

History of  
**The Tidewater Striders**  
Track Club, 1972-1997

By Raymond Ochs

***Sept. 23, 1997 marks the 25th Anniversary of the Tidewater Striders. It was 25 years ago that a handful of local runners had a dream and a vision...***

The Tidewater Striders, one of the Nations largest running clubs with over 1500 members, has an annual budget in excess of \$100,000 and sponsors over 60 events yearly. The club which encourages physical fitness and high quality health in southeast Virginia has helped raise millions of dollars for local charities in its 25 year history. So how did the Tidewater Striders begin?

### **1970's - Club Initializes Its Identity**

A simple vision with a little initiative created a track club. The club would soon become incorporated and have a Board of Directors and a constitution. As the next few year passed, road racing would take off and the club would eventually shift more into a road running club. Female runners would start competing in running events and the club would host the first "women's only" race in the Commonwealth. Membership would increase from a simple 15 to 920 by the end of the decade.

### **In the Summer of 1972...**

A couple of local runners had a vision to create a club which would allow fellow runners to compete in a sport, that they loved so dearly, after they got out of college. Jerry Bocrie, a former national-class quarter-miler and the clubs first President recalls, "I wanted to start a running club". Jerry debated this idea of starting a running club with Ron Brinster, who had organized a few area track meets. Finally he said "Let's go ahead and do it". Once they made up their minds to do it they decided that it was very important to have a regional club, one that would "encompass all of Tidewater". They also wanted it to be different from the Norfolk Track Club, a club primarily concerned with the track running scene in that city.

Jerry and Ron then got 13 other committed fitness devotees to met at noon on Sept. 23, 1972 at Chesapeake College to discuss the vision. Those 15 who met that day were Jerry Bocrie, Ron Brinster, Jerry Butler, Dennis Castello, James Forbes, Don Garrison, Donald Grey, Kent Heintzelman, Willie Jeffcoat, Bob Julian, Don Perkins, Pete Richter, Gaylon Ryan, Mike Sakakini and Mel Williams. By 1:20 p.m. the meeting was adjourned and the dream had just become a reality. The club name, chosen from nine proposed names including the Tidewater Olympic Club, was to be called the Tidewater Striders Track Club. Jerry Bocrie would be named the first president. Dues were \$5, and a track jersey was given to all paid members. The clubs first race was a few weeks after the meeting, a five miler in a field next to the college.

For Bocrie the club was an avenue for his friends and him to continue competing after college. "We were young track guys with nothing to do back then," Bocrie says. "I was too old for college, but I didn't want to put up the spikes." Though Bocrie says the early years were filled with hours upon hours of hard work, often at personal expense to club members, "It was a true pleasure to do."

The hardy souls in the early years could hardly have envisioned what would become of what they started. Or did they even care? Perhaps it was simply 15 runners looking for fraternity with like minded persons, and that's the beauty of it. In the public's eye, running was for college professors and other strange, lonely individuals, and from all accounts it would soon fizzle out. The

jogger was still a novelty to most Americans. They just wanted to run and they wanted the myth of the “loneliness of the long-distance runner” to become just that -- a myth. After all, where’s loneliness in a club that would last 25 years and have over 1500 members and 23 committees?

Maybe it was luck or simply coincidence that the early Striders were on the upswing of the running boom. Who in 1972 could have guessed that road races would commonly have thousands of participants. And the small club that they had formed to keep running friends together would grow 100 times the initial club size.

One important factor was the fact that the club, from its inception, had set its course in the right direction. Throughout the past 25 years there has been some very rocky times, but whenever the club has been challenged by adversity it has weathered the storm. The club always seemed to be moving forward and looking for an avenue on which to build and strengthen itself. Today’s club, one of the most sophisticated clubs in America, in the areas of organization and race results/finish line techniques are concerned, evolved from humble beginnings to what it is today. As Bocrie pointed out many years ago, “The common denominator is that we have had good people through the years.” He should know, for he was one of those “good people” and was named Strider of the Decade for the 1970’s.

Even in 1972 the club was looking forward. The first club newsletter, dated Dec. 26, 1972 and written by Brinster, mentioned that Bocrie was talking to the Virginia Beach Rotarians about a March 1973 marathon, the first of its kind in the area. This was the birth of what would later become the Shamrock Marathon a national class event. Fifty-four spirited souls entered the first Shamrock, which was then known as the Virginia Beach Rotary Shamrock Marathon. The Rotary Club would stay on as an official sponsor for five years. In its 25 year history the Shamrock Marathon has raised enormous amounts of money for area charities. Jerry Bocrie has been the only Race Director the Race has ever had.

The newsletter, too, was in its infancy and titled “Dear Striders”. Though a far cry from today’s Rundown, the club newsletter explained why the club existed and communicated with the club’s members. Similar problems existed then as they do now which is revealed in the second club newsletter(undated) when it editorialized: “The club has been having a few organizational problems, mainly in the area of race organization and officiating. About half of the members show up for our races, all of them wanting to run, and leaving nobody to do the hard work of timing, recording, directing, etc. If you don’t plan to race, please volunteer your services as an official. In order to successfully move the club forward, we need everybody pushing in the same direction.” Even though today’s club is much larger, the above quote is just as applicable today as when it was written in early 1973.

The newsletter said that the club was now officially sanctioned by the American Athletic Union (AAU). The AAU, of course, was primarily a track and field organization which suited the Striders fine. In the early 1970’s most Striders were interested in track and field, and it wasn’t until several years later that this would change. But until the running boom hit, the Tidewater Striders Track Club was what its name implied - a track club. As Bocrie said, “we watched the boom from 1972 on.” “We got caught up in the road racing mania.” Between 1973 and 1979 there would be as many as 10 club track meets each summer. Many of the Striders were doing long-distance work in the winter and would try to peak for the summer track meets. Some of the track meets would draw hundreds of runners and last for hours. And each summer a different Hampton Roads city would be the location for the meets. So it wasn’t a surprise that track guys were joining the club. And even some track gals.

### **1973 -Brings First Female Runner**

1973 brought on a couple of new things to the club. The April 11, 1973 newsletter mentioned the first female member, Cynthia Fetter, a 16-year-old Bayside High School sprinter from Virginia Beach. The newsletter also mentioned the fact that 15 Striders had finished the first Shamrock Marathon in March 1973.

Miss Fetter must have started a trend because in September 1974 the newsletter reported, “a half-dozen of our new members are female”. Membership also reported that membership had reached a new high of 104 members.

Running in general was gaining in popularity. Lynchburg’s Virginia 10-Miler had 300 runners that year. As was the case with the Tidewater Striders, the Virginia 10-Miler would have tremendous growth over the next several years.

### **1974 - First Dues Increase...For New Members**

The dues for the club in 1974 would be \$4 for old members and \$7 for new members. Compared to today’s \$18, 1974 prices sound like a good deal. However, taking into account inflation and the fact that membership today entitles you to 12 issues of the Rundown, discounts at local athletic stores, some free races and race fee discounts to other races, current dues stack up favorably.

### **1975 - Charlie George Gets Elected as President**

In 1975 one of the most influential Striders ever, Charles E. George (“Charlie” to everyone in the club), was elected President. Charlie would totally dedicate himself to his duties as president, and later would assume the role as the Club’s Executive Director, a paid position. His influence was not forgotten as he would later be named Strider of the Decade for the 1980’s, a title that no one could argue with.

Dues in 1975 were going up (\$4.50 for old members and \$7.50 for new members), and the race calendar listed 15 races for the year, which included 8 track meets. A young Strider was making his mark, too. Winston Brown, an 8-year-old Strider, ran 3:48:18 in the third Shamrock Marathon. In May 1975, the Striders officially gained admittance into the Road Runners Club of America (RRCA). The Azalea Gardens 8-Miler Race drew only 26 entries. No doubt due to heat that was “86 degrees in the shade”, the newsletter reported.

One of the largest steps the Striders ever made took place in August 1975. On Aug. 9, 1975, nearly three years the original meeting, incorporation was moved and voted for at a Board meeting. A Board of Directors was needed. Jerry Bocie, Ron Brinster, Charlie George, William E. Simmons and Maria C. George comprised the first Board of Directors.

On Nov. 18, 1975 the club was incorporated by the Commonwealth of Virginia. Without any capital or stock, a \$60 fee (\$5 filing fee, \$5 recording fee and a \$50 charter fee) was paid to the State Corporation Commission. Though \$60 doesn’t seem like a lot of money now, to a fledgling club it was an enormous amount. The Nov. 9, 1975 Strider minutes indicated that the club had a cash balance of \$583.90. The club was having to rely on donations from its members. “Members would pull money out of their pockets”, Bocie says. “We were flying by the seat of our pants.” But even with only \$583.90, the club was now a business. It would never be the same, but the Striders were ready for a new era. “For years I would not allow sponsorship”, says Bocie about his desire to continue the Striders and its races as a haven for amateurs. But that didn’t last long, says Bocie. “It became a business -- It had to make a profit, but we’ve never taken the fun out of the events.” Having fun was fine, but the Striders wanted to make an impression on the community. It was time to get some publicity and let southeast Virginia and the rest of the commonwealth know what the club was doing.

### **1976 - Brings Nation’s Bicentennial**

In 1976, the nation’s bicentennial provided the Striders with an opportunity to make a mark. The club was mentioned in the June 28, 1976 Congressional Record by Sen. Harry F. Byrd Jr. Mr.

Byrd complimented the Tidewater Striders for running a relay from Monticello to the U.S. Capitol Building. The Striders carried a copy of the declaration of Independence along the 120-mile route, and Byrd accepted it on the capitol grounds. The Striders who participated ranged from 5 to 55 and included Jerry Bocrie, Don Grey, Leonard Hillers, Bob Jennings, Mike Kuhnley, Ralph Kuhnley, Denny Longfellow, Ed McClelland, Art Ortiz, Nicholas Don Paladino, Don Perkins, Frank Peters, Steve Peters, Preston Springston and Robert Woods.

For many people the best race of 1976 was the Neptune Festival 10K, which was held as a cross country race at Seashore State Park. Unfortunately, parts of the rugged course were not marked properly and some of the participants got lost. Many Striders traveled to the nation's capital on Nov. 7 for the Marine Corps Marathon. Winston Brown was now 10 years old and he finished the marathon in 3:06. (42 minutes faster than his 1975 Shamrock Marathon.) There was also a competition among the Striders to see who could run 1776 or more miles for the year. Membership increased to 120, the newsletter became the Strider News, and the club was nearly broke with only \$215.84 cash on hand as of December. The club's equipment was worth \$684.62, less than the price of one time machine today and a tiny fraction of the today's club's assets.

### **1977 - Road racing Participants Drastically Increase**

In 1977 the increase in road running was really being seen. There were 400-plus participants in the 1977 Shamrock Marathon, the final year of the Rotarian sponsorship. In October, 70 runners tackled the trails at Seashore State Park in the Neptune Festival 10K. Ken Lampert won the race in 34:06. A month later the Marine Corps Marathon had 2,323 finishers.

The club's first banquet was held on April 23, 1977 at the Pine Tree Inn. The 44 people who attended got a turkey dinner for \$6, or a prime rib for \$9.50. By August the club had 116 members, which included 24 females. Things weren't going so great for the club financially; however, as only \$205.71 was in the bank and the club had a debt of \$391.61.

### **1978 - Tidewater Striders Presents the First All-Women race in the Commonwealth**

The previous years' banquet must have been a big hit, because the 1978 banquet had 75 people attend. But not all was well. Jerry Bocrie, in the February 1978 Strider News, admonished bandit runners. Numbers would be given to all runners at upcoming races, he said. The Shamrock Marathon didn't have to concern itself with bandit runners in 1978 because any smart bandit would have stayed in bed so as not to get out in 45-degree weather and 25-mph headwinds. The runners did well in those conditions however, with David Thompson winning in 2:29:15. Jenifer Rood topped the women's field in 3:20:49. Shamrock was the only certified course the club had in 1978.

The June 1978 Strider News was the first bulk mail issue. As of May there were 250 members, 65 of whom were ladies. But the Striders was doing more than just growing. The club was setting the pace among Virginia's running clubs by presenting the first all-women's race in the commonwealth on Aug. 5, 1978 at Mt. Trashmore. It was called the "Women's 3 Mile Championship" and had 149 participants. Kendall Tata took top honors by winning in a time of 19:15. The ladies probably wished they hadn't run for the race started at 10 a.m. An August race certainly deserved an earlier start time.

August was a good month for the club in other ways. Strider news had its first issue with pictures, and 322 names were on the membership list. A few months later at Mt. Trashmore the first Turkey Trot was held. A re-measurement found the course to be short of 10K by 401 feet. The finishers had actually run a 9.88K. Unfortunately the club didn't have the expertise in course measurement as it has today. By December membership had swelled to 427, which included 85 women. The Board of Directors saw the rapid growth and stressed a need for long-range planning and goals. As 1978 came to a close the next year's race schedule was set with 15 races and a six-event summer track series.

### **1979 - First Elizabeth River Run is Held**

In 1979 the Striders decided to ask its members what they wanted. This was the first official club survey and 154 questionnaires were returned. Among other things that the club learned was that 10K's and 10-Milers were the favorite road race distances for Striders. Runners wanted their races to begin at 9 a.m. or 10 a.m., and some members asked for races that excluded faster runners. In April 1979, the new club logo done by Dee Bryant appeared in the *Rundown*. This logo would stay around for 17 years. The club had grown rapidly, too. By July the club had 920 members: 550 men, 200 women and 170 children. With the increased size the club was finding management a problem, and purchasing a computer was discussed. A new sport was also being discussed - a triathlon. The first area triathlon was held Sept. 9 in Wilmington, N.C. The 100 participants showed up for the one third-mile swim, 50 Mile bike and 10-mile run. The winner finished in 3:17.

The First Elizabeth River Run was held, and later it would become the largest 10K in the state with over 3000 participants. The second Tidewater Women's 5K held on Sept. 16, was won by Juanita Etheridge in 18:19. Kendall Tata, who had won the 1978 event, finished on Etheridge's heels in 18:26. In November the Marine Corps Marathon had 6,300 participants.

### **1980's : Learning From Problems & Setting Precautions**

During the 1980's the club would come across several problems that would create painful learning experiences. And even though the club would see tremendous advancement in several new areas (creating an Executive Director position, coming into the computer age, etc.) they would not be prepared for the volunteer and money problems that they would encounter.

A single volunteer performed so many duties that when they departed the area, the club would be in a frenzy to get several volunteers to assume all the duties. Funds would be so loosely handled that accounts would rise up to around \$26,000 and personal greed by the Treasurer would deplete it down to around \$2,000 before it would be discovered. These problems would open the club's eyes to problem areas and would actually help the club to grow and become stronger with more comprehensive operating procedures and greater distribution of volunteer duties.

### **1980 - First Computer for Club is Purchased**

The 1980's brought forth many new tasking situations for the club. The club would see many speedsters in the area. The club's growth would continue and new ideas were abundant. These years would also bring about an awakening that better controls would be required for the club.

Money was on people's mind in the 1980's. A Golden Runner card, which allowed free entry into any club race was a whopping \$50. Liability Insurance for the club was only \$467, a fraction of what it is today. The first Shamrock Tune-up Series began in 1980. In September Rod Dixon won the Virginia 10-Miler in 46:50, but he had to beat more than 60 Striders to do it.

It wasn't only the Striders who had some poorly measured courses. The Marine Corps Marathon course was found to be short of the official marathon distance by 1,700 feet. The 9,000 finishers didn't seem to mind, nor did the many Striders who participated. November was the month the Striders moved into the 20th Century when the Club's first computer was purchased. This was brought forth by Charlie George and it had 48K of memory. Its memory could barely handle a race with 1500 finishers, but at the time it was impressive. The club today is a leader in computer use, thanks in a great part to George's vision.

### **1981 - Club's Newsletter *Dear Striders* Becomes *The Rundown***

In 1981 the speedsters were enjoying the club when Dave McDonald, the cross country coach at Old Dominion University, began organizing track workouts for them at the ODU Track. This

ended up being the site for many track workouts through the 80's and the early 1990's. Dave was undefeated in the Tidewater races at the time with PR's of 28:49 for the 10K, 49:07 for 10 miles and 2:18:14 for the marathon.

The February newsletter described the "Typical Tidewater Runner". Sixty-One percent lived in Virginia Beach, and twenty-two percent were in the military. The average height was 5 feet 6 inches, and the average weight was 160 pounds. Sixty-three percent were college graduates. Ninety percent were male. Forty-eight percent were 31-40 years old. The average Strider was in excellent shape with a resting pulse of 55. Striders were an injured pack though, with sixty-seven percent having had an injury during the past year. Twenty-two percent of all injuries were to the knee. Singles might have felt a little out of place because seventy-five percent of the membership were married. Forty-Five percent were weight lifters. Striders liked to take a few days off, with the average running week being five days of running and two rest days. The typical runner logged 37 miles per week and had been running 2-3 years. The average 5K time was 21:00, the average 10K time was 43:00 and the average marathon time was 3:30. Eighty-two percent ran alone. Forty-three percent raced at least once a month. Thirty percent wore Brooks, twenty percent Nike, and sixteen percent New Balance.

The newsletter became the Rundown in March. The Grand Prix series was started "To objectively determine the awards for the annual Tidewater Striders banquet", as stated in the newsletter. There were five age categories each for men and women. The first Grand Prix Series races were: the Old Hampton 10-Miler, The Elizabeth River Run, St. Jude's 5K, the Meet of Miles, the VABA 5K, The Tidewater 10K, the Phoebus 10K, the Northwest River 15K, 25K, & 30K, the Seashore State Park Half Marathon and Shamrock Marathon.

The year wasn't without controversy, however. In May's Harborfest-Diet Pepsi 10K more than 1000 runners ran a short course --only 9,898 meters. The race wasn't presented by the Striders, nor did we measure the course, nor did we do the timing but we got blamed by many anyway. By December the membership had swelled to 1,772.

### **1982 - Club Starts Telephone Hotline and Scholarships**

1982 was off to a good start with 45 races on the race schedule. The club would have \$4,300 in the treasury and the budget was soaring to new heights and reached \$11,150. The club dues would be \$8 and the club implemented a telephone hotline. The club also awarded the First Tidewater Strider Scholarship to Paul Miles of Kellam High School. His \$500 scholarship was used to go to ODU. The club was the 12th largest running club in the United States, but the club didn't have a strong financial base: fifty percent of the club's income came from Shamrock.

Shamrock in 1982 had 1,111 finishers on a cold windy, rainy day. It took 400 volunteers to keep the runners on course, and the course went through a muddy Seashore State park. Shamrock wasn't the only thing getting big. The Elizabeth River Run received television coverage, and two locals, Dave McDonald (30:04) and Juanita Etheridge (36:55) topped the men's and women's field. October's Coliseum Mall 10K featured Grete Waitz, who set a Virginia Women's 10K record.

### **1983 - Elizabeth River Run Tops 2500**

In 1983 the Elizabeth River Run was still growing and had 2,541 finishers, 460 of whom were ladies. Dave McDonald who was the club President for 1983 won the race. The Norfolk Botanical Gardens Race Series started in 1983. The club's masters and sub-master's teams won first place in the men's divisions at the Virginia 10-Miler. Striders had traveled to Lynchburg in droves -- more than 90 Striders participated.

### **1984 - Dave McDonald places 31st in Olympic Marathon Trials**

The 1984 Shamrock Marathon was a battle to the end with John Doub (2:19:46) barely edging out Dave McDonald (2:20:04) for the win. Later in the year, to celebrate the 1984 Olympics in Los Angeles, AT&T employee and Tidewater Strider, Donna Harper-Harrison, helped carry the Olympic torch. Harrison and others carried the torch from Lawrenceville, N.J., to Akron, Ohio between May 13-19. A few days after Harrison finished her torch carrying, Dave McDonald toed the starting line in the 1984 U.S. Olympic Marathon Trials in Buffalo, N.Y. His 2:19:36 put him in 31st place. McDonald wasn't the only one marathoning. Fred Weaver ran the Athens (Greece) Marathon on Oct. 14. The first Ocean View triathlon was held in 1984.

### **1985 - Running Guide to Tidewater Gets Published**

1985 was a good year for Striders who wanted to get loose. The Shamrock Marathon had its first post-race dance, featuring the Coasters in the Pavilion. The 1985 Shamrock Marathon saw Sy Mah run his 357th marathon, a world record. A Golden Runner Membership would now cost \$120. Mel Williams was writing technical articles for the Rundown which he continued for many years. His topics included physiology and nutrition, and proved to be popular among Rundown readers.

The Virginia Beach YMCA became the new home for Board meetings. They would remain at the YMCA for about 10 years. As of March 4, there were 1330 members: 339 were female. The Beach contributed 46% of the membership, Norfolk 20% and the Peninsula 13%. The April issue of the Rundown included a questionnaire for a book to be published, "Running Guide to Tidewater." The questionnaire asked Striders to submit courses based on location, length of course, outline of course by streets, and if there were restrooms or water along the course. The book was later published in September and Striders were snapping them up. The book was also sold in local bookstores. The Guide contained 100-plus routes. The Virginia 10-Miler was still a big event, for the Striders would have a large post-race hospitality area set aside for Striders. Dave McDonald was winning races outside of Tidewater; he led the pack for the Charlotte Observer Marathon.

There was also sadness among the Striders during 1985 as two fellow Striders, Robert Thomas and Ray Romans died in races. Both were in their 50's. The Striders made a donation to the Heart Fund in their behalf.

### **1986 - Grete Waitz Sets a World Record at Shamrock 8K**

1986 was kicked off by the Strider ski trip to Seven Springs, PA. At a cost of \$225, Striders skied the slopes together. In March Grete Waitz blitzed the Shamrock 8K course with a time of 25:03 to set a women's world record for that distance. The Virginia 10-Miler decided to certify its course for the first time, and in doing so found that the course which had been used in the past was short.

The July Rundown carried an advertisement for a new player in the athletic store market, Running Etcetera. The ad described Running Etcetera as "Tidewater's Newest Running and Aerobics Store." Running Etc. over the years would play a large part in club activities. The Rundown is stuffed with race entry forms there and the club's hotline is maintained by store owner, Mike Robinson. Many new Strider members have been recruited by Mike at his store. Running Etc. also became an unofficial gathering place for many Striders before doing a run through Ghent or speedwork at local tracks.

Down the street from Running Etcetera "On the Edge", starring Bruce Dern, was playing at the Naro. "On the Edge" was one of only a handful of movies to treat running seriously. In November the New York City Marathon had more than 20,000 finishers.

### **1987 - Tidewater Striders Considered the 7th Largest Club in the Nation**

In 1987 Tidewater Striders license plate holders were available for purchase by members. Shamrock celebrated its 15th anniversary that year. Dave Scott blew away locals at the East Coast Triathlon. Dave McDonald finished 4th at Grandma's Marathon and qualified for the upcoming

Olympic Marathon Trials. Later in the year, at the Marine Corps Marathon, Bee Andrews, another Strider, qualified for the 1988 U.S. Olympic Trials Marathon for women with a time of 2:47:51.

According to the Road Runners Club of America, in the summer of 1987, the Striders were considered the 7th largest club in the country. The top clubs were: the New York City Road Runners Club with 25,000 members, the Birmingham Track Club (8,347), the Minnesota Distance Running Association (2,667), the Atlanta Track Club (2,300), the Cornbelt Running Club (1,850), the Jacksonville Track Club (1,741), the Tidewater Striders (1,642), the Mid-America Masters Track and Field Association (1,612), the St. Louis Track Club (1,502) and the New Orleans Track Club (1,204). Some of the clubs larger than the Striders were not true running clubs though. They were state or age-group organizations.

Nike was coming on strong, and their Pegasus running shoe became the most popular shoe in the sport's history. Five million pairs had been sold since it first came on the market. Even though the Pegasus was hot, not everything was going great for Nike. Reebok outsold Nike in 1987.

In November Ken and Don Martin stepped down as editors of the Rundown something they had done since 1981. They had published a staggering 75 issues while being editors. Dave Harrison, who would later become President, became the new editor of the Rundown. Membership was \$12 and the Golden Runner membership cost \$125.

### **1988 - Trials & Tribulation**

1988 was an extremely difficult time for the Striders, one that would test all its inner strength. The year even proved to be a rough year for Shamrock. Shamrock had plans to continue with its popular course, which partly ran through Seashore State Park. The Park segment had always been popular with its runners. However, the Virginia Department of Parks and Recreation decided against renewing Shamrock's permit to use the park's trails. The Department's reasons were considered by many runners to be illogical, but the decision stuck. Even pleas to the governor fell on deaf ears. Shamrock would move part of its course to be run at Fort Story, never to see Seashore State Park again. This didn't seem to hurt Shamrock though, for the 1988 edition was popular. Eight runners used Shamrock that year to qualify for the Olympic Trials.

A bright spot for the club was raising money for charities. The best example was the \$30,000 raised for the Children's Hospital of the Kings Daughters in the Run for the Children. The Elizabeth River Run 10K would have over 3,000 finishers. Then the bottom fell out. Charlie George, who had been almost single-handedly handling all the club races, moved to Florida in July. The impact was tremendous, and it took several individuals to take over his duties.

During the club's history to this point it had been Jerry Bocrie or Charlie George calling practically all the shots insofar as race management was concerned. Jerry had been the race coordinator until 1979 when Charlie took over. In 1983 the title was changed to Executive Director. Basically the Executive Director had total authority over races. No longer would the president take care of race management. Much of what Charlie was doing wasn't written down, nor was it understood by the membership. The races just got done -- done well -- as long as Charlie was in charge. From 1972 to 1988 Charlie had been either President, treasurer, newsletter editor or Race Director. After he left his expertise was missed for several months.

Not only was the club losing Charlie George, but it was losing money like a sieve. While able to raise money for charities, the club was having troubles paying its own bills. First came news from the IRS that the Striders owed penalties for failing to file in a timely manner. As a non-profit organization the club was not required to pay income taxes; however, forms had to be filed to maintain its non-profit status. For a time the club's assets were frozen by the IRS, and later the club had to pay accountants hundreds to keep from paying thousands in penalties for having not filed on time.

It was a difficult time for the club because there was absolutely no audit trail. This problem was magnified in the July Board of Directors meeting when the Treasurers funds didn't appear to add



up. The club had enormous amounts of money coming in and very little oversight on how it was going out. The club had a “club mentality” instead of a “Corporate mentality”. It would prove to be probably the first time anyone had ever requested in great detail information on where money come from and where it went. Revised reports would later be submitted. Misappropriation was initially denied at the board meeting. The Treasurer later confessed to misappropriation at a later meeting with a couple of members of the Board.

For many club members, especially the ones in the club from the start, the episode was devastating. He had been a friend to many, and until the misappropriation of funds, had been a valued board member and race director. He had spent seven years on the Board.

Many debts the club owed had not been paid. There was even talk of combining issues of the Rundown to save money. The bank account reached an all time low of \$1,868 in August of 1988. Jerry Bocrrie come to the rescue, and from Shamrock, gave the club approximately \$2,000 in order to continue operating.

This was equally as bad as the bad publicity that the club received. The newspapers covered the scandal as big-time news. From the best that could be determined 50 checks had been written to the Treasurer for personal reasons from March 1987 to September 1988. The amount totaled \$23,795. The Treasurer resigned on 11/30/88. He resigned from the Board on 12/5/88. The final sentence for his crime was covered in the Rundown, as copied from the local newspaper : The treasurer would have to repay the money he appropriated, serve 2 years supervised probation and 300 hours of community service. He also resigned from his \$42K/year job.

The strength of the club really came through during these two big items in 1988 (Charlie George leaving and the Treasury scandal). Duties were spread out among more club members so that one person leaving could be easily handled. As far as accounting purposes - more policies, procedures and guidelines were established. There would now be internal audits performed at regular intervals with more structure and oversight given to the monthly finances. The club would see an increase in the membership fees go from \$12 to \$15 in 1988 which helped put the club back on sound financial footing. Ed Brinkley would eventually take over as Treasurer - a position he would maintain through 1996. Before the year would close, the club would see another club survey go out to it's members, the results would be printed the following year.

### **1989 - Clubs Address Moves to Chesapeake**

1989 brought forth a new and stronger club. The club was back to its usual self raising money for charities, presenting dozens of races and concentrating on promoting the sport. Rick and Sharon Brown would almost single-handedly take over duties doing data entry and running the finish line for all the races - a feat they maintained through 1997. A few race distances were determined to be inaccurate in late 1988 and early 1989 which prompted Mike Robinson and R.P. Kale to begin assuming the duties of going out and measuring courses before each race whenever the Race Director did not have a good knowledge of the course and mile marks. ( It wouldn't be until 1997 before the President would have the Executive Director, R.P. Kale, start creating and maintaining a file for each race with a detailed map of each course with mile marks, water stop locations, and volunteer positions required.) A strong move was made to make the club run more like a business when it was reported in the minutes at the February Board meeting that Mel Williams wanted Policies for all committees in addition to the Constitution. and By-Laws. Shamrock continued to be a big-time race when Bill Rogers, four-time winner of the Boston Marathon, ran the 8K. Rodgers must have enjoyed the event for he returned in 1990. In March the Race Directors Handbook, which was originally written by Charlie George to help Race Directors put on races, was updated. In July Ed Brinkley must have been tired of the clubs mailbox being moved every couple years so he motioned that we move to Chesapeake to it's current address.

Keeping up with the electronic computer age was very expensive in 1989. We had to purchase a new Panasonic Laser Printer and some Desktop Publishing software for the newsletter. The cost - \$2500. The area was doing well as far as the running boom and the club was taking off. The November Rundown it stated that Footnotes, the RRCA quarterly newsletter, had the Tidewater Striders has the "Third largest chapter in the RRCA". Only the New York City Road Runners and the Atlanta Track Club had more members than we did. It seemed as though not only were people joining but they wanted to get involved for 13 people ran for 6 open Board member positions. This idea was still hot when Mel Williams suggested that we also come up with policies and procedures to cover nominations, elections and vote counting.

## **1990's : Expanding - Setting a Solid Foundation for the Future**

This decade would see top volunteers recognized. The Tidewater Striders would have the Volunteer of the Year award and the RRCA would also introduce the Volunteer Hall of Fame by giving out RRCA 2,000 Hour Volunteer Awards. The club would expand to include youth programs, triathlons and wheelchair racers. The need for community service would be recognized for publicity and PR as the club would assume Adopt-a-Highway and Adopt-a-Trail programs. The expanding volunteer duties created the need for an Executive Director position which would be written into the constitution. A working calendar was produced to ensure club operations occurred on time. An equipment improvement plan was produced to ensure proper financial stability for known future equipment needs. Finally, all standing committees would see an individual set of policies and procedures adopted.

### **1990 - First "Charlie George Volunteer of the Year" Award is Presented**

The maturity of the professionalism of the club would really take off in the 1990's. It would not begin before the club would recognize a key Strider from the past. At the February awards banquet the club awarded the Volunteer of the Decade, for the 1980's, to Charlie George. The "Charlie George Volunteer of the Year" award was started which would recognize the volunteer who put forth the greatest volunteer effort to the club. The first recipients, recognized at the February awards banquet for their 1989 volunteerism, were Rick Brown and Ronald P. "R.P." Kale. Also in Feb. the Striders started the Adopt-a-Highway in Virginia Beach along Shore Drive. Four runners would show up to pick up trash: Dave McDonald, Doug Dugroo, Mike Hillinch and John Price. Through the years suggestions were brought up many times to quit the Adopt-a-highway. Each time the community service aspect had been stressed and support from the Strider volunteers would show their support and keep it going strong.

Shamrock continued to show their support to the club by donating a computer to the club in February. In April Paul Steele would take over the position of newsletter editor. He is the current editor and has put together nearly 90 monthly issues of the Rundown.

Then came the first of some of the Clubs main foundation blocks. After over a year in the making, the Constitution was drastically modified and it was published in the Rundown. The club also purchased a Van with 14,000 miles on it in June for \$9,500. The club would also purchase an equipment trailer and other small equipment. By September the clubs equipment value would increase to \$31,000. Not only was the clubs value going up but so were race profits. The Children's Hospital Run realized a \$40,000 profit.

Club teams were doing well also. The women's open team waited for a big event to show their talent though. It was Aug. 26, 1990 when the Bud Light USTS Triathlon came to Norfolk. The women's team, comprised of Nancy Lewis, Suzanne Puryear and Hope Horne placed 1st. In September the club celebrated its 18th anniversary (15 as being incorporated) and decided to allow members in the Neptune Festival 8K race for free. This was a great membership drive idea for it

helped increase the membership by 278 during the months of September and October. A definite factor in allowing the club to maintain its third largest ranking and to finish the year with around 2010 members. November brought forth another good foundation block when Craig Hanner, in charge of Publicity and PR, recommended making the Turkey Trot 10K a race to benefit youth Programs and scholarships. Little did he know, or probably even imagine, that it would grow so much that the club would give out five \$1000 scholarships in one year.

### **1991 - Youth Grand Prix Begins**

1991 would prove to be a fairly productive but quiet year. In February Conte's Bike Shop would back the first Triathlon series that would have about 6 area triathlons. The series would only last for a couple of years though. But that didn't seem to be all that would slowly take a down turn for the membership would drop to 1881 by May. This was just the first big notice of a decline that would continue until 1997. Problems would also first start to appear about Golden Runners entering races and getting everything for free.

There were a lot of good things that happened during the year though. Dave Harrison, who was a past president became the RRCA State Representative in June. The Youth Grand Prix Race Series started. Dave McDonald would organize the First annual Tidewater Striders Golf Tournament. He would end up staying one year and relinquish the organizing duties to Jim and Peg Murphy who have maintained the tournament through 1997. Moneys collected from the Golf Tournament would finance the club Socials. September was good for the area running community as Bay Days would have just under 1000 finishers. The club decided to offer the Neptune 8K as another free race to bring up membership. It worked pretty good as the race had 423 finishers the largest to date with 319 new members joining into the club. A great finish to the year came when the minutes reported that the youths in the club were doing great. It stated, "8 runners competing in the AAU cross country finals - 5 All-Americans out of 8!" Then came the second good call that the "1991 Audit was sat. No fraud, waste or abuse!" There would be \$39,000 in the bank, a working budget of \$61,000 and 60 races on the race schedule.

### **1992 - Tidewater Striders Host the First Annual Breezy Point Triathlon**

Once again finances hit the club at the start of 1992. The Rundown states that "Rundown costs \$15.00 per member and RRCA dues and insurance cost \$3.00 per runner so effective 1 March dues will increase from \$15 to \$18 for individual runners." The Striders were still managing to help out the people in the community.

January would end up being a interesting month as it would see "K.E." Morgan come back on the Board after 2 years off and become President for the second time. (He was president in the later part 1988 and all of 1989.) The Jennifer Braun Run was held on Jan 11th to raise money to help pay medical bills for Jennifer. She had been a track runner in school and was now battling cancer. The race would end up raising \$9,000. On Jan 26th Lorraine Hochella finished 11th in the Olympic Marathon Trials. It was later reported that Michael Harrison qualified for the trials with a Las Vegas Marathon time of 2:19:50. Other things were also happening in the area that was new. At the January Board meeting the discussion came up about a new organization, doing what the Striders do in the area, called From Start to Finish and they were doing very well. The new organization was being run by Dave Harrison, a past president, and R.P. Kale. Now the club had a little bit of competition but it would only last a couple of years. From Start to Finish would soon dissolve away and we would once again be the only one offering finish line services in south Hampton Roads.

Another big first for the club came in February when triathletes were awakened by the news that the "Ocean View Triathlon has been canceled" and that the Tidewater Striders will host the 1st annual Breezy Point Triathlon." This represented the first time the Striders have hosted a triathlon. Mitch Broudy was the Race Director and Betty Belknap, the current Race Director, would be the

Assistant Race Director. After the first event Betty would end up becoming the Race Director - a position she has maintained through 1997.

### **1992 - "One Time Only" Monitor Merrimac Bridge Tunnel 12K draws over 900 Runners**

On April 25th, 1992 the area would see a race created on the Monitor Merrimac Bridge Tunnel before it was opened for traffic. This was touted as a "One time Only" event and indeed it probably would be. Raymond Ochs, A Tidewater Strider and future president, originated the idea and would see it through to completion despite the comments that it would be a failure. Due to construction delays in the tunnel the race would see 8 planned date changes before the final date was determined (which was known 2 weeks before the race). The Monitor- Merrimac Run would end up being a 12K that would have over 900 runners. Raymond Ochs would win the mens division in 39:05 and Laurel Baker would take the women's victory in 47:22.

May 3rd would see the first Earth Day run from Norfolk City Hall to Mt. Trashmore. Doug Dugroo organized the event in which 13 Striders would end up participating in the run and Mary Dugroo would be in the support vehicle. These runs would end up continuing for about three years before the interest would fade away. Some Races were truly making money as the Rundown reported that the Run For the Children made \$42,000. July would bring back ideas from an old position as the minutes mentions Executive Director Contract Specifications for payment and such. This was soon followed up by notices in the November Rundown for an Executive Director position that was available.

In August the club would see membership fall to 1475 and the Neptune Festival organization would take over the Neptune 8K race. (After seeing the great turnout in the past couple of years, when we gave free entry to Striders, they felt that it would be a good money maker.) The club would have a big sigh of relief in October when the treasurer mentioned that the van was paid off.

### **1993 - Tidewater Striders Votes in an Executive Director**

Shamrock was still showing full support of the club in 1993 for they would donate \$1500 for the Striders to buy a new timeclock costing \$2400. April would end up being a very important part in the foundation of the club as three finalists would be selected for the Executive Director position. The candidates were Dave Harrison, R.P. Kale and Brian Sagedy. After much debate and voting, R.P. Kale would eventually be the E.D. selected. The February Board meeting would show that the Board was starting to recognize the time and effort that it took to put the Rundown together as they would vote to increase the Editors fee to \$100. per issue. On May 2nd the Striders would once again participate in the Earth Day "Torch Run." 15 Striders would participate. Strider Teams continued to do well and dominate area races as the June Rundown mentions open men & women's teams winning at the "Elizabeth River Run" and the Men's team winning the "Chase of Champions" in Rocky Mount, N.C. The June membership report would reflect that membership had fallen to 1359.

Area Running Clubs would come together for the First Women's Distance festival Series. This would bring together the Tidewater Striders, Peninsula Track Club, Colonial Road Runners, Tri-Cities Road Runners and the Richmond Road runners. The First overall winner would be Donna Harper-Harrison, a Tidewater Strider from Virginia Beach. The club would see its first annual Beach party on Aug. 22.

Not only were Striders raising money for charities by having runs but they were also raising money for other charities in other ways. Connie Thomson, Joyce Ploeger, Linda Lenwood and Dorothy Winn raised a few thousand dollars for Multiple Sclerosis by participating in the Multiple Sclerosis 150 Mile bike ride. New Energy was doing great with Pamela Edwards placing 9th at the USA-T&F National meet in Baton Rouge, LA. In the State meet they would see 10 New Energy youths win 14 gold, 5 silver and 3 bronze medals. The new Executive Director would make the club feel much better as the club would pick up three races from the dissolving "From Start to Finish". The final new item

that the club would see before the year closed would be the profiles of the nominees for the new Board positions would contain the nominees picture. This was a first for the club that was a long time coming.

### **1994 - Dan Edwards Wins RRCA Rod Steele Volunteer of the Year Award**

Another club survey was performed in January 1994 and the results tabulated in the February issue of the Rundown. It revealed that 90% of the respondents favored a 2-year membership that would save then about two dollars. This was then adopted at the February Board meeting and started appearing in the Rundown in March. Shamrock was still bringing in quality speakers as this year Ambrose "Amby" Burfoot the Executive Director of Runners World was to speak at the expo. Shamrock's Race Directors Jerry and Lorie Bocrie would also be recognized for their efforts as they would receive the Virginia RRCA Race Directors of the Year for the previous year.

Membership was still declining as was revealed in the membership report in the April Board minutes reported 1327 members. The March Rundown showed an attempt to turn-around the decline by giving "\$3 marketplace coupons with new, renewal or extensions of memberships" for one year. The Striders were still showing their support for the Earth Day Run with 23 people participating. More socials were added as was seen by the existence of a Tidewater Strider Skating Party. Unfortunately it had only 14 people show up to skate for about 4 hours. The club would make one good positive move early in the year that would be good for the future when they purchased a cellular phone for the van for Emergencies to be used at the races.

Dan Edwards was awarded the RRCA Rod Steele Volunteer of the Year Award for his work on the youth program, military Liaison, marketplace and other volunteer duties. The Youth Program that Dan started in 1990 would eventually get a Grand Prix Series of 1-mile runs in 1991. They would eventually be hosting many area meets and hold regular track workout sessions 5 days a week with various coaches. It was known as one of the best youth programs in the country.

Some races out of the area were doing great. The Peachtree 10K Road-race in Atlanta, Georgia would celebrate its 25th anniversary and have a field of 50,000 runners. It was later published that they filled-up in two days and turned away over 10,000 envelopes of entries.

### **1995 - Adopt-A-Trail Program Begins**

1995 would see a few changes in the RRCA State Representative as Dave Harrison would step down after three years and R.P. Kale would take over. Membership was resting at 1378 and 58 races would be on the race schedule. Pete Gibson would convince the club to make the first modification in the Grand Prix awards by creating an open division. This was meant to increase participation among the top runners. Raymond Ochs and Jeanne Krueger would eventually take the top overall male and female awards for the first year.. Marketplace starting expanding in May as a contract was made and merchandise would start being sold out of Running Etc. Also in May, the Board approved accepting the Adopt-A-Trail program at First Landing/Seashore State Park.

Claude Bell, a computer expert, would get elected to the Board and before the year would end would bring many new computer technologies to the club. He modified the membership programs and set up a club web site which, to this date, has been highly recognized by many members in the running community across the country. The November Presidents column would mention the race pass and Golden Runner problem at small races and stated that starting 1 January 1996 race passes and Golden Runners will get free entry into the race but the race can charge for race premiums. Problems were still occurring at races and runners were still blaming the Tidewater Striders as the President would take a stand in the December Rundown and state, "I refuse to have the Tidewater Striders take blame when a host organization 'drops the ball' as was the case with the Great Human race. This is a problem that has happened since the existence of the Striders and probably always will to some extent. - the "Nature of the Beast".

## **1996 - Tidewater Striders Become New Host Organization for the Elizabeth River Run**

1996 would begin with the news to the membership that prices of things were increasing and that a “dues increase will be implemented on July 1, 1996.” This would open up a lot of discussions and a general meeting. The conclusion was seen in the April’s President’s column as it would mention many financial options of the club and the fact that general membership will be put on hold. It would go on and mention that due increases were based on having dues balance newsletter and RRCA dues increases. Family membership would increase from \$4 to \$6, Youth from \$10 to \$12, Youth Golden Runner \$75 to \$100 and Golden Runner from \$125 to \$160.

Another change would appear in the January minutes as it reported “a new meeting place for Board and General meetings at the Virginia Beach FOP. March would see the Elizabeth River Run switch hands as Dave Harrison would give up being Race Director and the Tidewater Striders would take over. This now meant that any profits from the race and publicity would be coming back to the club. Shamrock announced that it had Dr. Owen Anderson, Technical editor, Runners World and Editor & Publisher of Running Research News as a speaker for this years sports expo.

On April 15, 1996 the Boston Marathon would celebrate it’s 100th Anniversary . The Race would have 35, 810 runners with 53 Striders participating. The world would also come to the United States this year as the Summer Olympics were hosted by Atlanta. Many Striders would end up going to watch part of the games. Teams were still winning local competition as the open men’s and women’s teams would win at the Elizabeth River Run. The year would close in December with Cokey Damin, a Tidewater Strider celebrating his 78th birthday. An article in the Rundown mentioned he started running at age 58 and had set many national records in the 70-74 and 75-79 age divisions in races.

## **1997 - Tidewater Striders Start the First Wheelchair Committee in a RRCA Running Organization**

1997 would have a bright start as the club would end up moving the Shamrock Tune-up series to Fort Story (local area) from Northwest River Park(near the north Carolina border). The move proved to be very successful as the 10K races would increase 3-fold and the longer races would increase about 25% over the previous year. The race schedule would be full with 64 races. The club would have \$64,000 in the bank and a working Budget of \$101,000. The strength of the club financially would appear when notice went out to the members that this year the club was giving out five \$1000 scholarships. This was up from the previous \$500 scholarships.

In the January edition of the Rundown the President would mention several different initiatives which would allow the club a better communication line to the Board and the Club. One of those which started would be a Race Feedback Form. This form would allow comments on all aspects of the race to be sent back to the club. (This form also explained in detail Tidewater Strider Events and Tidewater Strider Hosted races. It also categorized different aspects of the race as Tidewater Strider responsibilities and host organization responsibilities. - a problem which had been explained numerous times in the Rundown.) A Host Organization to Tidewater Strider Comment Form was also introduced to allow the Race Host organizations to give feedback about specific areas of their race to the club. This had been a problem in the past due to all feedback being verbal and many things being forgotten by the time the race comes up the following year. A new survey would also go out to the club. A complete set of results and all questions with responses would later come out in the May issue of the Rundown which proved to be the first time the club opened up to all comments with feedback.

The Rundown would later mention that a new Volunteer point system would be implemented this year to assist in identifying the degree of volunteerism of all the members of the club. Pearl Ibarra, who headed the Committee in Sept. 1994 that created the system and who was also Banquet

Chairperson would see implementation for the first year. This would be a big change in the way the club would select volunteers for the Annual Volunteer Banquet. In the previous years Committee Chairpersons would submit a list of who they felt participated in at least five of their events or who they felt deserved to go - which caused individuals participating in a variety of different events to be left out. This new system would help recognize everyone.

The Awards Banquet would prove to be a big success this year as a DJ would be scheduled and more than 125 Striders would attend. A new Strider Logo would appear throughout the Rundown and on race flyers that would designate the Tidewater Striders as a running club. The March issue of the Rundown would mention the quality recognition that our area races have received when it mentioned that the Elizabeth River Run 10K is the Eastern Regional 10K Championship, the Neptune Festival 8K is the Eastern Regional 8K Championship and the Breezy Point Triathlon is the USA Triathlon Mid-Atlantic Regional Sprint Championship for 1997. This year the club would also display all the possible T-Shirt designs for the Elizabeth River Run 10K at the Shamrock Sportsfest and have all the runners vote on which design they would like to have.

The May issue of the Rundown would mention a new initiative of Board members being easily identified at races by having dark blue polo shirts. (This was one idea that had failed in the past due to members not wanting to be 'targets' at club events.) The weather would take its toll at club races as a storm would move in and help lower the Elizabeth River Run participation to a low of 1563, a amount not seen in over 10 years. The Women's Distance Festival would be spared with good weather this year and numbers would increase to over 180 finishers and approximately 250 attending the after race awards beach party. These numbers may have been due somewhat to the fact that the party and race fee were combined for the first time. They had been two separate fees in the past. Unfortunately the weather would get the best of the third race of the summer series as it would have to canceled due to lightning. It didn't seem to hurt the series as a whole though as numbers would increase to average around 190 runners per race with nearly 80 new members joining the club. (Quite a change from the 25 -30 runners that the races had prior to Pam and Mike Robinson becoming Race Directors in 1993.) The weather would prove to be ideal for the Breezy Point Triathlon as it would see approximately 550 participants. This would prove to be the largest field to date.

On May 16th, the movie Prefontaine would be brought to the Naro by Running Etc . It was one of the few running movies put out and was a documentary about one of greatest American distance runners. It proved to be such a big success that another running club would pull the movie to play in Williamsburg for the runners in that area.

As with a lot of the social events the membership would see it's first big turn in numbers since it starting decreasing in the early 1990's. The Membership Chairperson would report that the club reached 1500 members as of July 22nd up from January's total of 1387. The club would continue adding to new areas as the August President's column noted that a new Wheelchair Committee had been formed and a Grand Prix will probably be expected to be in place by next year. This was noted as being the first Wheelchair Division of any running club that was part of the Road Runners Club of America (RRCA).

The Board would be extremely active in setting goals and foundation blocks as it would go through and approve 23 different sets of policies and procedures for the different areas of the club. Many policies had to be created but it didn't seem to slow the Board down. The first formal type of evaluation would be drafted and used for the evaluating the Executive Director on a semi-annual basis. The Board would also incorporate full implementation of a Tidewater Strider Working Schedule. This schedule would contain all main items required to be done by the club and become a regular part of the Board meeting agenda. The club would also see three committees become standing committees and added to the constitution. The Volunteer committee had been an Ad Hoc Committee and the Marketplace and Grand Prix had both been sub-committee's.

Through the years the club has seen many hard times. From its formation in the early 70's where volunteerism seemed to be one of the biggest problems, to the 80's where the treasurer was taking funds. The club has managed to not only weather these conditions but grow stronger. Like was mentioned many years ago, it's the good people that has made the club what it is today - one of the top running organizations in the nation. It isn't just the fast runners the club has had over the years and the Volunteers who have spent countless hours helping the club that has made it great. It's a combination of the running community as a whole - from the volunteers and runners in the club, to the organizations, volunteers and runners in the community that come out and show their support - that has helped make the club what it is today. As the years go by, the club continuously creates more and more foundation blocks and sets them into place. These only strengthen the existing areas of the club so we can continue to grow. It also allows the club to branch out into new areas.

The club started out with just a few individuals who had track on their mind. They later saw that road-racing was taking over so the club expanded into road-racing. It continued to grow and form to become and operate like a business while maintaining the club atmosphere. The club would soon start giving out scholarships. In late 1989 the club would expand even more into the area of youth runners. It wouldn't be long until Triathlons and biathlons would also become a part of the club arena. And just recently the club has expanded its wings again to move into adding Wheelchair racers. The changes that have happened in the past 25 years are phenomenal. As times change the club seems to get stronger and grow larger. What will happen in the next 25 years is anyone's guess. After all 25 years ago women running was almost unheard of, running at the age of 5-7 in races was not even considered, and who ever could have imagined something like triathlons and biathlons or wheelchair racing in the same event as runners.

I would also like to thank Charles Hester who did a lot research for the 18th Anniversary and wrote an article from which I obtained some very valuable information.



### **Tidewater Striders 25 years of Presidents**

Sept 23, 1972 - Dec 1972	Jerry Bocrie
Dec 1972 - Dec 1973	Jerry Bocrie
Dec 1973 - Dec 14, 1974	Jerry Bocrie
Dec 14, 1974 - Dec 11, 1975	Charlie George
Dec 11, 1975 - Oct 1976	William E. "Bill" Simmons
Oct 1976 - Aug 13, 1977	Donald Grey
Sept 1977 - Dec 1978	Bob Jennings
Dec 1978 - Dec 1979	Melvin "Mel" Williams
Dec 1979 - Dec 1980	Glen Logan
Dec 1980 - Dec 1981	Glen Logan
Dec 1981 - Jan 12, 1983	Randy Cook
Jan 12, 1983 - Jan 1984	Dave McDonald
Jan 1984 - Jan 1985	Dave McDonald
Jan 1985 - Jan 1986	Dave McDonald
Jan 1986 - Jan 1987	Dave McDonald
Jan 1987 - Jan 1988	Dave McDonald
Jan 1988 - Aug 1988	Sonya Whitley
Aug 1988 - Jan 1989	Kenneth E. "K.E." Morgan
Jan 1989 - Jan 1990	Kenneth E. "K.E." Morgan
Jan 1990 - Jan 1991	David Harrison
Jan 1991 - Jan 1992	Craig Hanner
Jan 1992 - Jan 1993	Kenneth E. "K.E." Morgan
Jan 1993 - Jan 1994	Kenneth E. "K.E." Morgan
Jan 1994 - Jan 1995	Mike Fuller
Jan 1995 - Jan 1996	Betty Belknap
Jan 1996 - Jan 1997	Betty Belknap
Jan 1997 - Present	Raymond Ochs

### **Volunteer Of the Year**

1989 - Rick Brown & Ronald P. "R.P." Kale  
1990 - Ernie Dage  
1991 - Mike Robinson & Kenneth E. "K.E." Morgan  
1992 - Paul Steele & Betty Belknap  
1993 - Sharon Brown & Dan Edwards  
1994 - Ed Brinkley  
1995 - Claude Bell  
1996 - Peg Murphy

### **Volunteer of the Decade**

1970's - Jerry Bocrie  
1980's - Charlie George

### **RRCA 2,000 Hour Volunteer Award**

1994 - Rick Brown, Mel Williams, Ed Brinkley  
1995 - Dave McDonald, K.E. Morgan, Charlie George

1996 - (No One submitted)

