

the StrideRight

www.floridastriders.com

Club #229

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2021-22 Florida Striders Board of Directors (left to right) Josue Velazquez, Bill Krause, Scott Hershey, Sara Guthrie, Dave Allen, Zach Hanna, Jon Guthrie, Mae Barker, Jack Frost, Darryl Herren, Tiffany Heitman, Mike Martinez, Kathy Murray (missing from photo) Shelly Allen, Suzanne Baker, Bernie Berania, and Emma Millson

2021 Annual Strider Picnic

The annual Florida Striders picnic and election of the Board of Directors took place on Sunday, April 25, 2021 at Mandarin Park. Approximately 55 people enjoyed a box lunch from Mission Barbeque and individual dessert cakes from Nothing Bundt Cakes in Orange Park.

Perfect weather made for a comfortable and enjoyable opportunity to visit with old friends and get to know other runners a little better.

A big thank you to our social coordinator, Amy Bonnette, and her husband, David Bonnette, for handling all the arrangements and set up!

The candidates for the board were unanimously approved by a vote of the members in attendance!

Message from the President

The end of our Strider year has come, and the start of our new 2021-2022 year begins. The challenges faced by our club during the last year are shared by organizations worldwide. Over the past months, we have learned to deal with restrictions and limited interaction with other humans. Those of us physically able, have continued to run and walk. Group runs turned into socially distanced gatherings. Hugs and handshakes vanished. We continued to run. Live race events began to return. Modifications to the events were made in order to comply with Covid restrictions, but racing was back! I'm thankful that our Club has been able to host real, live events in 2021. We are proud that Resolution Run, Angry Tortoise, and Run to the Sun were able to be run as successful, real, live race events! Our counterparts in some other states are still unable to host live events!

The Memorial Day 5K (MD5K) is typically the largest race put on by the Florida Striders each year. Monday, May 31 is the date for this year's event. Please help support your club by signing up. Make sure your membership is current, so you get the member discount during sign up. If you have a family membership, each family member needs their own profile. This is very important. If our database doesn't have the correct gender and date of birth associated with each name, they will not be in the proper category for race results. I know for a fact that this has been an issue for some. Please don't let it happen to you.

The club needs your support. Sign up and run or walk with us on Memorial Day, or sign up for the virtual option and complete the distance at a time and location of your choosing.

We are blessed in our club with some of the finest people you could ever want to know. Our club is a diverse group with diverse interests, but we all share a passion for running and fitness!

I know that I am proud to be a Florida Strider! I hope you are proud also! Good things are ahead!

Best regards,

Jon Guthrie



A Big Thank You to Our Partners in Running!



Huddle with H2 Health: Injury Prevention and Recovery

By John Kovacs, H2Health Representative

If I could have your attention for a couple of minutes, I would like to quickly talk to you about some components of preventative care and how to keep from getting sore after the run you just finished. Let's discuss 3 components:

1. Heat and Ice

2. Flexibility

3. Strengthening

Heating and Icing. Heat would be a benefit before your run or activity to help loosen up a stiff joint or muscle. Warm muscles move and stretch more efficiently than cold. The common phrase “warm-up” means exactly that – you’ll want to get warm and loosened up. If you have any swelling, do not use heat because that increases the blood flow in that location. Ice is a good anti-inflammatory and would be good to use following a run or after an injury. It will help reduce inflammation and pain. So, remember to warm up and cool down. You would do both for about 10-15 minutes.

Flexibility. This is vital for increasing and maintaining your range of motion (ROM), as well as ensuring proper running mechanics. This will help to reduce repetitive stress and strain on the restricted tissues. Flexibility can be achieved in multiple ways, with static or dynamic stretching, use of foam rollers, getting massages, or receiving instrument assisted soft tissue treatment such as ASTYM (*an instrumented assisted device that assists with restoring some of those muscle imbalances*). It is important to stretch before and after your run for muscle recovery, as well as maintain and improve ROM/flexibility to decrease risk of injury.

Strengthening. Runners need appropriate musculature control to be able to accelerate, decelerate, and stabilize our center of gravity (COG) over our base of support (BOS). So what is the foundation for that control? It all begins at the core and hips. Now, I am not talking about going out and getting a 6 pack, (which would be our rectus abdominis) but I am talking about training your transversus abdominis. This muscle is one of your deeper abdominal muscles that provide the majority of your spinal stabilization during movement. This stabilization is critical regardless of the direction of movement. This is why, when you are training this muscle, you need multi-directional strength. Running tends to be in one plane of motion (mainly the sagittal plane). This will result in greater strengthening of muscles designed to help you move in this sagittal plane. By not training muscles that control and stabilize in other planes of movement (frontal and transfer plane), you are creating muscle imbalances that will increase your risk of injury. So, it is vital to perform multidirectional strengthening.

So, to put it all together, let's review some simple tricks we talked about – remember to warm up before exercise and cool down afterwards, be sure to take the time to stretch and improve your flexibility, and be sure to strengthen your transversus abdominus and hips in different plans of motion to prevent muscle imbalance. At H2 HEALTH, yes, we can provide ASTYM for recovery. However, as you now know, that is only one component in injury prevention. I encourage those who are managing an injury, or are interested in learning specific exercises and activities to maintain an active, injury free lifestyle, to call or stop by one of our locations. We can perform a complimentary assessment or a more thorough, comprehensive evaluation to determine the best course of treatment.





Doug Barrows
Paul Berna
Keith Brantly
Heather Buckman
Janice Childress
Nevaeh Clark
Gentle Clark, Jr.
Judy Connare
Jeffrey Dice
Christine Doss
Lynda Dove-Garcia
Ashley Dutton
Britta Fortson
Allison Gravatt

Tommy Hall
John Heisner
Andrew Heitman
Tiffany Heitman
Darryl Herren
George Hoskins
Tyler Jump
Jacqueline Kroggel
Amy Landin
Jammie Landin
Sean Landin

NEW & RETURNING MEMBERS

Carol MacDougall
Patricia Mandelare
John(Tim) Martin
Jennifer Mellow
Christina Mitchell
Yolanda Munoz
Kathy Murray
David Nielsen
Steven O'Brien

Ellie Pardue
Kim Pawelek
Michele Pelham
Celita Perry
Bill Phillips
Simone Pittman
Kim Rife
Bryan Rohlin
Isabel Romero

Michael Schoenfeld
Jean Schubert
David Scott
Matthew Seale
Tracy Skipton
Amber Slimp
JD Smith
Cecile Spiegel
Melissa Stalter
Stacie Stemm
Tiphonie Stewart

Carol Suhrer
Scott Suhrer
Dawn Sumner
Jack Sykes
Jennifer Szala
Joanie Teofilo
Millie Thrasher
Michael Tibble
Debbie Townsend
Kim Traanna-Breault
Dana Tyler
Todd Tyler
Josue Velazquez

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

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 \$ _____

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 +)

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 TO DO WHEN YOU CAN'T RUN

By Vicky Connell

If you've been a runner for very long, unless you're one of the very few fortunate ones, you've probably been injured at some point. And that probably meant you couldn't run for at least a few days. But what happens when a few days turns into weeks and maybe months? How do you keep from losing all your hard won fitness?

You may have already guessed the answer, because there's really only one. You find things to do for exercise that don't aggravate your injury. If you read my article last time, you know I've had some knee issues that have been bothering me. I finally got an MRI, discovered I have multiple things going on, and by the time you read this I will hopefully be on the path to running again after surgery for a torn meniscus.

So, what to do in the meantime? For me, the answer is biking and swimming. I quickly discovered it was easy to overdo it on the bike, so I limited that to indoor, easing spinning on the bike. Not the best calorie burn in the world, but better than nothing, and a good warm up for my "physical therapy" exercises.

And then there's swimming. It helps a lot that I've been swimming my entire life, not to mention I teach swimming for both old and young. I do know my way around a pool, so I thought I'd share my observations on what constitutes a good workout.

Lately I've been going to LA Fitness to swim 3 or 4 days a week, so I see a variety of people in the other lanes "working out". I put that in quotations because to me it looks more like most people come to "relax" in the pool, not really get a workout! If relaxing is your goal, it's very easy to accomplish, but if you want a workout, it takes some dedication.

First you need to decide if you want to become a good swimmer in the process. You can get a good

workout whether or not you're a good swimmer, but I can tell you, it's a lot more fun when you move through the water effortlessly. Just the act of swimming on a regular basis will improve your efforts somewhat, but as in running, if you keep doing the same crappy form over and over, it will be very difficult to change that form to something more efficient.

Your best bet to learn to swim properly is to get a coach, at least for a few sessions so they can watch you and let you know what you need to work on. You can also have someone film your swim stroke (with a GoPro underwater which is what I do sometimes for my swimmers), and then you can actually see what needs to improve. But how do you know what's right and what's wrong? Again, a coach is probably needed for that. But if you want to go the self-help route, YouTube is a very valuable asset to learn proper stroke. Of course some videos are better than others, but there's a lot to learn on YouTube. The only issue you'll find is that you may think you're doing something right, but you won't know for sure unless you have a video or a coach to confirm (just like running, huh?).

Once you've learned what needs to improve, you could actually spend your entire swim session just doing drills that work on proper form, and you'd get a great workout while becoming a better swimmer! I highly recommend this in the beginning. It helps to have some equipment that makes things more interesting – namely hand paddles, kick board and swim fins. There are many drills to find on YouTube as well – look for ones that correct your personal deficiencies.

The biggest issue for most new swimmers is a lousy kick. You could do almost the entire workout just focusing on kicking, which will help your overall stroke tremendously. Most people drag their lower body through the water, which

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Zach and I joined the Florida Striders after moving to Orange Park about 3 years ago, and we have been on the board for a year. As board members, we are interested in helping our club: grow its membership base, provide fun activities (group runs, social events, etc.), and continue to support kids' running.

Attending this year's RRCA convention in Orlando was an invigorating educational experience. As a race director, it was helpful to hear what other running clubs are doing to continue their running events safely during a pandemic. Further, a talk on providing virtual opportunities (for racing, training and connection) led to some inspirational ideas for our own club; for example, using online platforms to share and support each other in our training endeavors.

The most important part of the conference was likely the time where we were able to sit down with fellow board members, Jon, Sara, Dave and Shelly to talk about the club and share our thoughts and ideas. We look forward to sharing these ideas with our fellow board members and hopefully you will see the outcomes of such in the near future. Our club has amazing potential and is already doing some great things, but we can do so much more with the support of our membership. My request to our membership is

Attending RRCA

Motivation for Moving Forward, Fellow Striders!

By Mae Barker

please contribute your time and energy to supporting our club as our board volunteers their time and works ardently to provide meaningful club activities. Here is what you can do to enrich our club: attend events, invite others to join our club, advertise our club (through social media, bumper stickers, wearing your race shirts!), volunteer, offer suggestions to the board, and consider being a board member yourself in the future!

Last, I'd like to share two recent vignettes:

At the Resolution Run kids' fun run, our 9 yr old daughter Ella Rose surprisingly took off solo and run a speedy 1-mile! At the end, she turned to her daddy, sweaty and out of breath, and exclaimed, "Now, I know why they call it a fun run!"

At the recent Run to the Sun kids' fun run, we invited our neighbors to come run. Their mom



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Run to the Sun 8K

Written by Michael Martinez, Race Director

Pictures by Eugene Biala



Run to the Sun 2021 was held as a live event again this year on the majestic River Road course on a beautiful sunny day. We had over 525 registered this year. The overall male and female winners this year were Sem Sultanov with a finishing time of 25:17 and Michelle McCreary who finished with a time of 30:13.



I want to thank the many Strider members as well as the many, many volunteers and sponsors that helped to put on such a fabulous race. A special thanks goes out to Race Director Bill Krause who has tirelessly devoted 5 years as the Race Director for the Run to the Sun.

We also had 700 plus for the 1 mile kids' fun run that raises \$1000 for local schools to keep with the longstanding Strider mission of educating children on the benefits of running/walking to enhance their physical and mental health.

We look forward to everyone's participation next year whether it is as a volunteer or participant!



2021-22 Key Persons and Board of Directors

Officers

President: Jon Guthrie
president@floridastriders.com

Vice President: Mae Barker
vpresident@floridastriders.com

Secretary: Sara Guthrie
froggyskg@comcast.net

Treasurer: Bill Krause
treasurer@floridastriders.com

Directors at Large

Kathy Murray	Jack Frost
Scott Hershey	Shelly Allen
Suzanne Baker	Josue Velazquez
Zach Hanna	Mike Martinez
Jon Guthrie	Sara Guthrie
Bill Krause	Dave Allen
Tiffany Heitman	Darryl Herren
Bernie Berania	Emma Millson

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: open

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: Bill Krause
billkrause615@gmail.com

StrideRight Editor: Cari Holbrook
striderighteditor@gmail.com

The Road Runners Club of America is the parent organization of Florida Striders. The RRCA provides information and guidance on how to best operate a running club. To learn more, visit their web site RRCA.org
The following is from a question and answer session with some of our board members who attended the RRCA National Convention held April 15-17, 2021 in Orlando, Florida.

Question: Have you been to Convention before? What differences did you notice this time?

Shelly Allen - This was my first time attending the RRCA National Convention. Even though it was smaller in attendees and expo vendors (due to Covid 19), it was full of valuable information. Some of the seminars I attended included Insurance and Risk Management, Safe in-person events, Developing Strategic Plans for Clubs, Fine Tuning the Race Experience, and Passing the Leadership to Younger Club Members. In addition, I was thrilled to watch the Hall of Fame Inductees receive their awards and make short speeches. This was especially interesting to me because I love the history and evolvement of running, especially women's running. First to receive her award was Marilyn Bevans, who was the fastest African American in the marathon for 8 years (1973-1981) with a best of 2:49:56. Janet Cherobon-Bawcom was next. Originally from Kenya, she attended the University of Arkansas, where she was a Div. II All-American 8 times. She was a 3-time USA road champion in 2011. Jennifer Rhines was the third inductee in attendance. While at Villanova University she was a 5-time NCAA national champion. She ran in 3 Olympics and made 15 USA international teams over her career. Seeing these amazing athletes, and hearing them speak, telling their stories of running was a highlight of the convention for me. I was honored to represent the Florida Striders at this National RRCA Convention, and bring a few new ideas to our board of directors as we embark on a new year and new board members joining us.

Jon Guthrie – This was my second time attending the RRCA National Convention. In 2018, I was at the 60th Anniversary Celebration Convention in Washington, DC. By comparison, due to Covid restrictions, the event seemed much more subdued. Masks and social distancing were fully on display. Noon meals were reduced to box lunches that we ate outdoors in the pool area. That being said, the important aspects of the event were very good. The seminars and social networking provided valuable resources for us.

Question: What impact do you think Covid-19 issues had on RRCA hosting the 2021 convention?

Sara Guthrie - Even with all the Covid restrictions, RRCA still managed to put on an informative convention. The convention was limited to just 100 registered participants. I felt like Florida Striders were fortunate to be six among those 100. There were also RRCA representatives, staff and vendors.

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really slows you down. A kickboard and swim fins will help you correct this if you know how to use them properly. The end goal is for your bottom to actually be barely out of the water with your feet just inches underneath. Again, YouTube is your friend here!

If you're already a decent swimmer (I'm talking freestyle/front crawl), you might want to learn another stroke just to keep things interesting. I used to hate backstroke, but since breaststroke didn't feel so great on my knee in the beginning, I decided to really focus on getting better at backstroke. Now it's one of my favorite things to do! I really like doing other strokes in the pool for several reasons. It makes things more interesting for one, and it uses my body in different ways, helping to prevent overuse of any one body part. I like doing all the strokes – including butterfly, which really gets my heart rate up!

I also highly recommend a waterproof watch that will track your swim for you. I use mine to not only time my actual swimming, but also time the rest in between sets. Swimming isn't usually continuous

like running, and most of the time will be sets of various types and lengths. It's the rest part that can take away from a great workout. The longest I ever rest between sets (unless someone in the next lane starts talking to me!) is about 1 minute. Most of my rests are much shorter, down to 10 seconds for some repeats. This keeps my heart rate up the entire session, ensuring a good training effect.

The last thing I want to point out is that if you start swimming and find that your shoulder or elbows start hurting, the most likely culprit is a poor stroke pattern. There are just some ways to move your arms that are more efficient and less stressful than others, and when you do it wrong, it causes problems. Again, a video or a coach can help with that.

I've only touched the surface of what it takes to swim and get a good workout, but I hope I've peaked your interest so maybe you'll want to add that to your repertoire. If you have questions, I'd be happy to talk further to help you get started. Just give me a call or email!

A Tribute to Chuck Griffith

We lost one of our own recently. Chuck Griffith, a fixture with the Striders for many years, passed away on April 23rd.

Chuck, and his wife, Stephanie, were instrumental in the growth of our club in the mid-1980s and beyond. From serving on the Board of Directors to being the Membership Director, a Race Director, Race Announcer, and hosting several Fun Run Socials, there was not much that he was not involved in. He was just one of those people that never turned down an opportunity to help others. Much like his wife. Please keep Stephanie in your thoughts and prayers.



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A benefit of the limitation of participants was you were able to meet and talk with fellow runners each day. I especially liked meeting Todd and Casey with the Rock 'n' Roll Running Series. Jon, other Striders and I have done a few of their races and I really love them. October of 2022 Clearwater will host their first Rock 'n' Roll event. I plan to be there. Hope you think about it also.

There was also a limitation on the food. (Oh no). Pastries and coffee most mornings, and box lunches. The last night there, though, they did put on a semi feast, including desserts. Overall, even in the mist of Covid, the RRCA Convention and its members did an excellent job putting on an informative and fun convention.

Question: We hear that some nice prizes were won by some of the attendees. Did you win?

Sara - I did not purchase raffle tickets. We never win. Dave and Shelly Allen, Mae Barker, and Zach Hanna all bought tickets and all were winners of fabulous prizes and runs. Maybe if we had bought some tickets the luck of the table would have rubbed off on us. Glad to see our table take home such nice prizes.

Jon – No, I didn't win anything for the same reason I don't win the lottery. You have to be in it to win it! It was nice to see the prizes donated by clubs from around the country. They were mostly items and entries to promote their local running events.

Question: Did you meet any well-known celebrity types?

Sara - There were not any elite runner speakers, but there were enough speakers from different state running clubs who spoke on subjects that were an interest to those attending. These speakers spoke from experience on matters within their club that were either positive and/or adverse.

Jon – There were several RRCA Distance Running Hall of Fame inductees that were pretty well known runners in their day, although I did not previously know them. It was interesting to learn about their history from the acceptance speeches.

Question: What do you feel made the biggest impression on you during convention?

Jon – For me, just being around runners makes me happy! The positive energy around the group runs and in the seminars is very memorable. Also, the opportunity to spend quality social time with other Florida Strider board members is priceless!

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Heather and her 3 daughters (ages 9 yr, 7 yr and 3 yr) all came out and run their first race. They were hooked and have since become members of our club and are now regulars at Wednesday track!

Running connects us, it heals us, and it makes us better in so many ways. So let's get out and run... together.

To the miles ahead, Mae and Zach





The Florida Striders are in need of volunteers to help in the following areas:

1. Photographer(s) for our races and events,
2. Newsletter (StrideRight) Editor, and
3. Social Event Coordinator(s)

If you would like more information or are interested in volunteering, please contact Jon Guthrie at president@floridastriders.com

We will be collecting gently used running shoes at the Memorial Day 5K. Please drop your shoes in the collection box with the shoelaces tied together.





What Sneakers & Running Shoes Are Accepted



When you recycle sneakers and running shoes, you accomplish 3 essential things:

- 1) You raise money for your cause.
- 2) You give gently worn, used and new sneakers a new lease on life.
- 3) You provide inventory for micro-entrepreneurs in developing nations who seek to help themselves out of poverty with work.

Athletic shoes have to be good enough for people to sell in developing countries. So, here are some critical points to ensure you send us the right types of sneakers.

1. We only accept pairs of gently worn, used and new sneakers and running shoes. They have to be clean, dry and wearable. Pairs need to be mated and laces tied.
2. Place 15-20 pairs of athletic shoes in the prepaid bag.
3. We do not accept sneakers and running shoes that have holes, torn toe boxes, or soles that are detaching.

CHECK OUT A COMPLETE LIST OF YES AND NO OF WHAT IS ACCEPTED



YES

Clean, wearable sneakers in good condition with laces tied or rubber banded.

We only accept sneakers and running shoes sent to us in the approved Sneakers For Good prepaid shipping bag—at no expense to you or your supporters.

**NO**

We do not accept athletic shoes that are wet, with soles that are too worn, breaking apart, dirty and not usable.

We do not accept athletic shoes with uppers that are worn through, cracked, or have tears.

We do not accept athletic shoes shipped to us in unapproved bags.



**Optional Virtual
5K Race
To benefit the
Semper Fi Fund**



**All Finishers
receive a Finishers
Medal and Florida
Strider Gaiter**

**Celebrating American Veterans and Promoting
Children's Health**



**JACKSONVILLE
Grand Prix**

**5K starts at 8AM & 1 Mile Fun Run starts at 9AM
Monday, May 31st, 2021
Orange Park Town Hall Park
2042 Park Ave.**

- **Medals for all 5K Finishers!**
- **Awards 3 deep in each age group**
- **Soft race T-Shirts for the first 850 pre-registered runners**
- **Register at www.floridastriders.com or at https://thedriven.net/event-registration/site.race_reg/eid/39443123456**

Race Director: Scott Hershey memorialday5krd@floridastriders.com

ENTRY FEES

	<u>Striders</u>	<u>Non-Striders</u>	<u>Kids 13 & under</u>
Until May 17th	\$22	\$27	\$15
May18th – May 27th	\$27	\$32	\$20
Day of Race	\$35	\$35	\$35
Virtual Race	\$35	\$35	\$35

(info about the virtual 5k can be found at: www.floridastriders.com)

SPONSORS



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