

StrideRight

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November-December 2022

Striders Running Team	1
President's Message	2
BOD & Key Persons	3
Jennie's Pennies	4-6
Membership Page	7
Hog Jog Flyer	7-8
Resolution Run Flyer	9
Angry Tortoise Flyer	10
All Striders Races	10
What to do...	11-12
Striders Holiday Party	12
Upcoming Races	13

What's Inside!

And now, let's meet one of our new members, Patrick McEachin!

I have lived the majority of my life in Jacksonville, graduating from Nease High School, and then the University of North Florida where I met my wife of 23 years. While I did run track and cross country in high school, I have only recently begun to run again. I joined the Florida Striders a year ago and have enjoyed running with my fellow Oakleaf neighbors. If I'm not running, I enjoy golf, surfing, and snow skiing when I can. I am looking forward to meeting the rest of the Strider team and hopeful for a year of personal records, especially in my favorite race, the Gate River Run.

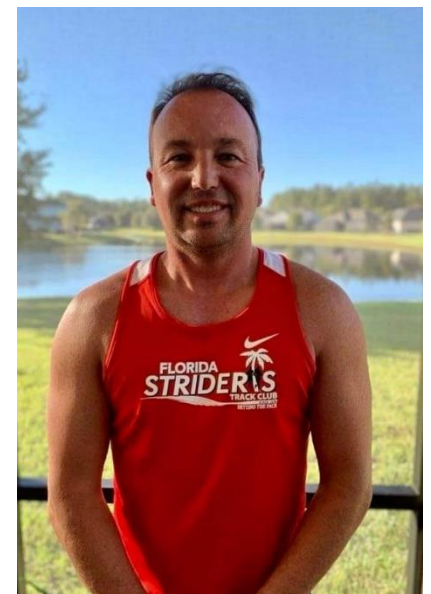
The first race for the new team will be the Hog Jog on November 19, 2022.

Florida Striders Running Team 2022/2023

By Shelly Allen

As we come to the end of 2022, and head into 2023 the Striders Running Team is set for the new year! After accepting new applications for the team during the month of September, and renewing existing members who wished to remain on the team, we are happy to announce our roster:

- | | |
|-------------------------|-------------------------|
| Adam Cross | Randy Arend |
| Bill Darfler | Dena Gaucher |
| Bernie Powers | Gary Myers |
| Graham Myers | Matthew Stratton |
| Rebecca Stratton | Jean Schubert |
| Joni Neidigh | Kira Roberts |
| Nick Camarata | Jennifer Szala |
| Steve Beard | Kim Lundy |
| Shelly Allen | Leslie Hart |
| Michael Mulligan | Patrick McEachin |



MESSAGE FROM THE PRESIDENT

Welcome to the Holiday Season! As I write this, it is not yet Halloween, but the end of 2022 is getting close! The cooler autumn temperatures have made my early morning runs much more comfortable. I'm certain that most of you can relate to that!

Coming up on Saturday, November 19, is our next club event, the Hog Jog 5K. Once again, this race will be held at Van Zant Park. Please sign up and run or walk with us. It's a great way to support our club, and the park and course provide some beautiful scenery. We are expecting to see a big crowd that day!

Monday evening, November 28, we will be hosting a Holiday Party for our members. We did this last year with great success, so it seems reasonable to do it again! The venue for the event is the Orange Park Lions Club, located at the corner of Smith Street and McIntosh Ave in Orange Park. Be on the lookout for more details coming soon to our website, Facebook, and your email.

It's been a while since we have done a destination run. On Saturday, December 10, we are hitting the road with a trip to Riverfront Park in Palatka for the Beck 5K ReinBeer Run. We expect to set up our tent in the park near the river. Sign up at RaceSmith.com and be sure to join team "Florida Striders". That run starts at 4:00pm.

Resolution Run 5K is scheduled for Saturday, January 14, 2023 on River Road in Orange Park. As usual, this is a Grand Prix event. Go ahead and sign up ASAP. It really helps with planning if you don't wait to sign up. Race Directors need reliable information in order to plan for shirts, medals, awards, volunteers, etc.

Make sure you have these Florida Strider events on your calendar:

- [Hog Jog 5K – 11/19/2022](#)
- Member's Holiday party – 11/28/2022
- Destination Palatka for Beck ReinBeer Run 5K – 12/10/2022
- Ameris Bank Marathon water stop – 12/11/2022 (volunteers needed)
- Resolution Run 5K – 1/14/2023
- Angry Tortoise 25K/50K – 2/11/2023
- Run to the Sun 5K – 4/15/2023
- Annual Picnic and Board of Directors election – 4/23/2023 (tentative date)
- Memorial Day 5K – 5/29/2023

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

Jon



A Big Thank You to Our Partners in Running!



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

2022-2023 Officers and Board of Directors

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Jenny's Pennies Recap

By Jenny Allen

On October 16th, we celebrated the 44th birthday of one of the greatest and friendliest running clubs ever, The Florida Striders! Forty-four years ago Chuck Cornett and a few of his running buddies met at Famous Amos on a Sunday morning in October, for the first of many Sunday morning runs through Orange Park. These runs continued through the years until now, when we have a handful of walkers and others who come to eat breakfast at Ihop! In the past we have had well over a hundred runners on any given Sunday but time and age has taken its toll on these runners turned walkers. The Florida Striders are still going strong but now have many smaller groups in various parts of Orange Park and Jacksonville.



In 1984, we started looking for coins while running and in 1992 we had our first Anniversary Celebration. In 1995 we combined the two and used the money we found to pay for our birthday celebration each year. The money still goes to furnish orange juice, champagne, bagels, coffee and a big fruit bowl. Everyone brings breakfast items to share, including breakfast sandwiches, casseroles, donuts and the like All are welcome to come to the celebration, Strider or not. If you don't find money, no worries. Just come! I will be collecting the coins (and bills) so be sure to save them and get them to me.



“Jenny’s Pennies” by the Numbers!

- 50- People in attendance. Had more new faces and less familiar ones.
- 4- Amazing Volunteers. Thank you Marge Ruebush, who managed the coffee pots, Sara Guthrie, who made the delicious fruit bowl, Mike Mayse, who brought all the tables and chairs, and Suzanne Baker, who helped set up and clean up!
- 0- Tables in the park when we arrived. They had been removed for an event at city hall.
- 20- Tables that Mike Mayse was kind enough to bring from storage.
- 7- Angry Eagles Cross Country team boys and their coach, Dave Allen.
- 4- Keurig coffee pots that had a mind of their own.
- 2- Boxes of Dunkin coffee that Darcy Scarlett bought to save the day after our coffee pots had problems.
- 4- Ribs Lori Scarlett cracked while cleaning up debris from Hurricane Ian. She was still able to show up.
- 7- Bottles of champagne purchased for the event.
- 1 ½ - Bottles of champagne actually consumed.
- 2- Ice rings Marge made for the punch bowl.
- 3- Members of the Allen family who helped clean up (Shelly, Steve, and Jen).
- \$116.25- Money found in 2022.
- \$4,297.03- Money collected from 1984 through 2022.
- 3- Gallons of orange juice purchased.
- 20- Colorful tablecloths used.
- 955- Pennies found.
- 1- Very cute baby attending.
- 1- Guest dog attending. He was cute, too.
- \$20 bill -Money found by Denise Dillingham (Diane and Martin Wilkinson’s friend and overall winner for the largest find).
- \$1 bills-Found by Paul Ruebush, Frank Frazier, John Powers, Bill and Ann Krause (3), Shelly Allen, Ken Bendy, Mike Mayse and Marie Bendy, Mike Mayse and Pat Noonan and Marie Bendy (2)
- 28- Pennies found by Bernie Gross in one spot.
- ½- Gallons of chocolate milk consumed.





I have missed Richard and all of his help with our party. He did so much for me, but with your help, we got things done. Hope to see you all in 2023. So until then, happy, healthy running and keep those pennies rolling in.



Natalie Alonzo
 Mae Barker
 Amy Bonnette
 Nick Camarata
 Jenna Coleman
 TJ Coleman
 Gary Corbitt
 Liane Daniels
 William Darfler
 Ceci Dunham
 Janet Elliot
 John Gilman
 Alfredo Gonzalez
 Ian Gonzalez
 Sean Kern
 Melissa King
 Stan Lambert

MEMBERSHIP
 Welcome and thank you to our
 new and returning members!
[Click here to join](#)
[Click here to renew](#)

August Leone
 Patrick McEachin
 Susan McInnis
 Julie Myers
 Bob OConnor
 Michelle Orts
 Jack Owens
 Kira Roberts
 Rick Rue
 Ella Schlotthauer
 Eve Schlotthauer
 Gregory Stratton
 Pat Trudell



Hog Jog Registration is Open: Click [here!](#) Registration for the Fun Run is FREE! Print out the Fun Run form on the last page of this newsletter and bring it in for Race Day Registration

34TH ANNUAL HOG JOG 5K

11/19/22



34TH ANNUAL

HOG JOG 5K



FLORIDA STRIDERS
NOVEMBER 19, 2022

The Spring Season of the Grand Prix Series is just starting, so get a jump on your competition!



Start the year off right!

—
Long sleeve cotton t-shirts and Finishers medals

Our Runs Benefit Local School's Run/Walk Programs



Saturday, January 14th, 2023
5K Starts at 8:00am & 1 Mile Fun Run Starts at 9:30am
Location: bestbet Orange Park - 455 Park Avenue

- Overall winners and awards 3 deep in each age group.
 - Register at https://thedriven.net/event-registration/site.race_reg/eid/41752013578 or scan the QR code below
- Online registration is available until noon Thursday, Jan. 12th, or register at any 1st Place Sports store thru Friday, Jan. 13th
 - Day of race registration onsite opens at 6:30AM.
- Race Director: JD Dillaberry | Email: resolutionrunrd@floridastriders.com

ENTRY FEES

	Striders	Non-Striders	Kids 13 & Under
Until Dec. 2nd	\$25	\$30	\$15
Dec. 3rd - Jan 13th	\$30	\$35	\$20
Day of Race	\$40	\$40	\$25

PARTNERS



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

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

FEB 11, 2023



Photo courtesy of Semper Fi Photos

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!

[Click here to register for the Resolution Run!](#)

- 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

What to Do When You Can't Run or Walk....

By Vicky Connell

For those who are regular readers of this newsletter, you probably know that on July 10th, I completed a bike ride across the US, riding a total of 3,675 miles in 64 days. I have to admit, I was on a high after that trip for quite a while! It had been difficult at times, actually most of the time, but I enjoyed every day and felt very grateful that I was able to complete the trip.

Fast forward to today, and I'm sitting in my recliner with my leg propped up and ice on my foot. It's going to be months before I can run or even walk fast! So what happened? I will try to give you the short version and get to the point of my story, but I'm not really known for my brevity!

Once I returned from my trip and came down from the clouds, I planned to take two weeks off and do nothing. But that's really not my style! I lasted 4 days, and then had to go for a run! Towards the end of my bike trip, I could ride 80 miles and finish in time for a late lunch. Then I'd go exploring with my husband Jim and dog Luna, and not even feel tired! It seemed like the more I biked, the more energy I had to burn, and sitting around for two weeks just didn't feel good.

So I did what many of us are guilty of. I ran too much, too soon, and boy did I pay the price with very sore legs! Apparently biking and running use very different muscles, and it would have been smarter to ease into things (I truly thought that's what I was doing, but apparently I miscalculated!). So I slowed down, and took things more leisurely, and finally got back to feeling like I could run without as much walking. But then a previous meniscus injury to my knee reared its ugly head and stopped me in my tracks. So back to square one. But I always had the biking and swimming, so that's what I did for a while.

And then I decided to move forward with something I had planned to do once the bike trip was over. I scheduled surgery on my left foot, which is something I had been needing to do for years. It was a bit of a process finding a doctor and agreeing on a procedure, but I finally did. I ended up with a fantastic doctor that I've been very pleased with. He spent a ton of time with me explaining things and making sure I was clear on the procedure. We decided together to take care of three different places on my foot that needed correction, and he would do a fourth incision, taking healthy bone from my heel to replace deteriorated bone on the top of my foot. I would be non-weight bearing for a least three weeks.

The first week after a difficult surgery (it took 5 hours instead of the 2.5 expected), I was very out of it, and spent most of the time with my foot propped up and ice on my leg. My first appointment to see how it was doing went well, with the doc telling me it was doing really great. I'll spare you the photos, but my foot was not a pretty sight!

The second week I started getting a bit antsy and feeling much better, so I began to do a little upper body weight lifting. I didn't try to use the same weights as before, figuring that anything was better than nothing. And then one night I started to feel bad and was running a fever. It turned out I got Covid from one of the two times I had left the house! And it hit me hard. Another week to recover from Covid, and I finally started feeling almost normal. So again, I tried to get in some exercise (upper body only), and the next day, I banged the crap out of my right foot going through a doorway (I've been getting around with a knee

scooter). It hurt bad enough that I swore it was broken, but after a few days I could put my foot down without pain.

So back to square one again! This time I decided I needed to find something besides just lifting some weights in a seated position. So I went to YouTube and did a search for upper body cardio. There was actually quite a bit there, and I found a few I could do back to back and actually get my heart rate up a bit. I followed that with a floor core routine and some knee pushups (can't put pressure on my foot yet), and felt like I really accomplished something!

I finally got the bulky bandages off this week and I'm now in a boot, but since I still had swelling and some of the incisions haven't completely healed, I have another week to stay off my foot. The doctor reminded me I still need to keep my foot elevated as much as possible, and continue to ice until the swelling is gone. So that's what I'm doing. I know the exercise will also help me to heal, as long as I do it in a smart way, and don't do anything to damage the foot. Eventually I'll be able to bike and swim again, and maybe even run/walk. In the meantime, I'll continue with my upper body cardio and weight lifting, and try to stay in shape the best that I can. I know that our bodies are meant to move, and most of the time exercise is the best medicine!

STRIDERS HOLIDAY PARTY!

SAVE THE DATE

- Monday, 11/28/22
- Lions' Club (423 McIntosh Ave, Orange Park, FL 32073)
- 6pm
- Tickets will be \$10 at the door or via Venmo for adults (Kids free!)
- Members will receive an email link soon where they can RSVP via evite!

Dinner, fun, and the famous white elephant gift exchange will all be present. Come be merry with your fellow striders!

UPCOMING RACES

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

Date	Race	Time	Race Day Location	Where to Register
Nov 5th	Mandarin Run	8am	Bailey's Health and Fitness Mandarin: 11740-2 San Jose Blvd	1st Place Sports
Nov 12th	Salute to Veterans Run	8am	Jacksonville Naval Museum, 400 Bay Street	1st Place Sports
Nov 19th	McKenzie's Run	9am	The Players Stadium Course	1st Place Sports
Nov 19th	Hog Jog 5k	9am	Ronnie Van Zant Park	https://thedriven.net/event-registration/site.race_reg/eid/41625124789
Nov 24th	Thanksgiving Distance Classic Half Marathon and 5k	7am	PICKWICK PLAZA: 9850 SAN JOSE BLVD. JACKSONVILLE, FL 32257	1st Place Sports
Dec 3th	Festival of Lights 5k	5:30pm	San Marco Square	1st Place Sports
Dec 5th	Guana 50k and 12k Trail Races	8am	Guana Research Reserve, S. Ponte Vedra	1 st Place Sports
Dec 10th	Beck 5k Reinbeer Run	4pm	3-1 River St., Palatka	https://runsignup.com/Race/FL/Palatka/Beck5K
Dec 11th	Ameris Bank Jacksonville Marathon, Half Marathon, and	7am	The Bolles School	1 st Place Sports
Dec 17th	Run Santa Run 5k	5:30pm	Klutho Park, Springfield	1 st Place Sports
Dec 31st	New Year's Eve Run	3pm	Veteran's Memorial Arena	1 st Place Sports

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