



# Pineland Striders Newsletter

## KENYAN'S KORNER

*Message from Club President, Keith "Kenyan" Wright.*



*Keith and Niece Sarah showing off their medals after the 2011 Disney Marathon.*

As Bill Tanski notes, we should all be down in Key West Florida running with the Key West Running Club, instead of battling the weather mess we have here. Whatever happened to Global Warming? Al Gore, where are you?

Hope you enjoy the profile article from long time Strider and all around good guy Al Anderer.

### FEBRUARY CLUB MEETING (THURSDAY 02/24, MEDFORD VFW, 7:30 p.m.):

Nominations and elections of club officers for 2011. Melanie Cedrone will be stepping down as Treasurer. Also, the "Joseph Biden" of the Striders, Vice President Frank Messenger, is considering stepping down so that young people in the club can become more involved, bringing fresh ideas and insight! Remember, the successful candidate for Veep will be just a heartbeat away from the presidency. Frank will continue as race director for the Independence Festival of Races. We will also finalize plans for the Post Holiday Party. Ian, Dawn and Jeannie will be putting together baskets of cheer/prizes. Who has the party decorations

that we used at the Links last year?

### PREDICT RUN – SATURDAY MORNING, FEBRUARY 26TH AT 9:00 A.M.:

This annual tradition continues on the morning of the Post Holiday Party. Meet at the Beach One parking lot adjacent to Vaughan Hall, Medford, for this low key 5K. No watches allowed! The person closest to their predicted time will be recognized at the party!!

### POST HOLIDAY PARTY – Saturday, February 26th, 6 pm til 10 pm, Flying W, Fostertown Road, Medford:

Our annual mid winter tradition is set to go! Thanks to Lisa McKeon, Ian Stevenson, Dawn Kempton and Melanie Cedrone for arranging our location!! Awards for 2010 performances will be presented at the party. Nominations have been coming in for both serious and humorous categories. The excitement of the presentations is rivaled only by the Academy Awards!!!

### SELECTED UPCOMING EVENTS:

#### INDOOR ROCK CLIMBING PARTY:

There are local facilities to choose from. Elite Climbing, Kings Highway, Maple Shade seems to be a good choice. Now we just need someone to organize a trip!

#### F.U.U.K FAT A\$\$ MARATHON:

Sunday, March 6<sup>th</sup> @ Pakim Pond. A fun filled day, celebrating those that were shut out in the London Marathon lottery. Two loops of the Mount Misery Trail, followed by one loop of the Cranberry Trail, for a GPS distance of 26.22 miles. Each loop is followed by "strapping on the feed bag" at the picnic tables at Pakim and at the park office. There may be some "alternative

## NEXT CLUB MEETING

THURSDAY FEBRUARY 24<sup>TH</sup>

TIME: 7:30 pm

LOCATION: MEDFORD V.F.W.

ADDRESS: 317 Church Rd., Medford

REFRESHMENTS: Pizza, Beer, Soda

## ATTEND TO CAST YOUR VOTE

### \*ELECTION OF OFFICERS\*

*In need for Nominations & Candidates for:*

*Club Treasurer and Vice President*

### Mark your Calendars:

Thursdays March 31st & April 28th for upcoming meeting.

In this issue...

Established Group Runs

Upcoming Events

**2010 Award Nominations Needed**

Runner Spotlight Article

Announcements

**2011 Election of Officers**

Club Merchandise Available for Purchase

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Event Calendar February 2011 and Beyond

PINELAND STRIDERS ANNUAL DUES	pinelandstriders.com		Jan	Annual Strider Dues were due last month
CUPIDS CHASE 5K	comop.org/cupidschase	Sat	Feb 12	
PINELAND STRIDERS FEBRUARY MEETING	pinelandstriders.com	Thu	Feb 24	ELECTION OF OFFICERS! Come out to vote. Also in need of nominations/candidates for Club Treasurer.
PINELAND STRIDERS PREDICT RACE	pinelandstriders.com	Sat	Feb 26	Annual Strider Predict Race, 9:00am Vaughn Hall, Medford Lakes. 5K No Watches Allowed.
PINELAND STRIDERS POST HOLIDAY PARTY	pinelandstriders.com	Sat	Feb 26	Flying W Airport, Fostertown Rd. Medford. 6:00pm. \$35 & Cash Bar
UGLY MUDDER 7.25 MILE TRAIL RUN	pretzelcitytiming.com	Sun	Feb 27	USATF Scoring Event. Reading, PA
F.U.U.K. FAT ASS MARATHON	pinelandstriders.com	Sun	Mar 6	Pakim Pond, Brendan Byrne State Forest. 8:00am. Travel the trails up to 26.2 Miles in lieu of the London & Boston Marathons Shut-out.
HADDONFIELD ADRENALINE 5K	runningco.com	Sat	Mar 19	Haddonfield, NJ - Kickoff to Spring racing!
NYC Half Marathon	nyrrc.com	Sun	Mar 20	Go Fran!
OCEAN DRIVE MARATHON & 10 MILER WEEKEND	odmarathon.org/RaceInfo.cfm	Sat-Sun	Mar 26-27	Pasta Party at the VanFossen's in Wildwood followed by a Marathon the next morning!
PINELAND STRIDERS MARCH MEETING		Thu	Mar 30	
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. Prez Kieth is up to defend his 1st Place title against Wil Dirkin - previous year 1st place winner.
Rutgers Unite Half Marathon		Sun	Apr 17	
Penn Relays Distance Classic 20K	thepennrelays.com	Sun	Apr	
DONOR DASH 5K & 10K	donor1.org	Sun	Apr 17	Philly Art Museum Start
TRAIL TRIPLE CROWN 10K	trippolecrowntrailrun.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	
POCONO MARATHON	poconomarathon.org/events.html	Sun	May 15	Potential Strider Spring Marathon Road Trip
WISSAHICKON TRAIL CLASSIC 10K	wissahickontrailclassic.org		Jun 4	USATF Scoring Event. Philly, PA
Jersey Genesis Triathlon	jerseygenesistriathlon.com	Sat	Jun 11	
RIVER TO SEA RELAY	oypm.net/r2c/welcometor2c.htm	Sat	Jul 30	Composing 2 teams this year! Teams are filling up fast!
WINEGLASS MARATHON	wineglassmarathon.com	Sun	Oct 2	Potential Strider Fall Marathon Road Trip

**ESTABLISHED GROUP RUNS - ALL PACES 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

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

**MT. MISERY TRAIL RUNS - SUNDAYS**  
**Meet up Location:** Pakim Pond, Brendan Byrne State Forest  
**Time:** 8:00am (check Yahoo board each week)  
**Distance:** 9.5 Miles  
**Description:** Fun Trail Running

**RUNNER SPOTLIGHT:**

**Al Anderer's Journey to the 2010 Philadelphia Marathon**

It is November 1, 2010 just three weeks from the marathon. A very cool morning, as I look out my back door I see lots of leaves covering my back yard. What I don't see is how my adventure will play out.

Back in July, I decided that I needed a goal, an incentive to shoot for; my recovery from those March operations increased my self esteem and a feeling that I would once again feel like that old self. The early months of 2010 were hard. I sat in the doctor's office in February listening to his evaluation of my test results. An earlier biopsy had confirmed a cancerous cyst on the outside of my tongue. The doctor, a renowned specialist at Penn Medicine, described option that may be necessary. Although neither was pleasant, he indicated that it was definitely treatable. Just a week later I was in Philadelphia at Pennsylvania Hospital for the procedure by this famed robotic surgeon. I was just an overnight stay in the Pavilion, my wife Cherie stayed with me adding her substantial support. The early hours of the operation allowed me to rest all day and toward evening I was able to take a little soft food and liquids. We left the next morning knowing that I would need to return in tow weeks for another procedure to remove a portion of the lymph nodes in my neck. It was not clear whether the lymph nodes had been affected. Those days were the beginning of tough times and a lot of soul searching. On March 15<sup>th</sup> it was back to the hospital for what was to be considerably more complex operation. Again the doctor's team prepped me and into the operating room I was wheeled. I wasn't until afternoon

that I awoke. It was not a happening that was repeating. Suffice it to say that between the 53 staples and drains it was very uncomfortable. Again it was an overnight stay but with some rather unsettling effects of the anesthesia. My plumbing was stopped up for several days. Through it all Cherie was more than wonderful fulfilling my need of attention and nursing. (She really hated that nursing stuff) The returning to the surgeon's office at Penn in two weeks confirmed at both operations that both operations were successful with a very positive look at the future. How I faced the need to regain weight loss and overall fitness. Slowly a few miles outside the little gym work resulted in amore prolonged training schedule. In July, I signed up with the American Cancer Society DeterminiNATION team for the Philadelphia Marathon. We vacation in Ocean City, MD the week after Labor Day and as happens Dewey Beach, Delaware offers a Bottle&Cork Ten Miler, the day we arrived. I have done this race several times so I was signed up. A nice day for running and I finished with no problem. The rest of the vacation went fine with a little running on the beach. I put that bit in my hat and planned something more. In October the Baltimore Marathon and Half Marathon was on tap so I decided to do the Half. Up to this point I felt real good, progressing and working pretty hard. October 20<sup>th</sup> came about and my unhappy record of weather in the South raised its evil head. Forecast windy, windy it was – up to 35MPH just at the Half started. Baltimore, for those not knowing, is deceptive for their longer races, it is hilly. I broke down, worse than ever before. My right hip flexor said "enough" causing all kind of problems with my quads. I finished. It was a sorry sight to



**F.U.U.K. FAT ASS MARATHON**  
**REASON:** Held in honor of those who were not selected from the London Marathon Ballot and those Boston Qualifiers who have been shut out of registering and to have fun!  
**DATE:** SUNDAY MARCH 6th 2011 8:00am  
**TIME:** 8:00 AM  
**START:** Pakim Pond, Batona State Forest, Pemberton  
 Travel (Run, Bike, Walk, Galloway, Tip Toe or Crawl) 26.2 Miles or any variation thereof on the beautiful trails of Mt. Misery and Cranberry Trails with Trail Dog Danny and friends.

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Kenyan's Korner Continued from Page 1

beverages" along the Cranberry Trail! Come out and run one, two or all three loops, and/or support the runners!

#### **OCEAN DRIVE MARATHON/10 MILER:**

Saturday, March 26<sup>th</sup> to Sunday, March 27<sup>th</sup>: The social event of the season begins with a pasta party at the North Wildwood estate of Bill & Rita VanFossen on Saturday evening, followed by a pre race breakfast on Sunday morning, then a post race feed for all the runners and athletic supporters!

**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 10<sup>th</sup> at the Neshaminy Mall, Bucks County, Pennsylvania.

**OTHER RACES OF NOTE:** New York City Half Marathon (go Fran!) on 3/20, Rutgers Unite Half Marathon on 4/17, Broad Street 10 Miler on 5/01, and the Wineglass Marathon 10/2. Both the On Road and Off Road USATF series

continue. Our own Ted Hardies heads the Long Distance Committee for the Mid-Atlantic Association of USATF!

**RIVER TO SEA RELAY:** Gina is organizing this team relay; held on Saturday, July 30<sup>th</sup>. The first team of seven runners is paid up and ready to go. Gina is awaiting entry fees for those on Team Two.

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Join the Pineland  
Striders' Mid-Atlantic  
USATF Team  
Contact Ted Hardies for  
information  
[thardies@yahoo.com](mailto:thardies@yahoo.com)

**Pineland Striders Club Merchandise now  
available for purchase!**

**Go Shopping at:**

[https://www.runclubsignup.com/Club/  
Store/NJ/moorestown/PinelandStriders](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](mailto:jeanlizzio@aol.com)**

#### **Runner Spotlight Continued from Page 3**

see me walking at the end. They took pictures. I ended up in the help area until I convinced the doctor it was only my leg locked up. I then walked back to the hotel and spent the rest of the afternoon resting. I treated myself to a steak dinner not as a prize but more to heal my hurt pride. Why that happened? Let me count the possible ways. 1.) Flu shot earlier in the week, 2.) New shoes (yeah, I know), 3.) Big breakfast of pancakes (race didn't start until 9:45AM), 4.) Hill and weather, and 5.) Running gods.

A sorry story but I am not to be put off, right? Well the following week I ran Strawbridge Lake up and down and all around a couple of times, did numerous laps at the Medford Middle School track. My right foot under my big toe was turning an awful color of red and purple, this after an hour and half run. Is it the new shoes? Take time off, rest, ice and think. My mind said, do I want to go from here? This idea of the race also included running for the Cancer Society DeterminATION Team at Philly so I had something else invested in 21 November. Today I went out and ran for 30 minutes (old shoes) with no apparent problem. So on it goes but with time fleeting. Two weeks before the race I went

back to my surgeon at University of Penn Hospital for a check-up, looking good. More training, I extended to two plus hours with every thing pretty good. My problems with the flexor muscle never did return. All things considered I was ready for a run, but was I ready for 26.2?

I had a lot to think about with the race week arriving, back and forth it went. Friday I went to Philly and picked up the race stuff and met the DeterminATION coordinator. I decided that I would make a decision on the day of the race. Sunday turned out beautiful, as nice as could be, the early morning was cool and dry. The staging was a bit confusing by finally it was off and through the street of Philadelphia one more time. I found a steady pace and felt like this would be good. I was great to be in this element of running, the colors and different people chatting as we ran. I though the organization did a great job with the course and the people on the sidelines were encouraging. The half was going to be enough for me this time. I finished on my feet, running every mile and had a smile as I stopped at the finish. I did something I needed to do. I know there are a lot of you that know what I mean.

**3 SPOTS LEFT!! on Team 2**

**CALL FOR RELAY TEAM MEMBERS!**

**RIVER TO SEA RELAY**

Saturday July 30th 2011

92 Miles From Milford to Manasquan, NJ

The Pineland Striders would like to send 2 teams of runners this year. (14 Runners, 2 alternates/support and 4 Support Drivers with Vehicles) Pace does not matter, just your passion!

Spots are filling up quickly - \$75 per runner - so contact [gina\\_galdi@yahoo.com](mailto:gina_galdi@yahoo.com) or [mhamersly@gmail.com](mailto:mhamersly@gmail.com) to be get on the teams.

For more information go to

<http://oymp.net/r2c/welcometor2c.htm>



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](mailto:mhamersly@gmail.com)

.....  
:Share your running/athletic story, great :  
:pictures, news or an event review. Send :  
:it to [gina\\_galdi@yahoo.com](mailto:gina_galdi@yahoo.com) We will :  
:publish it in an upcoming newsletter. :  
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**PRIMARY SOURCE OUR WEB**

**PAGE: [pinelandstriders.com](http://pinelandstriders.com)**

**YAHOO GROUP:**

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

**FACEBOOK: Pineland Striders Running Club / Pineland Striders Track Team**

**Don't forget!**

*Pineland Striders Annual Dues were due this January!*

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

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# Pineland Striders Annual Post-Holiday Party

Date: Saturday, February 26th 2011

Time: 6:00 - 10:00pm

Location: Flying W Airport  
60 Fostertown Road, Medford, NJ 08055

Cost: \$35 per person Cash Bar

Bring Your Music (There will be a Bose Sound Dock to plug into, so bring your IPODS!)

Join us for an evening of:  
Dinner, Reminiscing, Awards, Dancing, Looking Ahead, Prizes and Drawings.

Send your RSVP and Payment (for proper head count)

ASAP to:

Melanie Cedrone

4 Elbow Lane, Sicklerville, NJ 08081

856-262-0224

[cedrone4@comcast.net](mailto:cedrone4@comcast.net)

Submit  
your fun  
& serious award  
nominations/votes to  
[keithruns@comcast.net](mailto:keithruns@comcast.net)

