

Lancaster Striders

President's Column

Never Ending Summer

Hello Striders,

July events have come and gone only to give way to another fun filled month of more Striders events. August will not only include 10,000 races, but there will be time for the annual Strider picnic, golf outing, track workouts, Sunset Beach, 1 Mile race, Night out at New York Beer Project, Bison Baseball night, and a Bike ride. More information on each event will be posted in the newsletter and Facebook.

As for July, the Striders would like to thank once again Laura and Darell McKenrick for opening their home following the Lancaster-Depew 4th of July 10K. Truly a great way to start the summer off with a great race and a party with great friends.

On a Sad note, the running community lost a truly great inspiration in the passing of Paul Hassal. Paul's legacy of races in a year has given way to the madness that we see today of Buffalorunners. There will be a memorial run and service in Paul's memory on August 3. More information provided within the newsletter.

Mark

Strange Strider Activities during the 4th of July



- President : Mark Reist
- Vice-President : Jennifer Liaros
- Treasure : Gary Guzek
- Secretary : Melissa Jozwiak



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EVENTS

- Golf Outing 5 Aug
- Strider Picnic 6 Aug
- Track12, 19 and 26 Aug
- NYBP Night Out 15 Aug
- Sunset Beach 17 Aug
- Lancaster Mile Race .. 22 Aug
- Bike Ride 24 Aug
- Bison Night 28 Aug



GOLF AND BIKE RIDES?

Meeting Minutes

July 2, 2019

Members present 19

127 paid members

Dash and splash. Shane cooked fantastic. Mel put together. Hot!! Thirsty dog had water & started drinking. Good Tymes South. James's cemetery site. Lilly belle. Skoobs. Ended @ green buffalo. Party @ Steve's.

Track workout went good. Thanks to Lancaster parks. 14 participated. Patrick Buchanan joined striders. Beautiful track. Yelling after. 19.50 pitcher of beer. Route 78 potential for after track.

Race Thursday. Wear red. Then Darryl's for party after group pictures. Bring chairs and towels.

Register for track so the rec department

Sept meeting will have a visit from PT Scott Tanski. Any questions ask Jenn

Treasury. 1000 went to scholarships. Thank you card from Armani Marlino.

Businesses wanted for donations. Give Gary info to contact. Will get out letters.

8/6 meeting and picnic, 8/5 no track. Chicken and people to bring a dish.

Dates coming soon for bike ride. Jen and Mel to plan. Bison game possible.

Sunset beach August. Gemmer's house will be open. Fran will bring boat.

Doc thanked Jen doing an awesome job!

Doing beer for hall of fame looking for volunteers also for 716.

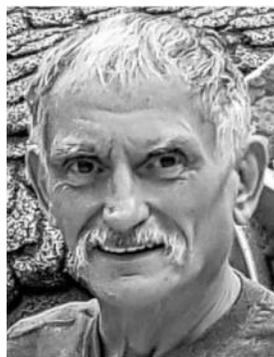
8/4 Run 716.

Lancaster is sponsoring hall of fame

Steve thanked everyone for James Metz race. \$12,100 made.

Be careful stay safe. Rehydrate!

Melissa Jozwiak



HASSALL, Paul G.

HASSALL - Paul G. July 19, 2019, beloved son of Marjorie (nee George) Collins and the late Edward Hassall; brother of Cathy Tilby; beloved father of Rachel Hassall and John Hassall; devoted

grandfather of Austin Hassall; beloved friend and running partner of Tina Drumm. No prior visitation. Family and friends are welcome to attend a Memorial Brunch that will be held Saturday, August 3, 2019, at 11 AM in Doc Sullivan's Restaurant, 474 Abbott Road, Buffalo, NY 14220. If so desired, donations in Paul's memory may be made to the SPCA of Erie County. Arrangements by (Tonawanda Chapel) AMIGONE FUNERAL HOME, INC. Share condolences at

Paul's Memorial

August 3, 2019

11am

Doc Sullivan's
474 Abbott Rd
Buffalo, NY

There will be a group of runners paying tribute to Paul during the Run For Life 5K

August 3 at 9am

Lancaster Strider Picnic

August 6, 2019

6pm

Como Lake Park

Lancaster Place

Grilled Chicken Sandwiches and Beverages Provided by the Club

Please Bring a Dish to pass



Striders Golf Experience

August 5, 2019

5:30pm

Bob-O-Link Golf Club

4085 Transit Rd

Orchard Park, NY 14127

Since there is no Track Workout next Monday Aug. 5th, Doc Curry set the wheels in motion for a golf experience. For those not familiar with Bob-O-Links, it is a par 3 course that has lights. The plan is to play just 9 holes. Hopefully the weather will be nice, but even if it isn't, show up anyway. Will go to a local watering hole either way. No need to pre-register, just show up and we put together foursomes at that time.

Rates are as following

Weekdays Under the sun (Before 6pm): \$15—9 holes

Rental: Pull carts \$3, Golf Clubs \$7

Strider Glider Quarter Marathon

19 October 2019

Registration is open thru Score-this.com

Discount code for Striders: **Striders-19**

Paper applications available soon on Buffalorunners.com or the Lancasterstriders.com page

Run With the Striders

Lancaster High School Track

Mondays - July 1-Aug 26 (No Aug. 5)

6pm-9pm Ages 18 and over

NO FEE

The Lancaster Strider entered into a partnership with the Lancaster Parks and Recreation Department to offer a program for Lancaster Community. Members of the Lancaster Striders do not need to worry about not living in the area in order to participate.

The program will start with a 10-15 minutes of a warm-up run and a dynamic stretch. From there, we will start the track workout of the week, repeats of varying distance. These workouts will be geared toward 5K races and can help improve time, speed and endurance of 3 miles. Participants are encourage to bring their own watch to help keep track of their splits, but not required. Runners of all levels welcome.

In order to participate, we ask all Striders to register on line with the Lancaster Parks Department. To register

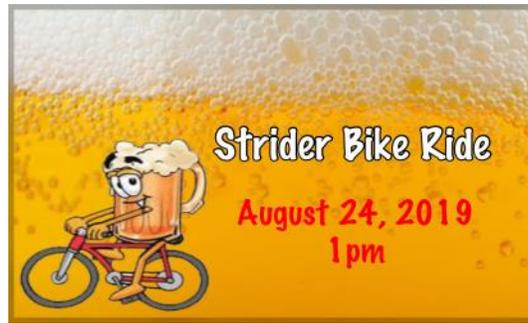
1. <http://apm.activecommunities.com/lancasterrecny>
2. Create an account. Click on this section located in the upper right corner. Follow the instructions and keep in mind that this will not cost you anything nor do you need to be a resident of Lancaster to create an account. Once you created your account, you are ready to register for the track
3. When you sign in, a page will open title Account Option (with your name) within this page is a section entitled **Online Services**. Under this section, you will select **register for activities**
4. The Activities page will open and here you will just need to type the following into the activity search: **Run with the Striders**.
5. The page will show the activity: 2019– Run with the Striders that will be in blue lettering. Just select the ADD TO CART and follow the instructions from there.

Remember, this is free and it will not cost you anything as a member. We just need you to register since it includes a waiver. Members of the Striders under the age of 18 are welcome.

Again, this program is free.

Any questions, please contact Mark Reist or Jennifer Liaros

Jennifer Liaros

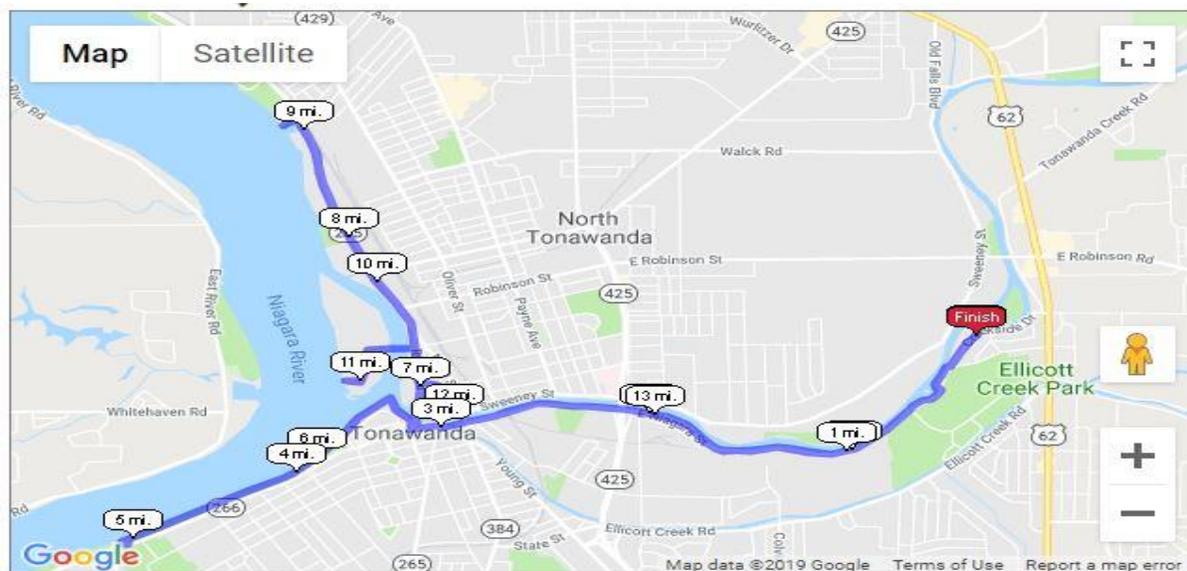


There will be an Strider Bike event planned for the 24th of August starting at 1pm. As of right the route will be approximately 16 miles. The route will start from Denise Seelbach's home located in Tonawanda and will travel along the bike path following the Erie Canal towards Niagara River. Once we reach main street in Tonawanda, the 16 mile route will then head towards Isle View Park with a planned stop at the Isle View Bar and Grill. This first leg of the 16 mile route is 5 miles. From there, we will make our way back and cross over the bridge heading into N. Tonawanda. This route will follow the bike path along River Rd with a planned stop at the Lumberjack Bar and Grill (4miles). From there, we will make a short trip back headed onto Tonawanda Island with a stop at The Shores Waterfront (2 miles). From there, we will push are way to the party district of NT. Plan is to turn on Goundry St. to Webster and then onto Sweeney St until we reach Dockside Bar and Grill (1 mile). From Dockside, we will then head back to Denise's home where we can finish off the ride relaxing. The plan will be to provide hotdogs and Italian sausage, but will need some folks to bring a dish to pass. Please bring a chair along with your favorite beverage. Please feel free to stop by even if you do not plan to ride.

The route is 90% bike path with a some biking on the roads.

My plan is to have my van available to pick up those stranded or in need of bike maintenance. I have a bike rack capable of holding 4 bikes.

Denise's Home: 190 Creekside, Tonawanda NY 14150. There is plenty of street parking.





The one mile race is just a few weeks away. Please sign up for the race at Buffalorunners.com or Score-This.com

Open Female at 6:30pm

Open Male at 7:00 pm

For those on Facebook, please help promote the race by liking and sharing the event



The Striders will return to Sahlen Field on 28 Aug as the Bisons take on the Redwings. I have 40 tickets reserved as of right now. Plan would be to meet up at Pearl Street Brewery before the game to get your tickets. We will be in Section 114 this year.

If interested in going, please contact me.

Tickets cost is \$11.50

Mark Reist

roosterm@roadrunner.com

716-417-7250 (Text please)



The Strider Race committee is asking Strider's to help show our support for one of the sponsors for the Strider Glider Quarter Marathon.

Plan is to meet at NYBP at 7pm

Wear your Strider Gear to show them we are there

Sunset Beach

17 Aug 2019

The Sunset Bay Experience Reach The Beach 5K will start at 9:30am.

Following the Post race party, the Striders are once again invited to Dan Gemmer's Beach home for lunch and a few cocktails.

If all goes well weather wise, the Striders will enjoy what the beach has to offer. If you are planning on staying, we usually enjoy a beach walk and a trip to visit Fran W on his luxury yacht followed by dinner at one of the beach clubs.

Registration for club members is discounted