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Want to Help your Club Continue to Grow?



By Bill Krause

Ever consider being a Race Director? Our current Race Directors are retiring, and we need fresh faces with new ideas to continue our mission. It is not as daunting as you would think. I can speak from

experience, as I was asked this same question years ago. I won't lie, I was scared that I would fall flat on my face, but when I realized how much support I had from the club, my fears went away. Past Race Directors, long time Race Coordinators, and Advisors pointed me in the right direction. I'm telling you, there is nothing better than the feeling you get on race day morning when it all comes together 😊 Our Children's Running and Scholarship programs are dependent on the revenue we garner from our 5 annual races, so we really need your help please!

We are in the initial planning stages for our next Resolution Run 5K, which will be Jan. 14th. Now is a good time to start familiarizing yourself with the race logistics. It will be the 43rdrd running of this race, so a lot of things are already in place. Please call or email me with any questions. Let's keep our 40+ year race tradition going so we can continue to fund our community programs!

Thanks!

Bill Krause

Florida Striders Treasurer

treasurer@floridastriders.com, 904-860-9189

MESSAGE FROM THE PRESIDENT

Do it now! Handle it once and be done with it!

Over the years I have worked with many effective and ineffective people. Those who seem to be most proficient had certain traits in common.

Years ago, I had a boss who never seemed overwhelmed. His desk was always clear of clutter, with only the current project visible on the desk. I knew his job involved plenty of high pressure situations and required the ability to multi-task. One day, as I sat in his office going over our work calendars, I asked him how he was able to always seem on top of everything. The answer I received was surprisingly simple. Don't put anything off that can be handled now. By staying on top of our work, we create the illusion that what we do is easy. For the future good of any organization, we want others to aspire to fill our positions. That applies to work and volunteer jobs. People do not want to be put into a stress filled position that may leave them feeling hopelessly buried under a mountain of work that never ends.

Procrastination is our enemy in all areas of life. For me, personally, it has always been a struggle. When I am able to handle something once and be done with it, a wonderful feeling of accomplishment is the reward. Unfortunately, we sometimes place obstacles in our own way that prevent us from accepting that reward. Putting off work until tomorrow, next week, or just until later in the day, sets us up for more procrastination. As runners, most of us have a set routine we follow. As an example, we all know that when we find an excuse to put off that morning run, there is an increased chance that something will prevent us from achieving our desired workout that day.

If you have taken the time to read this, you should know what I believe are some common traits of effective people. Not everything was covered in this message. It would take many pages to really cover this topic. I'll summarize here.

- Do not put off until later, what can be handled right now.
- If possible, handle something once and be done with it.
- Do not let fear of failure keep you from success.
- Ask for help from friends and co-workers.
- Surround yourself with good people.

The good people I'm referring to above, are the good people of the running community!

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

Best regards,

Jon Guthrie



A Big Thank You to Our Partners in Running!



Race Directors
Resolution Run: TBD
resolutionrunrd@floridastriders.com
Angry Tortoise 25K/50K: Mae Barker
mae@facesjax.com
Run to the Sun 5K: TBD
rttsrd@floridastriders.com
Memorial Day 5K: TBD
run2day4life@gmail.com
Hog Jog 5K: Mike Mayse

2022-2023 Officers and Board of Directors

Officers
President: Jon Guthrie
president@floridastriders.com
Vice President: Joni Neidigh
vpresident@floridastriders.com
Secretary: Britta Fortson
secretary@floridastriders.com
Treasurer: Bill Krause
treasurer@floridastriders.com

Directors at Large
 Jon Guthrie Mae Barker
 Zach Hanna Bill Krause
 Trish Mandelare Dave Allen
 Shelly Allen Darryl Herren
 Tiffany Heitman Suzanne Baker
 Jack Frost Josue Velazquez
 Emma Millson Joni Neidigh
 Adam Cross Britta Fortson

Coordinators
Children's Running: Carol MacDougall
emmacdougall@bellsouth.net
Track Coordinator: John Rafalski
johndrafalski@yahoo.com
Membership: Eugene Biala
membership@floridastriders.com
Social: Mae Barker and Trish Man
Scholarship: Kim Lundy
scholarship@floridastriders.com
Race Volunteer: Ann Krause & Kellie Howard
volunteer@floridastriders.com
Registration: Kathy Murray
registration@floridastriders.com
Equipment: Mike Mayse
mjmayse@comcast.net
Race Advisor: Bill Krause
billkrause615@gmail.com
StrideRight Editor: Tiffany Heitman
striderighteditor@gmail.com

Memorial Day 5K

Thanks to all who helped make this event possible!



Striders Racing Team at the Memorial Day 5k, 5/30/2022.



Upcoming Social Events

July 9th at 7pm, we will meet for Music Bingo at Jax Craft Beer on San Jose.



Please RSVP to trishm149@gmail.com with the subject line of Music Trivia and how many will be attending so we know you are coming and can reserve a spot large enough for the group!

Calling all members!! We want to hear from you!

Please fill out [this survey](#) if you haven't already done so! The results will help us plan events that will best meet the preferences of our members.



REGISTER TODAY FOR THE 10TH ANNUAL ANGRY TORTOISE 25K/50K TRAIL RUN! FEB 11, 2023



Join us for this great race through Cary State Forest (just west of Jacksonville). The race course consists of well-maintained dirt roads through this beautiful forest. We will have great swag, lunch for runners, and fun! 😊 Don't wait to sign up as this race fills up fast and prices increase closer to race date.

For more info: Contact Mae Barker, Race Director at mae@facesjax.com or 904-210-2556



Register at

<https://ultrasignup.com/register.aspx?did=94740>

Use coupon code **Strider** for \$5 off!

Both Photos courtesy of Semper Fi Photos

2022 FSTC College Scholarship Winners



Congratulations to our six FSTC Scholarship Winners!

- **Grace Adams**, Fleming Island HS, attending UF
- **Kaitlyn Frost**, Bishop Snyder HS attending USF
- **Annie Loehle**, Mandarin HS, attending UF
- **Jessica Malosh**, Stanton College Prep, attending UF
- **Audrey Singletary**, Nease HS, attending UF
- **Matthew Stratton**, St. Johns Country Day School, attending UF

Please enjoy reading their essays titled “What Does Running Mean to Me?” over the course of the next few months. In this issue, you’ll see Audrey, Jessica, and Kaitlyn’s essays.

WHAT DOES RUNNING MEAN TO ME?

By Audrey Singletary

What started as a hobby has now transformed to a lifelong passion. My journey with running has changed over the years, but the joy it has brought me has remained constant. The aspect of running that has been the most impactful for my life is the sense of community. The shared passion for the sport has kept me motivated through the years and has kept me continuing to set goals.

My running journey started when I joined Marathon High my freshmen year of high school. At this time, I was on the high school tennis team, but I enjoyed running as a hobby. As I started running more consistently with the club and entering local road races, I realized that I valued the competitive aspect of running. There were other members of the club who were also competitive, so Marathon High started to feel more like a running team, which inspired me to join cross country.

My first year of cross country in tenth grade was when I really started to become dedicated to the sport and improving my times. I immediately loved competing with my teammates every weekend and looked forward to the atmosphere of cross country meets. I learned that I was better suited for cross country and track rather than Marathon High because being on an official high school team allowed me to reach my running goals. This proved to be the case with a supportive team and great coaches because I dropped my sophomore 5K PR of 21:45 to 19:30 my senior year.

I decided to focus on running instead of tennis my junior year when I joined the track team in the spring. Since then, I could look forward to training with my teammates every day. My team motivates me without knowing it because I don't have to face hard workouts, long runs, and fast races alone. I think that this is one reason why running is so special. In high school, running has taught me about diligence and hard work, but, even more significantly, it has taught me to be supportive and a good leader.

The sense of community and collectivity in running has motivated me to reach my running goals in high school and inspired me to continue pursuing running. I feel lucky to be a part of a sport with so many team opportunities for runners of any age. I look forward to setting new goals every year and staying active with a sport I love for the rest of my life.

WHAT DOES RUNNING MEAN TO ME?

By Jessica Malosh

As I completed my final pas de bourree, slid into the fourth position, and bowed to the applauding audience, I felt a tinge of sadness. For my peers, this graduation performance was the culmination of their hard work and progress in their respective levels at The Florida Ballet studio. For me, this performance marked the end of my twelve-year tenure at the studio. In earlier weeks I had learned that the Florida Ballet was moving to a new location, one



whose commute would be impossible for me with my rigorous IB program coursework at Stanton College Preparatory School.

Still reeling from the disappointment of discontinuing my ballet training at the Florida Ballet, I joined the Stanton Cross-Country team on a whim to stay in shape while looking for a new dance studio to join. But throughout summer cross-country conditioning, the deep friendships and connections that I made with my teammates and coaches became so meaningful that I could not see myself losing them. In stark comparison to the relationships I had with my fellow ballet dancers, which were often laced with envy due to the role casting processes, the deep connections I developed during my first cross-country season were kind, genuine, uplifting and pure.

The more experienced runners on the team eagerly gave me advice about how to prepare for races. They taught me racing strategies and shared their knowledge about how to prevent injuries. My teammates also provided me with guidance and inspiration outside of the running realm. The upperclassmen on the team helped me navigate the academic rigors of our school and shared their college application progress with me. One of my close senior friends during my sophomore year introduced me to Northeastern University, which offers many internship and research opportunities in the major that I am interested in. When the time came, I applied to Northeastern and was accepted just like her. We are still in touch, and she offers me information about her experiences as a student at Northeastern. I am currently researching Northeastern's tuition financing options while evaluating the benefits of attending Florida colleges from the standpoint of Bright Futures scholarship availability.

Now, as a senior captain, it is my turn to give back to the running community. Just like my predecessors, I strive to make the team inclusive and judgement free. I share helpful tips for running races and keep my fellow runners up to date on my college application process because to me, running means forming genuine, wholesome, and long-lasting connections that go beyond the physical aspect of the sport.

WHAT DOES RUNNING MEAN TO ME?

By Kaitlyn Frost

Running is the foundation for all the work that I do. I started off as a swimmer, six days a week, two hours every day. I put all my effort into swimming and wanted the opportunity to compete in college. However, I will never forget the day when my first coach called me and asked if I would join cross country, just to compete. I did not have to train with the team or attend anything that interfered with swimming, he only wanted me for meets, but I quickly recognized I was missing out on team bonding and friendships with girls on the team. The season had flown by so fast and I felt that I missed out on so many memories. When track season came, I stopped swimming every day and balanced my schedule between both sports and felt free to make memories and friendships that would last a lifetime.

I'd say that story sums up what running feels like for me—it has helped me relax and be a free version of myself. When I'm running, I can think about anything I want or nothing at all, it is all up to me. I suppose another reason why I like running is that it isn't easy. Some days, I really don't want to go out for a run, but I still go and when I have finished, I feel like I've accomplished something and given a purpose to my day. Running has shown me what it means to achieve a goal. Setting goals and



striving to achieve them demonstrates determination. Achieving goals is the direct result of hard work, even though disappointment and failure are inevitable.

Running is a brutally honest sport, as Coach Stanley always says, "The clock does not lie." Learning how to overcome that failure separates the good from the great. And to this day, because of running, I am constantly teaching myself new things about who I am. I no longer look only to define myself by success, but instead, I define myself by drawing out my weaknesses and addressing them. Then, from there, I will truly know who I am and called to be. In the end, because of running, I will be able to look back on my high school years in cross country and track and see the progress I have made and be grateful for the fact I did not give up and had an amazing community of student-athletes who helped me meet a version of myself I didn't know existed.

Stay tuned for the remaining three essays in the next issue of the StrideRight!

BIKE TOUR UPDATE

By Vicky Connell

Ocean Shores, Washington



If you read my article in the last issue of the StrideRight, you know that I am riding my bike across the country, starting in Washington State, and ending in Jacksonville Beach, Florida. My husband Jim is accompanying me along with our dog Luna. We begin each day together in an RV, then meet again at night in a pre-designated location. I began this journey on May 8th, with all my family there to see me off from

a beach in Washington.

My very first day was harder than expected, and most since then have followed suit! I knew there would be challenges along the way, but I didn't expect it to happen pretty much daily. It started with my underestimation of how much elevation there would be along the coast (I went from Washington down the Oregon coast a ways before turning eastward), and then our gross underestimation of how long we would endure cold weather. We had figured it would be a bit cold for a couple of weeks, but did not realize it would feel like the middle of winter all the way into June. And then of course, the day it finally



Teton Mountains, Wyoming

turned warm hit us like a ton of bricks! There was no spring in between our winter and summer! We also had no idea we'd see day after day of rain, plus snow and even some hail! But every day I've gotten out and ridden in the weather that was handed me because that was the plan. As they say in Iceland, "There's no bad weather, just bad clothing choices!" I had to learn to make my clothing work for me and protect me.

The scenery in the western states had me in a constant state of awe. There were times when I actually cried as I peddled because it was so beautiful! The path that I'm riding is called the TransAmerica Trail (until I turn south in Kentucky), and it was designed for maximum effect. Mornings on the ride are the best time of all. I make a point of getting out early (before 6am) so I beat most of the traffic on the road, the wind, and now of course the heat. Most days I feel like I'm in some magical land as I quietly ride along the roads of America, with views I've never seen before, as I watch the sun rise over the horizon. It's an experience I wouldn't trade for anything.

I've had some real challenges on this trip, and most of the times there's a big reward at the end. One of my favorite days was riding 12 miles uphill on a back road through Idaho, when I saw only 4 cars the entire way, and it was just me and nature. I saw cows, horses and goats, and a vista that was too perfect to seem real. The climb took me about 3 hours, and when I finally got to the top, I felt like there ought to be a brass band waiting for me! Instead there were two horses in a pasture. I had brought a cookie as my reward for making it to the top, and the horses came over right away when they saw the cookie. So I shared it with them, and then asked them to do a selfie with me. They obliged by poking their heads over the fence and looked over my shoulder at the camera!

As I write this, we're in a State Park in Illinois. Most days I ride around 65 miles, which is made much tougher by the numerous ups and downs. One day in Kansas I rode 93 miles in 105 degrees (until Jim called a halt, worried I was being foolish, which I was!), and some days I do as few as 55 miles. One thing is for sure, I don't have a lot of trouble falling asleep at night. I could go on and on about my experiences, but if you really want to know more, check out our [YouTube channel](#) where I post every day about our adventure.

And finally, why am I doing this? Because I've always wanted to, and because I saw a great opportunity to do some fund raising for the Safe Animal Shelter where we adopted our dog Luna. I met my initial goal of \$5,000, and I'm shooting now to reach \$10,000 with only a few weeks left to go! If you want to support my trip, please donate to the shelter at:

<https://safeanimalshelter.com/donations/bike-tour/>



Grangeville, Idaho

Vicky

TJ Frost
Nancy Kern
Geoffery Mullings
Sumer Rose
Susan Seutter
Brandon Starks
Grayson Starks
Hayden Sullivan
Sally Sullivan

MEMBERSHIP

Welcome and thank you to our new and returning members!

[Click here to join](#)

[Click here to renew](#)

Matt Ross Update

Matt Ross, an old-time Strider that many of the old timers will know has moved to assisted living. His daughter, Vicky Ross-Trotter, wanted his running buddies to have his contact information. Please reach out to Matt!

Brookdale Mandarin Central
10875 Old St Augustine Rd
Jacksonville, FL
Facility phone #: 904-528-3500
Matt is in room 302



Upcoming Races

Date	Race	Time	Race Day Location	Where to Register
July 2nd	Freedom 5k	8am	Keystone Heights City Hall	https://runsignup.com/Race/FL/KeystoneHeights/4thofJulyFreedom5k
July 4th	Celebration 5k	7:30am	1 st Place Sports, Baymeadows Rd.	1 st Place Sports
July 9th	Bridge of Lions 5k	7:30am	1 South Castillo Drive, St. Augustine, FL 32084	https://runsignup.com/Race/FL/StAugustine/BridgeofLions5K
July 16th	Kettle Krush 5k	7:30am	900 W Adams St, Jacksonville	1st Place Sports
July 23rd	Vestcor Bridge Run	7pm	Water Street, Downtown Jacksonville	1st Place Sports
Aug 6th	CPL Andy Lavender 5k and 1 Mile Memorial Beach Run	8am	Jax Beach Pavilion	https://cplandylavendermemorial5k.itsyourrace.com/event.aspx?id=13657
Aug 12th	Tour De Pain – 4-mile Beach Run	6pm	Jacksonville Beach	1 st Place Sports
Aug 13th	Tour De Pain 5k	7:30am	Baymeadows Road	1 st Place Sports
Aug 13th	Tour de Pain – 1 mile sizzler	4:30pm	Downtown Jacksonville	1 st Place Sports
Aug 20th	Mandarin High 5k	7:30am	Mandarin High School	1st Place Sports
Aug 27th	Summer Beach Run	5:30pm	Jax Beach Seawalk Pavilion	1 st Place Sports

Save the Date for All Florida Striders' Races!

35TH ANNUAL HOG JOG 5K

11/19/22

Come for the shirt - Stay for the Fun!
Registration will begin September 2022.



- **43rd annual Resolution Run 5k → 1/14/23**
- **10th annual Angry Tortoise 25k/50k → 2/11/23**
- **42nd annual Run to the Sun 5k → 4/15/23**
- **39th annual Memorial Day 5k → 5/29/23**



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