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Florida Striders Running Team is accepting applications!

By Shelly Allen



The Florida Striders will be accepting new applicants for our 2022-2023 running team during the month of September.

Check our website for the application under the "Races and Events" tab.

An e-mail with the information requested and the answered questions can be sent to allenolemom@aol.com. The deadline to apply will be October 1st. 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! The club will provide race singlets to team members selected, and ask that they are worn in the local races. 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. All applicants are required to be current Florida Strider members (so sign up, or renew your membership now!)

The first race for the new team will be the Hog Jog on November 19, 2022.

MESSAGE FROM THE PRESIDENT

It's time again to get back to our running routines. I'm starting to notice an increase in the recreational runners hitting the streets in preparation for the cooler running conditions which are hopefully, right around the corner! If you have been sitting on the couch all summer, get back to your walking and running program. The best time to get started is today!

Dates of the races put on by our club are now set for the upcoming season. Hog Jog will happen on Saturday, November 19, at Van Zant Park. Thank you Suzanne Baker and Mike Mayes for handling the RD duties! Dates for our Resolution Run, Run to the Sun, and Memorial Day are also set, and hopefully we will be able to host these events. At this moment, we do not have Race Directors committed to handle any of these three races. These are our biggest sources of revenue to fund our children's running programs and provide scholarships to college students. It is vitally important that we have the proper cash flow to support our charitable programs.

We are putting out a request for anyone interested in helping the club by serving as a race director. No experience is needed. Supporting volunteers are plentiful and experienced. We have past race directors with much experience to walk you through the details and assist with any and all questions. Please contact me if you will consider helping.

Our Board of Directors would also love to hear from our members regarding events and activities you would like to see provided by our club. Do you have any suggestions for social or physical activities? We want to appeal to a large and diverse group with fun activities!

Hope to see you on the streets! I'm proud to be a Florida Strider!
Jon

Upcoming events:

- Saturday morning group run and social at Oakleaf High School – 9/10/2022
- Florida Striders Anniversary Celebration (Jenny's Pennies) – 10/16/2022
- [Hog Jog – 11/19/2022](#) (click to register!)
- Strider Holiday Party - 11/29/2022 (date tentative)
- Ameris Bank Marathon water stop 12/11/2022
- Resolution Run – 1/14/2023
- Angry Tortoise – 2/11/2023
- Run to the Sun – 4/15/2023
- Memorial Day 5K – 5/29/2023



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
StrideRight Editor: Tiffany Heitman
striderighteditor@gmail.com

Jenny's Pennies

Save the Date! October 16, 2022

Final details will be shared via email and/or the Strider's Facebook Page.

2022 FSTC College Scholarship Winners



Congratulations to our six FSTC Scholarship Winners: (L to R) Matthew Stratton, Kaitlyn Frost, Annie Loehle, Jessica Malosh, Grace Adams and Audrey Singletary.

Please enjoy reading their essays from Matthew, Grace, and Annie titled, "What Does Running Mean to Me?"

How Has Running Impacted My Life?

By Matthew Stratton

Beside my parents, who introduced me to running, running has been the most influential thing in my life. I've been running since I could walk and whether it was playing soccer or doing a 5k road race with my parents, I always seemed to be running. Besides the health benefits, running has had a huge impact on the way I now see the world.

Being a competitive runner, it's very easy to be down on yourself after a bad race. Whether you were unfit for a certain pace or started too fast or too slow or didn't get enough sleep, I've always been very hard on myself whenever I've fallen short. This, in my opinion, makes running extremely hard to do competitively. To go far in this sport, you have to change your entire way of thinking and not always be down on yourself. I find myself a lot happier as a runner and as a person because I can adapt when things go wrong. For example, when I have a bad race, I focus on what aspects I could change about my training, or my preparation, to put myself in a better position for the next race. This correlates to life in many cases such as underperforming in school, job interviews, and even your job. It's very easy for that person to be down on themselves and not seek any change, which would then lead to being less happy or content. Running, in this sense, has done me a huge service by changing the way I think about failure and learning more from it than I would've without the sport.

Another way running correlates heavily with life is that there are no guarantees. Life isn't always fair, the hardest worker doesn't necessarily get the promotion. I can definitely say that I have beaten runners that have worked harder than me, just like I can definitely say runners have beaten me when I've worked harder than them. Another sense in which life has no guarantees just like running is the fact that tomorrow isn't guaranteed. As haunting as it is, it's true. As a runner, I think this way to a different extent. For example, I'm thinking about putting my best effort forward during a race because I may get injured. If this is my last race of the season I want it to be a good one. This correlates to life in the sense that we only get one, and if we don't try to live life to the fullest, we are going to have regrets. In this sense, running has done me the greatest service in changing my outlook on the world and life. One day I hope to be giving something back to the sport, whether that's coaching or working at my local First Place Sports, I'll always be involved because of the way running has influenced me.



WHAT DOES RUNNING MEAN TO ME?

By Grace Adams

Staring down the five kilometers ahead of me, my heart pounded inside my five-year-old chest and my vision blurred as my eyes welled up with tears. I placed my hand over my racing heart and focused on the task ahead of me. This was the moment I had been training for every morning before school, I was finally going to run my first 5k. I won my age group that day and have not stopped competing since. With over a dozen years of running under my belt and plenty of awards, this same excitement fills my body every time I get the opportunity to stand on the starting line. Running has become a defining factor of my life and the lens through which I see the world. It has taught me passion, consistency, hard work, failure, love, and everything in between.

Running has expeditiously consumed my life as the daughter of two competitive marathon runners. When I sleep it is because my body needs to recover from the miles I had put into it that day, and prepare for my next run. I drink water, not because I was thirsty, but because I am hydrating for my training. Eating has become protein for strength, carbs for energy, and fats for recovery. My teammates are my best

friends, my mentors are my coaches, and my role models are athletes. My favorite piece of literature is the story of an Olympic runner. Life for me happens between workouts, and I love every minute of it. Running has always been one of the most fulfilling and influential components of my existence.

As an elementary school girl, my greatest ambition was to one day compete for one of the famed division one universities. I know that the little girl inside of me would be beyond ecstatic and so proud of herself for the division one offers that I have received. I am so excited for the opportunity to run in college to make my younger self proud. I want to put my heart and soul into competing for my university to tell her that we made it. That all of her hard work paid off. I feel so privileged for the talent I have been given and the opportunities that I have to develop this talent. In answering the question of "What running Means to me?" I can only say one thing, everything.





WHAT DOES RUNNING MEAN TO ME?

By Annie Loehle

“I will never run cross country.”

-Me, two years ago.

After watching my brother endure four years of seemingly endless miles, painfully long runs, and constant exhaustion and soreness, I decided early on in high school that cross country was not for me. I maintained this mindset until the summer before junior year, when a friend on the team told me I simply had to run with her because I would have so much fun. I was a skeptic at first, but I decided to at least test it out for the summer. I quickly fell in love with the sport and the fulfillment that comes every day from completing a race, a long run, or a very difficult workout. My first year was a whirlwind of joy, pain, and many miles, and I ended the season placing 37th in the State Championship.

However, my running career has not been without its challenges. One race immediately comes to

mind. The Saturday race followed a rainy week, creating quite the muddy course. Only one mile into the 5K race, my shoe containing the tracking chip came off in the thick mud. In that moment, I faced a crucial decision. I had to choose between stopping, putting the shoe back on, and sacrificing my time, or holding my shoe for the remainder of the race. Putting my shoe back on was an appealing, comfortable option that would also provide a valid excuse if I didn't hit my goal time. Despite my initial desire to take the easy way out, I decided to not let the situation best me. I grabbed my shoe and faithfully carried it with me to the finish line. Even after making this choice, the thought crossed my mind multiple times that it would be acceptable to run a slower time since I was down a shoe. I quickly kicked this thought far out of my head and shifted my mindset. I internally decided I would instead use my unfortunate circumstance to surprise both myself and my team. Though it was painful to run with only one shoe, I persevered and managed to finish second on my team by only a tenth of a second to our first runner.

This story could have been a sad one, in which I lamented over my slower time and painful run. However, I believe this story is more valuable as a testament to the mental strength running has given me. Negative thoughts creep into my mind, but the way in which I now respond to and overcome these thoughts is what allows me to push myself to success. This success cannot always be measured by a time clock or a shiny medal. But because of that race, I truly understand the value of defying my own expectations, and I learned I am often capable of more than I believe. Running is the most challenging physical and mental test I have ever endured, but it is undoubtedly the most rewarding.

ADVENTURE OF A LIFETIME COMES TO AN END

By Vicky Connell

As many of you know, I completed my ride across the US, from Washington State to Florida, on July 10th. It truly was the Adventure of a Lifetime, and I saw and learned so much! I completed the ride around noon, coming into the Jacksonville Beach Pier. There were many people there to greet me to include a reporter and camera

from First Coast News, family members, and many Florida Strider members. When I turned the last corner and saw the crowd that awaited me, my heart swelled and tears pricked my eyes – it meant so much to have the support of so many people!



Some random facts about my trip:

- 3,675 - the number of miles I rode my bike
- 8,300 - the number of miles driven by Jim in Harvey (our RV)
- 14 – the number of states we rode through
- 64 – Number of days to complete the bike trip

- 5 – number of days off
- 1 – number of sick days
- 1 - the number of times I crashed my bike because 2 pit bulls were chasing me
- 30 – the number I reached before I gave up counting how many dogs had chased me
- 11, 542 – the height of the Highest peak I climbed which was Hoosier Pass in Colorado
- 17.5 - the number of miles of my longest continuous climb
- 45 – miles per hour for my top speed riding my bike downhill
- 45 - the longest number of miles I rode in the pouring rain non-stop
- 1 – the number of grandchildren born while on the trip (our first!)
- 4 – number of times I rode in snow and hail
- 63 - Average number of miles ridden per day
- 105 - longest number of miles ridden in a single day
- 12 – shortest number of miles ridden in a single day
- 107 - Highest temperature ridden in
- 35 – lowest temperature ridden in
- 9256 - number of dollars raised for the Safe Animal Shelter
- 1 - incident where a pickup truck purposely forced me off the road
- 3– Number of times strangers stopped to ensure I was ok on the side of the road
- 4 - number of times I burst into tears on the bike because the scenery was so beautiful
- 75 – number of videos produced

- 12,000 plus – how many times our videos were viewed

I could go on and on about my experiences, but if you really want to know more, check out our YouTube videos where I posted every day about our adventure. Click [here](#) to view one final composite video that shows the entire trip, and hopefully will be done by the time this article is published.

And finally, why did I make this trip? 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 who was also on the trip. I met my initial goal of \$5000, and I'm only short \$744 of the secondary goal of \$10,000. If you want help reach that final goal, please donate to the shelter by using [this link](#).



Vicky

Michael Feierstein

MEMBERSHIP

Welcome and thank you to our new and returning members!

[Click here to join](#)
[Click here to renew](#)





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8:00 am

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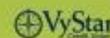
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Margaret A. Lessig,
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REGISTER TODAY FOR THE 10TH ANNUAL ANGRY TORTOISE 25K/50K TRAIL RUN! FEB 11, 2023



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 by clicking [here](#).

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

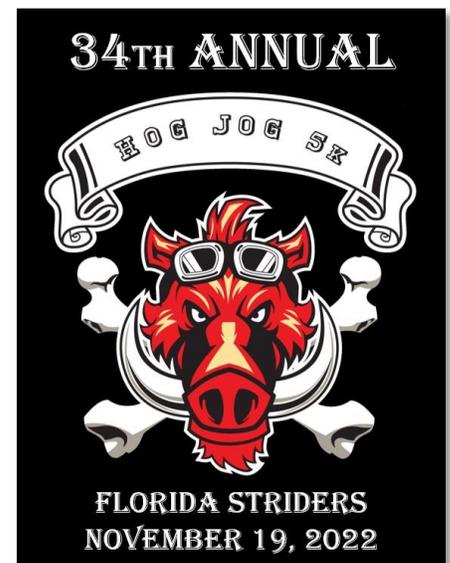
Save the Date for All Florida Striders' Races!

34TH ANNUAL HOG JOG 5K

11/19/22

Hog Jog Registration is Open: Click [here!](#)

- 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



Come for the shirt - Stay for the Fun!
Click on the picture above to register!

Upcoming Races

For more details about races in our area, [click here](#).

Date	Race	Time	Race Day Location	Where to Register
Sept 5th	RunJax Labor Day 5k	7:30am	1 st Place Sports, 3931 Baymeadows Rd.	1 st Place Sports
Sept 10th	Isaiah Strong 5k	8am	4035 PLANTATION OAKS BLVD, ORANGE PARK	https://raceroster.com/events/2022/62184/isaiah-strong-5k
Sept 10th	9/11 Heroes Run 5K	6pm	Sea Walk Pavillion 75 1st St N Jacksonville Beach, FL 32250	https://911heroesrunjacksonvillefl.itsyourrace.com/event.aspx?id=9620
Sept 10th	Runners 4 Recovery Section 4 September Sufferfest 36k/24k/12k	7am	Jennings State Forest 1337 Long Horn Rd Middleburg, FL US 32068	https://runsignup.com/Race/FL/Middleburg/SeptemberSufferfest?fbclid=IwAR3oaB9GowkJkrGnfqid-IfvNsem1cxDYRNhl3ai4M_p6FCKLa6ye0ImnXM/
Sept 24th	Dreams Come True 5k	8am	UNF Campus	http://make.dreamscometrue.org/site/TR?fr_id=1070&pg=entry
Sept 24th	Basca "Cape"abilities 5k	8am	BASCA Headquarters, 352 Stowe Ave, Orange Park, FL 32073	www.bascainc.org
Oct 1st	Run 4 Recovery 5k	8am	2041 Park Ave, Orange Park, FL 32073	https://runsignup.com/Race/FL/OrangePark/Run4Recovery5km
Oct 1st	Whistling Death 10k and 5k	8am	Military Museum of North Florida Sr 16 E Green Cove Springs	1 st Place Sports
Oct 8th	USO Armed Forces Half Marathon and Freedom 5k	7am	Riverfront Plaza - Downtown Jacksonville	1 st Place Sports
October 15th	Octoberfest Beer, Brats & Bubbles 5k	5pm	San Marco Square	1 st Place Sports
Oct 22nd	Vystar Emerald Trail 5k, Run/Walk/Ride	4pm	Duval County Courthouse	1 st Place Sports
Oct 28th	Gator-Bulldog 5k	6pm	San Marco Square	1 st Place Sports
Oct 30th	Evergreen Pumpkin Run	8am	Evergreen Cemetery	1 st Place Sports

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