

Lancaster Striders

President's Column

Banquet and Awards

Hello Striders,

This years banquet put to a close the 2018 running season by giving us the opportunity to celebrate and recognize the achievements of the Lancaster Striders. First recognition will go to the centerpieces on the tables. The centerpieces were made up of trophies from a long and prestigious running career of George A Porter. George was a former club president who passed away on October 26, 2018. After his death, his family donated the trophies to the club so we could find a new home for them. I honor of George, the table centerpieces contained a collection of his awards to represent his accomplishments while giving us a moment to reflect on the most important aspect of being a member of the Lancaster Striders. **Family**

George A Porter was added to the memorial table.

For those we have run with along the way, a flame to remember them burns today

A special thank you to the banquet committee members who put in the time and effort to make for a great time. Zac and Jen Liaros, Melissa and Shane Jowziak, Tony Recchio, Erica Klepser, Lisa Hansen, Dave and Jen Pokigo, Dave Barbaro, John Barbaro, Denise Seelbach and Stephanie Leguori.

Thank you to Dave Suttell for presenting the Life Time Achievement Award and Tim Zelasko for leading the opening prayer.

Thank you to all those that attended the Lancaster Striders 2018 Awards Banquet.

Mark



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



INSIDE THIS ISSUE

President's Column..... 1

SPECIAL POINTS OF INTEREST

- Club dues3
- Banquet3
- Award Nominations4



Meeting Minutes

LANCASTER STRIDERS MEETING Minutes

February 5, 2019

Members present 21

Next March 5, 2019 at the Elks

President Mark Reist

Vice President David Barbaro

Treasure Gary Guzek

Secretary John Barbaro

Mark:

Thanked everyone who helped set up and clean the Hall before and after the party

Food was good, small issue with the music but everyone had a good time

77 people attended and 81 signed up

Strider of the year: Mark Brautlacht

Female Runner of the Year: Jennifer Liaros

Male Runner of the Year: Paul Pulinski

Rookie of the Year: Kim Strasser

Most Improved: McKenzie Higgins

Comeback of the Year: Suzanne Hitchcock

Hall of Fame: Steve Metz

Nominations of officers for the next two years

For President Mark Reist by Doc Curry

For Vice-President Jennifer Liaros by Paul Schaefer

For Treasure Gary Guzek by Tim Renaud

For Secretary Melissa Jozwiak by Lisa Hansen

Election for Officers at March Meeting

Thank Darell and Sarah for the photos used in slide show

No treasure's report

Winter Picnic may incorporate in to outing at New York Beer Project

Dave:

No report

Gary:

Excused

Upcoming Races:

Polar Bear 5K 02-24-2019

Shamrock Run 03-02-2019

Canisius Chilly Challenge 03-24-2019

Feel the Spirit 04-06-2019

20th Annual Canisius College Shoes For The Shelter 04-07-2019 last one

2018 Award Recipients

Life Time Achievement Award



Steve Metz

Awarded for his 20+ years of continued support and dedication to the Lancaster Striders. Hosting the Non-resolution run for over 20 years.

Malcolm J. Francis Award Lancaster Strider of the Year



Mark Brautlacht

Female Runner of the Year



Jennifer Liaros

Male Runner of the Year



Paul Pulinski

2018 Award Recipients

Most Improved Runner



McKenzie Higgins

Comeback of the Year



Suzanne Hitchcock

Rookie of the Year



Kim Strasser

2018 Nominees

Rookie of the Year: Jenna Seelbach, Laurie Grudner, Jill Formato, Kim Strasser and Chris Adamczak

Comeback of the Year: Kristen Brozyna, Sue Hitchcock, Aly Pyc and Nick Ingrao

Most Improved Runner: McKenzie Higgins and Lisa Hansen

Male Runner of the year: Tim Renaud, Paul Pulinski and Dick Hall

Female Runner of the year: Jennifer Liaros and Lisa Hansen

Strider of the Year: Melissa Jozwiak, Mark Brautlacht, Dave Barbaro, Stephen Karas and Zack Liaros

2018 Special Award Winners

Trophies provided by George A. Porter

Lancaster Strider Straggler of the Year: Tim Newman

Most Likely to Not Want this Award: Darell McKenrick

Entertainment Tonight Award: Jennifer Pokigo

Most Awkward Dance Moves: Mark Reist

Most Likely to Give Up Their Beer Tickets: Mac McKenzie

Bubbly Award (Positive Attitude/Friendly): Kathy Jarvis

Member of the Most Running Clubs: Tim Zelasko

Energizer Bunny Award: Stan Jennings



We are now in the process of collecting dues for 2019 along with payments for the Awards Banquet if you plan on attending. Just fill out the forms below and mail in your payments. *Make check payable to: **Lancaster Striders***

Gary Guzek
180 Kristoria Lane
Alden, NY 14004

2019 Annual Dues

The Lancaster Striders annual dues (\$15.00) are currently being collected. To ensure that we have the correct information on file, please fill out information below and return.

Name: _____

E-mail: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone # (____ ____ ____) ____ ____ ____ - ____ ____ ____

Lancaster Striders Officer Nominations

During the February meeting, the following members were nominated and accepted their nominations. Nominations will officially close as of 13 Feb 2018 at 9pm. Contact me at roosterm@roadrunner.com.

President: Mark Reist

Vice President: Jennifer Liaros

Treasurer: Gary Guzek

Secretary: Melissa Jozwiak

The election of club officers will be conducted at the next Strider General meeting on 5 March 2019 at 7pm. You must be present to vote.

This Day in History January 24, 1935

First canned beer goes on sale

Canned beer makes its debut on this day in 1935. In partnership with the American Can Company, the Gottfried Krueger Brewing Company delivered 2,000 cans of Krueger's Finest Beer and Krueger's Cream Ale to faithful Krueger drinkers in Richmond, [Virginia](#). Ninety-one percent of the drinkers approved of the canned beer, driving Krueger to give the green light to further production.

By the late 19th century, cans were instrumental in the mass distribution of foodstuffs, but it wasn't until 1909 that the American Can Company made its first attempt to can beer. This was unsuccessful, and the American Can Company would have to wait for the end of [Prohibition](#) in the United States before it tried again. Finally in 1933, after two years of research, American Can developed a can that was pressurized and had a special coating to prevent the fizzy beer from chemically reacting with the tin.

The concept of canned beer proved to be a hard sell, but Krueger's overcame its initial reservations and became the first brewer to sell canned beer in the United States. The response was overwhelming. Within three months, over 80 percent of distributors were handling Krueger's canned beer, and Krueger's was eating into the market share of the "big three" national brewers—Anheuser-Busch, Pabst and Schlitz. Competitors soon followed suit, and by the end of 1935, over 200 million cans had been produced and sold.

The purchase of cans, unlike bottles, did not require the consumer to pay a deposit. Cans were also easier to stack, more durable and took less time to chill. As a result, their popularity continued to grow throughout the 1930s, and then exploded during [World War II](#), when U.S. brewers shipped millions of cans of beer to soldiers overseas. After the war, national brewing companies began to take advantage of the mass distribution that cans made possible, and were able to consolidate their power over the once-dominant local breweries, which could not control costs and operations as efficiently as their national counterparts.

Today, canned beer accounts for approximately half of the \$20 billion U.S. beer industry. Not all of this comes from the big national brewers: Recently, there has been renewed interest in canning from microbrewers and high-end beer-sellers, who are realizing that cans guarantee purity and taste preventing light damage and oxidation.

Mark Brautlacht