

FLORIDA STRIDERS TRACK CLUB

SINCE 1978

MAY 2025 ISSUE

STRIDERIGHT

♦ A FAREWELL FROM JONI



AS WE WRAP UP MY SECOND TERM, I WANT TO TAKE A MOMENT TO THANK EACH OF YOU FOR MAKING THESE PAST TWO YEARS SUCH A MEMORABLE EXPERIENCE. SERVING AS PRESIDENT OF THE FLORIDA STRIDERS TRACK CLUB HAS BEEN EXTREMELY HUMBLING, REWARDING, AND FUN. I HAVE LEARNED SO MUCH AND HAD THE HONOR OF SERVING WITH MANY WONDERFUL BOARD MEMBERS, VOLUNTEERS, COMMITTEE MEMBERS, OUR RUNNING TEAM AND HARD WORKERS! IT TAKES ALL OF US TO KEEP OUR CLUB AND OUR RACES RUNNING SMOOTHLY SO THAT WE CAN ENJOY THE BENEFITS OF COMMUNITY AND SERVE OUR MISSION. BEING PART OF OUR RUNNING CLUB MEANS THE WORLD TO ME.

I'M ESPECIALLY PROUD OF HOW WE'VE CONTINUED TO SUPPORT THE CHILDREN'S RUNNING CLUB SERVING THOUSANDS OF ELEMENTARY SCHOOL CHILDREN WHO NEED OUR HELP TO KEEP THEM ACTIVE, ENGAGED WITH EACH OTHER, AND FACILITATE A SENSE OF COMMUNITY AT AN EARLY AGE. IT SPEAKS VOLUMES ABOUT THE HEART OF THIS CLUB AND THE KIND OF IMPACT WE CAN HAVE BEYOND OUR OWN MILES.

JONI CONTINUED

RUNNING IS WHAT BROUGHT US TOGETHER, BUT IT'S
THE SUPPORT, FRIENDSHIPS, AND SHARED GOALS
THAT HAVE KEPT THIS CLUB STRONG FOR DECADES!

I'M INCREDIBLY PROUD OF WHAT WE'VE
ACCOMPLISHED TOGETHER OVER THE LAST 2 YEARS
AND THE MOMENTS WE'VE SHARED TOGETHER AS A
STRIDER FAMILY – WHETHER IT WAS WELCOMING
NEW MEMBERS, ENJOYING OUR NEW TRACK
LOCATION, GETTING TO KNOW EACH OTHER AT
ORGANIZED SOCIALS , CELEBRATING PRS, OR
SHOWING UP FOR GROUP RUNS.

IT'S NOW TIME FOR ME TO WRAP UP MY CHAPTER AS THE
NEXT ONE BEGINS AND SHIFT THE CLUB'S LEADERSHIP TO
OUR NEW PRESIDENT-ELECT, CHRIS DEDECKER. I KNOW
THAT CHRIS ALONG WITH OUR BOARD OF DIRECTORS WILL
BRING GREAT ENERGY AND IDEAS TO THE FUTURE OF THE
CLUB AND I CAN'T WAIT TO SEE WHERE WE GO NEXT.

THANK YOU FOR THE OPPORTUNITY TO LEAD. I LOOK
FORWARD TO BEING OUT THERE RUNNING WITH YOU,
VOLUNTEERING, AND SHARING MORE ABOUT OUR
CHILDREN'S RUNNING PROGRAM AND THE MENTAL SIDE OF
THE SPORT.

WITH GRATITUDE,

JONI NEIDIGH

ANNUAL STRIDER PICNIC & BOARD ELECTION

WE HAD SUCH A GREAT TIME AT THE FLORIDA STRIDERS ANNUAL PICNIC HELD AS A POTLUCK AT CLARKE HOUSE PARK. IT WAS THE PERFECT MIX OF DELICIOUS DISHES, GREAT COMPANY, AND PLENTY OF LAUGHTER AS WE CAUGHT UP WITH FELLOW MEMBERS AND WELCOMED NEW FACES. THE LAID-BACK ATMOSPHERE MADE IT EASY TO RELAX AND ENJOY EACH OTHER'S STORIES—BOTH RUNNING-RELATED AND NOT. ONE OF THE HIGHLIGHTS, AS ALWAYS, WAS THE ELECTION OF OUR NEW BOARD OF DIRECTORS, WHICH ADDED A SENSE OF CELEBRATION AND EXCITEMENT FOR THE YEAR AHEAD. IT WAS A DAY FULL OF CONNECTION, COMMUNITY, AND FUN—WE'RE ALREADY LOOKING FORWARD TO THE NEXT ONE!



MEET SOME OF YOUR NEW BOARD



Chris Dedecker

PRESIDENT

Hey Striders!

I'm thrilled to say this is my very first column as your club president. Whether we've met on runs, at a finish line, or you're just seeing my name for the first time—I'm excited to be stepping into this role and sharing a little bit about who I am.

Running has been a part of my life since high school. I ran both track and cross country—although I was one of the slowest ones out there, I absolutely loved it. These days, I'm a big believer in strength training too, so you'll usually find me in the gym, at our Wednesday track nights, or joining the crew for a Saturday morning run.

As president, I'm hoping to keep the spirit of our traditions alive while bringing in some fresh ideas to help the club grow—hopefully bringing a few new (and younger) faces along the way.

One thing I've always admired is our commitment to the Children's Running Program. It's such an important part of what we do, and I'm looking forward to highlighting just how impactful this program truly is.

If we haven't met yet, I hope we do soon—on the road, on the trails, or maybe in a race shirt line. Here's to chasing big goals and having fun along the way.

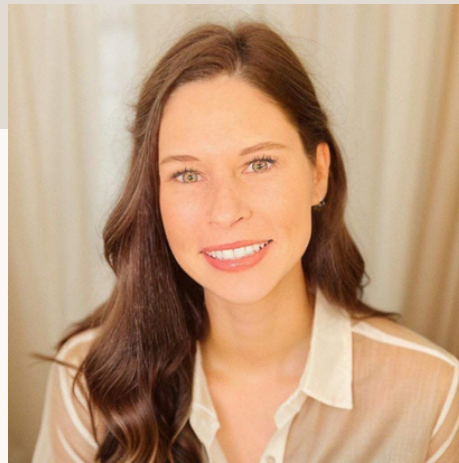
See you out there,
Chris DeDecker



Danielle Gisonni

SECRETARY & STRIDERIGHT
EDITOR

Hey Everyone! I'm Danielle, runner, wife and boy mom to two crazy little boys. I have been a runner since middle school but didn't start to take it seriously until college. When I'm not working at State Farm or being my kids personal uber you can catch me at a local 5k. I'm very excited about being a bigger part of the local running community by being in this role and hope to see you all out at the start line.



Monica Giotta

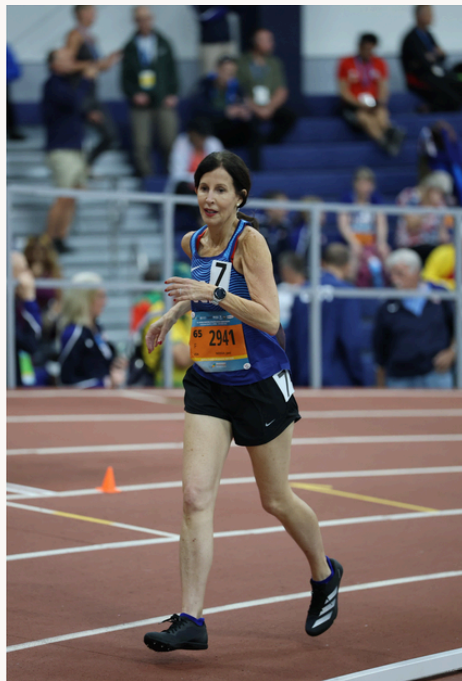
CO-VICE PRESIDENT

Hey, I'm Monica Giotta - wife, mom of two boys (one with special needs), and a passionate runner. I started running in 2016 and have not stopped since. By day, I am a Director of Pharmacy for a large health plan, where I've also led the charge for equality and accessibility as Board Chair of our employee resource group. After a big move to Jacksonville in 2018, I found my footing (literally!) with the local running community. Thanks to JaxRun, Florida Striders, and our parkrun crew at Halsema Trailhead, I've met amazing people and found my tribe.

MEMBER HIGHLIGHTS

TEAM USA!

TWO OF OUR FLORIDA STRIDERS
COMPETED AT THE 2025 WORLD INDOOR
TRACK CHAMPIONSHIPS IN
GAINESVILLE, FLORIDA REPRESENTING
TEAM USA. SHELLY ALLEN RAN THE 800M
AND 1500M AND JONI NEIDIGH RAN THE
800M
AND THE 10K ROAD RACE. SHELLY AND JONI
BOTH QUALIFIED AS FINALIST AND
IMPROVED THEIR SEMI-FINALS
TIMES WHEN THEY COMPETED AT FINALS.
CONGRATULATIONS TO THE TEAM USA!



MEMBER HIGHLIGHTS

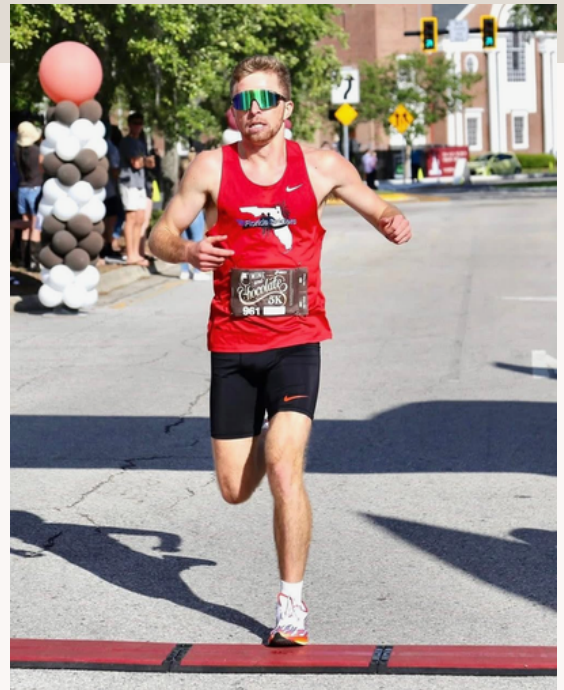
Nick Deal

CONGRATULATIONS TO OUR RUNNING TEAM MEMBER NICK DEAL FOR FINISHING AS THE #1 LOCAL MALE RUNNER AT THE GATE RIVER RUN AND FOR FINISHING 2ND AT THE WINE AND CHOCOLATE RUN GRAND PRIX EVENT.

AT OUR ANNUAL STRIDER PICNIC NICK ASKED FOR MEMBER SUPPORT FOR HIS NEXT ADVENTURE. HERE IS THE LINK.



[SUPPORT LINK](#)



EVE SCHLOTTHAUER



HUGE SHOUTOUT TO EVE WHO ON SATURDAY APRIL 12TH, BROKE THE 800 METER MIDDLE SCHOOL RECORD FOR GREEN COVE SPRINGS. SHE LATER RAN THE WINE AND CHOCOLATE RACE AND PLACED 1ST IN HER AGE GROUP AND BEAT HER COURSE PR. CONGRATULATIONS EVE!

BE PART OF THE COMMUNITY

Volunteering is exhilarating! Dedicating your time to assist others during their Run Journey is fulfilling. Every runner should experience this satisfying gratitude of helping others reach their personal goals. Experiencing the non-competitive side of running whether it's a 5k, 10k, Trail run, Half or full Marathons or track meets, the race must go on and they couldn't achieve this if volunteers didn't volunteer! The job of VOLUNTEERING is very important to all!

I've volunteer at several different races from BIB pickup, passing out medals and ribbons at the finish line, water stations service and High School Track event. The satisfaction is amazing! I observe every athlete in their competitive sport as they are performing. Every individual has their own unique way they may run, clothing they wear, shoe style they choose, music they listen to and their attitude along the way. Giving a little of ourselves is the greatest sense of purpose when volunteers are needed for anything in life. My last advice is saying "Thank You" to our Volunteers for taking time out of their busy life to volunteer.



THE SPOKEN AND UNSPOKEN RULES OF THE TRACK

BY COACH JAKE IRWIN

IN THE WORLD OF RUNNING, THE OPTIONS FOR RUNNING LOCATIONS ARE LIMITLESS, THAT IS THE POWER OF RUNNING. YOU CAN DO IT ANYWHERE, AT ANY TIME, AND THERE IS NO WRONG REASON TO DO IT. BUT THERE IS ONE RUNNING LOCATION THAT TENDS TO BE ON EVERYONE'S WORKOUT SCHEDULE AT SOME POINT IN TIME... THE TRACK.

NOW, AS THE TITLE SUGGESTS, THERE ARE RULES TO NOT JUST RUNNING ON THE TRACK BUT SIMPLY BEING ON THE TRACK IN GENERAL. HOWEVER, BEFORE WE DIVE INTO THESE UNSPOKEN GUIDELINES, LETS REMIND OURSELVES OF WHY WE RUN AT THE TRACK TO BEGIN WITH.

THE TRACK IS A PLACE THAT WE CAN NAVIGATE TO FOR REALLY ANY TYPE OF RUNNING BASED WORKOUT. THE BEST PART IS YOUR PACE OR ABILITY DOES NOT MATTER. THE TRACK HAS NO BIAS ON HOW FAST YOU ARE. FROM A TECHNICAL STANDPOINT, THE FLAT AND SOFTER SURFACE ALLOWS YOU TO NATURALLY IMPROVE YOUR RUNNING FORM ON A LOWER IMPACT MATERIAL THAN SAY CONCRETE OR ASPHALT. THIS IN TURN AIDS IN REDUCING THE RISK OF IMPACT RELATED INJURIES SUCH AS SHIN SPLINTS.

BUT THERE IS THE PSYCHOLOGICAL BENEFITS TOO. NO MATTER WHAT YOUR ABILITY IS OR WHAT THE WORKOUT IS, YOU ARE NEVER MORE THAN 400 YARDS AWAY FROM ANOTHER PERSON. EVER BEEN TO A RUNNING GROUP AND FIND YOURSELF LOST BECAUSE EVERYONE WAS TOO FAR AHEAD OF YOU OR TOO FAR BEHIND YOU? NO NEED TO WORRY ABOUT THIS ON THE TRACK. RATHER, YOU ARE CONSISTENTLY AWARDED WITH THE OPPORTUNITY TO BOND AND LEARN FROM THE OTHER INDIVIDUALS THAT YOU ARE SHARING THE TRACK WITH.

BUT AS WITH ALL GOOD THINGS, THERE ARE RULES TO CONSIDER, SO AS YOU COME OUT TO GET YOUR WORKOUT IN ON WEDNESDAY NIGHTS WITH US, OR EVEN IF YOU ARE TRAVELING AND ABOUT TO VISIT A TRACK IN A NEW CITY, PLEASE CONSIDER THE FOLLOWING...

1. LANE ONE IS THE FAST LANE. THIS IS THE LANE THAT THE FASTER RUNNERS WILL UTILIZE AND DEPENDING ON THE VOLUME OF FAST RUNNERS, THEY MAY REQUIRE 2-3 OF THE INSIDE LANES. PLEASE BE AWARE OF YOUR SURROUNDINGS AND MAKE WAY FOR THOSE FASTER RUNNERS THAT MAY BE COMING THROUGH
2. ON THAT SAME NOTE, IF YOU ARE ONE OF THE FASTER RUNNERS, PLEASE BE COURTEOUS TO THE RUNNERS THAT MAY BE ON THOSE INSIDE LANES. AS YOU APPROACH THE RUNNERS, PLEASE MAKE SURE YOU SHOUT OUT SOMETHING TO GET THEIR ATTENTION. "TRACK" "COMING UP" "ON YOUR LEFT/RIGHT" ARE COMMON PHRASES.
3. WALKERS SHOULD TRY AND STAY ON THE OUTSIDE LANES OF THE TRACK. THIS IS MORE FOR YOUR SAFETY AND TO ENSURE THAT NO ONE ACCIDENTALLY BUMPS INTO YOU.
4. LOOK BEFORE YOU PASS. DURING A WORKOUT, IT'S ALWAYS A GOOD THING TO LOOK OVER YOUR SHOULDER BEFORE MOVING INTO AN INSIDE LANE TO AVOID TRIPPING YOURSELF OR ANOTHER RUNNER.
5. THE COMMON DIRECTION TO RUN ON ANY TRACK IS COUNTERCLOCKWISE. THIS IS MOST IMPORTANT WHEN DOING YOUR ACTUAL WORKOUT. WHEN WARMING UP OR COOLING DOWN,

IT'S OK TO RUN THE OPPOSITE DIRECTION BUT YOU SHOULD REMAIN IN THE OUTER LANES TO MAKE WAY FOR ANY RUNNERS THAT ARE STILL DOING A HARD WORKOUT.

6. WATCH HOW YOU STOP. MANY RUNNERS COME ACROSS THAT FINISH LINE AND IMMEDIATELY STOP WITHOUT GETTING OFF THE TRACK. THIS CAN CREATE A BAD SITUATION IF ANY OTHER RUNNERS ARE CLOSE BEHIND YOU. AS YOU FINISH EACH INTERVAL/REPEAT, MAKE SURE YOU STEP TO THE SIDE OR THAT YOU ARE AT LEAST AWARE OF WHAT IS COMING UP BEHIND YOU.

7. GPS WATCHES TEND TO NOT BE ACCURATE ON THE TRACK, BUT THE TRACK ITSELF IS COMPLETELY ACCURATE. SO, WHEN DOING INTERVALS OR SPEED WORK IT IS ALWAYS IDEAL TO GO OFF OF LAP COUNT, AND NOT THE DISTANCE YOUR WATCH IS SHOWING.

8. THE TRACK IS NOT FOR STORAGE. MAKE SURE TO KEEP YOUR GEAR ON THE INFIELD OR ALONG THE OUTER BORDERS OF THE TRACK. MOST RUNNERS DO NOT FEEL LIKE ADDING OBSTACLES TO THEIR WORKOUT.

9. CLEAN UP AFTER YOURSELF. YOU WILL LIKELY HAVE WATER BOTTLES OR GEL PACKS. MAKE SURE TO TAKE THESE WITH YOU WHEN YOU LEAVE OR DISPOSE OF THEM AFTER USING.

10. BE ENCOURAGING! NOT EVERYONE IS GOING TO HAVE THE SAME ABILITY, BUT RUNNING IS A PROCESS. DON'T FORGET TO ENCOURAGE YOUR FELLOW RUNNERS!

AT THE END OF THE DAY, THE TRACK IS A PLACE FOR EVERYONE TO EMBRACE THEIR OWN AND EACH OTHER'S ABILITIES AND GOALS IN A SAFE AND FUN ENVIRONMENT. SO COME ON OUT, AND LET'S GET THOSE MILES IN!

HOW FAR DO I RUN TODAY?

BY: JOHN TERRY

MAKING THIS DECISION MIGHT NOT BE THE FIRST THING TO DO,
HOW OFTEN HAS THAT BEEN TRUE?
WILL IT BE A 5K TO JUST WARM UP?
THAT IS JUST ENOUGH TO HAVE A TOE STUB.
WHAT ABOUT A 10K TO GET MY CARDIO?
LET'S SEE IF THAT WILL DO FOR A HARDIER-HOE.
LET'S REALLY PUSH IT WITH A 15K TO PRACTICE,
GATE RIVER RUN NEEDS A LOT MORE THAN SOME PATIENCE.
WHAT ARE MY THOUGHTS ON TODAY'S STRESS RELIEVER?
ALMOST ANY DISTANCE IS ENOUGH TO MAKE ME A BELIEVER.
DO I REALLY NEED TO RELIEVE STRESS THROUGH RUNNING?
OR DO I NEED TO CONSIDER SOMETHING LESS CUNNING?
PREPARATION IS AN IMPORTANT STEP IN GETTING READY,
MORE THOUGHT WILL HELP YOU BE THE MOST STEADY.
EQUIPMENT: SHOES, CLOTHES, KEYS OTHER STUFF, HOW DO I
CHOOSE?
NEED TO BE CAREFUL, DON'T WANT ANYTHING TO GET LOOSE.
RUNNING CAN NOT BE THE END OF SOMETHING SUPER,
CONSIDER YOURSELF LUCKY TO GET OUT AND RUN INTO THE
FUTURE.

BIKING FOR TODAY

BY: JOHN TERRY

WHAT TO CONSIDER BEFORE LEAVING THE HOUSE,
FIRST STEP: MAKE SURE YOU CHECK IN WITH YOUR SPOUSE.
NEVER CAN TELL IF THEY HAVE OTHER WORK FOR YOU,
IT'S NOT GOOD TO HAVE THEM TO GET IN A STEW.

HOW HARD IS THE WIND BLOWING?
GOOD CLOTHING AND EYE PROTECTION IS HOW TO KEEP WELL
GOING.

WHAT IS THE TEMPERATURE?
EVEN ON GOOD DAYS, BRING EXTRA PROTECTION FOR ANY
UNEXPECTED FEATURE.

DO I HAVE TO PICK A ROUTE BEFORE LEAVING?
IT IS MOST LIKELY AND BETTER TO HAVE ADVANCE PLANNING.
CAN'T I JUST WANDER ALL OVER THE PLACE BEFORE I GET LOST?
NOT GOING TO IMAGINE HOW OFTEN THAT IDEA GETS TOSSED.

DO ALL THINGS RIGHT AND WHEN YOU SHIFT,
YOUR BIKING DAY WILL MOST LIKELY FIT.
OR CAN I JUST RIDE FAR ENOUGH AND THEN TURN BACK HOME?
YOU CAN, IF ALL YOU WANT TO DO IS ROAM.

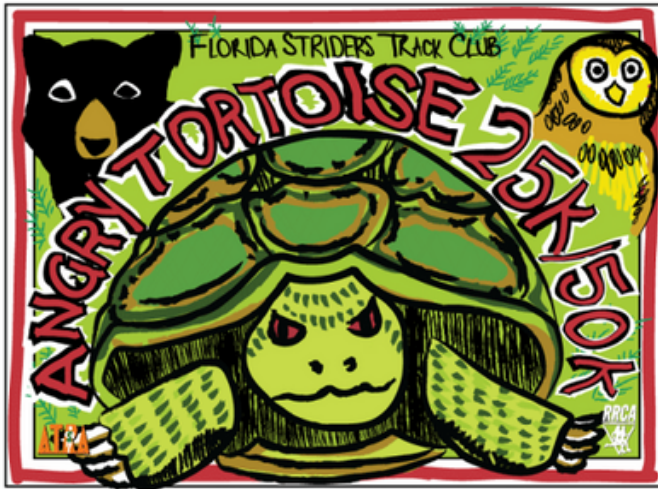
SO MANY CHOICES WE GET TO HAVE,
REMEMBER THE MUSCLE PAIN MIGHT NEED EXTRA SALVE.
BIKING IS A FUN EVENT NOT SOME KIND OF RACE,
REMEMBER EXERCISE IS NOT ABOUT LOSING FACE.

I AM SURE YOU CAN THINK OF OTHER WAYS TO,
GET IN TROUBLE WITHOUT A BIKE AND YOU.

CONSIDER SPARING, AS A WAY TO ASK,
AND REALLY ACCOMPLISH THAT TASK.

ANGRY TORTOISE 25K & 50K

BY: GEORGE BARTHELMES, IV



DATE: SATURDAY, FEB 15, 2025 AT 7:30 AM

LOCATION: CARY STATE FOREST,
BRYCEVILLE, FL

THE WEEK LEADING UP TO THIS YEAR'S ANGRY TORTOISE 25K / 50K WAS EXCEPTIONAL. THE COURSE WAS THE DRIEST I'VE EVER SEEN IT THIS TIME OF THE YEAR. THIS IS THE ONLY STRIDER RACE WHERE WE OFFER FREE CAMPING THE NIGHT BEFORE. WE HAD A COUPLE OF RUNNERS AND VOLUNTEERS TAKE ADVANTAGE OF THE OFFER AND ENJOY SOME PEACE AND QUIET BEFORE THE RACE DAY. ONE OF THE REASONS WE OFFER FREE

CAMPING IS WE ALWAYS ATTRACT RUNNERS NOT ONLY FROM AROUND THE STATE, BUT THE COUNTRY AS WELL. THIS YEAR WAS NO EXCEPTION WITH RUNNERS FROM NOT ONLY THROUGHOUT FLORIDA, BUT A FEW FROM OUT OF STATE.

FOR THE SECOND YEAR IN A ROW, WE WERE TRULY BLESSED WITH GREAT WEATHER ON RACE DAY WITH A LOW OF 57 AND A HIGH OF 81 AND NO RAIN. IT TURNED OUT TO BE A GREAT DAY AND A GREAT RACE! THE WEATHER AND COURSE CONDITIONS WERE SO GOOD THAT WE HAD SEVERAL RUNNERS ESTABLISH NEW PERSONAL RECORDS.



ANGRY TORTOISE PRE-RACE MEETING



RUNNERS STARTING THE ANGRY TORTOISE

IN ADDITION TO THE NEW PERSONAL RECORDS SET, WE ALSO HAD SOME EXCELLENT ATHLETIC PERFORMANCES BY SEVERAL RUNNERS WHO FINISHED THEIR FIRST ULTRA MARATHON. NOW THAT THEY'VE COMPLETED THEIR FIRST, I'M CERTAIN IT WON'T BE THEIR LAST.

THE RUNNERS NOT ONLY GOT TO EXPERIENCE THE BEAUTY OF CARY STATE FOREST, BUT THEY ALSO GOT TO EAT PLENTY OF GREAT FOOD. AT BOTH THE MAIN AND PAVILLION AID STATIONS IN ADDITION TO BEING WELL STOCKED WITH TYPICAL ULTRA MARATHON FOOD, WE SERVED PULLED PORK SANDWICHES, POTATO SALAD AND BOILED COLLARD GREENS FOR LUNCH.

ANGRY TORTOISE 25K & 50K

BY: GEORGE BARTHELMES, IV

THIS YEAR WAS SPECIAL AS THE ROAD RUNNERS CLUB OF AMERICA (RRCA) DESIGNATED THE ANGRY TORTOISE 50K AS THE STATE ULTRA CHAMPIONSHIP FOR FLORIDA! NOT ONLY DID THOSE RUNNERS RECEIVE AN ANGRY TORTOISE AWARD FOR THEIR ATHLETIC ACHIEVEMENT, BUT THEY ALSO RECEIVED AN RRCA STATE CHAMPION MEDAL.

THROUGHOUT THE DAY AND SEVERAL DAYS AFTERWARD I RECEIVED SO MANY POSITIVE COMMENTS AS ALL THE RUNNERS THOROUGHLY ENJOYED THEIR DAY AND THE RACE. OF COURSE, WE COULDN'T HAVE AN OUTSTANDING EVENT WITHOUT THE HELP OF OUR GREAT SPONSORS AND VOLUNTEERS!

I WOULD LIKE TO PERSONALLY THANK OUR GREAT SPONSORS WHO PROVIDED FUNDING, PRODUCTS, OR SERVICES TO THIS EVENT. PRS / SECOND WIND RACE TIMING ([HTTPS://WWW.PRSRACETIMING.COM](https://www.prsracetiming.com)), AIRWAAV PERFORMANCE MOUTHPIECES ([HTTPS://AIRWAAV.COM](https://airwaa.com)), SEMPER FI PHOTOS ([HTTPS://WWW.FACEBOOK.COM/SEMPERFIPHOTOS](https://www.facebook.com/semperfiphotos)), AND LMNT (ELECTROLYTE DRINK MIX) ([HTTPS://DRINKLMNT.COM](https://drinklmnt.com)).



WOULD LIKE TO THANK OUR GREAT VOLUNTEERS!!! WITHOUT THEM THERE WOULDN'T BE AN ANGRY TORTOISE RACE. THANK YOU CHRIS DEDECKER, TARA DEDECKER, JOSUE VELAZQUEZ, JEAN SCHUBERT, JONI NEIDEIGH, KIM RIFE, CECI DUNHAM, DAWN SUMNER, DAWN HAGEL, SANDRA GOTTLIEB AND KATHY MURRAY. YOU ALL MADE A DIFFERENCE AND ENSURED THAT THE RUNNERS HAD A GREAT DAY! SPECIAL THANKS TO STRIDER'S VICE PRESIDENT JOSUE VELAZQUEZ AND JEAN SCHUBERT WHO ARRIVED AT 5:30AM AND DIDN'T LEAVE UNTIL EVERYTHING WAS DONE AT AROUND 4:00PM!

OUR 25K CHAMPIONS!



LIZ ROSSET: WOMEN'S 25K CHAMPION



JAKE IRWIN: MEN'S 25K CHAMPION

ANGRY TORTOISE 25K & 50K

BY: GEORGE BARTHELMES, IV

THIS YEAR'S 25K WINNERS WERE....

WOMEN

1ST OVERALL - LIZ ROSSET (2:14:19)

2ND OVERALL - JENNY NORTON (2:29:35)

3RD OVERALL - MARY ALICE FOOTE (2:32:51)

MASTERS (40 - 49) - MONICA GIOTTA (3:09:25)

GRAND MASTERS (50 - 69) - JENNIFER CAPUTO (2:41:03)

SENIOR GRAND MASTERS (70 & OVER) - NO FINISHER

MEN

1ST OVERALL - JAKOB IRWIN (1:51:41)

2ND OVERALL - JASON ANDERSON (2:17:01)

3RD OVERALL - MICHAEL SCHOENFELD (2:32:11)

MASTERS (40 - 49) - MICHAEL RUBY (2:46:59)

GRAND MASTERS (50 - 69) - GARY MATHIS (2:36:01)

SENIOR GRAND MASTERS (70 & OVER) - BERNIE POWERS (3:10:51)

OUR 50K CHAMPIONS!



MARILYN ELDER - WOMEN'S 50K CHAMPION



PAT MOORE - MEN'S 50K CHAMPION

ANGRY TORTOISE 25K & 50K

BY: GEORGE BARTHELMES, IV

THIS YEAR'S 50K WINNERS WERE....

WOMEN

1ST OVERALL - MARILYN ELDER (5:16:09) ALSO RRCA STATE ULTRA CHAMPION

2ND OVERALL - MOLLY LARocca (5:36:28)

3RD OVERALL - KIM VALENTE (5:43:23) ALSO RRCA STATE GRAND MASTERS ULTRA CHAMPION

MASTERS (40 - 49) - REBECCA TAYLOR (6:59:55) ALSO RRCA STATE MASTERS ULTRA CHAMPION

GRAND MASTERS (50 - 59) - CASSANDRA SWICKERT (7:28:17)

SENIOR GRAND MASTERS (70 & OVER) - NO FINISHER

MEN

1ST OVERALL - PAT MOORE (4:06:43) ALSO RRCA STATE ULTRA CHAMPION

2ND OVERALL - JOHN MUIR (4:16:41)

3RD OVERALL - CHRIS ALLISON (5:01:12) ALSO RRCA STATE MASTERS ULTRA CHAMPION

MASTERS (40 - 49) - JOHN HOEL (5:13:29)

GRAND MASTERS (50 - 69) - BENJAMIN SMITH (6:18:59) ALSO RRCA STATE GRAND MASTERS ULTRA CHAMPION

SENIOR GRAND MASTERS (70 & OVER) - NO FINISHER

THE 2026 EDITION OF THE ANGRY TORTOISE 25K / 50K WILL TAKE PLACE AT CARY STATE FOREST ON 21 FEBRUARY 2026. REGISTRATION WILL BE OPEN ON 01 JUNE 2024 AT [ULTRASIGNUP.COM](https://ultrasignup.com)

MEMBERSHIP

ASHTON BARNES
WILLIAM BARNES
DIANA BICKEL
SARAH BLACKWELL
PAUL BROGAN
DALTON CARTER
BEN CLINE
ELI CLINE
JULIA CLINE
DANNY COLE
MARK CORPUZ
LOGAN DILLABERRY
LEANNE ETHERIDGE
BETH FAGIN
JOSUE FERNANDEZ
GABRIEL GARCIA-FUENTES
EZRA GARRISON
KRISTI GARVEY
DANIELLE GISONNI
SANDRA GOTTLIEB
LEE GROSE

BRIDGET GUTHRIE
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DAVID HON
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GRAHAM. MORRIS
MATILDA. MORRIS
OLIVIA MORRIS
KAITLYN MOULD
KATHY MURRAY
JONI NEIDIGH
THOMAS NICHOLS
BETH. NORMAN

UPCOMING EVENTS

FLORIDA STRIDERS MEMORIAL DAY 5K

MONDAY MAY 26, 2025

7:30AM EDT

REGISTRATION NOW OPEN

[REGISTER HERE](#)



IF YOU WOULD LIKE TO SUBMIT AN ARTICLE FOR THE STRIDERIGHT PLEASE
EMAIL DANIELLE AT STRIDERIGHTEDITOR@GMAIL.COM