

2018
by Randy Cook

Introduction

The Tidewater Strider's membership continued to hover around 1800 for the year. The club accomplished several things for the year such as awarding \$25,000 in youth scholarships, adopt a trail and adopt a highway cleanups, successful picnics, volunteer recognition party, and awards banquet for the members. The Strider teams led by Gene Edwards defeated the Peninsula Track Club and the Colonial Road Runners in team races. The New Energy Youth runners placed high in regional and national competition. Four members were added to the Striders Hall of Fame.

Club Operations

The following were Board members for 2018 Steve Shapiro, Randy Cook, Stacin Martin, Gene Edwards, Deb Redmond, Tim Robinson, Jim Martin, Marie Price, Jim Dare, Drew Midland, William Tallent and Stephanie Manny.

Elections were held and the officers for 2018 were:

President: Steve Shapiro
Vice-President: Randy Cook
Treasurer: Tim Robinson
Secretary: Stacin Martin

Committee chairs for 2018 were:

Adopt-a-highway: Rich Hildreth

Adopt-a-trail: Chris Catoe

Advisory: Sam Wittenberg

Audit: Dan Edwards

Awards: Marie Price

Banquet: Randy Cook

Budget: Tim Robinson

Constitution: Randy Cook

Elections: Lori Sherwood

Grand Prix Running: Tim Robinson

Grand Prix Multisport: Lisa Armistead

Grand Prix Walking: Randy Cook

Grand Prix Youth: Deb Redmond

Hall of Fame: Bee McLeod

History: Randy Cook

Marketplace: Open

Membership: Bob Bruner (Drew Midland/Board Liaison)

Multisport: Lisa Armistead

Nominations: Rich Hildreth/Jean Phelan

Program: Open

Publicity and PR: Marie Price

Race: Dan Edwards/Rick Brown (Stacin Martin/Board Liaison)

Scholarship: Jim Dare/Dan Edwards

Teams: Gene Edwards

Volunteer: Marie Price

Walk: Randy Cook

Web/Social Media: Angelo Celesia

Web Manager: Jim Martin

Youth: Angelo Celesia

The Resolution Run 5K on January 1st went from 140 to 336 runners in 2018! Feedback from this race was very positive and 93% said they would return. The race director plans to continue with long sleeve shirts and possibly finisher medals.

The Board voted to alternate meeting sites between the Running Etc. stores in Norfolk and Virginia Beach.

Jim Martin, the new webmaster, created links to our major races.

A contest was held to design a new logo that may be used in the future. Lorri Martin won!

Dan Edwards represented the Striders at the RRCA annual meeting in Washington, DC.

Dan Edwards and Stacin Martin were the co-race directors for the Elizabeth River Run.

The club voted to give a \$5.00 early registration discount to all Strider races.

Randy Cook had Tidewater Striders posters and yard signs made and put in the local running stores to promote the club.

The Board passed a vote whereas all existing Hall of Fame members will be invited free of charge to the annual banquets.

Newsletter

In January long time member Rudi Schuster passed away and was remembered in an article by Randy Cook.

In February Randy Cook wrote an article titled: ‘Tips for Better Running.’”

Renee High wrote an article on ‘Fluids, Electrolytes and HEAT’ in the April *Rundown*.

In July Erica Whitfield wrote an article title “How Do I Recover from a Run?” And Jean Phelan became the editor of the *Rundown*.

In the August issue Renee High wrote an informative article on Meal Planning and included some healthy recipes.

The amazing “young” Chris Catoe was the feature of the October *Rundown*.

Virginia Davis was featured in the November newsletter. Also, Erica Whitfield had an excellent article on rest and recovery after a hard run or race.

Steve Scudder “Coach” was featured in the December *Rundown*.

Running

The following events comprised the Running Grand Prix for 2018:

January 14	Distance Series 10 Mile/6 Mile
February 24	Distance Series 20 Mile/12 Mile
March 18	Shamrock Half Marathon

March 18	Shamrock Marathon
April 14	Big Blue 5K
May 26	Elizabeth River Run 10K
July 31	Mel Williams Scholarship 5K
August 4	Strider Mile
August 19	Strider 10 Mile
September 29	Neptune Festival 8K
October 27	Wicked 10K
November 22	Turkey Trot 10K
December 15	Seashore Nature Trail 50K

Some of the top running performances for 2018 include:

- The Resolution Run 5K on January 1st at Mt. Trashmore was won by John Will, III in 18:16 and Heather Silkstone in 19:35.
- The Distance Series 10 Mile on January 14th was won by John Walker in 56:32 and Jenny Moran in 1:10:03.
- On the same day the 6 Mile was won by Millard Thomas in 37:33 and Christin Hoffstadt in 40:27.
- The Distance Series 15 Mile was won by John Walker in 1:32:07 and Hollie Sick in 1:39:46.
- The Bunny Hop 5K in Portsmouth on March 24th was won by Ryan Carroll in 16:16 and Camerann Vogel in 22:41.
- On April 21st the Cause for Paws 5K in Portsmouth was won by Ryan Carroll in 16:13 and Katie Bushnell in 22:26.
- The Elizabeth River Run 10K on May 26th was won by Evan gates in 33:26 and Liz Reynolds in 39:42.
- On June 16th the OK5K at Virginia Wesleyan University was won by Drew Midland in 17:47 and Mollie Turner in 18:57.
- The YMCA Independence Day 5K in Virginia Beach was won by Roger Hopper in 16:20 and Mollie Turner in 18:49.
- The Mel Williams Memorial Scholarship 5K in Norfolk on July 31st was won by Thomas Amabile in 15:56 and Madeline King in 18:07.
- The Striders 10 Mile on August 19th on the Dismal Swamp Trail was won by Roger Hopper in 57:26 and Mollie Turner in 1:05:47.
- The Turkey Trot 10K on November 22nd in Virginia Beach was won by Michael Bailey in 31:33 and Natalie Hall in 38:29.
- The Seashore Nature Trail 50K on December 15th was won by James Hitch in 3:48:25 and Gina Slaby in 3:58:28.

The Striders running team defeated the Colonial Road Runners/Peninsula Track Club at the Yorktown 10 Mile in November.

The results of the Running Grand Prix for 2018 are:

Open Female

Kimberly Borges
Debbie Simpson Packett
Kari Tallent

Open Male

Brett Riley
Scott Ward
John Walker

Female Masters

Carla Cline
Betty Brothers
Lee Anne Stevahn

Male Masters

Peter Pommerenk
Jon Leiding
Thomas Hicks

Female 30-34

Carlin Conaway
Keisha Phillips

Female 35-39

Jana Popovich
Rachel Ortiz

Female 40-44

Alicia Shoulta

Female 45-49

Wendy Rafferty
Susan Davis
Kristi Chiles

Female 50-54

Lisa Armistead
Marie Price
Margaret Kopacz

Female 60-64

Jean Phelan
Gail Biermann

Sharon Rodier

Female 65-69

Debra Sommer

Bunny May

Men 30-34

James Cole

Dean Stover

Kyle Carlson

Men 35-39

Chris Halbert

Robert Johnson

Brent Weaver

Men 40-44

Andrew Hoffer

Scott Fredrick

Christopher Young

Men 45-49

Stacin Martin

Paul Thomas

Chuck Inman

Men 50-54

Matthew Zentz

Gregg Weber

Terry Koob

Men 55-59

Bill Price

Bob Brunner

Stephen Wyatt

Men 60-64

Gary Searcy

Tony Heimer

David Ebert

Men 65-69

John Wills

Jim Duffy

Robert Rantanen

Men 70 and Over

Richard Bush
Randy Cook
Tom Walsh

Walking

The Walking Committee Members for 2018 were:

Randy Cook (Chairman), Bunny May, Virginia Davis, Steve Shapiro, Richard Pidgeon. Grand Prix events and judging guidelines were established.

In July Randy Cook retired as the Chairman and Bunny May took over. Richard Pidgeon also resigned.

The Walking Grand Prix consisted of the following events:

May	Jewish Family Services 5K
May 26	Elizabeth River Run 10K
July 31	Mel Williams Scholarship 5K
August 4	Strider Mile
August 19	Strider 10 Mile
September 29	Neptune Festival 8K
November 22	Turkey Trot 10K

Walker Grand Prix Winners

Female

Virginia Davis 1st Place
Bunny May 2nd Place
Victoria Estes 3rd Place

Male

Richard Pidgeon: 1st Place

Multi-Sport

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

March 25	OBX Duathlon
April 7	Smithfield Sprint
April 8	Duathlon National Championship
April 21	Rumpass Olympic

May 6	Monticello Man Olympic
June 9	Jamestown Sprint
July 14	Allen Stone Run Swim Run
July 15	Colonial Beach Olympic
July?	Virginia Duathlon
July 21	Tidewater Sprint
August 18	Luray International Triathlon
September 9	Patriot Sprint
September 23	Giant Acorn Sprint
September 29	Waterman's Half

2018 Multi-Sport Grand Prix Results:

Overall Male:

1st: Robert Boyce
 2nd: Vincent Ortiz
 3rd: Gary Searcy

Masters Male:

1st: Wayne Phelps
 2nd: Gene Bachman
 3rd: Chester Flemming

Male 35-39: 1st: Michael Scudder

Male 50-54: 1st: Joe Buck

Male 60-64: 1st: Carlos Liceaga

Male 70+: Nick May

Overall Female:

1st: Rachel Boyce
 2nd: Alicia Shoulta
 3rd: Lisa Armistead

Masters Female: 1st: Jami Callahan-Brill

Youth Program

The 2018 Youth Grand Prix consisted of the following events:

March 24	Bunny Hop 1 Mile
April 22	Thoroughgood 1 Mile
May 26	Elizabeth River Run 1 Mile

June 16	OK5K 1 Mile
August 4	Strider 1 Mile
September 23	Alanton 1 Mile
September 29	Neptune Festival 1 Mile
October ?	New Energy 1 Mile
November 22	Turkey Trot 1 Mile

Some of the highlights of the Youth Program for 2018 include:

- There were 25 athletes at the USATF Virginia Meet on the weekend of June 23rd and 24th at Virginia State University in Petersburg.
- 20 Strider's youth runners qualified to run in at least one race at USATF Regional Meet (USATF National Qualifier) the following weekend at Hampton University.
- 16 athletes competed at the AAU Region 5 Meet (AAU National Qualifier) at Hampton University.
- Highlights: Longtime Striders Qiana Boyd and Rachael Zimmer each qualifying in 3 events. Qiana qualified with 2nd place finishes in the 3000 and 800m and a 3rd place finish in the 1500m. Rachael also qualified with 2nd places in the 3000m and 800m and 3rd in 800m.
- New Energy had an active summer! Over 35 kids took part in USATF and AAU Meets in Petersburg, Hampton (2 Meets), Orlando, Greensboro and Des Moines. Of Note, Our Tidewater Striders New Energy Crew had 12 individuals qualify for AAU Nationals and 9 qualify for USATF Nationals.
- AAU National Qualifiers: Lane Britt, Elsie Lewis, Rachael Zimmer, Qiana Boyd, Caitlynn Melanson, Carter Ward, Nathan Quiroz, Riley Simon, Noah Boyce, Alex Temple, John Gorman, and Evan Melanson.
- USATF National Qualifiers: Betsy Pollard, Cierra Sheppard, Caitlynn Melanson, Jayden White, Johnny Babyak, Shamond Smith, Tyler Gray, Marcus Ramos and Tucker Grochowski.
- We came away with several Top 20 Finishers Nationally in their events, including Qiana, Tucker, Johnny, Betsy, Cierra and Rachael. Most of these races had 75-125 runners competing at Nationals.

Scholarships

The Tidewater Striders awarded \$24,000 in scholarship assistance to fifteen student-athletes to assist in their continuing education. Abigail Oliphant of Great Bridge High School was awarded the Pamela Edwards Memorial Scholarship, while Nicholas Martin of Frank Cox High School received the Tom Bashara Memorial Scholarship. This year, we again awarded the Mel Williams Memorial Scholarship to Abigail Motley to continue her second year of education at the graduate school level. These scholarships are funded by the net proceeds from the Memorial Scholarship Run in the summer and the Tidewater Striders Turkey Trot on Thanksgiving Day.

Current High School Seniors (\$13,000)

		Name	College
Pamela Edwards Memorial Scholarship	\$3,000	Abigail Oliphant	Texas A&M
Tom Bashara Memorial Scholarship	\$3,000	Nicholas Martin	UVA
Tidewater Striders Scholarship	\$1,500	Cierra Sheppard	Tidewater CC
Tidewater Striders Scholarship	\$1,500	Kasey Sutryk	Baylor
Tidewater Striders Scholarship	\$1,000	Lauren Nery	George Mason
Tidewater Striders Scholarship	\$1,000	KristenPieczynski	VT
Tidewater Striders Scholarship	\$1,000	Mark Rogerson	USNA
Tidewater Striders Scholarship	\$1,000	Riley Dorough	Liberty

Current Collegians (\$12,000)

Mel Williams Memorial Scholarship	\$3,000	Abigail Motley	Wm & Mary
Tidewater Striders Scholarship	\$1,500	Rachel Boyce	JMU
Tidewater Striders Scholarship	\$1,500	Madeline King	Ole Miss
Tidewater Striders Scholarship	\$1,500	Harrison Martingayle	LSU
Tidewater Striders Scholarship	\$1,500	Morgan Will	Nova SEast
Tidewater Striders Scholarship	\$1,000	Thomas Amabile	UVA
Tidewater Striders Scholarship	\$1,000	Kayleen Meinen	VA Wesleyan
Tidewater Striders Scholarship	\$1,000	Josh Spare	East Carolina

Miscellaneous

There were 65 members at the volunteer party at the Ocean View Fishing Pier in November.

The Heart to Heart event on November 13th to raise money of hurricane relief raised over \$5,000.

Pivot Physical Therapy is interested in sponsoring or supporting some of our events.

At the awards banquet on February 3 at the Norfolk Yacht and Country Club, the following Striders were inducted into the 2018 Class of the Tidewater Striders Hall of Fame:

Renee High
Michael Harrison
Jean Phelan
Steve Speirs

At the Annual Banquet on February 2, 2019 the following awards were presented for 2018:

The Hall of Fame Class of 2019 is Juanita Etheridge and Michael Fuller

The Presidential Award: Angelo Celesia

Volunteers of the Year: Dwight Kane, Don Greene, Mark Mierchuk, Dick Brothers, Richard Bush, Amiele Barakey, Cindy Meinen.

Inspiration Award: Randy Cook

Outstanding Female Performance Award: Kim Moore

Outstanding Male Performance Award: Bill Hart

Outstanding Female Cross Country runner: Maeve Stiles, Maury High School

Outstanding Male Cross Country runner: Chase Osborn, Western Branch High School

Race Director of the Year: Dan Edwards

Appreciation Awards: Rosemary Plum, Dwight Kane