

Lancaster Striders

President's Column

Mark Reist

Summer End

Hello Striders,

The summer months are coming to a close but the memories of the club activities will be briefly relived in this newsletter while pictures on Facebook tell a whole different story.

The Boy and girls club 10K and 10K relay on the 4th of July is truly a wonderful day to celebrate this country, running and this club. With 726 completing the 10K and another 126 Teams participating, there was a great representation of the club and its team colors. To top of the day, a post race gathering at the McKenrick's home deserves a big thank you from the club to Laura and Darell. By the way Darell, Laurie is still waiting for the Princess towel to be returned.

July 14th took a few Striders down the streets of Lancaster for the Jozies Strider Pub crawl. Thank you to Melissa and Shane Jozwiak for opening you home and hosting a great event. The bounce house was to entertaining.

July 17 was the club meeting and summer picnic. Thank you all that participated and helped out with the food and drinks.

July 30 was the Striders night out at Coca Cola Field. 64 members attending the game with a pre game warm up at Pearl Street Brewery. Special apology to Chris McConnaghy for my weak attempt to save his life from the foul ball. Sorry Chris, I didn't have a small child to hold up to protect us, so I just ran.

August 24 was the 4th running of the Lancaster Mile. This year we had 124 runners participating. Thank you to race director Mark Brautlacht and the race committee for all your efforts. Biggest surprise came when I arrived only to see that the Lancaster Place was rented out to another party. All my years of Military and Nursing Crisis management came into play on this one. I think I only dropped the "F" bomb 26 times. Thanks to the Como Parks folks for allowing us to move into the Main Casino building.

Mark



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



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Team Lancaster Striders
716 15K-Relay

JULY MEETING MINUTES

LANCASTER STRIDERS MEETING Minutes

July 17, 2018

Members present 45

Next Meeting August 7, 2018

President Mark Reist

Vice President David Barbaro

Treasure Gary Guzek

Secretary John Barbaro

Mark:

Jozie's Pub Run

Sal's

Zasadas

Yelling Goat

VFW Post Walden Avenue

Jozie's Bar

Good time had by all had hard time trying to get everyone to leave the Yelling Goat was like trying to get kids out of Fantasy Island

Reminder about the Baseball Game

Reach the Beach Race

Mile and Strider Glider races

Already have people signed up for Strider Glider

Thanked Laura and Darell for opening up their house and pool for an after after party on the 4th of July.

Gary:

Paid Members 145

Sponsors for Race

Upcoming Races: 37 Races coming up

AUGUST MEETING MINUTES

LANCASTER STRIDERS MEETING Minutes

August 7, 2018

Members present 21

Next Meeting August 7, 2018

President Mark Reist

Vice President David Barbaro

Treasure Gary Guzek

Secretary John Barbaro

Mark:

Thank everyone who attended the Baseball Game 64 members attended good time had by all

Another pub run in October?

Early September for a bike ride from West Shore to Akron Ale House on bike path. Work in progress

Run 716 fantastic race

Sue did the 15K

Jude took 3rd, 20th overall

Paul P also placed

The Beast

Tom did 100 miles in 29:11:15

Gary:

Paid Members 151

Sponsors for Race

September Meeting



Guest Lecturer

September 4, 2018

Como Park, Lancaster Place

Scott Tanski, a physical therapist from Buffalo Rehab Group and a RunSmart clinician, will be coming at 6:40 to give a talk on strength, injury prevention, and address questions runners might have. If you have anything you'd like him to address specifically, please let us know!

Strider meeting with directly follow the discussion.



The Strider Glider is upcoming and we are always looking for your support and input. As of right now, registration is open on-line at the Score-this.com page or download a copy of the mail-in application from the Striders web page or from buffalorunners.com. Special note

for mail in registration: Checks are to be made payable to **Score-This** and mailed to [score-this](http://score-this.com). Cost of the race: \$25 with discount to Striders-Checkers-GBTC (\$22). Day of registration will be \$30 regardless of any club affiliation.

Discount code for online registration for club members: **Striders2018**.

An email was sent out to Checkers A.C. (**Checkers2018**) and GBTC (**GBTC2018**) with their perspective discount codes.

Sponsors for the race are starting to come in and I can not express enough how appreciative we are as a club for support and generosity of the local business community. If any member knows of a business that would like to sponsor our race, please contact either myself or Gary Guzek. A sponsor letter is available if anyone needs one.

Our race provides support to the greater Lancaster area with donations to the Trinity Food Pantry, Lancaster Volunteer Ambulance Corps, Town Line Volunteer Fire Department and the Anthony Greeley Scholarship Awards.

Josie's Strider Pub Crawl



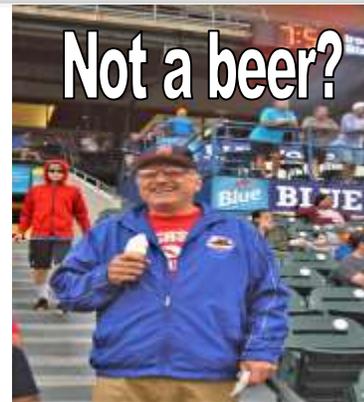
Baseball Gathering



July 4th



Strider Picnic



Not a beer?



Depew Lancaster 10K

