my best efforts to avoid it. Not a good start to the day! But it wasn't stuck that bad, and I figured a few strong men could help me push it out (which they later did).

Fortunately by then, the rain had stopped, but there were indeed lots of puddles. My shoes were soaked in the first quarter mile, but this is a trail race and something to be expected. At this point, I had gotten back my positive attitude, and I began walking with a purpose! I even tried to jog a little, but realized immediately that my knee wouldn't allow it. So I tried to at least walk fast, although that didn't last very long either.

I finally made it to the first aid station and was surprised that it was actually closer to 4 miles to get there. At that point, I was actually feeling pretty good, and I had a huge argument with myself in my head about whether to turn around or keep going. I really wanted to keep going and finish the race, even at the slow turtle pace I was going (very apt for this race, huh?). However, my good sense prevailed and I turned around, feeling rather low that I wasn't going to complete it all. By the time I walked another mile though, I knew it was the right decision, as I had to slow down even more just to keep walking.

I finally reached the finish line, and much to my embarrassment, they cheered as I crossed over. I wanted to say, "Please don't cheer for me – I only walked 7 miles!" but most of them already knew that so I just smiled and didn't say anything.

I got the results in an email a few days later, and there were negative numbers next to my results, which I assume mean "did not finish". When I looked at the group results, of course my name was not listed. Although this made sense, it was still disappointing to see. Later, I spoke to Mae and her husband Zach, along with some other runners, and everyone was trying to come up with some way to list me somewhere as participating in the race. I appreciated their efforts, although I have to say the question still remains: "Am I a stalker, or not?"



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

amazonsmile
You shop. Amazon gives.

We are back at
bestbet Orange
Park Kennel Club
and back to the
8K course.



Soft feel t-shirts and
Finisher medals!

8K starts at 8:00AM
The 8K is a Grand Prix
race. The 1 Mile FUN
RUN starts at 9:30AM

Runs Benefit Local School's Run/Walk Programs



Saturday, April 10th, 2021 • 8K starts at 8:00AM • 1 Mile
Fun Run Starts at 9:30AM • bestbet Orange Park
455 Park Ave, Orange Park

- Overall winners and awards 3 deep in each age group.
 - **NEW DIVISIONS** this year. We have added the **Clydesdale** (men weighing 220lbs and up) and **Athena** (women weighing 165lbs and up) divisions. This is by an honor system when you register and we will award the top 3 places in each division.
 - Register at **www.floridastriders.com**
 - Online registration available until noon on Thursday, April 8th, or at any 1st Place Sports store through Friday, April 9th.
 - Day of race registration on-site opens at 6:30AM.
- Race Director: Michael Martinez | mike42892@yahoo.com

ENTRY FEES

	<u>Striders</u>	<u>Non-Striders</u>	<u>Kids 13 & under</u>
Until March 27th	\$22	\$27	\$15
March 28th - April 9th	\$27	\$32	\$20
Day of Race	\$35	\$35	\$35

PARTNERS



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