

# StrideRight

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September-October 2021

www.floridastriders.com

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*Photo Courtesy of Dave Allen*

***“Some like it hot, and some sweat when the heat is on” ...***

## @ WEDNESDAY NIGHT TRACK

Written by: Mae Barker, PhD, BCBA-D

Track is not for the faint of heart, especially when it is humid and the temperature is 90-ish degrees Fahrenheit. If you haven't been to a Striders Wednesday night track at the St. Johns Country Day School in Orange Park, well, you should!

Here are some reasons: (1) Coach Dave Allen will give you a challenging workout, (2) Volunteers Vicky Connell and John Rafalski will shout out your times and also some words of praise, (3) the kids (who continue to increase in number) will inspire you and likely lap you!, (4) you will feel very svelte after losing 5 lb of water weight, (5) sometimes Vicky brings popsicles, (6) you will feel like a winner after accomplishing the workout, and (7) you will make some buddies.

- **Details:** Starts 6:15pm every Wednesday – email Vicky [vickyjc@comcast.net](mailto:vickyjc@comcast.net) to be placed on the email list that is sent weekly and tells you the workout and if for some reason track is cancelled (happens rarely) – you should likely come a bit early to warm up on the track!
- **Where?** St. Johns Country Day School 3100 Doctors Lake Drive, Orange Park, FL
- **Who to thank?** Volunteers Dave Allen, Vicky Connell, and John Rafalski 😊

# Message from the President



Let's put the spotlight on some upcoming events which might be of interest to you. From September 24 through October 2, 2021, the City of Jacksonville is hosting the annual Senior

Games for participants age 50 and up. The link for more information, and to sign up, can be found on our club Facebook page, or by going to [coj.net](http://coj.net) and searching for "Forever Fit 50 & Beyond". In the past, I've participated in some of the track and field events. It's a good time and a great experience! They also offer a wide variety of other activities throughout the week. I encourage you to check it out!

Our friends at Runners for Recovery are hosting the third annual Run 4 Recovery 5k on October 2, 2021. Please support this worthwhile cause. Mike Martinez is the race director for this event. He also serves on our Strider board of directors and is our race director for Run to the Sun.

On Sunday, October 10, we are making plans for our annual Anniversary Celebration, commonly known as "Jenny's Pennies" to be held at Clarke House Park in Orange Park. We expect the renovations at the park to be complete prior to our event, but be sure to follow our Facebook page for the latest details, just in case we have to change the venue.

We will again be hosting some social time at the Evergreen Pumpkin Run on Sunday, October 31 in Evergreen Cemetery. We usually have a large group of Striders gather for pre and post-race socializing.

Saturday, November 20 is the date for Hog Jog 5k. It's a cross country event at Van Zant Park. Make plans to run or volunteer.

Coming up early next year are the Resolution Run on 1/15/2022, and Angry Tortoise on 2/5/2022. Plan ahead and be sure to put these on your calendar.

We are in need of volunteers to serve as Race Directors. Do you have some organizational skills, and think you might like to be involved? Please think about it. We need the help, and provide free training and support! While I'm on the subject of volunteers, I would like to hear suggestions from some of our members regarding social activities and running events. Let me know if you have any thoughts on that subject. Your input is important as we plan for future events.

Stay active, and stay safe.

Regards,

*Jon Guthrie*

### Florida Striders Running Team is accepting applications!



The Florida Striders will be accepting applications for our running team. Check our website for the application to be posted soon. The deadline to apply will be September 30.

The purpose of the Running Team is for our club to have a visual presence in the local northeast Florida running community, and to have team members who are ambassadors for the club. Race times and running speed are not primary considerations, but friendly people who race regularly are!



Matthew Stratton



#### 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:** TBD  
*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:** TBD  
*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*

### Florida Striders Running Team

The club will provide race singlets to team members selected. The club will also provide team members with a free comp code for 4 of the races that the Striders host: the Resolution Run, Run to the Sun, Memorial Day 5K, and the Hog Jog. Team members will be selected by the end of October.

Check [floridastriders.com](http://floridastriders.com) soon for more information!



Bernie Powers



Shelly Allen



Jean Schubert

Florida Striders Running Team at Memorial Day 5k, May 31, 2021. Photos by Dave Allen.

# Florida Striders Scholarship Essay Winners

The Florida Striders were able to give out four \$1000 scholarships and one \$1500 scholarship this year. On the next few pages, you will see 3 of the 5 students who were selected, along with their essays. We are so proud to be able to support these young people in their pursuit of running and education. We wish them the best of luck on their upcoming college careers!

## What Does Running Mean to Me?

Written by Gabriella Berardi

Running has, to put it quite simply, changed my life.

Starting out as a wide-eyed, inexperienced “freshie,” all I knew was that I had a certain stubbornness that I have only ever seen mirrored in the eyes of other distance runners -- that, and long legs. It took that stubbornness for me to progress from a slow and painful 28:56 for my first-ever 5K, to a much speedier but still painful 19:25 by the end of my breakout sophomore season. The journey to trim down those nine minutes and thirty-one seconds consisted of a lifetime of athletic growth, mental strengthening, and a couple of hundred miles worth of unadulterated determination. Throughout my four-year journey, I have encountered many obstacles, primarily of the mental variety (though some races did have hay bales). There were days I wanted to quit, days I felt too stressed and overwhelmed by the weight of workouts, races, and responsibilities. Yet, as I look back with a clarity that I have only truly had as a senior, I realize that the reason I am the person I am today is because of those challenges -- challenges from which I emerged stronger every single time.

As the senior captain of my school's over 160-member cross country team (and currently as the senior captain of my distance track team too), I have had the honor of leading my fellow runners the best way I know how -- by setting an example of accountability, responsibility, and optimism. I recall my days as a younger runner, when I hoped to one day emulate the strength and discipline I saw in the older varsity girls; now, I have only hoped to be that role model for the girls who look up to me. I know that they, too, will look back on their four years of running with incredulity at how much it has shaped them as not only runners, but as people and leaders.

And so, when I ask myself, "What does running mean to me?", I think not of words, but of a culmination of 4 seasons' worth of unforgettable experiences -- the endless early mornings, the laps and laps and more laps around our home track, the seemingly permanent Nike Pro tan lines from the blistering summer sun, the brief moments of stillness as the anticipation of the starting gun mounts. In short, running means living -- and I'm blessed to say I've lived well for the past four years of my life. I intend on doing so for the next four and beyond.



# WHAT DOES RUNNING MEAN TO ME?

Written by Emma Millson

As runners, we often get asked why we run, how we devote so much of our time to a seemingly unpleasant activity, or my favorite: is it actually something we genuinely enjoy? While these are entirely valid questions, my answers all encompass the love and passion I have developed towards running over the years. Of all the sports that I have done throughout my life, running fulfills me with the greatest sense of reward and accomplishment. It has redefined my definition of hard work and discipline. It has taught me the value of friendship that becomes sisterhood and family, the ability to persevere through injury and defeat, and that success does not come on its own, but through great sacrifice and dedication. Success is earned through hard work and commitment. Running is simply my release. I can channel whatever I am going through into my run and come out a different person afterwards. It is a timeless escape from the pressures and expectations of my world where I can be myself and attack my goals. Losing this release when I was injured for over six months last year was devastating. It was like losing a piece of my identity. I never thought my running would be the same. Coming back was the peak of this struggle. I was nowhere close to my old fitness and it felt hopeless. However, with time, patience, and trust I was back and better than ever. Losing running made me gain an even greater sense of appreciation and respect for the sport. It is such a special gift that fulfills me and brings me joy. During this comeback, my perspective changed. I realized that it wasn't me against everyone else out there, but we really all are on the same team working towards goals and sharing the love for the sport. I am so thankful for the coaches and friends running has introduced me to. Growing up with running so involved in my family makes the sport very personal and that much more meaningful. Being mentored at such a young age and through my early years of high school running has taught me lessons to great extents. Yet, seeing myself become a mentor now to the underclassmen is truly a full circle moment. We all started somewhere and it reminds me of how far I have come on my own journey. There are still

many lessons to learn, but it is energizing to be a role model and guide those around me while also leaning into my own mentors at the same time. Surrounded by endless amounts of support and encouragement daily fills me with inexpressible gratitude. Running is a passion that I hope never fades in my life. Despite challenges, loss, hardships, etc. that I will encounter, I hope it is something I can always escape to as a consistent release. The ability to take running to the next level as a collegiate athlete is more than a dream, it is a dream fulfilled!



# My Experience with the Most Beautiful Sport

Written by Lucas Bouquot



Running has changed my life in measures I didn't even think were possible. As a small, freshman soccer player I had no idea how much potential I had in the sport of running. After I ran cross country in the fall of my freshman year, I quickly fell in love with everything about the sport, so much in fact, that I quit soccer in hopes to pursue my running careers to the NCAA. After four years of hard work, commitment, and constantly pushing myself on and off the track, I am honored to continue my academic and athletic careers at Florida State University.

Over those four years however, I have learned so much. First off, I found my competitive drive that is present within me. Racing, whether it is on the track or on the cross country course, has pushed me to my physical boundaries and so much more. The unique aspect of this sport is the fact that although it can be classified as a team sport, in reality its mind vs matter in your own head and body. On race day, there is no one else out there you are depending on except for yourself and that is truly beautiful. The sport of running has also taught me several life-long lessons including "there is always

someone better than you" and "never underestimate yourself". These life lessons are not only applicable within the sport, but also can be used to better myself in the real world. Being a captain of a 150-person team for two years has taught me so much more about what it means to be a leader. Leading a group of that many students can sometimes be challenging, but I have found tremendous success in leading by example. As I look back as a senior and reevaluate my decision to quit soccer to pursue running full time, I don't regret it a single bit.

To sum it all up, I could not be more thankful for the opportunities running has offered me already and continues to offer me. I not only want to continue pushing this sport forward, but also spread awareness of it around me and beyond. Running has brought me so much joy to my life and should be spread around the world to everyone.

Kenzie Buchman  
Kimberly Buchman  
Paul Buchman  
Tyler Buchman  
Paul Buchman JR.  
Nick Camarata  
Vicky Connell  
Liane Daniels

# Membership

NEW & RETURNING MEMBERS

Patti Herren  
Stan Lambert  
Michael Martinez  
Bob O'Connor  
John Rafalski  
Jean Schubery  
Pat Trudell

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

			New <input type="checkbox"/>	Renewal <input type="checkbox"/>
Last Name	First	MI	/	
Address			# in Family	
			Spouse's Name (Family Membership only)	
City			Your DOB	
			Spouse's DOB (Optional)	
Home / Cell Phone			Children's Names (Family Membership only)	
Email Address (Print clearly)				
<p><b>Would you like to make a donation to the Children's Running Program?</b></p> <p><input type="checkbox"/> \$1   <input type="checkbox"/> \$2   <input type="checkbox"/> \$5   <input type="checkbox"/> Other amount \$_____</p>			<p><b>Annual Dues</b></p> <p><input type="checkbox"/> Family \$25 (2 years \$50, 3 years \$75)</p> <p><input type="checkbox"/> Single \$20 (2 years \$40, 3 years \$60)</p> <p><input type="checkbox"/> Junior \$15 (2 years \$30, 3 years \$45) (under 18)</p> <p><input type="checkbox"/> Senior \$15 (2 years \$30, 3 years \$45) (Age 65 +)</p>	
Signature			Date	
<p>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</p>				
<p><b>Mail Application with dues to:</b>  <b>Florida Striders 7841 Longhorn Cir E. Jacksonville, FL. 32244</b></p>				
<p>Revised 8/2020</p>				

## Surgery for a Torn Meniscus

By Vicky Connell

If you're a regular reader of my column in the Strideright, you may remember that I mentioned months ago that I was scheduled for Meniscus surgery. Well, that day came and went, but the surgery did not happen as originally scheduled. I was in the hospital, dressed and ready to go with an IV in my arm, and then the anesthesiologist started asking questions. She didn't like the honest answers I gave to some questions, called in the doctor, and a few minutes later my surgery came to a screeching halt! I had to get clearance from a cardiologist, and that was not a quick process (this was partly because of a heart ablation I had 10 years earlier for an electrical issue). That was back in April.

When the surgery got indefinitely postponed, I began to second guess myself and wonder if maybe I could get by without it. My issue is a corner tear of my medial meniscus. I also had some issues with a strained ACL, a strained MCL and a stress fracture. The big question was which one of these issues was causing my pain and not allowing me to walk or run normally. I decided that while I waited to reschedule the surgery, I would do my best to rehab my knee and maybe not need the surgery in the end.



Photo Credit: orthobethesda.com

And that's what I did. I initially attended in-person PT, but decided I could do it on my own. I looked up some appropriate exercises, plus the ones I had learned from the PT, and did them faithfully. The bottom line however, was although my knee improved and didn't hurt as much, I still couldn't walk more than half a mile without starting to limp. Most of the time I wouldn't be aware that I was limping, but my husband Jim always pointed it out during our evening walks so that we wouldn't go too far (I did that once or twice and he had to get the car and come back for me!).

Fast forward to July, and I finally got the clearance for surgery and was back on the schedule. By this point I knew I had to try something different since I just wasn't making enough progress. I committed to the surgery, and had it done July 26. It was arthroscopic, so I was only left with two very small scars on my knee. The surgery went well, and the doc showed me photos of what they saw with their tiny cameras while inside my knee. I was surprised just how jagged and ugly my meniscus looked. No wonder it hurt! It was smooth and lovely when he was done.

I'm now at three weeks post-op. I haven't come along quite as quickly as I hoped, and at this point the surgery effects are still with me (soreness and swelling) although much improved. I went for my longest walk in 6 months tonight (about 1.5 miles) and could almost do it without limping, so I guess that's progress. I'm glad I had the surgery and I have great hopes for my knee to continue to improve. I know I will probably never run the mileage that I used to, but I hope to be mostly back to normal soon. For now I will be swimming, biking and pool running for a few more months!

You know you want to get dirty...

Run the Angry Tortoise  
Trail Race 25k/50k  
on February 5, 2022

[https://ultrasignup.com/register.aspx  
?did=87047](https://ultrasignup.com/register.aspx?did=87047)



Photo courtesy of Michael Brynildsen of Semper Fi Photos

## USATF Club Cross Country Championships 2021 to be held in Tallahassee!

The 2021 USATF Club Cross Country Championships will be held in Tallahassee, FL at Apalachee Regional Park on December 11<sup>th</sup>. This is a fabulous championship cross country course, with both the state high school championships and the NCAA national cross country championships to be run on this course!

I've participated in this event a few times, and it's fun to see so many running clubs from across America represented in the races. Men and women are run separately, as well as Masters and Open runners in separate races. There are also different distances ranging from 6K to 10K depending on the age and gender. There are no qualifying standards, anyone can run as long as they are members of USATF. If you are representing a club in the club scoring category the club needs to be a USATF member club, of which the Florida Striders are a member.

If anyone is interested in running as part of a Florida Striders club team at this event, contact Shelly Allen for more information at [allenolemom@aol.com](mailto:allenolemom@aol.com). Also, check the [usatf.org](http://usatf.org) website for registration to open later this fall. Become a member of USATF now, and select the Florida Striders as your club when you join.



**2021 USATF CLUB CROSS COUNTRY CHAMPIONSHIPS**



**Date & Time**

 December 11, 2021

 12/11 12:00 AM - 11:59 PM

**Location & Venue**

 Tallahassee , FL

[Open in Google Maps](#)

**Results**

# Upcoming Races

Date	Race	Time	Race Day Location	Where to Register
Sept 6th	RunJax Labor Day 5k	7:30am	1 <sup>st</sup> Place Sports, 3931 Baymeadows Rd.	1 <sup>st</sup> Place Sports
Sept 11th	9/11 Heroes Run 5K	6pm	Sea Walk Pavillion 75 1st St N Jacksonville Beach, FL 32250	<a href="https://911heroesrunjacksonvillefl.itsyourrace.com/register/">https://911heroesrunjacksonvillefl.itsyourrace.com/register/</a>
Sept 18th	Section 4 September Sufferfest 10K/20K/30K	7am	Jennings State Forest 1337 Long Horn Rd Middleburg, FL US 32068	<a href="https://runsignup.com/Race/FL/Middleburg/SeptemberSufferfest">https://runsignup.com/Race/FL/Middleburg/SeptemberSufferfest</a>
Sept 18th	First Coast Parkinson's Run 5K	9am	Riverside Park, Jacksonville, FL	1st Place Sports
Sept 25th	Basca "Cape"abilities 5k	8am	BASCA Headquarters, 352 Stowe Ave, Orange Park, FL 32073	1st Place Sports
Oct 2nd	Runners 4 Recovery 5k	8am	2042 Park Ave Orange Park, FL US 32073	<a href="https://runsignup.com/Race/FL/OrangePark/Run4Recovery5km">https://runsignup.com/Race/FL/OrangePark/Run4Recovery5km</a>
Oct 2nd	The Players Donna 5k	8:30am	TPC Sawgrass	1 <sup>st</sup> Place Sports
Oct 2nd	Whistling Death 10k and 5k	8am	Military Museum of North Florida Sr 16 E Green Cove Springs	1 <sup>st</sup> Place Sports
Oct 9th	Wine and Chocolate Run	5pm	2018 San Marco Blvd, Jacksonville	1 <sup>st</sup> Place Sports
Oct 16th	USO Armed Forces Half Marathon and Freedom 5k	7am	The Landing Park	1 <sup>st</sup> Place Sports
Oct 23rd	Vystar Emerald Trail 5k	7:30am	Andrew A Robinson Elementary School 101 W 12th St, Jacksonville, FL 32206	1 <sup>st</sup> Place Sports
Oct 30th	Florida-Georgia 5k	8am	Riverfront Plaza - Downtown Jacksonville	1 <sup>st</sup> Place Sports
Oct 31st	Evergreen Pumpkin Run	8am	Evergreen Cemetary	1 <sup>st</sup> 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 10<sup>st</sup> 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!

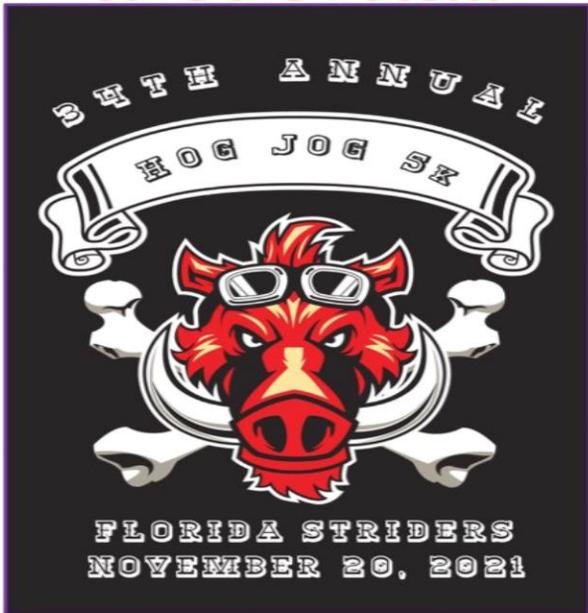


Support your local running club every time you purchase a gift for a loved one (or something special for yourself)! Amazon will donate 0.5% of your purchase price to Road Runners Club of America – Orange Park. Bookmark the link <http://smile.amazon.com/ch/74-2194707> and support us every time you shop. 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!



**amazon**smile  
You shop. Amazon gives.

## Save the Date!!!



**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](mailto:jaxmjm@gmail.com)

Our club is in need of two race directors.

Free training will be provided! We already have a strong, experienced support team. We simply need persons with organizational skills to oversee the race day events.

- Resolution Run is scheduled for 1/15/2022
- Memorial Day 5K is scheduled for 5/30/2022

If you are interested in helping our club in this capacity, please contact us via email: [president@floridastriders.com](mailto:president@floridastriders.com)



## A Big Thank You to Our Partners in Running!

