

2015
by Randy Cook

Introduction

The membership of the Striders continued to hover around 1700 making it one of the largest clubs in the U.S. Jonathan Lomogda from Cox High School won the state cross country championship. Bee McLeod won the Browning Ross Spirit of the RRCA Award. A Super Grand Prix combining races of the Striders, Colonial Road Runners, and the Peninsula Track Club was kicked off with great enthusiasm.

Club Operations

The Board of Directors for 2015 was Steve Shapiro, Tom Randolph, Dan Edwards, Dave Harrah, Jennifer Cowell, Amiele Barakey, Bob Brunner, Deb Redmond, Jim Dare, Don Green, Todd Humphrey, and Hartley Dewey. The officers for 2015 were Steve Shapiro: President, Tom Randolph: Vice President, Dave Harrah: Secretary, Dan Edwards: Treasurer.

The banquet in February was a huge success. Conversation was held with J&A (Jerry Frostick) concerning “partnering” with them for future Distance Series races.

Efforts were made to try to save the Breezy Point Triathlon. The event ended up being a big success with 260 participants.

Steve Shapiro appeared on WHRO TV in April in conjunction with “Walk Norfolk Week.” This is an event where participants would walk 40 miles in an 8 day period to bring attention to obesity and the health benefits of walking as part of a healthy lifestyle.

The Executive Committee met with representatives of the Colonial Roadrunners and the Peninsula Track Club to coordinate race schedules and cooperation between the three groups.

Vice-President Tom Randolph presented a novel idea to have a “Super Grand Prix” of running events in the entire area including the Peninsula.

On September the Striders hosted a program at Running Etc. in Virginia Beach titled “Growing Up With Pre.” It featured Ralph White who grew up with Steve Prefontaine in Coos Bay, Oregon.

Newsletter

- The January *Rundown* had a great article by Sam Wittenberg titled “Healthy Running-Running and Osteoarthritis.” Also in January was an article by Steve Durrant titled “The 2014 Red Neck Romp 10 Mile & 5K in Wachapreague, Virginia.” I highly recommend these races in a small town with the best food and awards ever.

- In the March *Rundown*, Dave McDonald wrote an article titled: “Dave’s Somewhat Irregular Column: Focusing on the Good ol’ Days and What a Drag it is Getting Old.”
- The April *Rundown* had an article by Nancy Clark “Should Runners Avoid Junk Food?”
- In the June *Rundown* there was an article by Sam Wittenberg on “Healthy Running” - Running in the Heat.”



Malcolm Higgins (left) and Dwight Kane break out their retro ERR t shirts every year
Photo courtesy TriDuo.com

Running

The Running Grand Prix consisted of the following races:

January 10	Distance Series 6 & 10 Miler
March 22	Shamrock Half and Full Marathon
April 25	Spring to Life 5K
May 23	ERR 10K
June 6	OK5K
July 28	Memorial 5K
August 2	Summer 10 Mile
August 15	Strider Mile
Sept 26	Neptune Festival 8K
Oct 4	Crawlin’ Crab Half Marathon
Nov 26	Turkey Trot 10K

Some of the top running performances for 2015 include:

- On January 10th the Distance Series 10 Mile was won by Corey Baxter in 56:37 and Kelley Taylor in 62:41.
- The Frosty 5K Run on January 24th was won by Pete Gibson in 18:13 and Steffanie Aubuchon in 21:59.
- The Distance Series 15 Mile on January 31st was won by Howie Hodapp in 1:35:01 and Kelley Taylor in 1:37:26.
- On February 7th the CHKD 5K Love Run was won by Josh Spare in 16:48 and Tiffany Russell in 21:28.
- The Falcon5K Run on March 7th was won by Drew Midland in 16:23 and Madeline King in 20:08.
- On March 28th the Don't Sit on Colon Cancer 5K was won by Steve Speirs in 17:47 and Janet Dierstein in 21:49.
- The Bunny Hop 5K on April 4th was won by Kevin Riley in 17:16 and Julie Bluementhal in 21:06.
- The Spring to Life 5K on April 25th was won by Ryan Carroll in 15:45 and Kelly Wescott in 19:06.
- On May 2nd the Run For Independence 5K was won by Ryan Foster in 16:56 and Reagan Reeves in 21:55.
- The OK5K on June 6th was won by Grant Fabrizio in 16:36 and Carmen Baxter in 18:05.
- The YMCA Independence Day 5K on July 4th was won by Michael French in 17:11 and Octavia Rinehardt in 18:31.
- The Memorial Scholarship 5K on July 28th was won by Ryan Carroll in 16:07 and Octavia Rinehardt in 18:34.
- On November 26th the Turkey Trot was won by Jeremy Greenwald in 34:19 and Lindsey Graybill in 38:23.
- The Seashore Nature Trail 50K on December 19th was won by Danny Tepovitch in 3:27:30 and Amy Ostrofe in 3:50:33.



The Run For The Animals 10K and Half Marathon in Onancock, VA. in April is one of the more popular events that many Striders travel to. Photo courtesy of Jean Phelan

Walking

The Walking Grand Prix for 2015 consisted of the following events:

January 1	5K Hair of the Dog
January 10	Distance Series 6 mile
January 10	Distance Series 10 mile
January 31	Distance Series 9 mile
January 31	Distance Series 15 mile
Feb 21	Distance Series 12 mile
Feb 21	Distance Series 20 mile
March 28	Cerebral Palsy 5K
April 11	Dismal Swamp Stomp Half Marathon
May 3	Jewish Family Service 5K
May 23	Elizabeth River Run 10K
July 4	YMCA Independence Day 5K
July 28	Memorial Scholarship 5K
August 15	Strider Mile/1,500 meter Race-Walk
September 19	Heart of Ghent 10K
September 26	Neptune Festival 8K
October 10	BooYah 5K Striders
November 7	One Hour Postal Race-Walk
November 14	Yeah Buddy Half Marathon

The Walking Committee Members for 2015 were:

Dick Kole, Chair

Richard Pidgeon, Vice Chair

Members: Heather Kong, Steve Shapiro, Paula Graham, Buddy Levitin

- The History of Walking in the Tidewater Striders, 2010-2014, by Buddy Levitin may be found on the Strider Web site at <http://www.tidewaterstriders.com/pages/walkers>.
- 2015 Walking and Participation Grand Prix - January has three events: The Hair of the Dog 5K on New Year's Day and two Distance Series races, the 6/10 miles and the 9/15 miles events on the 10th and 31st.
- Results of the 2014 National Postal One Hour Race Walk Competition by Steve Durrant: The Individual Overall Five Year Age-Group finishing places for the Tidewater Strider walkers in the National competition were:
 - W35-39: Heather Kong, 5th Place
 - W50-54: Paula Graham, 8th Place
 - M60-64: Tom Gerhardt, 3rd Place
 - M60-64: Steve Shapiro, 6th Place
 - M65-69: Richard Pidgeon, 11th Place
 - M70-74: Steve Durrant, 2nd Place
- In March Hartley Dewey replaced Dick Kole as the Chairman of the Walking Committee.
- On April 11th several Strider walkers excelled at the Dismal Swamp Stomp Half-Marathon.
- Women: 1. Emily Wells-Perritt, Virginia Beach, VA 2:46:03 2. Terry Westin, Virginia Beach, VA 2:48:20 3. Martha Gullo, Williamsburg, VA 2:49:31
- Men 1. Steve Shapiro, Virginia Beach, VA 2:37:25 2. Richard Pidgeon, Virginia Beach, VA 2:58:30
- On May 25th Paula Graham videotaped the race walking technique of walkers at Mt. Trashmore to help them improve.
- On September 5th, Steve Shapiro, Steve Durrant, and Buddy Levitin officiated at the USATF Virginia 5K Cross Country meet in Mechanicsville.
- On November the Tidewater Striders hosted the VA-USATF One Hour Race Walk. The results are:
 - Men:
 - 1st Tom Gerhardt, VA-USATF, 9,127M
 - 2nd Arthur Klein, PV-USATF 8,621M
 - 3rd John Morrison, PV-USATF 8407M
 - 4th Albert Arcand, PV-USATF 8031M
 - 5th Hartley Dewey, VA-USATF 7307M
 - 6th Steve Durrant, VA-USATF 6940M

- Women:
- 1st Rebecca Garson, LI-USATF 8,987M
- 2nd Paula Graham, VA-USATF 7,251M
- 3rd Heather Simpson-Kong, VA-USATF 7,070M
- 4th Lori Sherwood, VA-USATF 6,862M
- 5th Barbara Cason, VA-USATF 5,690M



Hall of Famer Pete Gibson at the Summer 10 Mile. Photo courtesy of TriDuo.com

Multi-Sport

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

2015 Multi-Sport Schedule:

March 29	Virginia Duathlon (Regional Short Course Championship)
April 18	Smithfield Sprint
May 9	Kinetic Half
May 10	Kinetic Sprint
June 7	Breezy Point Triathlon

June 14 Williamsburg Olympic TBD Jefferson Duathlon - Charlottesville
 July 11 Colonial Beach Sprint
 July 12 Colonial Beach International
 July 18 Allen Stone Run/Swim/Run
 July 19 Tidewater Sprint
 Sept 12 Outer Banks International
 Sept 13 Patriots Sprint
 Oct 17 Beach to Battleship Half



Scenes from the ERR in Portsmouth, VA in May. In the left corner is Ally and Steve Speirs, in the center Vivienne Galasso-Alexande, Jeffrey Skogen, and Tony Heimer, right corner is Jon Leiding, lower left are volunteers Don Greene and Virginia Davis, and right lower corner is #642 Tom Murphy. Photo courtesy TriDuo.com.

Youth Program

The Youth Grand Prix consisted of the following events:

March 7	Cox 5K
April 25	Spring to Life 5K
April 26	Panther Prowl 5K
May 2	Independence MS 5K

May 25	RRR 5K
June 6	Eggleston 5K
July 4	Independence Day 5K
July 28	Memorial 5K
Sept 20	Alanton 5K
Sept 26	Neptune 5K
Oct 10	Smile 5K
Nov 14	Runway 5K
DATE	EVENT
March 7	Cox 1 mile
April 19	Thoroughgood 1 mile
April 25	Spring to Life 1 mile
May 2	Independence MS 1 mile
May 23	ERR 1 Mile
June 6	Eggleston 1 Mile
August 15	Strider Mile
Sept 20	Alanton 1 Mile
Sept 26	Neptune 1 Mile
Oct 31	Wicked Monster Mile
Nov 26	Turkey Trot 1 mile

Some of the highlights of the Youth Program for 2015 include:

- The AAU National Championships were held in Norfolk in August.
- Virginia High School Cross Country State Championships Great Meadow - The Plains, VA November 13-14

- 2015 Girls 5A
- Doria Martingayle Princess Anne 18:50 3rd OA
- Kasey Sutryk Princess Anne 20:56 41st OA
- Maggie Marshall Princess Anne 22:08 77th OA
- Kaelyn Kelly Hickory 21:15 55th OA

- Boys 5A
- Harrison Martingayle Princess Anne 16:12 5th OA
- Joshua Spare Princess Anne 16:32 15th OA

- Boys 6A
- Jonathan Lomogda Cox 15:34 1st OA
- Ryan Drew Kellam 16:19 9th OA
- Thomas Amabile Grassfield 17:26 41st OA
- Tucker Grochowski Granby 17:28 43rd OA
- Ben Werve Cox 18:13 85th OA
- Nick Martin Cox 18:34 95th OA

- Girls 6A
- Morgan Will Ocean Lakes 19:42 19th OA
- Madeleine King Ocean Lakes 19:43 20th OA
- Rachel Boyce Ocean Lakes 20:11 29th OA
- Ashley Cooper Ocean Lakes 20:17 40th OA
- Taylor Jones Kellam 22:09 88th OA

Scholarships

\$20,000 in scholarship money was provided to eleven runners to assist in their continuing education. These scholarships were funded by money raised during the Memorial Scholarship Run and the Tidewater Striders Annual Turkey Trot.

- **Current High School Seniors**
- Pamela Edwards Memorial Scholarship \$2,000 Allison Magnant VT
- Tom Bashara Memorial Scholarship \$3,000 Grant Fabrizio Cornell
- Tidewater Striders Scholarship \$2,000 Troy Rogerson UVA
- Tidewater Striders Scholarship \$2,000 Madison Lee NC State
- Tidewater Striders Scholarship \$1,000 Katherine Magnant

- **Current Collegians**
- Tidewater Striders Scholarship \$2,000 Nicole Park Ole Miss
- Tidewater Striders Scholarship \$2,000 Brent Coulter GMU
- Tidewater Striders Scholarship \$2,000 Matthew Schwartzer Indiana
- Tidewater Striders Scholarship \$2,000 Abigail Motley VT
- Tidewater Striders Scholarship \$1,000 Daniel Read CNU
- Tidewater Striders Scholarship \$1,000 Samantha Park Mary Washington

Miscellaneous

- At the awards banquet on February 7 at the Norfolk Yacht and Country Club, the following Striders were inducted into the 2015 Class of the Tidewater Striders Hall of Fame: Betty Brothers, Leslie Fedon Harrison, and K.E. Morgan
- Presidential Awardees: Bryan Breeden, Paula Graham, Lisa Armistead, and Stacin Martin.
- The Appreciation award was given to Jean Phelan
- The Race Volunteers of the Year were: Virginia Davis, Don Greene, and Mike Gontesky.
- The Community Volunteers of the Year were: Steve Scudder, Susan Ashley/Lee Neiberger, and Dave Johnson.
- The Outstanding Performance awards went to Jami Callahan Brill and Vincent Ortiz
- The Race Director of the Year was Stacin Martin
- The High School Cross Country Runners of the Year were Jonathan Lomogda and Doria Martingayle.
- Bee McLeod was honored by the RRCA for winning the Browning Ross Spirit of the RRCA Award. Bee has been a serious competitive runner, and an USA Olympic Marathon Trials participant. It's not her running that makes her an excellent recipient of this award, rather all she has done for the RRCA and the Tidewater Striders. Bee was instrumental in the work of the reunification of the American Association of Running Clubs and the RRCA after a brutal and divisive split over serious philosophical issues. The end result was a stronger RRCA and the healing of old wounds. Later she went on to be president of the RRCA for 2 terms, and during her tenure as president of the RRCA she helped to bring the organization from nearly a million dollars in the red to almost a million dollars in assets. Also during her term she successfully recruited and hired the RRCA's current Executive Director making all Board members be involved with the interviews and selection of the new ED. Bee continues to be an active member of the RRCA. She attends the RRCA conventions regularly, and has served as a member of the grant selection committee for the Browning Ross award, the Road Scholarship recipients, and the Leadership Development Scholarships. Bee and her husband Goody have made financial gifts to the RRCA that have supported Kid's Run the Nation, the Roads Scholarships, the State Rep fund, and the Leadership Development Program. On the local level Bee has served several terms as vice president of the Tidewater Striders and president. She continues to stay active in the Striders by managing the annual volunteer appreciation party; coordinating raffle prizes for our scholarship fund (she personally

obtained 90% of the close to \$10,000 in prizes this year). She also makes over 350 sandwiches each year for our local Ultra marathon, Seashore Nature Trail 50K, and then mans the aid station the next day.

- On July 9th the Striders hosted a “Running Symposium” in conjunction with Bon Secours and In Motion Physical Therapy.
- Striders Jim Dare and Mel Williams were honored by the King’s Daughters and given the KD Award of Excellence. The KD Award of Excellence is an annual award presented to a person or group of people who have contributed in an exemplary way to The King’s Daughters.



Bee McLeod receiving her award from the RRCA