



Pineland Striders Newsletter

KENYAN'S KORNER

Message from Club President, Keith "Kenyan" Wright.

I am writing this as I am nursing sore calves, courtesy of yesterday's Ocean Drive Marathon. Wil Dirkin, Dee Perkowitz and Jim Pate joined me in the marathon distance; we were greeted at the finish line by the 10 mile finishers and the on course support crew (Bob Schuler, Steve Pinchac, Hugh Connelly, Amy Dirkin, Sharon Pate, Frank Perkowitz, Pete McHugh, Mark and Mary Beth Gutstadt, Bill & Rita VanFossen, Jeanmarie Andrews). Speaking of marathons, we celebrated Frank G's first at the Fat A\$\$ marathon on March 6th.

Things are heating up (unfortunately not yet weather-wise), as the number of road races, trail races, USATF events, etc. fill up our weekends more and more. One thing we can count on is that spring will be here in full force by Broad Street, always warm conditions.

We have a new weekly run to add! We now have speed work at the Medford Middle School each Wednesday @ 6:30 p.m. until the end of October.

MARCH CLUB MEETING
(THURSDAY 03/31, MEDFORD VFW, 7:30 p.m.):

We will start with the presentation of a check to the Precious Gems Memorial. Mike Geiger will be accepting on behalf of Precious Gems, a local organization dedicated to raising awareness of the dangers of drinking and driving. The Striders have a long association with this organization, they are the beneficiaries of the proceeds from our Independence Festival of Races.

Our featured speaker will be Mike Bress, manager of Fleet Feet Marlton will be introducing the store, talking about new running shoes and clothing, etc.

Mary Beth Gutstadt will be introducing concepts for club car magnets.

Now that we have our race date confirmed (Saturday June 25th), we will be seeking committee chairpersons and volunteers for our 2011 Independence Races. Frank Messenger and Bill Tanski are the race directors for this annual event to benefit Precious Gems.

UPCOMING & EXCITING EVENTS:

CALAMITY IN NESHAMINY: two subplots dominate the 2011 Univest 5K (our own Hugh Connelly is race director!) as the 2009 Inaugural Champ Wil Dirkin takes on the 2010 Champion, yours truly! And, in what is sure to be a bloodbath, Mark "Hammer Jr." Hamersly faces off against Gina "Athena" Galdi. This race is on Sunday, April 10th at the Neshaminy Mall, Bucks County, Pennsylvania.

PRECIOUS GEMS 5K MEMORIAL RUN FOR OUR GIRLS: Seneca High School, Saturday, April 30th. The Striders will be doing the race timing and assisting with other race day duties

OTHER RACES OF NOTE: Asbury Park Half Marathon (4/16), Rutgers Unite Half Marathon (4/17), 4th Annual Natalee Brooklyn Dunn 5K Run for Life (4/23), Broad Street 10 Miler (5/01), Grand 5k Walk Run (5/14) and the Strider Fall Road trip to the Wineglass Marathon (10/2). Both the On Road and Off Road USATF series continue. Our own Ted & Dee Hardies coordinate the Off-Road series!

NEXT CLUB MEETING

THURSDAY APRIL 28th

TIME: 7:30 pm

LOCATION: MEDFORD V.F.W.

ADDRESS: 317 Church Rd., Medford

REFRESHMENTS: Pizza, Beer, Soda

AGENDA:

• TBD

Mark your Calendars:

Thursday May 26th for the May monthly meeting.

RIVER TO SEA RELAY: Gina has organized and registered two teams with support! The event is on Saturday, July 30th.

On behalf of your 2011 officers (Vice President Lisa McKeon, Secretary Joanna Hellman and Treasurer Bill Tanski), I am, respectfully,

"Kenyan Keith" Wright
President, Pineland Striders
610.716.1639

keithruns@comcast.net

In this issue...
Established Group Runs
Upcoming Events
Announcements

Club Merchandise Available for Purchase

Event Calendar April 2011 and Beyond

TYLER ARBORETUM 10K	tylertrailrun.com	Sat	Apr 2	USATF Scoring Event. Media, PA
UNIVEST CAPITAL 5K	uc5k.com/Welcome.html	Sun	Apr 10	Our own Hugh Connelly is Race Director.
RUTGERS UNITE HALF MARATHON	unite.cgiracing.com/	Sun	Apr 17	Many Striders will be in attendance. Gina G. will be pacing the 11 minute mile
PENN RELAYS DISTANCE CLASSIC 20K	thepennrelays.com	Sun	Apr 30	Penn Relays Apr 28-30
DONOR DASH 5K & 10K	donor1.org	Sun	Apr 17	Philly Art Museum Start
NATALEE BROOKLYN DUNN 5K RUN/2 MILE WALK	NBD5K.com	Sat	Apr 23	Benefiting SIDS, Owens Memorial Park, Williamstown
Heart of Millville 5K	tnteventmanagement.com/events.html	Sat	Apr 23	Craig Dombrosky's comeback race!
PINELAND STRIDERS APRIL MEETING	pinelandstriders.com	Thu	Apr 28	7:30 pm , Medford VFW, Presentation to Precious Gems Memorial Fund, Mike Bress of Fleet Feet Marlton, Usual Club Business
TRAIL TRIPLE CROWN 10K	triplecrowntrailrun.org		Apr 30	USATF Scoring Event. Newark, DE
BLUE CROSS BROAD STREET 10 MILER	broadstreetrun.com/register.htm	Sun	May 1	Always well attend by Strider Club members. Registration starts 1/15 - Sign up fast to avoid being shut out!
NEW JERSEY MARATHON	njmarathon.org	Sun	May 1	
THE GRAND 5K RUN/WALK	roadcompany.com/html/FundraisingEvents.html#thegrand5kwalkrun	Sat	May 14	Proceeds go to rebuilding The Grand Theatre, Williamstown
Bob Potts Heritage Rail Trail Marathon & 5K	bobpottsrn.com	Sun	May 15	Spring Grove, PA
POCONO MARATHON	poconomarathon.org/events.html	Sun	May 15	Potential Strider Spring Marathon Road Trip
WISSAHICKON TRAIL CLASSIC 10K	wissahickontrailclassic.org	Sat	Jun 4	USATF Scoring Event. Philly, PA
SJAC No Frills Summer Series (1)	southjerseyac.org	Tue	Jun 7	7:00pm 3.65 Miles
Jersey Genesis Triathlon	jerseygenesistriathlon.com	Sat	Jun 11	
SJAC No Frills Summer Series (2)	southjerseyac.org	Tue	Jun 21	7:00pm 3.65 Miles Staggered Start
PINELAND STRIDERS INDEPENDENCE DAY RACE FESTIVAL	pinelandstriders.com	Sat	25	Shawnee High School. RUNNERS, Volunteers, advertising, sponsors needed!
SJAC No Frills Summer Series (3)	southjerseyac.org	Tue	Jul 5	6:40pm 2 distance options
SJAC No Frills Summer Series (4)	southjerseyac.org	Tue	Jul 19	7:00pm Prediction Race
RIVER TO SEA RELAY	oymp.net/r2c/welcomer2c.htm	Sat	Jul 30	2 Strider Teams have been registered! Team names TBD
SJAC No Frills Summer Series (5)	southjerseyac.org	Tue	Aug 2	7:00pm - 10K
SJAC No Frills Summer Series (6)	southjerseyac.org	Tue	Aug 16	6:30pm - 3 different distance options
WINEGLASS MARATHON	wineglassmarathon.com	Sun	Oct 2	Potential Strider Fall Marathon Road Trip

ESTABLISHED GROUP RUNS - ALL PAGES AND DISTANCES WELCOME!

TUESDAYS

Meet up Location: Signal Hill Rd. Elementary School, Voorhees, NJ
Time: 6:30 pm
Distance: 4.7 Miles
Description: Challenging hills workout
Other: Wear reflective clothing/lights

WEDNESDAYS

Meet up Location: Mill St. Middle School Track, Medford, NJ
Time: 6:30 am
Distance: ???
Description: Speedwork on the Track

SUNDAYS

Meet up Location: Shawnee High School, Medford - Back Parking Lot
Time: 7:00 or 7:30 am (Check Yahoo Message board each week for times)
Distance: Long Runs 3-20+ Miles
Description: Long, but worth it!

NETWORKING

PRIMARY SOURCE OUR WEB PAGE:
pinelandstriders.com

YAHOO GROUP: [groups.yahoo.com/
group/pinelandstriders](http://groups.yahoo.com/group/pinelandstriders)

FACEBOOK: Pineland Striders Running Club / Pineland Striders Track Team

Pineland Striders Club Merchandise now available for purchase!

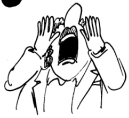
Go Shopping at:

<https://www.runclubsignup.com/Club/Store/NJ/moorestown/PinelandStriders>

AND

RaceReady Singlets have arrived - contact Jeanie to pick up or purchase your new singlet jeanlizzio@aol.com

Volunteers!



**Sat June 25th, 2011.
Pineland Striders
Independence Races.**

Lots of runners needed for this event!

Volunteers needed prior to event to round up runners, sponsors, and create a buzz!



Webmaster Mark Hamersly continues to make improvements to our home page. He is always looking for website content (photos, articles, blogs, etc.) and any suggestions to improve the appearance and layout of the home page. Email Mark at mhamersly@gmail.com

Don't forget!

Pineland Striders Annual Dues due each January!

- \$15 individual \$20 family
- USATF members & students get a \$5.00 discount

Details on www.pinelandstriders.com

Join the Pineland Striders' Mid-Atlantic USATF Team

Contact Ted Hardies for information

thardies@yahoo.com

.....
 :Share your running/athletic
 :story, great pictures, news,
 :race results or an event
 :review. Send it to
 :gina_galdi@yahoo.com We
 :will publish it in an
 :upcoming newsletter.
 :.....

Newsletter Contributors

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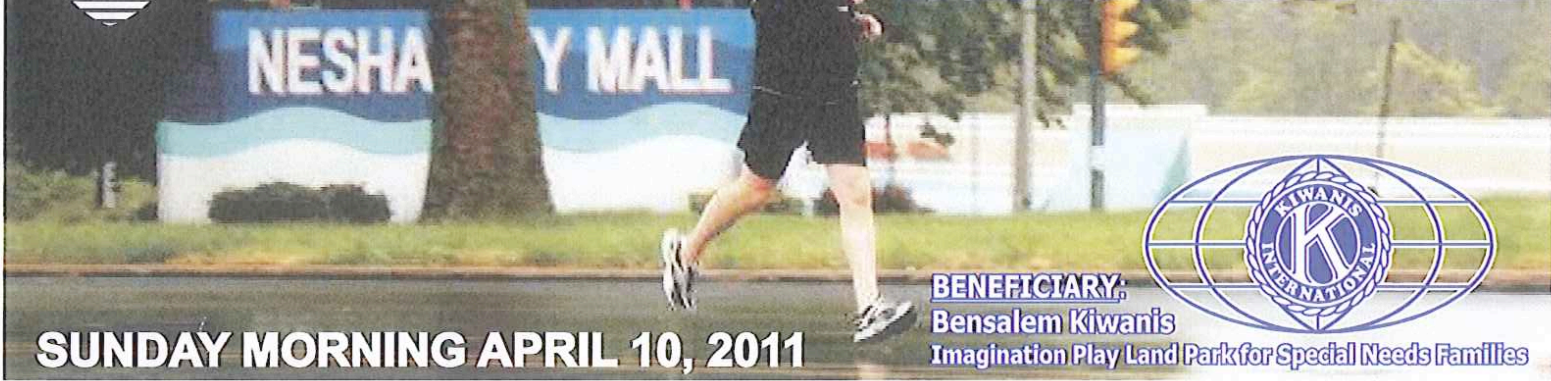
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THIRD ANNUAL

UNIVEST[®]
CAPITAL, INC.

5K RUN
& MILE FUN RUN/WALK



BENEFICIARY:
Bensalem Kiwanis
Imagination Play Land Park for Special Needs Families

SUNDAY MORNING APRIL 10, 2011

NESHAMINY MALL, BENSALEM PA

RACE DAY REGISTRATION OPENS at 7:30AM

5K STARTS at 8:45AM

ONE MILE STARTS at 9:00AM

THE EVENT IS RAIN or SHINE

WHERE:

Start and Finish at Neshaminy Mall Complex, Entrance 4
Route 1 & Bristol Road, Bensalem, PA

COURSE:

5K is flat, fast out-and-back. One mile is a flat, fast loop

5K AWARDS

AWARDS to TOP 3 MEN & WOMEN OVERALL
& TOP 3 MEN & WOMEN IN THESE GROUPS:

UNDER 14, 14-19, 20-29, 30-35, 35-39, 40-44, 45-49, 50-54, 55-59, 60 & OLDER

T-SHIRTS

GUARANTEED to ALL PREREGISTRANTS, and to RACE DAY
REGISTRANTS WHILE SUPPLIES LAST

REGISTRATION

ENTER ONLINE AT:

active.com SEARCH: UNIVEST 5K
or EVENT ID: 1928614

OR BY MAIL:

5K: \$25 if RECEIVED BY APRIL 1, 2011,

LATE FEE: \$30 April 2nd-8th

and \$30 at MANNY BROWN's, APRIL 9, 2011 from 5-9PM

RACE DAY FEE: \$35.00

ONE MILE:

\$10 each received by April 1, 2011

RACE DAY: \$20 EACH

Make checks payable to:

BENSALEM KIWANIS

Mail Fee & Completed Form(s) to:

UNIVEST 5K

P.O. Box 1329

Bensalem, PA 19020

COURSE MAP & DOWNLOADABLE INFORMATION:

AVAILABLE AT: **WWW.UC5K.COM**

BLANK **ROME** LLP
COUNSELORS AT LAW

ACCOUNTING
BENSCOTER
SOLUTIONS

Flamm Walton PC
ATTORNEYS AT LAW

A Advantage
Leasing

MUNICIPAL CAPITAL CORP



2011 UNIVEST CAPITAL 5K & ONE MILE FUN RUN 10APRIL11

NAME

STREET ADDRESS

CITY, STATE, ZIP

GENDER M F AGE D.O.B SHIRT SIZE S M L XL RACE MILE: 5K: OFFICIAL USE:

DAY PHONE () EVENING PHONE ()

EMAIL ADDRESS EMERGENCY PHONE (NOT YOUR OWN) ()

SCHOOL, CLUB OR COMPANY TEAM

WAIVER: I know that running in a foot race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by any and all decisions of a race official relative to my ability to safely complete the run. I assume all risks associated with running participants, the effects of weather, including high heat and humidity or extreme cold, traffic and conditions of the road, all such risks being known and appreciated by me. Having read this waiver, I, for myself and anyone entitled to act on my behalf, waive and release Uninvest Capital, Neshaminy Mall, Bensalem Kiwanis, Racing Resources, Bensalem Township and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event.

I grant permission to all the foregoing groups to use any photographs, motion pictures, recordings or other record of this event for any legitimate purpose, without compensation

PARTICIPANT'S SIGNATURE _____

DATE _____

PARENT'S CO-SIGNATURE (if participant is UNDER 18 YEARS of age) DATE _____

FOR OUR GIRLS

The 13th annual

5K

For Our Girls Run/Walk

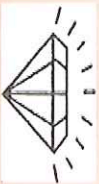
Seneca High School

Saturday, April 30th, 2011

This event is held in memory of four

LRHSD students, Megan Blong,
Amanda Geiger, Shana Lawler, and

Angela McGrady, who lost their lives to
a drunk driver on the Outer Banks of
North Carolina on April 6th, 1999.



100% of the proceeds
benefit Seneca High School's
substance awareness programs, scholarships,
and the Precious Gems Memorial, Inc.

Please send completed form

with payment to:

Seneca High School

C/O Erin Lawler

110 Carranza Road

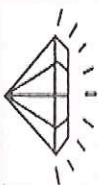
Tabernacle, NJ 08088

Please direct questions to:

Ms. Erin Lawler

Seneca High School

(609)268-4600 ext. 6678



For information about our
organization & for registration forms,
please visit:

www.PreciousGemsMemorial.com

Every participant makes a difference!
Please join us in support of this event.

**13TH ANNUAL
FOR OUR GIRLS**



**PRECIOUS GEMS
5K MEMORIAL RUN 2011**

Hosted by

Seneca High School

Saturday

April 30th, 2011

9:00 am

Seneca High School
Tabernacle, NJ

Rain or Shine

ENTRY FEE

Pre-Registration Deadline:

Thursday, April 21st

\$12 Student & \$15 Adult

Day of Race Registration:

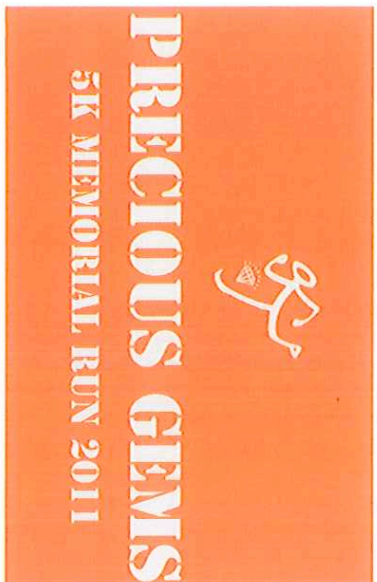
April 30th

\$15 Student & \$20 Adult

T-shirts available while supplies last.

This is a rain or shine event.

13TH ANNUAL FOR OUR GIRLS



Entry Form

Last Name: _____

First Name: _____

Age: _____ Sex: _____

Address: _____

City, State: _____

Zip Code: _____

Phone: (____) _____

Email: _____

Emergency Contact Name & Phone: _____

Please tell us where you received this form: _____

RUN WALK

Make checks payable to Seneca High School

Circle T-Shirt Size:

S M L XL XXL

I am unable to attend. Please accept my donation of:

\$ _____

In consideration of this entrance registration for the 5K For Our Girls Fun Run/Walk, I waive all claims for myself, my heirs, any and all other race sponsors and their representatives, successors, and assigns for any injury or illness which may result from my participation. I am in proper physical condition to compete in this run, as certified by a licensed physician, as an amateur competitor. Further, I hereby give my permission to the Lenape Regional School District and all race sponsors to use my name and/or picture in any account of this event without limitation and obligation of further compensation.

Signature: _____

Parental Signature: _____

(Required if participant is under 18)

COMPETITIVE DIVISIONS

Awards will be presented to the 1st place overall finishers for the 5K Run in male and female divisions. Awards will also go to the top three finishers in each age division. Overall finishers will not be eligible for age division awards.

Age Divisions:

- 19 & under
- 20 - 29
- 30 - 39
- 40 - 49
- 50-59
- 60+

Race results will be posted online at www.PreciousGemsMemorial.com

ITINERARY

8:00 - 8:45 Registration

9:00 AM - 5K Competitive Run

9:10 AM - 1.5 Mile Fun Run/Walk

Awards & Refreshments

Immediately Following Races

RECOGNITION

Special recognition to faculty volunteers, Seneca students, and our sponsors.