

# Lancaster Striders

## President's Column

Mark Reist

### Summer Beginnings

Hello Striders,

Believe it or not, a newsletter has actually been created . Apologies for the long gap in the newsletters, but sometimes life and computers do not go together. Either way, I hope everyone is doing well as we enter into the full swing of the running season.

July will be a busy month for the Strides as it kicks off with the 40th Depew-Lancaster Boys and Girls Club 10K on July 4th. Along with the race comes the invite to the McKenrick's home where we continue to celebrate the 4th with some good food and drinks while we entertain ourselves by tossing folks into the pool. Following the 4th of July celebrations, comes a new event added to the Striders repertoire on July 14th. This will be the Striders version of a pub crawl, which we will call the Jozie's Striders Crawl. If I haven't spent enough time with you, then be sure to attend the July club meeting on the 17th. The 17th of July will also be out club picnic. To end the month of activities, we will be offering a Baseball outing on July 30. The Striders will once again be given the opportunity to enjoy one of America's favorite pastimes watching the Buffalo Bisons or getting a Conehead beer from Conehead himself. All of these events I have mentioned will be covered further in the newsletter.

As for ongoing club business, the race committee for the 4th Lancaster Mile and the 7th Strider Glider Quarter Marathon (SGQM) have begun and we are always looking for your input and support. The Lancaster 1 Mile race will be held on 23 Aug 2018 and the SGQM will be held on 20 Oct 2018.

Mark

*"Motivation is what gets you started. Habit is what keeps you going"*  
James Ryun



President	: Mark Reist
Vice-President	: Dave Barbaro
Treasure	: Gary Guzek
Secretary	: John Barbaro



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Chris Giswold 5K  
5/19/18

## JUNE MEETING MINUTES

LANCASTER STRIDERS MEETING Minutes  
June 5, 2018  
Members present 29

Next Meeting July 17, 2018

President Mark Reist  
Vice President David Barbaro  
Treasure Gary Guzek  
Secretary John Barbaro

### Mark:

Buffalo Marathon good weather but took a toll  
on the runners

Jay Wilczak 4:08:47  
Heather Burger 4:37:37  
Paul Pulinski 3:35:55  
Mike Disarno 3:59:15

### First timers

**Rayann Weeler 7:14:57**  
**Sarah Diliberto 6:44:07**

Congratulation to all who ran the Half  
Marathon

### Greek Fest

Jennifer Liaros 1st overall female  
21:17  
Also 1<sup>st</sup> at Nancy Price 21:51  
Niagara Falls Womens Half Mara-  
thon 1:43:48  
Tony Recchio: 1st age group 34:03

### Mind the Ducks 12 Hour Run

Tom LePage 52.6 miles 11:05:51

### Battle between Jude McCadden and Jose Quiros still going strong

Kelly Tough 12K  
Jude McCadden 51:44 1<sup>st</sup> in  
age  
Jose Quiros 52:02 2<sup>nd</sup> in age  
John Beishline Memorial 5K  
Jude McCadden 19:28 1<sup>st</sup> in  
age  
Jose Quiros 19:44 2<sup>nd</sup> in age

### Kelly Tough 12K

Jennifer Liaros 56:21 2<sup>nd</sup> in age group  
Zachary Lairos 1:03:11 3<sup>rd</sup> in age  
group  
David Barbaro 1:01:00 1<sup>st</sup> in age group

### Chris Griswold Memorial 5K

Kim Strasser 23:57 1st Female Mas-  
ter's  
Mens Age 60-64 Strider Sweep  
John Danna 22:48 1<sup>st</sup>  
John Barbaro 25:19 2<sup>nd</sup>

Darell McKenrick 26:18 3<sup>rd</sup>  
July meeting will be the Summer Picnic July  
17<sup>th</sup>  
July will be a busy month with the 4<sup>th</sup> of July  
Race and party at Darell's  
The One Mile Race on August 23<sup>rd</sup> and Strider  
Glider are on again this year  
Bison Baseball Game Monday  
July 30<sup>th</sup>  
Will post information online  
Email Mark know how many  
Pearl Street Café hand out tickets  
Race committee meeting June 13<sup>th</sup> at the  
Elks

### Dave:

Facts on Tom Longboat and James Ronald  
Ryun

### Gary:

Paid Members 140  
Scholarship recipients  
Boys

### Chris Krull

4 years varsity Cross Coun-  
try Captain Jr. and Sr.  
seasons  
4 years indoor and outdoor  
track  
Will be attending UB in the  
fall  
Hope to run with the clubs  
teams

### Girls

### Annabelle Vogel

4 years varsity Cross Coun-  
try  
4 years indoor and outdoor  
track  
Attending ESF

### Upcoming Races:

Buffalo J.P. Morgan Corporate Challenge  
Thursday June Jun 14 at 06:45 PM  
St. Gregory The Great Race  
Friday Jun 15 at 07:00 PM  
James Metz Memorial Scholarship Run  
Saturday Jun 16 at 10:00 AM  
Black & Gold: Run The Hawk 5K  
Thursday June 21 at 06:30 PM B  
40th Depew-Lancaster Boys & Girls Club  
Wednesday July 04 at 09:00 AM

## Striders Baseball Outing



Section 116 has once again been reserved for the Lancaster Striders. If you are interested in going, please contact Mark Reist 417-7250. I will have tickets soon and will hand them out as you pay. Don't worry about seating assignments, just take a seat in our section. The plan will remain the same as last year. Meet at the Pearl Street Brewery at 6pm and then make our way to the game that starts at 7:05pm.

## 1 Mile Race

**August 24th**



The one mile race is on and registration is open on [Score-This.com](http://Score-This.com). The race will cost \$15 and students K-12 will only pay \$12. Day of race registration will be \$18. There will be a mail in race application available soon on [buffalorunners.com](http://buffalorunners.com) or the Lancaster Striders web page.

The race will remain at Como Lake park with the first race kicking off at 6:30pm with the females followed by the male at 7:00pm. Score-this chip timing along with WNY finish line will provide timing services along with timing clocks at 1/4 mile marks. On behalf of your race director (Mark Brautlacht) and the race committee we look forward to your support and participation.

FYI- About 50% of last years runners were under the age of 19.

## July Meeting/Picnic

**17 July 2018**

**6pm**

The July general club meeting was moved to the 17th of July to accommodate the summer picnic. Picnic will be at the Lancaster Place in Como Lake Park. The club will provide the main dish along with some beverages. Please consider bringing a dish to pass. For those on Facebook, I will post an Picnic event so you can post what you are bringing. That way we don't end up with 12 trays of cookies. Not saying that's a bad thing, but I am trying to loose weight and it wont help. I am weak.

## Depew-Lancaster Boys and Girls Club 10K

4th of July

The Strider presence at this race is an ongoing tradition that continues to grow. If memory serves me correctly, there were about 80 Striders that participated. So come on out and show your colors and get ready for some fun post race fun.

Following the race, the McKenricks will once again host a post race gathering complete with food and beer. This will be Laura and Darrell's 9th post race party at their home which usually starts sometime after 12 noon.

From The McKenricks:

“Bring your spouse or SO and/or your kids. Bring a chair to sit on and some towels. Bring a salad or desert or your favorite summer dish. We will supply hot dogs, hamburgers, turkey or chicken burgers, sausage (Italian & Polish) and rolls and the fixens. There is a big pool with a slide to hang out in. I will also have Southern Tier IPA and another beer on tap while they last. After that, your on your own. Hope to see you”

Address: 11769 Boncliff Dr, Alden NY 14004

## Jozie's Strider Crawl

14th of July

4pm

Melissa and Shane Jozwiak will host a pub crawl starting from their home/bar better know to most as “Jozies Place” . This is an 4 mile route. Run/walk/Bike

### Plan of the Crawl

Depart: Jozie's Place by 4:30pm

1st Stop: Sals Lounge—283 Olstead Ave

2nd Stop: Zasadas—4 Laverack Ave

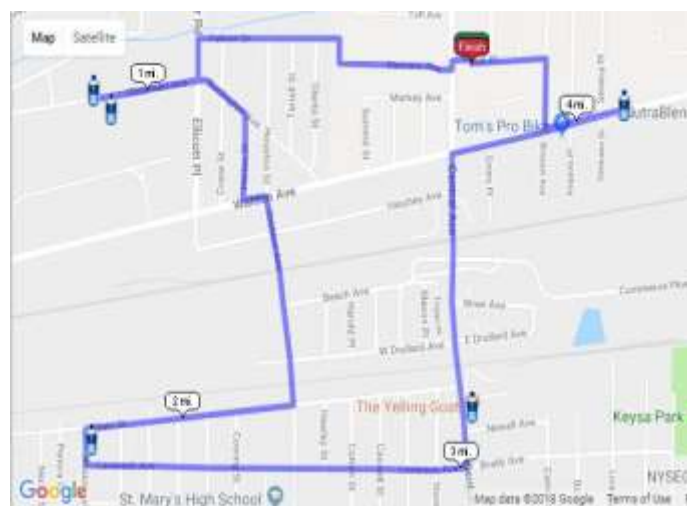
3rd Stop: Yelling Goat—Central Ave & Newell

4th Stop: VFW Post—3741 Walden Ave

End: Jozie's Place

Address: 53 Hess Place, Lancaster NY 14086

Map - copy and paste web address



<http://www.usatf.org/routes/view.asp?rID=598172>



## James Ronald Ryun

born April 29, 1947

In 1964, as a high school junior at Wichita East High School, Ryun became the first high school athlete to run a mile in under 4 minutes

His time was 3:59.0.

His time of 3:55.3 in 1965 was a high school record that stood for 36 years. He is a former American politician and track and field athlete. He won a silver medal in the men's 1500 meters at the 1968 Summer Olympics, and was the first high school athlete to run a mile in under four minutes. He is the last American to hold the world record in the mile run



## West Shore Brewery



## Metz Race

## New Members

Joined at the Metz race

Robert Wagner

Buffalo Bob Wagner

Brian Wolf



## Yelling Goat

## Last Call 2018 Dues



Check the web site for list of members on 7/2/18