

Lancaster Striders

President's Column

Running season

Hello Striders,

Still looking forward to a break in the weather to start my annual complaining about how hot it is, but for now I will just complain about pollen, gnats and those awful cottonwood seeds and their ability to wreak havoc on my respiratory system.

Since the last newsletter, the race season is in full swing and there are numerous races during the week along with an overloaded selection of weekend races to choose from. The first of the Lancaster area races was on May 18 with the 27th Annual Chris Griswold 5K race. The race sported a field of 126 runners with a good showing of Striders in the winners column. The race director Nicholas Aquino wanted to make sure that I passed on his sincere appreciation of the support the Lancaster Striders bring to the race.

Moving on to the Memorial day weekend, Buffalo held its showcase race weekend and it was loaded with race activities. Events included the John Beishline 5K, Diaper Dash, Kids mini-Marathon, Buffalo Stampede (dog run), the 1/2 Marathon and the Marathon. The race weekend was appreciated as seen by the majority of positive Facebook posts to the Buffalo Marathon page. People commented on a well organized race and how thankful they were to the volunteers and staff at each event. In being a part of the Traffic committee, I can only say the people in their cars were not as appreciative as the people that ran in the events. Thank you to all the volunteers that get verbally abused and continue to keep that smile on your face.

Mark



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



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Robin and Jack with their shirts on backwards

Meeting Minutes

May 7, 2019

Members present 27

126 paid members

Lisa Hanson PR'd 148

Jen Liaros PR'd 10k

Wednesday race possible rain

Fiesta 5k worth money. Nerds gone wild. Striders closed the party.

Buffalo marathon. Volunteers needed.

Officers to plan striders activities. Pub crawl, 4th of July, baseball game

Strider glider all set. Got to get info out. Race committee 1st week of June.

Lancaster parks to have track work out. Track for possibly Wednesday, hoping for Monday @ 6. Warm up mile or 2 before. Stretching and different workouts every week. Track till sunset. Strider fashion go out after. Open

workout to Lancaster people 18 and up Unless strider child.

Strider funds. Scholarship \$\$ to go out next month. .

New member Susan welcomed. Doing first Buffalo half.

Bang for buck races. \$200 Donation for hall of fame race

39 May races. 5/10 Greek 5k, 5/18 griswold, 5/25 marathon weekend

6/1 burg and salmon runs. 6/15 James Metz looking for volunteers, runners and walkers.

Race for Lung cancer research 6/2 @ Delaware

6/4 next meeting. .

6/29 Steve Metz fun run

Melissa Jozwiak

June 4, 2019

Members present 21

134 paid members

June meeting

Race Highlights

Griswold 5K

1. Valerie Johnson PR 29:45
2. Lots of Strider winners

Buffalo Marathon

Marathon

1. Debra Vertoske (1st marathon) 4:09:59

1/2 Marathon

1. Jen Liaros PR 1:36:48
2. Melissa Jozwiak PR 1:56:51
3. Susan Duane (1st 1/2) 2:24:52
4. Kim Strasser PR 1:49:58
5. Don Strasser PR 1:51:18

Niagara Falls Womens Half Marathon

1. Denise Seelbach PR 1:46:24
2. Jill Lieber PR 1:46:24

Upcoming events

6/15 James Metz race and polish festival. Striders and PAC will get admission and Buffet for \$12

6/19 Race Committee Meeting at 7pm. Location will be at the Lancaster VFW Post

6/29 splash and dash @ Steve Metz's house.

7/1 Run with Striders Track

7/4 Lancaster race and post race picnic at McKenrick's home.

Next meeting: July 2, 2019. Group run at 6pm followed by general meeting at 7pm

Melissa Jozwiak

Buffalo Marathon Weekend

Diaper Dash and Kids Race



The Buffalo Marathon weekend was filled with spectacular racing events with noted club members introducing their children into the competitive sport of racing. Highlights of the races come from Rick and Jess Deren. They lead the way with two of their children Little Ricky and Samuel; followed by the McCadden's entering their daughter Penny Lane.

Little Ricky Deren was a front runner in the elite class of the children's 3 and under mini marathon race. A little slow out of the blocks, but he manage to overtake the field and set a personnel record. When offered the 1,000 cash prize, he quickly turned it down for that shinny medal to hang around his neck. He was happy like is Dad

Not to be out done, Samuel Deren was a late addition to the Diaper dash. Having troubles from the beginning, Sam realized that his father left his crawling race gear in the wrong diaper bag at home and was forced to crawl in a onesies that was designed for sleeping. Either way it all went down from there when he was disqualified by the race director for being assisted on the track during the race. A formal protest was filed immediately on behalf of the Lancaster Striders to the USATF. After a short discussion, Sam's results were reinstated and he was presented with his finisher medal. When asked for comments, Sam just turned his head and went to sleep.

Penny Lane McCadden came ready for a fight. Reports state that Ms. Penny spent two weeks at an Ethiopian Training camp before returning home to finish her intense training schedule. Her mother Katelyn said Penny was miserable during the train period, but she managed to keep her focused. Her Father Jude was so proud of his daughters training that it inspired him to purchase a special Lancaster Striders onesie just for the race. The big race day arrived and Penny was ready to put everything on the line. Sporting a Lancaster Striders onesie, Penny took to the field with her mom while her father was shouting, "Do not hold back Penny, DO NOT HOLD BACK". From the start she maintained a perfect race crawl form as she headed to the finish line. Even though she was distracted by a rattle ball and some pretzel crumbs on the floor, she manage to pull out of victory and a medal. It was soon after that Penny learned that post race beer would not be served and she uttered her first words, "Bullshit". Penny is currently serving in a time out.

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

2019

Anthony Greeley Scholarship Awards



On June 3rd, our very own Steve Metz handed out the 2019 Anthony Greeley / Lancaster Striders awards to a pair of deserving Lancaster High School student athletes. The Scholarship has been awarded in honor of Anthony Greeley for DEDICATION - DESIRE - DETERMINATION to education and the sport of running. This scholarship was first present in 1999 and has since then been presented to 31 deserving graduates.

The female award winner was Marina Volpini. She has been one of Lancaster's top cross country runners over the last two years and her hard work and positive attitude contributed to her teammates voting her team captain. Marina ran the 400 hurdles, the steeplechase and was a member of the 4x800 relay team during the outdoor track season. Marina is planning on attending Nazareth College in the fall to study Art.

The male award went to Armani Merlino. Armani was the top high school cross country runner in Section VI in 2019 and one of the top runners in the state. He was team captain the last two years and was awarded the Sportsmanship Award for Section VI Cross Country. In the fall, Armani will attend UB and major in engineering. And he will run for the UB Bulls cross country and track & field teams.

Congratulations and Good Luck from the Lancaster Striders !

10th Annual 4th of July Party

11769 Boncliff Dr, Alden NY 14004

Laura and Darell McKenrick will once again open their home following the Depew-Lancaster Boys and Girls Club 10K

Please consider bringing a dish to pass

There will be hot dogs, hamburgers, sausage (Italian and polish), chicken and turkey burgers. There will also be a 1/6 kegs of Southern Tier IPA along with something else. Bring a towel and enjoy the inground pool

Feel free to bring a cooler with your preferred drink

Party Starts following awards at the 10K



Race Committee Meeting

June 19 at 7pm

Lancaster VFW Post 7275

3741 Walden Ave

Lancaster, NY 14086

Any member that would like to be involved with the planning of the Lancaster Mile race and the Strider Glider Quarter Marathon are welcome to attend.



Dash & Splash

6/29/19 at 1pm

Meet up at Steve Metz home located at 22 Lakeside Crescent, Lancaster NY 14086

Will start the run at 2pm and stop at the following locations

Green Buffalo Pub

Magruders Pub

Thirsty Dog Saloon

Skoob's Village Grill

Will return to Metz home for some grilled chicken for dinner. Please bring a dish to pass along with your favorite beverage.

There is a beautiful inground pool for your pleasure, so please bring a towel and swimming attire.

A flyer for the James Metz Memorial Scholarship 5K race. At the top, it says "JAMES METZ MEMORIAL SCHOLARSHIP 5K" and "www.JamesMetzMemorialFund.org". Below that is a photo of runners. To the right, it says "FREE Under Armour Dri-Fit T-Shirt" and "James Metz Memorial Scholarship 5K". In the center, there is a map of the race route. Below the map, it says "RACE PACKET PICKUP Friday, June 14th • 7pm-9pm Race Day, June 15th • 7am-9am Keysa Park, Lancaster, NY". To the right of the map, it says "10AM • Saturday June 15, 2019 Keysa Park • Lancaster, NY" and "ADULT \$30 YOUTH \$20 PRE-REGISTER \$25 Adult / \$15 Youth". At the bottom, there is a "REGISTRATION FORM" with fields for name, address, city, state, zip, and phone number. There are also checkboxes for "I am a member of the James Metz Memorial Fund" and "I am a member of the James Metz Memorial Fund".