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Calling All Volunteers

By Sara K. Guthrie

What do the ages 72, 74, 79, 80, and 82 have in common? These are the ages of some of our most loyal volunteers. This age group has worked diligently for years to make sure the Florida Striders have successful running events and social gatherings.

It is now time for these volunteers to sit back and enjoy these events and gatherings.

If you are in the age groups of 20, 30, 40, 50, 60, please consider volunteering. I know, you work, you have kids, etc. But, so did these volunteers. It does not take long at all to volunteer with any of these events or gatherings. More than likely, your kids are going to be there anyway.

This is your club. We have over 500 Florida Striders. If we do not get younger volunteers, we can't have running or social events anymore. It just can't happen. Volunteers are the root of all of these gatherings.

Just think about it. No volunteers = no registration for runs, no water stops, no socials, no tent at Gate River Run, no Jenny's Pennies, etc.

Please step up to the plate. You will enjoy volunteering. I promise.

The Florida Striders is a volunteer organization. No volunteers, no running club.



To volunteer, or for more information, please send an email to: President@floridastriders.com

MESSAGE FROM THE PRESIDENT

My mind wanders sometimes. I like to think about what I wish we could accomplish as a running club. For me, the best part of a running club is the social interaction, and the accountability that comes from working with others, and sharing our goals, successes, and failures. Other like-minded individuals are a vital component of the fitness routine for most of us. People like myself need the motivation that comes from having running buddies to help us stay active. Only the most dedicated and driven individuals can maintain a fitness routine completely on their own.

I've written before that anyone who runs or walks on a regular basis should be considered to be "elite". No matter your age, if you exercise regularly, you are in an elite category compared to most of your peers. You deserve to be proud of that!

Now, back to the subject I started. During the last two years, the situation with Covid has taken over many areas of our lives, and the running community has suffered. Our way of handling social activities and running events have undergone drastic transformations. Thankfully, things seem to be slowly returning to a more normal status.

My hope for the Florida Striders is to get back to having more social activities. There are way too many negative influences in the world today. The social activities with other runners can be a wonderful, positive influence in our lives. As I have said before, runners make the best friends! I don't want to sound pompous, but the running community is just made up of a better class of people than the general population. They are the type of people I want surrounding my family and friends.

That's enough of the soapbox speech. Let's cover what is upcoming for our club.

- Saturday, March 5, 2022 Gate River Run Hospitality area (also Expo on March 3 and 4)
- Saturday, April 16, 2022 Run to the Sun 5K
- Sunday, April 24, 2022 Annual meeting and Board of Directors election
- Monday, May 30, 2022 Memorial Day 5K

Details for these events can be found on our website, and Club Facebook page.

As always, I'm proud to be a Florida Strider!

Best regards,

Jon





We are Thankful for our Partners in Running!

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

Race Directors

Resolution Run: Justin Sorrell
resolutionrunrd@floridastriders.com
Angry Tortoise 25K/50K: Mae Barker
mae@facesjax.com
Run to the Sun 5K: Bill Krause
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



Registration is now open for our April 16th Run to The Sun 5k!

With kennel racing in the books, Bestbet will eventually knock down their existing building and raze the track, to make way for a new facility. Things are still in the planning stages, but we know our space in the field behind the current structure will be compromised, if not eliminated. [Register now](#) to ensure you will be there for this great Grand Prix run.

We are back at Bestbet in Orange Park, but for how long? Don't miss your chance to run along scenic River Road.

RESOLUTION RUN RECAP

By Justin Sorrell



Thank you to everyone who contributed and participated in our Resolution Run on January 15, 2022. We had over 500 5k runners and 660 kids in the fun run! Proceeds from the run will continue to help sponsor the Strider's mission of promoting and encouraging running by educating the community on the benefits of physical fitness and sports.

It would be impossible to individually thank the many hands who volunteered in person, behind the scenes, or through financial contributions. Nevertheless, please know how much we value and appreciate what you did. We would like to give special thanks to our sponsors, bestbet, Pinch-A-Penny of Mandarin, Kohl's, Aiosa & Hoffman Orthodontics, H2 Health, UF Health, Myers Pediatric Dentistry, Publix Charities, Baby Barrier Pool Fence Company, Clay County Amateur Radio Emergency Services, Camp Gladiator, and First Tee of North Florida. We hope that you will register for the Run to the Sun, which will be held at the same location on April 16, 2022. [Click here](#) to register!



A

bestbet is hosting
us once again, and
we are running the
5K course.



Soft feel t-shirts and
Finisher medals!

The 5K starts at 8:00AM,
and it is a Grand Prix
race. The 1 mile Fun Run
is at 9:30AM

Runs Benefit Local School's Run/Walk Programs



Saturday, April 16th, 2022 • 5K 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.
 - Registration information is on our website, floridastriders.com, or click on https://thedriver.net/event-registration/site.race_reg/eid/41033123567
 - Online registration closes at noon on Thursday, April 14th, or you can register anytime at any of the 1st Place Sports stores until Friday, April 15th.
 - Day of race registration on-site opens at 6:30AM
- Race Director: Bill Krause | rttsrd@floridastriders.com

ENTRY FEES

	<u>Striders</u>	<u>Non - Striders</u>	<u>Kids 13 & under</u>
Until April 3rd	\$22	\$27	\$15
April 4th - 15th	\$27	\$32	\$20
Day of Race	\$35	\$35	\$25

PARTNERS



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

BEAUTIFUL DAY TO RUN IN THE WOODS...

Angry Tortoise 25k/50k Race Report
By Mae Barker, RD

As a race director, my goal is for participants to have so much fun at my race that they go home and immediately want to sign up for next year's race!

Based on race reports and social media comments following the Angry Tortoise (AT), I feel like that goal was accomplished again this year! We had 25 finishers in the 50k and 76 in the 25k. It should be noted that all runners who started finished the race! Registration numbers were a bit low this year (likely due to the race coinciding with the Donna Marathon). However, we still raised nearly \$7500 that will go towards our club's kids' running programs!

Next year will mark the 10th anniversary of the race (date to be determined soon), and I hope to have a full race of 150 participants and the race sell out as it has in 3 previous years.

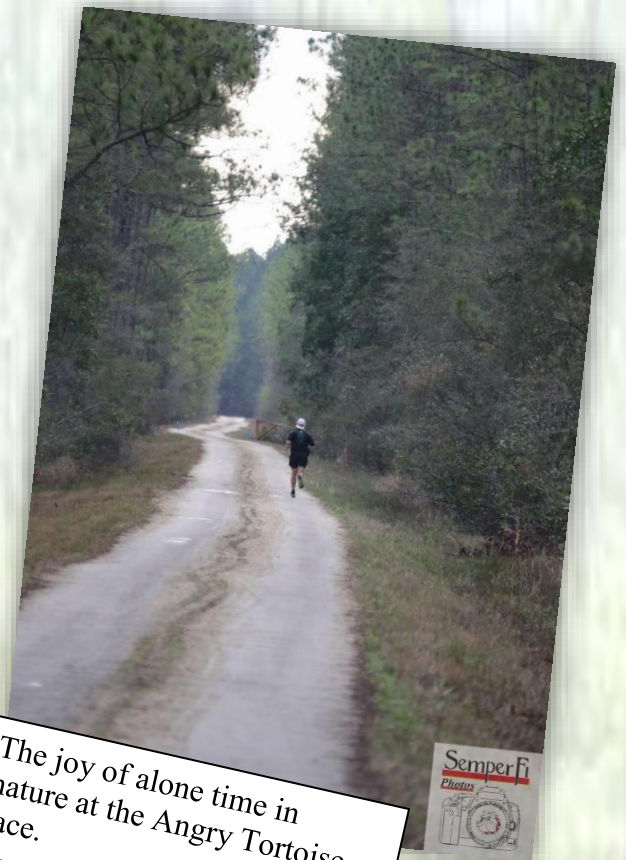
We had a lot of first time AT runners and first-time ultra-runners come out this year. We had runners come from locations as far away as Ohio and MA.

50k award winners were:

- Overall Male: Jonathon Edwards (time of 4:02:43) – new course record!
- Overall Female: Rachel Glazer (time of 5:36:38) – who came all the way from Boston, MA to run this race, which was her first ultra!
- Overall Master's Male: Colby Slaughter
- Overall Master's Female: Janet Phelps
- Overall Grandmaster's Male: Johnny Phelps

25k award winners were:

- Overall Male: Joseph Jaramillo (time of 1:41:37) – new course record!
- Overall Female: Crystal Davis (time of 1:54:20)
- Overall Master's Male: Brock Walaska
- Overall Master's Female: Sara Pleasants
- Overall Grandmaster's Male: Randy Arend (way to represent the Striders Race Team!)
- Overall Grandmaster's Female: Victoria Johnson



*The joy of alone time in
nature at the Angry Tortoise
race.*

Great races wouldn't be great without the contributions and support of our sponsors and volunteers!



- **Garber Automall** <https://www.garberautomall.com> Garber continues to be one of our main financial supporters. They have a great array of vehicles and a wonderful service department. Check them out in Green Cove Springs.
- **Stacy Gilder LLC, Realtor** - Keller Williams Atlantic Partners. Stacy is a new ultra-sponsor for our race AND a returning runner! Let her know how she can assist you with finding your dream home and/or selling your house! (904) 742-3269 - cell and text or email stacygilder@gmail.com
- **Pat's Nursery** - <https://www.patsnurseryinc.com> If you haven't checked out Pat's Nursery in Fleming Island, you definitely should! Pat and his crew will help you make great plant selections. They have a wide assortment of plants, mulch, fertilizers and also install sod. Pat is a new

financial sponsor for our race!

- **Firehouse Subs** <https://www.firehousesubs.com> One of our awesome returning sponsors! I love firehouse subs – my favorite: a Meatball Sub, bag of chips and limeade after a run – perfecto! Firehouse gave all of our runners and volunteers a free post-race meal!
- **PRS Race Timing:** <https://www.prsracetiming.com> One of our valued returning sponsors! 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 you have accurate results! PRS Race Timing puts on some great fun community races. Check out the website for upcoming races and check out Paul's coaching services!
- **Flatlander Running:** www.flatlander.run My hubby Zach Hanna 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 An awesome returning sponsor who captures great photos from our race and shares them for free on his Facebook page!
- **Urban Bean Coffeehouse:** <http://www.theurbanbeancoffeehouse.com> Another awesome returning sponsor! 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:** <http://www.clayares.org/wp/> Our HAMM radio team helps keep track of all of our runners out there! They also help out at aide stations!
- **Poochies Dog Park, Boarding, and Pet Spa:** <http://www.poochiespark.com> Another awesome returning financial supporters. 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.
- **One Farm** - <https://onefarm.com/product/turmeric-relief-cream/> One Farm is a new sponsor. They provided samples of turmeric relief cream in runners' bags, which undoubtedly came in handy after the race to soothe sore muscles. Check out their other great products! I use their CBD products to help with sleep and muscle soreness.
- **John Rafalski** - https://www.dailypaintworks.com/Artists/John_Rafalski-12700 John is a fellow strider who you can meet at Wednesday Strider track nights! John volunteers his time to assist with timing at track each week! He was also kind enough to be one of our sponsors and donated some of his amazing artwork for our award winner prizes!

Please say thank you to our Angry Tortoise sponsors with your patronage!



Thank you to our wonderful volunteers who helped make this race flow smoothly.

- My parents, Shirlene and Tracy Barker, and my family – Zach, Ella Rose, Lillian and baby Finn (who has always been along for the ride).
- Runners4Recovery: our main aid station is run by Mike Martinez and his Runners4Recovery crew. They are great individuals – check out their page on Facebook and support their 5k in Sept to raise funds for their non-profit!

<https://www.runners4recoveryjax.org>

And a special belated thanks to Trish Mandalare, Kathy Murray, Vicky Connell, and Mike Tibble for their volunteer efforts at the Hog Jog in November!

Looking forward to the 10th Anniversary Angry Tortoise race in 2023! Race date coming soon!

Huge thank you to the Photography Team of Semper Fi Photos for all our Angry Tortoise photos. Use [this link](#) to see more photos and video from the race.



Rachel Glazer came all the way from Boston MA to run her first 50k at Angry Tortoise. She was our first overall female in the 50k!



Fellow strider Doug Barrows is not going to let puddles or problematic knees stop him from finishing the 25k!

THE ADVENTURE OF A LIFETIME

By Vicky Connell

It all started with a conversation last spring. My husband Jim and I were speaking on the phone to a friend of his that he hadn't seen in many years. As he recalled what he'd been doing, he told us about riding his bike across the country, self-supported. We were both very intrigued, and asked him lots of questions.

After we hung up, Jim and I continued the conversation. I told him a ride across country was something I had always wanted to do, but it just never seemed feasible. I also mentioned that I wasn't interested in doing it self-supported (which means you bike carrying all camping and cooking gear) and sleeping who knows where by myself night after night. I felt like it just wasn't safe for a woman to do alone.

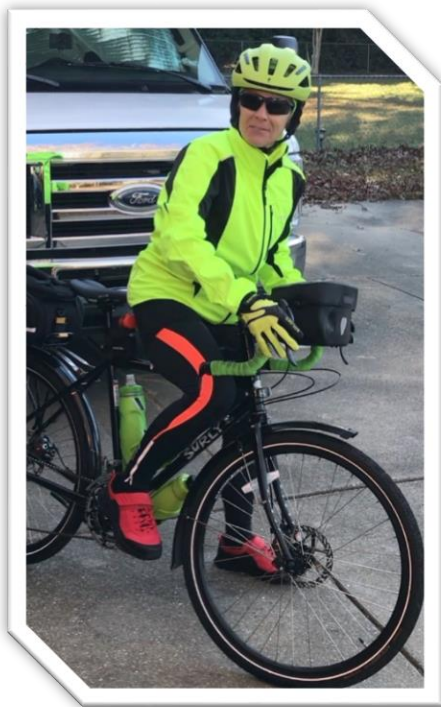


Jim didn't hesitate. He told me after all the years of me supporting his adventures (there have been quite a few!), he would ride along in a vehicle and support me, giving me a safe place to sleep at night. I began to feel hopeful that maybe this could happen! Jim's next adventure was supposed to be walking the Appalachian Trail, and I was figuring on him doing it the following year. He said no, that could wait, it was my turn. And suddenly, we were planning a trip for 2022, when I would ride a bike across the country!

I was beyond excited! But with a year to plan, we decided to keep it to ourselves for a few months while we looked into details. We began making lists of all the things we needed to do and buy. A very important one was the vehicle Jim would drive and we would be sleeping in. It started out being a large van that Jim would remodel for our use. But then I informed him that after biking all day, I would need a shower every evening. The van became an RV. It took many months and much searching to find the right RV, but Jim finally located the one we wanted, and then it took more

months of working out a plan to buy it. We finally drove to Alabama in a one-way rental car, and drove home our RV which we dubbed "Harvey".

Next came the touring bike, as my racing bike wouldn't do. Again, it was no easy task. Because of the pandemic, bikes have been in high demand since 2020, and there weren't a lot available. But after a very diligent search, I finally found the right bike at the Zen Cog Bike Store in Jacksonville.



And on it went, with list after list, and we slowly checked things off. One of my biggest jobs was planning the route I would take. I downloaded several new apps to help me with this process, and joined the Adventure Cycling Association, obtaining maps and information. I decided I wanted to complicate my ride, and start in Washington State where my oldest daughter Tori lives (she's a Captain in the Army stationed at Joint Base Lewis-McChord) and end the trip in Florida where my youngest daughter Marissa lives (a Veterinarian who works in South Florida).

I worked on the route for several months and ended up starting it in Ocean City State Park, Washington, and ending it at the Jacksonville Beach Pier, Florida. It will be around 4,300 miles when I finish. The route will take me south to Oregon, then Idaho, up to Montana to visit the headquarters of the Adventure Cycling Association, then Wyoming, through the mountains of Colorado, to the plains of Kansas, then Missouri, Illinois, Kentucky, and a turn south to ride through Tennessee, Missouri, Alabama, and finally Florida, where it will be a fairly straight shot east to Jacksonville.

I had a few obstacles to overcome early. You may remember that I tore my meniscus last year, and in July I finally had surgery. It's been a very gradual recovery, and I still can't walk/run all that well. But fortunately, biking doesn't seem to bother my knee. In January I decided to do a test to overcome my doubts about whether my knee would handle day after day of biking. I picked the four worst weather days of the year (wet and cold, and I didn't pick bad days on purpose!), and rode 60 miles each day. Fortunately, it went well and I survived, my knee none the worse for wear. I learned a lot about how to dress for wet, and/or cold weather and the trip was on!

When we go on this trip, we plan to take our dog Luna with us. She's a German Shepard that we rescued, getting her from the Safe Animal Shelter in Clay County. We've decided to also make this trip a fund raising effort for the Shelter. I hope to highlight the need to adopt these animals, and show what a great dog Luna has become with a lot of love and care (she was a bit scary until I got to know her!). If you'd like to contribute to this wonderful cause and help Vicky reach her goal of raising \$5000, go to <https://safeanimalshelter.com/donations/donate/>. Once there, scroll down to Vicky's donation page to make a donation of any amount. It will be much appreciated by Vicky and all the animals who get a second chance at a good life through the Safe Animal Shelter.

I plan to document everything on YouTube, and we've already started compiling videos about our preparations. Once I'm actually riding, I plan to do a short video (2 – 5 minutes) each day, showing where I am and how things are going. If you want to follow along, our channel on YouTube is "Vicky, Jim and the Lunatic". (Lunatic is Luna's nickname.) The videos will go live at the beginning of April. We leave to drive to Washington at the end of April, and the trip begins May 8th, which is Mother's Day. Both of my daughters will be at the start to watch me as I ride from one coast of our great country to the other, with Jim and Luna supporting me. I hope you'll tune in and subscribe to my channel to follow along, and make a donation to the Safe Animal Shelter.

-
- Maureen Barrett
 - Steve Benoit
 - Edward Broadnax
 - Megghan Brooks
 - Steve Brooks
 - Jan Bullock
 - Jason Burcham
 - Jerry Caito
 - Mark Corpuz
 - April Daneyel
 - Jason Dillaberry
 - Britta Fortson
 - Gary Gerdman
 - Jim Giancola
 - Melanie Goins
 - Bonita Golden
 - Edgard Gutierrez
 - Craig Harms
 - Tom Henkel
 - Rita Holden
 - Bruce Holmes
 - Justin Holstein
 - Bonnie Jules
 - Amaris Keller
 - Eli Keller
 - Logan Keller
 - Sara Keller
 - Kenneth Keller
 - Charles King
 - Daniel King
 - Valerie King
 - Michael Kirkham
 - Carolyn Krall
 - William Laird
 - Terence Lawlor
 - Judy Lind
 - Jessica Lowther
 - James McCutcheon
 - Susan McCutcheon
 - Jesse McGill
 - McKinley McGill
 - Brian McGready
 - Geoff Neilson
 - Leigh Powell
 - Thomas Reinheimer
 - Liz Rosset
 - Al Saffer
 - Barbara Sage
 - Kristie Schneider
 - Annette Shannon
 - Andrew Snyder
 - Christy Surgeoner

MEMBERSHIP

Welcome and thank you to our new and returning members!

[Click here to join](#)

[Click here to renew](#)

- Jami Tellinghulsen
- Soledad Terry
- Wade Tonkin
- Winney Yaun
- Bruce Zewicke



The Florida Striders Track Club
2022 College Scholarship Application
5 - \$1,000 Scholarships will be awarded

Eligibility Requirements:

- Must be a resident of Northeast Florida for the past two years.
- Must be a graduating high school senior.
- Must be a runner or active in track and field events.
- **ENTRY DEADLINE:** Applications must be postmarked by **March 25, 2022.**
- Please be advised that NCAA regulations may prohibit you from accepting this scholarship if you attend college/university on an athletic scholarship.

See the full application on our website: www.floridastriders.com

Previous Scholarship Recipients:

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 Hajda	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

2021

Anna Albertelli	Bishop Kenny High School
Gabriella Berardi	Ponte Vedra High School
Lucas Bouquot	Ponte Vedra High School
Emma Millson	Fleming Island High School
Rhiannon O'Donnell	Fletcher High School

2020

Jessica Fliess	Fleming Island High School
Katherine Harland	Home Schooled, 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

Upcoming Races

Date	Race	Time	Race Day Location	Where to Register
March 5th	Gate River Run		8am	1 st Place Sports
March 11th	St. Paddy's Day 5k and 10k	8:30am	Evergreen Cemetery	1st Place Sports
March 19th	Avondale 5k Classic	8:30am	The Shoppes of Avondale	1st Place Sports
March 26th	Chick-fil-a Chicken Biscuit Run 5k	8am	14020 Lunar Drive, Jacksonville	1st Place Sports
April 9th	Wine and Chocolate Run	5pm	2018 San Marco Blvd, Jacksonville	1st Place Sports
April 16th	Run to the Sun 5k	8am	Best Bet Orange Park	floridastriders.com/runtothesun
April 23rd	Penney Farms 5k	5:30pm	Penney Farms	1st Place Sports
April 30th	First Coast Parkinson's Run	8am	101 E Bay St, Jacksonville	https://www.active.com/jacksonville-fl/running/distance-running-races/first-coast-parkinson-s-run-2022



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Support your club by doing this one simple thing please. Amazon donates 0.5% of your purchase price to Road Runners Club of America - Orange Park. Yes, that is us:> It doesn't cost you a thing, and you can "Smile" knowing you just did a good thing for your club!