

the StrideRight

www.floridastriders.com

Club #229

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Kim Tracanna-Breault featured with her Lakeside Elementary students at Mrs. T's Final Fun Run on April 10, 2021.

Strider Spotlight: Kim Tracanna-Breault

Written by: Jon Guthrie

Behind the scenes of most successful programs, there is at least one person serving as the driving force to make things happen. In regard to the Florida Strider children's running program, that person is Kim Tracanna-Breault.

Kim was raised in the town of Washington, Pennsylvania, which is not far from Pittsburgh. Along with her parents, three sisters and one brother, they enjoyed stability in their family life, living in the same house and attending the same schools throughout. From Kindergarten through high school, Kim proved her dedication with perfect attendance, which is a remarkable achievement.

As a child, "playing school" was one of the favorite activities, with Kim always insisting to be the teacher. She knew at an early age that teaching would be her career!

She ran track during high school, and was successful with sprint and relay events. During college at Slippery Rock University, the 800 meter run became her primary event, winning many awards for her abilities.

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Message from the President



Welcome to the Florida heat! Even though the hottest time of the year is still ahead of us, I hope you are making plans to reach your goals for the coming fall and winter running seasons!

For this issue of our newsletter, I want to talk about the effects of fear, and the role it plays in our everyday lives. Of course, I don't have the answers for how to cope with fears, but I believe that an understanding of what we fear will make it easier to deal with.

Usually, fear causes us to worry needlessly about things that probably will never happen.

Have you ever let fear stop you from setting that goal to complete a marathon? What about learning a new skill? How about learning a second language, playing the piano, or learning to ballroom dance? Don't let fear of failure stop you from trying to reach goals. During my college years, a friend and I decided to take a ballroom dance class, figuring it would be a good way to meet girls. My fear was that I would look silly and be laughed at. I quickly learned that people didn't judge my dance ability, and the girls were just happy to have a guy around that was willing to dance! Once I overcame my stage fright on the dance floor, it did wonders for my self-confidence!

Some people seem to look for things to worry about. We have neighbors that worry when the mail arrives a little late, or the garbage doesn't get picked up at the same time each week. Let's not waste our time worrying about the things that we cannot control. That's advice I've heard in churches and from family all my life. I believe it is great advice!

It is my belief that the proper role of fear in our lives is to help keep us safe. Most of us instinctively know not to swim with alligators, or pick up a snake if we don't know if it is venomous or not. Fear can play a positive role in our lives when it keeps us from doing something stupid that may cause us to be injured.

Fear of failure, fear of not being perfect, and fear of being laughed at can stop you from reaching for your goals. Don't let fear paralyze you and keep you from accomplishing great things! Take that first step and make those great things happen!

Be proud to be a runner and be proud to be a Florida Strider!

Regards,

Jon Guthrie

A Big Thank You to Our Partners in Running!





Huddle with H2Health: A Guide to Preventing and Treating Injuries

By Courtne Breland, H2Health Representative



Running is a wonderful form of exercise. It's a great way to stay healthy and fit and can lead to a longer, healthier, and happier life.

But when it comes to injuries, runners can be very susceptible. Various studies show that anywhere from 40% to 80% of runners sustain an injury every year. Now that's a lot of injuries!

The thing is, running does not have to be dangerous. By sticking to few basic rules, you can give yourself a good chance at staying injury-free, which will keep you on your feet and off the couch.

Most common running injuries

The majority of running injuries occur from either overuse or a biomechanical flaw. Knowing the most common injuries and how to avoid them can be vital in preventing injuries. Here's a list of some of the most common running injuries, and how to prevent them.

- Runner's Knee
- Shin Splints
- Plantar Fasciitis
- Achilles Tendonitis
- Muscle Strain

Runner's knee is characterized by a dull, aching pain under or around the front of the kneecap (patella) where it connects with the lower end of the thighbone (femur).

How to prevent:

- ♥ Stretch. Begin with a five-minute warm-up and follow that with some light stretching exercises.
- ♥ Wear proper shoes. Buy shoes that have good shock absorption and buy a new pair if they are getting old.
- ♥ Run on a softer surface. This will help prevent a litany of injuries. Avoid sidewalks. Try to find a trail with hard-packed dirt to run on. Running on grass is another option but be wary of divots in the ground.

Treatment:

- ♥ Talk to your physical therapist about it. Runner's knee can sometimes be treated with stretching, ice, and a strengthening regimen. Sometimes, orthotics are helpful.

Shin Splints are characterized by pain along or just behind the tibia (shinbone), the large bone in the front of the lower leg. Anyone who has suffered from shin splints knows that they can be extremely unpleasant.

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Betsy Araujo
 Julio Araujo
 William Austin
 Stephen Beard
 Laura Buschle
 Grace Chen
 Vicky Connell
 Greg Crews
 Adam Cross
 Tom Custer
 Mamie Davis
 Brian Earls
 Jeff the Fenelon
 Jenna Frost

Kaitlyn Frost
 Chailee Goode
 David Goode
 Heather Good
 Naomi Goode
 Robyn Goode
 Andrea Haack
 Oscar Haack
 Isaiah Henson
 Michael Henson
 Tanya Henson
 Zachariah Henson
 Hal Higdon

Membership

NEW & RETURNING MEMBERS

Mark Johnson
 Kathleen Kaye
 Maria Littlejohn
 Jonathon Mess
 Keith Mess
 Tyler Mess
 Julie Myers
 Nancy Kern

Chanine Klaus
 Gerdi Klaus
 Juane Klaus
 Markus Klaus
 Megan Ocean
 Jack Owens
 Chris Romero
 Deborah Rozier

Eli Rozier
 Wendy Schaeffer
 Nanci Scheetz
 Kat Schweitzer
 Graham Sorrell
 Hazel Sorrell
 James Sorrell
 John Sorrell
 Justin Sorrell
 Nancy Sorrell
 Davis Townsend
 Jake Wood
 Will Wood

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

<input type="checkbox"/> New <input type="checkbox"/> Renewal		
Last Name First MI		
Address Apt#		
City State Zip		
Home / Cell Phone Alternate Phone (Optional)		
Email Address (Print clearly)		
Would you like to make a donation to the Children's Running Program?		
<input type="checkbox"/> \$1 <input type="checkbox"/> \$2 <input type="checkbox"/> \$5 <input type="checkbox"/> Other amount \$_____		
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		

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 +)

What Are You Doing Wednesday Night?

By Vicky Connell

If you're free, I highly recommend you consider joining the Florida Strider speed group that runs each Wednesday starting at 6:15pm at the St. John's Country Day School track in Orange Park, off Doctors Lake Drive. What's that you say? You're not a speedy runner? Well guess what?! It doesn't matter! All speeds are welcome and if you become a regular, then most likely you will become much speedier!

As you can see from the photo, our group is comprised of many different ages, sizes, and ability levels. Each week, we group the runners according to ability so that you run close to someone who's just a bit faster or a bit slower. And believe me, we have some super speedy youngsters (and some speedy not so young runners!) as well as many who prefer a slower pace. It truly doesn't matter how fast you are currently running. The point is to get a good, hard workout and learn how to run faster, whatever your starting point currently. Even the kids run hard, although they usually run about half the distance of the adults.

To make it even better, I send out an email every Tuesday letting you know what the upcoming workout will be for that week. I also use this method to inform everyone on the rare occasion that the track isn't available, or when there's a hurricane on the way (we run in almost everything else!) and practice is cancelled. So far in the 15 years or so I've been showing up for track, this has only happened a handful of times! Dave Allen also posts the workout on his Facebook page, so you can ask to be added to that post.

So here are the benefits. You don't need to plan your workout, we do that for you! Not only that,

but we time the laps and tell you when it's time to go, so you can disengage your brain and just use your body! You also get a great group of people who are very welcoming to run with, and coaches to shout encouragement as you run by! What else could you want? Maybe some water or Gatorade, but you'll need to bring that yourself. And since it's pretty hot most nights, a towel to wipe the sweat from your brow is also a good idea.

So have I convinced you? If so, and you want to get my email each week, just send me an email (vickyjc@comcast.net) that says "Add me to Striders Track list" and you'll start getting my notifications right there in your inbox each Tuesday. Couldn't be easier!

See you Wednesday night!



ASICS Blue Jean Mile Recap

Written by: Aldren Biala

The last year took a mental toll on humanity; not only runners, but people in general had to navigate through issues that stir up into depression and anxiety. That being said, May has been declared Mental Health Awareness Month. ASICS has made a pledge to shine more light towards this mental disorder by scheduling a Blue Jean Mile virtual race for the entire month of May.

Why a Blue Jeans Mile?

ASICS middle distance athlete, Johnny Gregorek, a 3:49 miler, broke the world record in May 2020 for the Blue Jean Mile running a 4:06. The goal for ASICS and Johnny is to raise awareness by creating this eye-catching event and sharing it as much as possible. ASICS donated \$40,625 (Johnny's blue jean mile time) to NAMI-NYC, the National Alliance on Mental Illness to support the cause.

I participated in the ASICS Blue Jean Mile last May because I too am someone who struggles mentally. Whether it has to do with an upcoming race or things going on in my personal life, I am very brittle when it comes to having my head on straight.

I set no high expectations when it came to racing this mile. First off, I was not the best miler in high school. The last time I raced a mile was in 2017, my junior year of high school at the Regionals Meet for Bishop Snyder. My personal best was 4:40 and all I wanted to do for the Blue Jean Mile was break 5 minutes.

My plan of attack was to make sure I still had my range of motion in the blue jeans. Being blessed to live in Florida, the other plan was to run during the coldest temperature possible in May. That means a few days after a rain shower and zero percent of the sun being out.

Again, I set no real expectations; I just wanted to run an honest effort. That being said, I came into the 400m at 1:01, the 800m at 2:18, the 1200m at 3:28, and finished with a 4:31 mile. Don't get me wrong. I felt every inch of pain in the race. As someone who focuses more on longer distances, this mile felt like a sprint. After I finished, my legs went lactic, I ripped my jeans off, and lied on the track with the feeling of self-accomplishment in my lungs.

I challenge everyone reading this article to give this ASICS Blue Jean Mile a try next May. And as a reminder, while May is Mental Health Awareness Month, continue to check up on your fellow runners throughout the year. These times are affecting everyone differently, so it doesn't hurt to show your concern for others.



Continued from front page

The series of events that brought Kim from Pennsylvania to Lakeside Elementary and then her association with the Florida Striders makes for an interesting story. After receiving a graduate degree at The University of North Carolina at Greensboro, she was working as a Research Assistant to the Dean, when a recruiter happened to meet Kim and was impressed by her. A job offer to teach at Lakeside Elementary in Orange Park followed in short order, and much to the concern of her parents, Kim accepted the job, sight unseen, and the move to Florida followed. Upon arriving at her new job, Kim asked to see the gymnasium and was informed that there was no gym. At that time, the area allocated for physical education classes consisted of a muddy field and a few balls. Over the years, Kim was able to help bring great improvements to the facilities!

At a Striders race, Kim met some of our Florida Strider members, and was invited to join up for training runs followed by dinner at a local restaurant. As Kim said, "The Striders became my family", and gave her a sense of belonging. This is a wonderful testimony about the positive influence we can have on those we meet, and was the beginning of her association with the Florida Striders.

In the late 1980's, club president, India Hendley, brought back information about the Kids Marathon Program from the RRCA convention. Kim's school was the first to implement the program in 1989, and under her leadership, it became a great success. In the years since then, the program has grown tremendously. The program has expanded to more than twenty schools. Shirts, medals, and achievement awards are provided by the Florida Striders. This helps create tremendous excitement for the kids!

In 2001, the Kid's Marathon Program at Lakeside received the Florida Alliance for Health & Physical Education Professional Recognition Award. Lakeside Elementary was also named as having Florida's Model Physical Education program in 2000. Twice Kim was honored by being named Teacher of the Year at Lakeside! It's been a great career, and a wonderful relationship with the Florida Striders!

Over Kim's career at Lakeside Elementary, her kids have participated in, and won awards, as the school with the most participants at 75 consecutive race events, with most being runs put on by the Florida Striders. Kim attributes much of the success with children's running to building relationships with the students and their families. Over the years, the kids and their parents have learned about the Striders, and many have become active participants in our club and continue to stay in touch.



In 2003, Kim received the prestigious Kurt Steiner Children's Running Developmental Award. This was a big deal, as it was a national award presented by RRCA.



In January of 2022, Kim Tracanna-Breault (Mrs. T as she is known to her students) will be retiring from teaching after a 36 year career. Some of the accomplishments she is most proud of are raising money for the construction of a play area at the school, and initiating Project Raise the Roof to construct a Physical Education covered area at the school. Also the creation of the Lakeside Pacers Running Club in 1987 through the sponsorship of the Florida Striders. The Pacers made their debut at the Autumn Fitness Run that same year. Along with Frank Frazier, Kim worked with Dick Erickson of Sun Tire to arrange sponsorship of that race and fun run that was then changed to "Resolution Run." For a number

of years Kim ran on the Florida Striders Open Female Race Team.

As stated earlier, the Striders embraced a young 25 year old new to Florida without family or friends. The Striders became her Florida family!

Can our club claim credit for her successes? No, of course not, but the ripple effect created through a chance meeting with some Striders at a race has provided a positive influence to generations of kids whose lives have been touched by Kim Tracanna-Breault! Thank you, Kim, for all you have done.



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
froggyaskg@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: Tiffany Heitman
striderighteditor@gmail.com

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How to prevent:

- ♥ Switch to a running shoe that is thicker and will absorb shock better. Orthotics may also help with the biomechanics of your foot.
- ♥ Make sure to stretch out your calf muscles before and after running.

Treatment:

- ♥ Don't push it. If you are in a good amount of pain, stop running.
- ♥ Apply ice to the area.
- ♥ Take an anti-inflammatory drug such as Advil.
- ♥ Talk to your physical therapist about treatment options if pain subsists.

Plantar Fasciitis occurs when the strong band of tissue that supports the arch of your foot becomes irritated and inflamed. It is characterized by pain along the arch of your foot.

How to prevent:

- ♥ Plantar Fasciitis can be caused by calf muscles that are too tight. Stretching your calves before and after running can help prevent pain.

Treatment:

- ♥ Rest. Plantar Fasciitis is not something you should run through.
- ♥ Calf, hamstring, and plantar fascia stretches.
- ♥ Physical therapy. Talk to your physical therapist about setting up a regimen.

Achilles Tendonitis is a condition that causes pain along the back of the leg near the heel and occurs when the Achilles tendon becomes inflamed.

How to prevent:

- ♥ Stretching. Stretching and strengthening your lower extremity muscles can help take the stress off the Achilles tendon.
- ♥ Achilles Tendonitis can be brought on by a sudden increase in stress on the tendon.

This is why it is important to slowly increase the distance and time of your runs.

Treatment:

- ♥ Icing the area of discomfort will help alleviate pain.
- ♥ Rest. Do not run when your tendon is inflamed.
- ♥ Stretching. As with prevention, stretching your calves and lower extremity will help take the stress off your tendon.
- ♥ Talk to a physical therapist about a strengthening routine.

Muscle Strain is small, microscopic muscle tears. They can be very painful, but they are also preventable.

How to prevent:

- ♥ Muscle strains happen when your muscles either aren't flexible enough or overexert a specific muscle.
- ♥ Stretching and proper warm-up is the best way to combat a muscle strain.
- ♥ If you haven't run in a while, take it easy. Feel how your body responds to physical activity, and don't push yourself.

Treatment:

- ♥ The best treatment for muscle strains is rest and gentle stretching.
- ♥ Be careful not to go beyond your limit though. And never bounce while stretching.
- ♥ Ice will always help as well.

What to do next?

If you are suffering from any injuries or persistent pain, talk to your H2 Health Physical Therapist. They'll be glad to schedule a complimentary assessment for your injury and recommend the best route to recovery.

Save the Date!!!



FLORIDA STRIDERS
NOVEMBER 20, 2021

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

5K Starts at 9:00 AM

1 Mile Fun Run Starts at 10:00 AM

- On-Line Registration opening soon
- Go to <https://floridastriders.com>
- Sorry no refunds!
- Online registration closes at noon Thursday, 11/18/2021
- Register at any 1st Place Sports location until Friday, 11/19/2021
- Saturday registration at event only
- Race day registration starts at 7:30 AM
- T-shirts for first 300 pre-registered runners
- ALL packet pick-up will be done at Ronnie Van Zant Park on race day starting at 7:30 AM

Race Director

Mike Mayse (904) 238-3650 (Leave a Message or Text)
Email: jaxmjm@gmail.com

Memorial Day 5k Recap

Florida Striders 38th Memorial Day 5K, May 31, 2021

Written by Scott Hershey, Race Director

After the 2020 COVID-19 year that saw very few runners opt for the Memorial Day 2020 Virtual Race it was refreshing to get back to normal this year.

Race morning found the temperature in the low 70s at the start. This was the coolest starting temperature and low humidity for the Memorial Day 5K in a great many years.

We had over 580 runners and walkers for this year's race. The overall male and female finishers were Sem Sultanov with a finishing time of 14:59 and Katie Lewis with a finishing time of 19:27.

Before the race at registration I met Gwen Hixon (392) who said that this was her first 5K. I think you can see from the picture that she was having a good time.

It's always exciting to see new runners/walkers that participate in our races. I think from my perspective as a long time runner and Race Director is that I'm so used to seeing the same runners all the time that I sometime I forget that this might

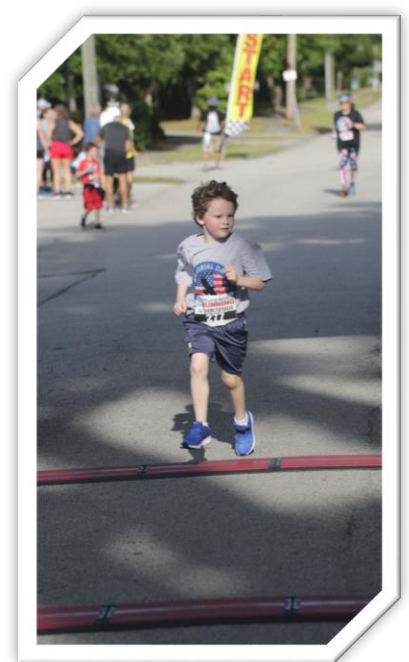
be someone's first or one of their first races they have participated in. It can be awkward, exciting, and even scary running your first 5K.

All Florida Striders races welcome runners of all abilities from a 5-minute mile pace to the 20+ minute paces.

All our races seem to go so smooth and as a race director it's only because of the small army of volunteers that make each race possible... Thank You All!

This was my 7th year as the Memorial Day 5K Race Director. This was also my last. I look to working with the next race director to continue the great tradition of the Florida Striders Memorial Day 5K and helping out as needed.





Runners at the start of the 38th Annual Florida Striders Memorial Day 5k on May 31, 2021.

Upcoming Races

Date	Race	Time	Race Day Location	Where to Register
July 3rd	Freedom 5k	8:30am	Keystone Heights City Hall	https://runsignup.com/freedom5kkeystoneheights
July 4th	Celebration 5k	7:30am	1 st Place Sports, Baymeadows Rd.	1 st Place Sports
July 10th	Bridge of Lions 5k	7:30am	1 South Castillo Drive, St. Augustine, FL 32084	https://runsignup.com/Race/FL/StAugustine/BridgeofLions5K
July 17th	Lemon Street Brewing 5k	8am	2100 Dennis St. Jacksonville, FL US 32204	https://runsignup.com/Race/FL/Jacksonville/LemonstreetBrewing5K
July 24th	Kettle Krush 5k	7:30am	120 Lee Street Jacksonville, FL 32204	https://kettlekrushrun.itsyourrace.com/register/
July 31st	CPL Andy Lavender 5k and 1 Mile Memorial Beach Run	7am	75 1st St North Jacksonville Beach, FL US 32250	https://runsignup.com/Race/Register/?racelid=106275
Aug. 7th	Mandarin High 5k	7:30am	Mandarin High School	1 st Place Sports
Aug 13th	Tour De Pain – 4- mile Beach Run	6:30pm	Jacksonville Beach	1 st Place Sports
Aug 14th	Tour De Pain 5k	7:00am	Baymeadows Road	1 st Place Sports
Aug 14th	Tour de Pain – 1 mile sizzler	4:30pm	Downtown Jacksonville	1 st Place Sports
Aug 21 st	Lung Force 5k	8am	Haskell Company, Jacksonville, FL	1 st Place Sports
Aug 28th	Summer Beach Run	6:30pm	Jax Beach Seawalk Pavilion	1 st Place Sports

Jenny's Pennies



Another year has come and gone, and it's time for one of our favorite socials of the year! Join us at Clarke House Park at the Beach Bay Pavilion on Kingsley Ave on October 10st at 7am to run/walk and party at 8:30am! This is the day we celebrate with all the random coins found on our runs. Orange juice, champagne, coffee, and other goodies will be provided. Please bring something to share, especially non-sweet items! Bagels, fruit, chips/dip, wings or any other favorite breakfast/brunch item you enjoy. We look forward to seeing you there!

You don't want to miss it!



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

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

If you would like more information or are interested in volunteering, please contact Jon Guthrie at

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.