

2017

by Randy Cook

Introduction

The club lost the services of two key members when Dan Edwards and Ada Lester retired. Dan had been a board member and treasurer for 30 years and Ada did the newsletter and was banquet chairman for several years. They will be sorely missed. The Striders had Grand Prix events in running, walking, youth, and multi sport categories. The Summer Series, the Distance Series, the Elizabeth River Run, and the Turkey Trot were huge successes and \$27,000 in scholarships were given to current high school seniors and to some already in college. Under the leadership of Rich Hildreth and Chris Catoe the club had several highway cleanups and trail cleanups in First Landing State Park.

Club Operations

At the end of 2016 the total liabilities and equity was \$410,488.67.

The newly elected officers for 2017 were:

Steve Shapiro:	President
Tom Randolph:	Vice-president
Dan Edwards:	Treasurer
Randy Cook:	Secretary

The other board members were Jennifer Cowell, James Dare, Deb Redmond, Marie Price, Drew Midland, Stephanie Manny, Tim Robinson, and Gene Edwards.

Marie Price represented the club at a recent Wellness Expo at the Capital Group.

The Striders decided to work with J&A Racing to include their races as part of the Grand Prix. It was decided that a paid race director would not be needed for the Elizabeth River Run since we would be working with J&A. Brian Sagedy and his committee of volunteers for the ERR were commended for their hard work the past several years.

The Committee Chairs for 2017 were:

Adopt-A-Highway:	Rich Hildreth
Adopt-A-Trail:	Chris Catoe
Advisory:	Sam Wittenberg
Audit:	Tim Robinson
Awards:	Barb Mathewson
Banquet:	Ada Lester
Budget:	Dan Edwards
Constitution:	Tom Randolph

Elections:	Susan Snead
Grand Prix Running:	Tim Robinson
GP Multi Sport:	Lisa Armistead
GP Walking:	Tom Gerhardt
GP Youth:	Deb Redmond
Hall of Fame:	Bee McLeod
History:	Jim Dare
Marketplace:	Dave Harrah
Membership:	Bob Brunner
Multi-Sport:	Gene Bachman
Nominations:	Rich Hildreth/Jean Phelan
Program:	Jean Phelan
Publicity and P.R.:	Drew Midland/Marie Price
Race:	Dan Edwards/Rick Brown
Scholarship:	Dan Edwards/Jim Dare
Teams:	Gene Edwards
Volunteer:	Marie Price
Walking:	Tom Gerhardt
Web/Social Media:	Tommy Neeson/Drew Midland
Web Manager:	Steve Speirs
Youth:	Angelo Celesia

Banquet Chair Ada Lester recommended decreasing the number of complimentary invitations to save costs.

The Breezy Point Triathlon will no longer be held on the Naval Base. An effort will be made to sell the equipment that the Striders own for triathlons.

Working the races with J&A did not work out the way the Board envisioned it so it will be up to each race director if they want to use the services of J&A in the future.

Wendy Craighill took over the newsletter and the social media of the club.

Dan Edwards retired from the Striders Board of Directors after 30 years of service.

Newsletter

The March *Rundown* had an article by Nancy Clark titled: “Meal Timing: Does It Matter When You Eat?”

After being the editor for several years Ada Lester resigned as the *Rundown* editor.

Running

The following events comprised the Running Grand Prix for 2017:

January 28	Distance Series 10 mile
January 28	Distance Series 15 mile
March 18	Shamrock 8K
March 19	Shamrock ½ Marathon
March 19	Shamrock Marathon
April 15	Big Blue 5K
May 27	Elizabeth River Run 10K
August 1	Memorial Scholarship 5K
October 28	Wicked 10K
November 19	Norfolk Harbor 5K
November 20	Norfolk Harbor ½ Marathon



Paul Steele at the Resolution Run 5K on January 1st

Some of the top running performances for 2017 include:

- The Resolution Run 5K on January 1st was won by Daniel Shean in 18:08 and Margaret Kopacz in 22:34.
- The Distance Series 10 Mile on January 14th was won by John Walker in 60:52 and Kris Lawrence in 63:50.
- The Distance Series 15 Mile on January 28th was won by Steve Speirs in 1:36:37 and Kris Lawrence in 1:40:28.
- The Distance Series 20 Mile was won by Steve Speirs in 2:11:21 and Ruthie Kreuzer in 2:38:18.
- On May 28th the Elizabeth River Run was won by Evan Gates in 31:49 and Stephanie Manny in 40:25.
- The OK5K on June 10th was won by Daniel Shean in 18:01 and Octavia Rinehardt in 19:22.
- The YMCA Independence Day 5K on July 4th was won by Daniel Jeriff in 16:28 and Octavia Rinehardt in 18:59.
- The Mel Williams Memorial Scholarship 5K on August 1st was won by William Christian in 15:28 and Madeliene King in 18:27.
- On August 20th the Strider 10 Mile was won by Roger Hopper in 57:20 and Christin Hoffstadt in 1:07:05.
- On September 20th the Neptune Festival 8K was won by Ryan Drew in 26:15 and Fabriana Perlingeiro in 32:29.
- On November 23rd the Turkey Trot 10K was won by Adam Visokay in 31:29 and Abigail Motley in 38:21.
- On December 16th the Seashore Nature Trail 50K was won by James Hitch in 3:37:58 and Stephanie Manny in 4:22:16.



Distance Series winner Steve Speirs

Walking

The Walking Committee Members for 2017 were: Tom Gerhardt (chairman), Richard Pidgeon (vice chairman), Barbara Gerhardt, and Virginia Davis.

The Walking Grand Prix consisted of the following:

January 1 st :	Resolution 5K
January 7 th :	Distance Series 1
January 28 th :	Distance Series 2
February 18 th :	Distance Series 3
April 1 st :	Runway 5K
May 7 th :	JFS 5K
May 27 th :	ERR 10K
June:	1500 meter Race-walk
July 4 th :	Independence Day 5K
August 1 st :	Memorial 5K
August 20 th :	Strider 10 Mile
Sept.30 th :	Neptune 8K
Nov.4 th :	One Hour Race-walk
Nov. 23 rd :	Turkey Trot 10K



Lori Sherwood, Dona Poole, and Steve Shapiro

- Team Tumor Busters and its supporters donated over \$5,500 to the American Cancer Society, more than any other group. Sixteen teams participated in the fund raiser yet Team Tumor Busters was responsible for over one fifth of the amount collected. All Walk Committee members were there. On June 11th George Nelson, event organizer, presented the Hartley Dewey Award for fund raising to the Tumor Busters Team Leader, Steve Shapiro.

Multi-Sport

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

March 25	Smithfield Sprint
April 29	Cary Duathlon
May 7	Monticello Man Olympic
May 14	Kinetic Sprint
June 10	Jamestown International
July 8	Colonial Beach Sprint
July 9	Colonial Beach Olympic
July 15	Allen Stone Run Swim Run
July 23	Virginia Duathlon
Aug 20	Luray Sprint Triathlon
Sept 9	Patriot Half
Sept 10	Patriot Sprint
Sept 16	OBX Olympic

Youth Program

The 2017 Youth Grand Prix consisted of the following events:

March 26	Thoroughgood 1 Mile
May 7	New Energy Mile in Chesapeake City Park
May 21	Christopher Farms 1 Mile
May 27	Elizabeth River Run 1 Mile
June 10	OK5K 1 Mile
Sept 24	Alanton 1 Mile
Oct 15	Western Branch HS 1 Mile
Oct 28	Wicked Monster Mile
Nov 23	Turkey Trot 1 Mile

Some of the highlights of the Youth Program for 2017 include:

- In 2017 the Youth Program had 31 coaches and over 270 registered runners. Most of the kids attended at least one practice per week in the fall. At Mt. Trashmore about 45-55 were there on a weekly basis; Suffolk: 43-45; Chesapeake: 14-16, Norfolk: 8-10; Peninsula: 10-12.
- The Annual New Energy Pizza Party and 2017 Youth Grand Prix Awards was held at Shore Break Pizza in VA Beach. Nearly 50 attendees enjoyed food, camaraderie, a couple contests, a mini workout and the awarding of 12 Youth Grand Prix Awards for age group winners. There was renewed enthusiasm for the YGP from those in attendance. A schedule of 2018 YGP events was provided to each family.

Scholarships

The Scholarship committee recommends the following list of scholarship award recipients and scholarship amounts:

Current High School Seniors (\$14,000)

Pamela Edwards Memorial Scholarship	\$3,000	Madeline King	Ole Miss
Pamela Edwards Memorial Scholarship	\$3,000	Doria Martingayle	UVA
Tom Bashara Memorial Scholarship	\$3,000	David Scherrer	Brown
Tidewater Striders Scholarship	\$2,000	Carley Hill	Wm & Mary
Tidewater Striders Scholarship	\$1,000	Kayleen Meinen	VA Wesleyan
Tidewater Striders Scholarship	\$1,000	Emma Rafferty	VT
Tidewater Striders Scholarship	\$1,000	Samantha Werve	USNA

Current Collegians (\$13,000)

Mel Williams Memorial Scholarship	\$3,000	Abigail Motley	VT/Wm & Mary
Tidewater Striders Scholarship	\$2,000	Rachel Boyce	JMU
Tidewater Striders Scholarship	\$2,000	Harrison Martingayle	LSU
Tidewater Striders Scholarship	\$2,000	Morgan Will	Nova SEast
Tidewater Striders Scholarship	\$1,000	Thomas Amabile	UVA
Tidewater Striders Scholarship	\$1,000	Jonathan Lomogda	Yale
Tidewater Striders Scholarship	\$1,000	Travis Redmond	Mary Washington
Tidewater Striders Scholarship	\$1,000	Troy Rogerson	UVA

Miscellaneous

- Longtime Strider member, Gregg Shaffer passed away on January 9th from pancreatic cancer.
- The Marine Corps Marathon will save a bib for the cost of \$166.00 for a deserving Strider runner in the name of Mel Williams.
- Congratulations to Strider Member and a dedicated Marathon Maniac, Lisa Davis, for setting a Guinness Book of World Record for a woman completing a public and official marathon on all 7 continents. She finished in 7 days, 30 minutes, and 21 seconds.

At the awards banquet on February 3rd at the Norfolk Yacht and Country Club, the following Striders were inducted into the 2017 Class of the Tidewater Striders Hall of Fame:

Chris Catoe
Billy Edwards
Bill Hart
Rich Hildreth
RP Kale



From left to right are Billy Edwards, Chris Catoe, Bill Hart, R.P. Kale, Rich Hildreth

- Other awards presented at the banquet were to:
- Race Volunteers of the Year (Don Green, Jennifer and Elaine Jeffers, Dick Brothers)
- Community Service Volunteers of the Year (Jennifer Cowell, Dwight Kane, Dan Neuland)
- Outstanding Performance (Stephanie Manny, Bill Price)
- Inspiration Award (Virginia Davis)
- Appreciation Award (Sue Edwards)
- Presidential Award (Dave Harrah)
- Race Director of the Year (Dan Edwards)
- Outstanding High School Cross Country Performance (Doria Martingayle, Pete Smith)