

2014
by Randy Cook

Introduction

The Tidewater Striders continued to be one of the largest and most active running clubs in the U.S. \$25,000 in scholarships were given to graduating high school runners and to current college runners. The top runners were Ryan Carroll and Natalie Hall. The walkers were very active as were the youth runners. Ben Werve continued to set records in the youth category.

Club Operations

The Board of Directors for 2014 was Lisa Armistead, Sherry Celesia, Dave Harrah, Rich Hildreth, Barb Mathewson, Amiele Barakey, Jennifer Cowell, Dan Edwards, Todd Humphrey, Tom Randolph, and Steve Shapiro. The Board elected the following officers for the 2014 term:

Rich Hildreth, President
Steve Shapiro, Vice President
Tom Randolph, Secretary
Dan Edwards, Treasurer

The Seashore 50K held in December, 2013 was expected to contribute over \$10,000 to the general fund after all expenses were paid.

The Striders began 2014 with total liabilities and equity of \$432,494.94.

The annual banquet held on February 8th at NYCC had 178 in attendance up 30 from 2013.

The Striders had 1794 members at the end of April.

\$20,000 in scholarships was awarded in 2014.

In June, Mel Williams completed the Tidewater Striders Working Calendar to include month to month responsibilities by committee.

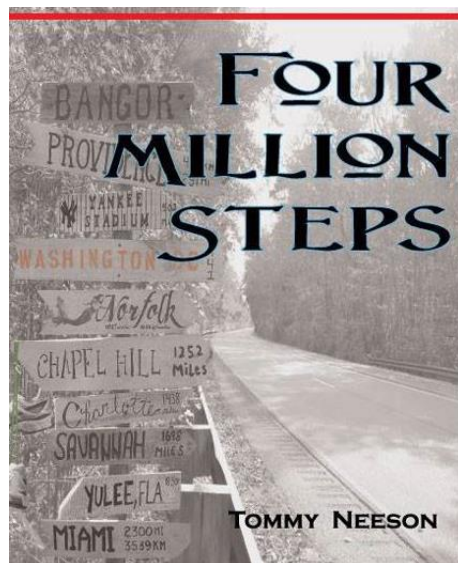
In August Dan Edwards proposed reprinting the club sticker, currently a blue square, in an oval format. Consensus was in favor of this.

In September President Rich Hildreth reported that the Strider booth at the Rock & Roll Half Marathon Sports Expo was a great success. The booth location was excellent, the new tent and signage looked great and the audio presentation was good. Angelo Celesia was commended for his many contributions of time and talent.

As the Programs Chairman, Randy Cook planned a seminar on nutrition and running at Running Etc. in Virginia Beach with Mel Williams as the speaker.

Newsletter

- Sam Wittenberg wrote an article titled “Healthy Running-Running in Cold Weather.”
- Tommy Neeson published an excerpt of his book *Four Million Steps* in the January newsletter.
- The Striders published weekly training sites for running and swimming at several sites in the area. In addition, a list of birthdays of members was published and those who needed to renew their memberships.
- Randy Cook published an excerpt of his book *Hip! Hip! Hooray! I’m Running Again!* In the May *Rundown*.
- In September Sam Wittenberg wrote an article titled “Healthy Running-Running With Fatigue.”
- Also in September the *Rundown* had a full page article on youth phenom Ben Werve.
- In the November *Rundown* Dave Harrah wrote an article titled “My Marine Corps Marathon Experience-In the Twilight of my Running Years-A Perspective.”



Tommy’s book can be found on Amazon!

Running

Some of the top running performances for 2014 include:

- On June 4th the Distance Series 10 Mile was won by Ryan Carroll in 55:17 and Natalie Hall in 1:03:27.
- The Distance Series 15 Mile was won by Ryan Carroll in 1:27:11 and Asia Sorenson in 1:48:19.
- On March 8th the Falcon 5K Run was won by Joshua Wilks in 16:11 and Kellie Zinchini in 21:39.
- On March 29th the Colon Cancer 5K was won by Kevin White in 17:23 and Kelly Borkman in 21:39.
- The Run for Independence 5K on May 3rd was won by Zion Gregory in 15:31 and Reagan Reeves in 20:52.
- The Elizabeth River Run on May 24th was won by Evan Gates in 31:22 and Stephanie Frenchik in 37:05.
- On June 7th the OK5K was won by Ryan Carroll in 16:08 and Teresa Allman in 18:45.
- On July 4th the YMCA Independence Day 5K was won by Justin Turner in 16:23 and Heather Crittenden in 20:05.
- The Memorial Scholarship 5K on July 29th was won by Justin Turner in 15:29 and Mollie Turner in 18:13.
- On September 27th the Neptune Festival 8K was won by Ryan Carroll in 26:33 and Christina Fauber in 35:54.
- The Turkey Trot 10K on November 26th was won by Jeremy Greenwald in 33:47 and Natalie Hall in 38:06.
- The Seashore Nature Trail 50K on December 20th was won by Billy Edwards in 3:37:16 and Amy Ostrofe in 3:58:50.
- After 38 years straight years, an injury prevented Mel Williams from completing his 39th Marine Corps Marathon. However, what an accomplishment - 38 years of racing at the same event with several age group wins. Mel is not only a local legend but a Marine Corps Legend!!!
- The December Rundown featured Hall Of Famer Cokey Daman. Cokey was inducted into the Inaugural Class of the Tidewater Striders Hall of Fame in 2011.

Walking

- Steve Durrant and Bill Spruill wrote an article in the January newsletter titled “New Faces Appearing among the Strider Walkers.”
- Seven Tidewater Strider Walkers toed the starting line and walked in this year’s Shamrock Half-Marathon. It was a blustery day with Northeast winds. However, the lower 40 degree temperatures during the race were ideal for racing. A stiff Northeast head wind during the portion of the race course through Fort Story was the only weather distraction.

Strider Walker Half-Marathon Results

Linda Janssen- 2:33:00

Lori Sherwood-2:57:18

Steve Durrant- 2:57:18

Dwight Kane- 3:08:59

Heather Simpson Kong- 3:11:13

Susan Mitchell-3:48:14

- On April 26th 11 members of the Tidewater Striders competed as Team Tumor Busters at the 24 Hour Run/Walk for Cancer at Sandy Bottom Nature Park in Hampton VA. Team Tumor Busters members:

Steve Shapiro – 70 miles

Virginia Davis - 67.5 miles

Lori Sherwood – 60.25 miles

Richard Pidgeon – 52.5 miles

Steve Durrant – 50 miles

Tom Gerhart - 32 miles

Paula Graham – 31.25 miles

Cindy Alexander – 26.25 miles

Jordan “Buddy” Levitin – 26.25 miles

Maureen Ventrice – 26.25 miles

Hartley Dewey – 22.5 miles



Team Tumor Busters on April 26th. Photo courtesy of Steve Durrant

- The May *Rundown* reported that Buddy Levitin is updating *The History of Walking in The Tidewater Striders*, Paula Graham is coordinating walkers' training via the All About Walking Forum on the web site, Lori Sherwood and Dwight Kane are participating in the New Energy program. A total of 24 walkers are participating in the Walkers' Grand Prix this year.
- Tidewater Striders Walking Committee Report for July 2014:
 - a) Activities: WGP Races - Members of the Striders walking contingent participated as racers and walk judges in the Memorial Scholarship 5K July 29.
 - b) Back-to-Back Marathons - Two Tidewater Striders Walk Committee members traveled to Idaho and Utah and participate in marathons June 13 & June 14. An article with photos was submitted for publication in the Rundown.
 - c) 2014 USATF National Masters T& F Championships - Steve Durrant and Jordan Levitin participated as judges in the events July 17-19 in Winston Salem.

- Tidewater Striders Walking Committee Report for September 2014:
 - a) Activities: WGP Races - Members of the Striders walking contingent participated as racers, walk judges, and volunteers at the Heart of Ghent 10K, September 20, and the Neptune 8K, September 27. Heart of Ghent judges and volunteers included Jordan Levitin, Dwight Kane, Lori Sherwood, Becky McKinley, Steve Shapiro and Richard Pidgeon. Neptune 8K judges and volunteers included Heather Kong, Bill Spruill, Judy Pascal, Linda Janssen, and Hartley Dewey.
 - b) 24 Hour Ultra Run and Relay - Hartley Dewey has started collecting registration fees from persons committing to participate as Team Tumor Busters members in the next anti-cancer fund raising event April 25th and 26th, 2015 in Hampton.

- Tidewater Striders Walking Committee Report for October 2014 Committee Members:
 - Hartley Dewey: Chair
 - Richard Pidgeon: Vice Chair
 - Steve Shapiro
 - Tom Gerhardt
 - Paula Graham
 - Buddy Levitin
 - Dwight Kane
 - a) Activities: WGP Races - The final race of this year's Tidewater Striders Walking Grand Prix series, the Yeah Buddy Half Marathon, was held November 15 on the mile-plus loop adjacent to the Williams Farm Recreation Center in Virginia Beach. A total of \$710 was raised for the American Cancer Society.
 - b) Walk Committee Meeting - The annual Walking Committee Meeting was held November 9 at Committee Chair Hartley Dewey's home. Changes to the Walking Committee Policies and Procedures document were discussed and voted on. Approved changes will be presented to the Tidewater Striders Board, including a recommendation to change of the committee's name to "Walk Committee".
 - c) Attendees discussed Walk Grand Prix races for 2015, members voted, and the list will be presented to the TS Board for consideration for approval.
 - d) Hartley Dewey, Heather Kong, Buddy Levitin, Paula Graham, Steve Shapiro, and Richard Pidgeon were elected to be Committee members for 2015.

Multi-Sport

- The Breezy Point triathlon was cancelled for 2014. There wasn't much to report on this facet of the Striders sadly.

Youth Program

The 2014 Youth Grand Prix consisted of the following events:

- 3/8 Falcon 1 mile Falcon 5k
- 3/30 Thoroughood ES
- 4/19 Suffolk One Mile Suffolk 5k
- 5/3 Independence MS 1 Mile 5k
- 5/24 ERR 1 mile
- 5/26 RRR Ranch 1 mile RRR Ranch 5k
- 6/7 OK5K 1 mile OK5K
- 7/29 Memorial 5K

Some of the highlights of the Youth Program for 2014 include:

- Attendance at the Mount Trashmore New Energy workouts has been good averaging 50 children.
- The New Energy group grew to 328 members and 83 children participated in New Power at Saint Mary's.
- 7th grader Ben Werve won the Virginia Beach Middle School 1600 meters in 4:57.
- The ERR 1 Mile was won by Cameron Gabe in 6:05 and Betsy Pollard in 6:23.
- 15 local youth runners competed at cross country Regionals and 4 at Nationals.

- Highlights of our athletes placing top 8 at Virginia AAU District Championships:
 - Ben Werve, 1st place, boys 13 yr old 1500M run and 1st place, 3000M run
 - Joshua Miville, 7th place in 8 & under boys 1500M run
 - Kehleh Rivera, 2nd place 10 yr old 800M, and 3rd place 10 yr old 1500M run
 - Lyon Rivera, 4th place in 10 yr old boys 800M and 1500M run
 - Kolton Mosley, 7th place, boys 10 yr old 800M and 1500M run
 - Cameron Gabe, 7th place, boys 12 yr old 800M and 6th place 1500M run
 - Evan Melanson, 5th place, boys 12 yr old 1500M run
 - Jack Van Straten, 4th place, boys 12 yr old 3000M run
 - Boys 11-12 yr old 4 x 800M Relay, 2nd place (Evan Melanson, Jack Van Straten, Jared Jackson and Cameron Gabe)
 - Mason Pratt, 7th place, boys 13 yr old 800M run, and 5th place 1500M run
 - Jonathan Riddick, 3rd place, boys 13 yr old 3000M run & 6th place, boys 1500M
 - Messiah Pearson, 2nd place, boys 3000M, and 7th place, 1500M run
 - Jacob Jackson, 8th place, boys 13 yr old 1500M run

- Tucker Grochowski, 2nd place, boys 1500M run, and 3rd place 800M run
 - Patrick Redmond, 4th place, boys 14 yr old, 3000M run
 - Boys 13-14 yr old 4 x 800 Relay, 1st place (Patrick Redmond, Jonathan Riddick, Messiah Pearson, Mason Pratt)
 - Rachel Zimmer, 5th place, girls 8 & under 800M run and 4th place 1500M run
 - Shelby Lemerande, 6th place, girls 8 & under 800M run
 - Cordelia Ashley, 2nd place, 9 yr old girls 1500M run and 4th place, 800M run
 - Dani Byers, 7th place, girls 11 yr old 400M run
 - Lauren Hasty, 3rd place, girls 11 yr old 3000M and 4th place 1500M run
 - Samantha Grant, 3rd place, girls 12 yr old 3000M run and 3rd place 1500M run
 - Sarah Rheil, 1st place, girls 13 yr old 3000M run and 2nd place 1500M run
 - Betsy Pollard, 3rd place, girls 3000M run and 3rd place 1500M run
 - Jada Smith, 5th place, girls 3000M run and 6th place, 1500M run
 - Cierra Sheppard, 4th place, girls 14 yr old 3000M and 8th place, 1500M run
 - Caitlynn Melanson, 5th place, girls 14 yr old 3000M
 - Girls 13-14 yr old Relay, 2nd place (Cierra Sheppard, Caitlynn Melanson, Sarah Rheil, Betsy Pollard)
- On November 22nd the USATF State Cross Country Championship was held at Pole Green Park in Mechanicsville, VA Twelve New Energy Runners placed in the top 15 and thus qualified for the USATF XC Nationals on Saturday, December 13th in Myrtle Beach, SC.
 - Rachel Zimmer, Girls 8 & Under - 1st Place
 - Qiana Boyd, Girls 9-10 Yr Olds - 1st Place
 - Cordelia Ashley, Girls 9-10 Yr Olds, 3rd Place
 - Ben Werve, Boys 13-14 Year Olds, 3rd Place
 - Cameron Gabe, Boys 11-12 Year Olds, 4th Place
 - Jack Van Straten, Boys 11-12 Year Olds, 5th Place
 - Braden Muniz, Boys 9-10 Year Olds, 7th Place
 - Betsy Pollard, Girls 13-14 Year Olds, 7th Place
 - Cierra Sheppard, Girls 13-14 Year Olds, 8th Place
 - Caitlynn Melanson, Girls 13-14 Year Olds, 9th Place
 - Chase Osborne, Boys 13-14 Year Olds, 10th Place
 - Samantha Werve, Girls 15-16 Year Olds, 12th Place.
- The Foot Locker South Regional Championships was held on November 29, 2014 at the Charlotte Greenway. The results were:
 - 10 & Under Girls 3K Qiana Boyd 12:14 2nd Overall
 - Foot Locker Championship Boys 5K: Jonathan Lomogda, 15:20, 13th Overall. Jonathan was the 5th scorer for the Virginia Team which won the team title with 28 points, Florida was second with 61.
 - Thomas Amabile 16:18
 - Foot Locker Championship Girls 5K: Madeleine King, 18:48

- Rachel Boyce 19:31
- The Virginia High School Group 6A State Meet 5K was held on November 15, 2014 at Great Meadows in the Plains, VA. The results of local runners were:
- Jonathan Lomogda - Cox 15:21 3rd Overall
- Madeleine King - Ocean Lakes 18:28 8th Overall
- Group 6A South Region 5K Boys Jonathan Lomogda - Cox 15:11 1st Overall
- Max Fullmer - Ocean Lakes 16:15 9th Overall
- Thomas Amabile - Grassfield 16:22 11th Overall
- Calhoun Stirling - Ocean Lakes 16:31 15th Overall
- Kyle Manetz - Ocean Lakes 17:00 21st Overall
- Drew Park - Ocean Lakes 17:03 22nd Overall
- Girls Madeleine King - Ocean Lakes 18:44 1st Overall
- Rachel Boyce - Ocean Lakes 19:17 5th Overall
- Allison Magnant - Ocean Lakes 19:33 8th Overall
- Gracen Samuel - Cox 19:44 10th Overall



Betsy Pollard and Ben Werve. Photo courtesy of Lou and Bill Pollard.

Scholarships

The Tidewater Striders awarded a record total of \$25,500 to 15 local runners - 7 graduating high school seniors and 8 current collegiate runners. Funds for these awards are raised through two races during the year. The Memorial Scholarship 5K at Norfolk Botanical Garden in July and the Turkey Trot 10K & Mile at the Mt Trashmore YMCA on Thanksgiving.

High School Seniors:

Eddie Fissinger, First Colonial, to William & Mary
Lauren Hornsby, Princess Anne, to UVA
Madeleine Mitchum, Princess Anne, to Virginia Tech
Nicole Park Ocean Lakes, to University of Mississippi
Daniel Read Ocean Lakes, to CNU
Erin Spare Tallwood, to VCU
John Will Ocean Lakes to University of Texas - Dallas

Current College Students:

Elizabeth Cornell Princess Anne, to University of Tennessee
Brent Coulter Landstown, to Indiana
Zackary Fanelty Tallwood, to Georgia Tech
Abigail Motley Kellam, to Virginia Tech
Kevin O'Sullivan Princess Anne, to New York University
Samantha Park Ocean Lakes, to Mary Washington
Matthew Schwartzer Princess Anne, to Indiana
Julie Stern, Cox to James Madison

Miscellaneous

- At the awards banquet on February 8 at the Norfolk Yacht and Country Club, the following Striders were inducted into the 2014 Class of the Tidewater Striders Hall of Fame:
 - a) Bill Bernard
 - b) Ed Brinkley
 - c) Steve Durrant
 - d) Barb Mathewson
 - e) Kendall Tata

- The following awards were presented at the annual banquet:
 - Race Director of the Year: Jean Phelan for the Distance Series
 - Outstanding Male Performance: Steve Speirs
 - Outstanding Female Performance: Renee High
 - Presidential Award: Todd Humphrey
 - Appreciation Award: Lori Sherwood
 - Race Volunteer Awards: Dick Brothers-Gold, Jan Yerkes-Silver, Elaine and Jennifer Jeffers-Bronze
 - Female Cross Country Runner of the Year: Doria Martingayle, Princess Anne High School

- Male Cross Country Runner of the Year: Jonathan Lomogda, Cox High School



Jonathan Lomogda and Doria Martingayle. Photo courtesy of Andy Winz

- The Striders continued to have (8) Adopt-A-Highway cleanups and (4) Adopt-A-Trail cleanups led by Rich Hildreth and Chris Catoe respectfully.
- Steve Scudder was amazing by compiling the “Striders on the Road” page of race results each month.
- A survey was sent to Strider members about ways to improve the club and 183 members responded. Prizes were offered to those who took the time to answer the survey and the winners names were drawn at random. The winners and their prize were:
 - a) Amy Randolph- Golden Runner Membership
 - b) George Benish- Strider hat
 - c) Bruce Venazi- Strider singlet
 - d) Dick Kole- Striders History book
- A special thank you to the following Striders for their help in gathering the nearly \$10,000 worth of raffle prizes given away at our annual Scholarship Memorial Run: Dan Edwards, Rich Hildreth, Ada Lester, Chuck Lollar, Tommy Nesson, Tim Robinson, Steve Shapiro, Mona Sims, and Deb Sommer.



“The Legend”, Mel Williams at the Marine Corps Marathon. Photo by MarathonFoto.com