

2013
by Randy Cook

Introduction

The Striders continue to be one of the most active clubs in the United States. The following Striders were inducted into the 2013 Class of the Tidewater Striders Hall of Fame: Lanny Doan, Lew Faxon, Evie Foster and Betty Virok. Over \$16,000 in scholarships were awarded to deserving high school and college runners. Sherry and Angelo Celesia were awarded the National Youth Directors of the Year award at the RRCA National Convention.

Club Operations

The first meeting of the Board of Directors was January 7th at the Neptune Festival office in Virginia Beach.

The following Striders were elected for 2013:

President - Jean Phelan
Vice President – Rich Hildreth
Secretary – Deb Sommer
Treasurer - Dan Edwards

The Board members were: Lisa Armistead, Amiele Barakey, Sherry Celesia, Dan Edwards, Dave Harrah, Rich Hildreth, Jean Phelan, Sharon Rodier, Steve Shapiro, Lori Sherwood, Deb Sommer, and Mel Williams.

As of February 28th the treasurer's report showed \$335,861.04 in total liabilities and assets.

At the January Board meeting a motion was made and passed to purchase a disposable chip timing system. Since the city of Virginia Beach paved the "connector" section of Mount Trashmore and the Striders use this weekly for our youth program as well as the Turkey Trot and motion was made and passed to authorize a \$2,000.00 donation for this project. A motion was made and passed to move the election committee to develop a mechanism for anonymous voting. A motion was made and passed to accept the Hall of Fame Committee policies and procedure updates presented by Mel Williams. Conflict of Interest Disclosure Statements were distributed stating that board members cannot use their position on the Board for self gain. Every Board member and key volunteers needed to sign this and return by February's meeting. Although membership is over 1600, Mel Williams suggested that we have a campaign to promote membership by each current member being asked to recruit a new Strider member.

At the February Board meeting a campaign was launched by Sherry Celesia to recruit new members. The program ran from April 1st to September 30th and the three members who brought in the most new members were given gift certificates. A motion was made, seconded, and approved unanimously for all committee chairs to review their Policies and Procedures and bring any revisions to the Board for approval.

Sharon Rodier resigned from the Board in April for personal reasons and Barb Mathewson took her place.

The Striders participated in National Running Day on June 5th. The Competitor Group and Final Kick hosted the event.

\$2700 was collected and donated to the One Fund Boston.

Newsletter

The Rundown continued to list training sites where runners and swimmers could meet and workout as a group or at different paces.

The April *Rundown* had an excellent article by Nancy Clark titled “Why Can’t I Simply Lose a Few Pounds? “Dieting Myths and Gender Differences.”

In the December *Rundown* Mel Williams wrote an article titled “Health Benefits of Walking and Running.”

Running

The following events comprised the Running Grand Prix for 2013:

- January 5th- 20K Distance Series
- February 23rd- 30K Distance series
- March 17th- Shamrock Marathon
- April 27th- Independence Middle School 5K
- May 25th- Elizabeth River Run 10K
- June 8th- OK5K
- July 30th- Memorial 5K Run
- August 17th- Strider Mile
- September 1st- Rock ‘n’ Roll Half Marathon
- October- All Access 5K
- November 21st-Turkey Trot 10K
- December 14th- Jingle Bell 5K



Top Strider runners at the Rock'n'Roll Half Marathon. From left to right are Andrew Hoffer, John Adams, Renee High (F8), Steve Speirs (1045). Partially hidden is Kris Lawrence.

Some of the top running performances for 2013 include:

- The 1st Annual New Year's Day Total Fitness 5K on January 1st was held at the Virginia Beach Sportsplex. The male winner was Greg Smith in 16:30 and the first female was Courtney Pollman in 18:36.
- On January 5th the Distance Series 10K and 20K events were held at the Dismal Swamp Trail in Chesapeake. The 20K male winner was Ryan Carroll in 1:07:21 and the female winner was Stephanie Manny in 1:19:18.
- On the same day the 10K male winner was Nick Richardson in 33:37. The female winner was Mart-Mari Von Schlichting in 46:44.
- The 3rd Annual Frosty 5K Run was held on January 12th at the Virginia Beach Sportsplex. The male winner was Nick Scerbo in 17:08 and the female winner was Asia Sorenson in 20:30.
- On January 13th Renee High of Virginia Beach won the Walt Disney Marathon in Orlando, Florida for the second straight time in 2:48:30.
- On February 2nd Steve Speirs placed 3rd overall and set a record for his age (46) in the Rocky Raccoon 100 Mile Endurance Trail Run in Huntsville State Park, Huntsville, Texas.
- The Virginia is for Lovers 14K and Sweetheart 6K runs were held on February 9th at the Virginia Beach Field House. The male winner for the 14K was Ryan Carroll in 45:06

and the female winner was Gina Slaby in 51:02. The winner of the master's men was Robert Dinterman in 51:12 and the female master's winner was Mary Davison in 57:11.

- The male winner of the 6K run on February 9th was Alexey Popov in 22:46 and the female winner was Carrie Atkinson in 26:44.
- On February 23th the Tidewater Striders Distance Series 20K and 30K were run in Chesapeake at the Dismal Swamp Canal Trail. The 30K was won by Ryan Carroll in 1:44:54 and Asia Sorenson in 2:16:41. The 20K was won by George Matais in 1:16:19 and Lynne Daly in 1:34:10.
- The 19th Annual Falcon 5K in Virginia Beach on March 9th was won by Caleb Doan in 15:45 and Renee High in 18:22.
- On March 16th, the Shamrock 8K was won by Kiprono Kurgat of Kenya in 23:16. The first female was Yihunlish Delelecha of Ethiopia in 27:02.
- On March 17th, The Half Marathon was won by Tesfaye Alemayehu of Ethiopia in 1:04:40. The first female was Leslie Sexton from Canada in 1:15:27.
- Also on March 17th was the Shamrock Marathon. The winner was Christopher Zoblacki from Connecticut in 2:17:49. The first female was Tezeta Dengersa of Ethiopia in 2:49:39.
- On March 23rd, the CERT 5K Run in Virginia Beach was won by Keith Gray in 17:46 and Angela Cothren in 22:16.
- On March 30th, the Colon Cancer 5K in Virginia Beach was won by Chris Michaels in 18:35 and Janet Dierstein in 20:47.
- Also on March 30th the Monarch 5K in Norfolk was won by Stephen Madison in 18:59 and Michaela Rose in 20:56.
- The Suffolk Spring Stride (5.66K) on April 6th was won by Richard Caylor in 25:32 and Tiffany Hore in 30:37.
- On April 6th the Bon Secours Colon Health 5K was won by Steve Speirs in 17:20 and Emily Rivet in 22:10.
- The Dismal Swamp Stomp Half Marathon on April 13th was won by Mulegeta Jembere from Maryland in 1:07:07 and Woynishet Halle also from Silver Spring, Maryland in 1:17:01.
- The Run For Independence 5K in Virginia Beach on April 27th was won by Nick Scerbo in 16:32 and Kristen Lawrence in 18:08.
- On May 4th the JFS Run, Roll or Stroll 8K, 5K was held in Virginia Beach. The winners of the 8K were Alexey Popov in 31:00 and Merrick McCabe in 38:20. The 5K winners were Paul Grosch in 19:13 and Doria Martingayle in 20:35.
- On June 8th the OK5K was held at Virginia Wesleyan College. The winners were Ryan Carroll in 15:49 and Gina Slaby in 17:34.
- The Memorial Scholarship 5K on July 30th was won by Ryan Foster in 15:22 and Renee High in 17:39.
- On November 23rd the Jingle Bell 5K was won by Darron Driscoll in 16:53 and Katherine Wirtz in 20:22.
- On November 28th the Turkey Trot 10K was won by Justin Turner in 31:59 and Renee High in 36:54.
- The Seashore 50K was won by Alexander Hetherington in 3:34:49 and Anne Spillane in 4:00:30.

Walking

The Walking Committee Members for 2013 were:

Hartley Dewey – Chair
Dwight Kane – Vice Chair
Steve Shapiro
Lori Sherwood
Heidi Sleasman
Richard Pidgeon
Tom Gerhardt

The 2013 Tidewater Striders Walking Grand Prix Race Series is as follows:

- January 1st – Hair of the Dog 5K
- January 5th– Distance Series 10K/20K
- January 26th – Distance Series 15K/25K – cancelled
- February 23rd – Distance Series 20K/30K
- March 9th – Jamestown Swamp Run 5K
- April 13th – Swamp Stomp Half Marathon
- May 4th – St. John the Apostle Stingray 5K
- May 25th – Elizabeth River Run 10K
- July 30th – Memorial Scholarship 5K
- August 17th – Strider Mile/1500 Meter Race-walk
- September 28th – Neptune Festival 8K
- October 12th – All Access 5K
- October 20th – ODU Accounting 5K
- November 9th – One Hour Postal Race-walk



Lori Sherwood and Steve Shapiro at the Erie Marathon.

In February, the following Strider walkers attended a one day recertification clinic for USATF Officials: Steve Durrant, Hartley Dewey, Steve Shapiro, Buddy Levitin, Cindy Alexander, Judy Pascall, and Lori Sherwood.

The Jamestown Swamp Run 5K was held on March 9th. The winner was Tom Gerhardt in 30:06. The first female and setting a race record was Sara Nash in 35:56.

Strider walker Rebecca Garson, also known as “Ru”, recently competed in the 3000 Meter Race Walk event at the 2013 USATF Masters Indoor Track & Field Championships held in Landover, MD, March 22nd – 24th. She was one of sixteen women race walkers competing in the 15 lap event on the 200 meter indoor oval track. Ru finished in 5th place overall and 1st in the W45 – 49 age group. She was able to beat her personal goal by 8 seconds, passing two competitors in the final 20 meters of the race.

On April 28th, the Striders supported the Vision Walk, an event to raise awareness and funding for retinal degenerative disease research. The noncompetitive 5K was held on the Virginia Beach boardwalk.

On June 22nd several Striders officiated in the Virginia USATF Masters Track and Field Championship in Richmond. They include Cindy Alexander, Buddy Levitin, Judy Paschall, and Steve Shapiro.

On November 16th the Yeah Buddy Half-Marathon was won by Tom Gerhardt in 2:34:27 and Maureen Ventrice in 2:43:41.

Multi-Sport

The Multi-Sport Grand Prix consisted of the following events:

- April 6th- Smithfield Sprint, Smithfield
- April 7th- Virginia Du, Surry
- May 11th- Kinetic Half, Lake Anna
- May 12th- Kinetic Sprint, Lake Anna Setup
- June 2nd- Breezy Point, Norfolk
- June 8th- Jamestown International Anniversary Park
- June 23rd- Rev3 International, Williamsburg
- June 23rd- Rev3 Half, Williamsburg
- July 13th- Colonial Sprint, Colonial Beach Setup
- July 14th- Colonial International, Colonial Beach
- July 20th- Allen Stone RWR, Virginia Beach Allen Stone
- July 21st- Tidewater, Buckroe Beach
- August 3rd- Culpeper International Mountain Run
- August 4th- Culpeper Sprint Mountain Run
- September 7th- Patriots Half, Williamsburg
- September 8th- Patriots Sprint, Williamsburg
- September- Sandman Tri, Virginia Beach Neptune Festival
- September 28th- Giant Acorn International, Lake Anna
- September 29th- Giant Acorn Sprint Lake Anna

2013 Multi-Sport Grand Prix Rules:

- Only Strider members who contact the Multi-Sport Grand Prix Coordinator will be tracked in the Tidewater Multi-Sport Strider Grand Prix.
- An individual must be a Strider Member in good standing and complete a minimum 3 out of the 19 races.
- You do not need to score in 3 races – just complete 3. Points are awarded for placing first through tenth (25, 20, 16, 13, 10, 8, 6, 4, 3, and 2) in your Grand Prix age group.
- Volunteering is not a requirement, but if you do volunteer, you will be awarded 50-points.
- To receive the volunteer points:
- You have to volunteer at one STRIDER function (e.g. pre-race, day of Strider race, or any other opportunity by contacting the volunteer coordinator listed in the Run Down). If it is a “Strider Supported” race, volunteering must be performed under the direction of the finish line crew.
- Volunteering must be performed before 12-2-13. All volunteering after this date will count toward 2014.

- The Multi-Sport Grand Prix will follow the USAT Age Group Rules: Your age group placement will be calculated based on your age as of 12/31/13.
- Divisions will consist of Overall Men & Women, Masters Men & Women (40 and over) and Age Group Men & Women.
- Age groups are 19 and under, and five year spreads after that (i.e. 20-24, 25-29, 30-34...up to 70 and Over).
- End of year awards will be given to the top three finishers in each age group and to the top three in the overall and masters divisions at the annual Awards Banquet usually held in February.
- An individual is eligible for only one award. The Grand Prix committee reserves the right to substitute races in the event of a cancellation.

Youth Program

Scholarship Awards for 2013-2014 Academic Year. The Striders announced \$16,000 in Scholarships. The primary fundraisers for the scholarships are the Memorial Scholarship 5K at the end of July and the Turkey Trot on Thanksgiving Day.

Pam Edwards Memorial Scholarship: \$3000 Julie Anne Stern, Frank W Cox to JMU

Tom Bashara Memorial Scholarship: \$3000 Nicholas Richardson, Western Branch, to UVA

Tidewater Striders Scholarship: \$2,000 Elizabeth Cornell Princess Anne, to U. of Tennessee
Zackary Fanelty, Tallwood, to Georgia Tech

Matthew Schwartzer Princess Anne, to Indiana

Kevin O'Sullivan Princess Anne to Marist College

Tidewater Striders Scholarship \$1,000 Sarah Semp Western Branch, to Washington & Lee
Alexandra Yerkes Princess Anne to Sweet Briar

The 2013 Youth Grand Prix consisted of the following events:

- March 3rd- Pembroke Meadows Elementary 1 Mile
- March 9th- Cox Falcon 1 Mile
- April 6th- Suffolk YMCA 1 Mile
- April 21st- Thoroughhood Elementary School 1 Mile
- April 27th- Independence Middle School 1 Mile
- April 28th- Christopher Farms 1 Mile
- May 25th- Elizabeth River Run 1 Mile
- June 8th- Eggleston Services 1 Mile
- August 17th- Strider Mile

Some of the highlights of the Youth Program for 2013 include:

- J&A Racing is pleased to announce that the 2013 recipients of the J&A Racing Youth Fitness Initiative - a grant program which makes fitness through racing affordable for disadvantaged elementary students – are Seatack Elementary School and Bettie F.

Williams Elementary School, both located in Virginia Beach. As part of their dedication to youth fitness and the ongoing battle against childhood obesity, the initiative began in 2012, granting 50 free entries to the Operation Smile Shamrock Final Mile to one Virginia Beach school. As part of the Initiative, J&A Racing also offers run club program support, advice, and coaching to the recipient schools.

- Head coach Angelo Celesia reported in January that practices will be held again at Norview High School, Sleepy Hole Park in Suffolk, and at Mt. Trashmore.
- Travis Redmond was 11th in the eastern Regionals Indoor Track Championships. He ran the 3200M in 10:28.9.
- Ben Werve, a New Energy runner, was highlighted in the March *Rundown*.
- On November 2nd 19 New Energy members participated in the AAU District Cross Country Championship.
- On November 23rd Ben Werve and Betsy Pollard were 1st place in the Virginia Association Cross Country Championship.
- By the end of 2013 there were 259 youth enrolled in the New Energy program including POWER.



Sherry and Angelo Celesia were selected by the RRCA as Youth Program Directors of the Year.

The New Energy program had four locations in 2013:

I - Mt Trashmore in Virginia Beach led by Angelo, Sherry and Jon Leiding

II- Sleepy Hole Park in Suffolk led by Steve Sheppard

III- Norview HS in Norfolk led by Dave Mc Donald

IV- Bells Mill in Chesapeake led by John Gresock

Miscellaneous

At the awards banquet on February 2nd at the Norfolk Yacht and Country Club, the following Striders were inducted into the 2013 Class of the Tidewater Striders Hall of Fame:

Lanny Doan
Lew Faxon
Evie Foster
Betty Virok



From left to right: Lew Faxon, Lanny Doan, Betty Virok, and Evie Foster

The following Tidewater Striders were presented with Presidential Awards at the banquet:

Randy Cook
Dave Harrah
Ada Lester
Sharon Rodier
Mel Williams

The “Tied Together Marathon Award”.

These five gentlemen ran the entire 2012 Shamrock Marathon linked together by a rope. Their time of 3:06:06 was fast enough to set a Guinness World Record for a tethered marathon.

Joel Bell
Jon Leiding
Mark Manny
Drew Midland
Tommy Neeson

J&A Racing has created the Rick “Schoonie” Schoonover Memorial Scholarship, which will be awarded for the first time in 2013 to honor the memory of a longtime Virginia Beach, Virginia, law enforcement official and community volunteer. For the 2013 scholarship, applicants must submit their application to the scholarship selection committee no later than February 15.

On March 24th, Sam Wittenberg conducted a clinic on “The Running ABCD’s” at Virginia Wesleyan College. Close to 35 members attended and the Virginia Wesleyan College indoor track provided an excellent venue and everyone got to practice these drills. We hope to do more clinics like these, since this one was so well received.

A membership contest was launched in April to try to raise membership to 2,000. Todd Humphreys won by getting 94 new members.

On April 22nd dozens of local runners ran 2.62 miles from the Running Etc. stores in Norfolk and Virginia Beach to show support for the victims of the Boston Marathon bombings. Crossfit, The Dai Roberts Group, and the Hampton Roads Running Group also had runs on April 27th to show their support.

The “Run for the Fallen”, a relay team will run 230 miles in honor of all the Virginia service members who have died during the War on Terror and in support of Operation Iraqi Freedom, Operation Enduring Freedom and Operation New Dawn. The event kicks off at Fort Story on May 2, 2013.

The Striders led by captain Gene Edwards, won the age graded team competition at the Elizabeth River Run against the Peninsula Track Club and Colonial Road Runners.



The Strider's winning team at the Elizabeth River Run

Over \$10,000 was raised at the Memorial Scholarship Run 5K on July 30th at the Botanical Garden.

The annual picnic was held on August 3rd at the home of Dan Neuland.

On October 20th the Striders led by Chris Catoe collected two large truck loads of debris that had washed up on the Osprey Trail in First Landing State Park.

In November JandA's Jerry Frostick was named the 2013 MarathonFoto Road Race Management Race Director of the Year.

The annual Volunteer Party held at the Ocean View Pier on November 3rd was attended by 92 members.