



# Pineland Striders Newsletter

## KENYAN'S KORNER

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



In the month of December, several Strider traditions continued, with a successful Holiday Four Miler, Haddon Heart Holiday run, Tuesday night Sturbridge Santa run, and Boxing Day. Weather extremes that have characterized the last couple of years continue, with a rare December blizzard that followed a brutally hot summer, which followed three major snowstorms last winter.

### JANUARY CLUB MEETING (THURSDAY 01/27, Medford VFW,

**7:30 p.m.):** South Jersey Wellness Center will present "Trigger Point Therapy", a valuable informational seminar. Trigger points are small, localized muscle cramps prominent in athletes. Anyone that has had a deep tissue sports massage is well familiar. Also, Trigger Point Therapy is widely used in the treatment of piriformis syndrome (something many of us can relate to). Support Dr. Anthony Carabasi and Marketing Director Susan Piegari who are taking time out from their busy schedules to impart critical

medical knowledge to the running community!!

### FEBRUARY CLUB MEETING (THURSDAY 2/24, Medford VFW,

**7:30 p.m.):** nominations and election of officers for 2011; welcome and introduction of new club members; final post holiday party plans; preliminary spring event planning.

**POST HOLIDAY PARTY:** Our annual mid winter tradition will be here before we know it! We are still in the planning stages, but we should have a venue chosen shortly. We have told the venues that the date we need to focus on is **Saturday February 26<sup>th</sup>**.

### 2010 AWARD NOMINATIONS – to be presented at the Post Holiday

**Party :** please submit, as soon as possible, nominations in both serious categories (Runner of the Year, Masters Runners of the Year, Trail Runner of the Year, USATF Runner of the Year, Rookie of the Year, etc.) and not so serious (e.g. Injury of the Year, Shackleton Award, Athletic Supporter, etc., or an award name of your choosing!).

As many are aware, 2010 has been, by Presidential proclamation, the "Year of the Athletic Supporter" – In recent days, several of the nominees have tried to bribe the President with cookies, extra compliments, etc. Let me mention that I do accept debit cards.....

**AND THE NOMINEES ARE:** Vernon "Lee" Burgess, Arli "soon to be Hamersly" White, Amy "Spatula" Dirkin, Heather "Vuvuzela" Haigh, George "Hathaways" Kyrtatas, Sharon Pate, "Flash Gordon" Criswell & daughters, Colleen Helm & daughters, Adam "Vegan" Sheridan, Steve "Nice Hair" Pinchac, Fran "Everywhere" Dombrosky, Frank "Minivan" Perkowitz

Continued on Page 2

## NEXT CLUB MEETING

THURSDAY JANUARY 27<sup>TH</sup>

TIME: 7:30 pm

LOCATION: MEDFORD V.F.W.

ADDRESS: 317 Church Rd., Medford

**GUEST SPEAKER YOU DO NOT  
WANT TO MISS!**

**Dr. Anthony Carabasi**

**& Dir. Susan Piegari**

**from South Jersey Wellness Center  
will present "Trigger Point  
Therapy"**

See attached flyer for information

**REFRESHMENTS:** Pizza, Beer, Soda

Mark your Calendars:

Thursday February 24th for February's Meeting. Same place, same time.

Attend to cast your vote

**\*ELECTION OF OFFICERS\***

*In need for Nominations & Candidates for:*

*Club Treasurer*

In this issue...

Established Group Runs

Upcoming Events

**2010 Award Nominations Needed**

Runner Spotlight

Announcements

**2011 Election of Officers**

Club Merchandise Available for Purchase

## Don't forget!

**Pineland Striders Annual Dues are due this Month!**

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

Details on [www.pinelandstriders.com](http://www.pinelandstriders.com)

Event Calendar January 2011 and Beyond

PINELAND STRIDERS ANNUAL DUES	pinelandstriders.com		Jan	Annual Strider Dues are due
PINELAND STRIDERS JANUARY MEETING	pinelandstriders.com	Thu	27 Jan	Guest Speaker Dr. Carabaisi presenting "Trigger Point Therapy"
CUPIDS CHASE 5K	comop.org/cupidschase	Sat	Feb 12	
PINELAND STRIDERS FEBRUARY MEETING	pinelandstriders.com	Thu	24 Feb	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, Vaughn Hall, Medford Lakes
PINELAND STRIDERS POST HOLIDAY PARTY	pinelandstriders.com	Sat	Feb 26	Date & Location still being confirmed
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	www.runningco.com	Sat	Mar 19	Haddonfield, NJ - Kickoff to Spring racing!
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!
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.
DONOR DASH 5K & 10K	www.donors1.org	Sun	Apr 17	Philly Art Museum Start
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	
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
RIVER TO SEA RELAY	oymp.net/r2c/welcometor2c.htm	Sat	July 30	Composing 2 teams this year! Teams are filling up fast!
WINEGLASS MARATHON	wineglassmarathon.com	Sun	Oct 2	Potential Strider Fall Marathon Road Trip

**KENYAN'S KORNER CONTINUED from Page 1**

**JANUARY and UPCOMMING EVENTS**

**Bill & El's Excellent Adventure** (aka the Batona Trail Series) was wrapped up with Leg #5 of 5 on Sunday January 9<sup>th</sup> - Evans Bridge to Bass River, an 8.7 mile section.

**DISNEY FESTIVAL OF RACES:** Jeremy Helm and Erin Brynko kicked off the weekend with participation in the Goofy Challenge (half marathon Saturday, full marathon Sunday) and the Disney 5K respectively. Your President, along with

niece Sarah (her first marathon), Barb Brynko, and the aforementioned Mr. Helm wrapped up the weekend with the Disney Marathon.

**POST HOLIDAY PARTY** – details coming soon!!!

**WINTER TRIP - INDOOR ROCK CLIMBING FACILITY:** There are a few local facilities to choose from.

**F.U.U.K FAT ASS MARATHON:** Sunday, March 6<sup>th</sup> @ Pakim Pond. A fun filled day, celebrating those that were shut out in the London Marathon lottery.

**OCEAN DRIVE MARATHON/10K WEEKEND:** The social event of the season begins with the VanFossen pasta party in North Wildwood, followed by breakfast the next morning, and then a post race feed for the marathon and 10 mile participants, and the support crew!!.

**2011 ROAD TRIPS:** Unite Half Marathon (4/17), Pocono Marathon (5/15) and Wineglass Marathon (10/2) have generated interest. Both marathons have a team relay. Kenyan Keith Wright 610.716.1639 [keithruns@comcast.net](mailto:keithruns@comcast.net)

**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:** 6:30 or 7:00am (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:  
BOB CANNAVA**



*Bob is all smiles at the 2010 David Nimmer Turkey Trot*

**How did you get started running?**

In the spring of 1979 influenced by a friend who we met in a social group along with a neighbor who ran with The Mill Creek Runners I decided to give it a try. I was 26 years old, a smoker with 2 children and was looking for a change. I did not want to become the next 26 year old couch potato. My first goal was one "short loop" (1.5 miles @ Mill Creek Park) with out walking. This took several tries but I enjoyed all aspects of this new goal. The park was a very popular place to run and I met many new friends.

My first road race was Law Day in April of 1991, a 4 miler that started at 1:00 p.m. My finishing time was 30:08 and I was thrilled not to be last. This was my graduation from "casual jogger" to a runner. For the first time in my life I was an athlete even if I was slow. Eventually I traded my Tom McCann sneakers for a pair of Nike running shoes. Soon after that I learned about keeping a running log and competing in longer races.

**How long have you been with the Striders? How has the club changed over the years? Describe your tenure as president of the club....**

I joined the Striders in May of 1990 at the urging of another member from Mt Laurel who I would see at the local races. Quite frankly, I was too intimidated to join before that since I thought you had to be fast to fit in. Previously I ran informally with the Mill Creek Runners but never on their team as I was too slow. Dee Hardies was president at the time and all the members made me feel welcome and comfortable right away. Prior to the internet, we had a published news letter about 8 times a year. It was such a boost

for me to see my name and race times published!! I started racing more often and meeting many great people. Soon came the uniforms and we all stood out at local races, this made me want to run even faster, I was now an athlete and part of a team!

Many years later I became Vice President along side Kevin O'Conner as President and the club expanded and got more involved in community and running events. We fielded a volleyball team every year to benefit fire companies trying to help the burn victims of the Philadelphia refineries. We were active in The Special Olympics every year at Lenape High School. Our club sponsored a mile along Route 70 and we had Highway Clean Up, followed by breakfast twice a year. We participated in The Relay for Life at Lenape H.S. as well as Atlantic City and Egg Harbor Township.

Kevin was transferred to Virginia and I took over as President for 3 years. It was very important to me to keep the activities that were already in place going and I would strive for 8 meetings and newsletters a year with as many guest speakers as possible. We had lots of help with race committees and tried to boost participation in the club races by bring the beneficiary of the race proceeds closer to home with The Precious Gems. We tried to make all the meetings enjoyable and had a steady group for speed work on Wednesday nights at Lenape for many years. Without e mail and website postings we had to rely on printed or word of mouth planning for activities. The club now has so many more planned group runs and activities that come with much improved technology.

I enjoyed my years as president and hope to have made some small contribution to a fellow members running carrier.

**You are a member of the 50 States Marathon Club: how many states are in the books, what states do you have lined up for the next year or so? What do you anticipate will be your toughest states to check off the list?**  
I am a member of The 50 States Club and the 50 States Sub 4 Hour Clubs. The 50 State Club has about 550 members that have completed the circuit while the Sub 4 hour club has less than 20. To date, I have completed 35 States plus D.C. and it is getting

*Continued on Page 4*



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)

**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.**



Join the Pineland  
Striders' Mid-Atlantic  
USATF Team

Contact Ted Hardies for  
information

[thardies@yahoo.com](mailto:thardies@yahoo.com)



*It's January! Nothing stops Jenie Lizzio, Jim Pate, Trail Dog Danny and photographer, Stephen Pinchac from running the trails!*

## NETWORKING

**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**

**RUNNER SPOTLIGHT** Continued from Page 3.....quite expensive to continue. All the drivable states are complete and I have not run any doubles so far. Many of the members fly to a state to race on Saturday & drive to the next state to race again on Sunday; they are not in the sub-4 hour group. For 2011 I have 5 more states selected, Mississippi, Kentucky, Indiana, Minnesota, and Washington. My current goal is to complete the journey in 3 more years and bring home as many positive experiences from each state as possible. I guess you could say the journey started in 1998 with my first West Coast marathon and then built for there adding one or two new states a year. Later I was invited into the sub-4 hour club so I have to repeat Hawaii as there was no chip timing and I crossed the line in 4:01 not yet a member of the club.

**A few years back you had a car accident: was it true that as people inquired about your condition, the first question was "how are you doing?" Followed quickly by "did you continue your 17+ year running streak?"**

Yes, that is true. I was very fortunate to walk away from that one with a few bruised ribs and a sore back. My car was totaled after the accident. It was on a Wednesday and the Disney Marathon was that Sunday. The trip was paid for and nothing was refundable so we traveled to Florida with the hope of swapping my race number from the full to the half marathon. Even with a doctor's note and the emergency room medical records, Disney would not allow the transfer of my number. The start is so closely marshaled that I knew I would not get to run the half on Saturday wearing a full marathon bib. My back was in spasms and breathing was difficult with the bruised ribs so I was forced to be a spectator. The running streak of 17 years remained in tact with a pre dawn run of 2 miles on marathon morning.

**Most of us are aware of the near fatal industrial accident the sidelined you for many months. In speaking with Ian, he remarked that you were a bit frustrated in recent years with your marathon times not moving very far off the 3:23 to 3:30 mark. After your forced recovery, you reel off a series of marathons in the 3:08 to 3:15 range. Describe a few of the milestones during your recovery to get you back into marathon shape.** #1, Salesmen should be kept out of the factory away from sharp objects! #2, life changing accidents can happen in a matter of seconds, be careful.

So much of this running thing is attitude. In a word, renewed enthusiasm after the accident got me back on track. Having something that you are so passionate about taken away in an instant really makes you look at life in a different way. A quick strike that could have easily ended my life did end my streak and took running away for a while. I was given a second chance in life

and having the running streak end was no longer so important. Being able to walk to the mail box 6 weeks after surgery was a milestone while running was still so far out of the question. Completing the 50 states was now a mere pipe dream. I learned to appreciate all the things that I was taking for granted during my 4 month recovery. Every thing happens for a reason and I came back strong and passionate about running again. Swimming was part of my rehabilitation and is now a big part of my weekly training. The motion of swimming has increased my core strength, my lung capacity and really helps me through the later stages of the marathon. Once the legs start to go in a race, I can draw on upper body strength to get me through some of the tough patches. Swimming takes a lot of focus and builds confidence, daydreaming equals drowning.

**What keeps you going through the years?**

I am blessed with good health and running every day is a celebration of this gift. If life deals you a good hand, play that hand to the best of your ability every day for as long as you can. This comes from a very grateful person with a lousy family medical history. My running career has put me in touch with so many positive people and beautiful places; I choose this lifestyle every morning when my foot hits the floor. Traveling to races allows me to see just how beautiful this country is and how fortunate we are to have the freedom to run, see and experience new things each day. My second running streak is 30 months and counting.

**How many marathons to date? Any plans to stop at a certain number or date?**

Being obsessive, compulsive, my records reflect 73 marathons so far. Once the 50 states are complete I will be at 88 so the number 100 is more or less a short term goal. It may then be time to consider something else.

**Any multisport or adventure races in your future?**

Having completed an Olympic Distance Triathlon at age 40, the longer triathlons remain on my bucket list. Much like watching the NYC Marathon on TV, the Iron Man telecast gets the juices flowing. I would need some serious coaching or a steady fast training schedule in order not to kill myself training. Balancing a schedule has always been a weak spot for me, always wanting to give 100%. Attempting something greater than 26.2 miles has been considered but so far the fear of injury prevented that. I need to stay focused on the 50 State goals for now.

Many thanks to the club and all the members for providing such a great support system; we draw on another's strength and passion for this sport to help prevent becoming stale or in a rut. A few kind words can go along way to those we meet in any situation.

**FEATURED UPCOMING RACE**

**UNIVEST CAPITAL 5K RUN**

**DATE:** April 10, 2010

**LOCATION:** Neshaminy Mall Entrance #4  
Bristol Rd & Route 1  
Bensalem, PA

**TIME:** 8:30am

**5K FEES:** \$25 thru 4/1  
\$30 after 4/1  
\$35 Race Day

**1 MILE FEE:** \$10 thru 4/1, \$15 after 4/1,  
\$20 Race Day

**Proceeds Benefit:** Kiwanis Club of Bensalem's Imagination Land Park for handicapped families

Our own Hugh Connolly is race director of this event.

**"THE CALAMITY AT NESHAMINY"**

Pineland Striders Club President, Keith Wright defends his 2010 1st Place Overall championship title against 2009 Winner and course record holder, Wil Dirkin. Working his way up in speed is Dan Connolly, 2nd Place 2010 winner.

Also in the same event, Mark "Hammer" Hamersly and Gina "The Athena" Galdi will finally face off as the "txt" - "I'm going to train to beat you" challenge brought on by Hammer to The Athena as the 2010 marathon season came to a close.

Run this race, be there for these match ups, or to challenge these fierce competitors.

Click for Registration & more information  
[www.uc5k.com/Welcome.html](http://www.uc5k.com/Welcome.html)

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

**Go Shopping at:**

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

**AND**

**Jeanie Lizzio is also taking orders for RaceReady singlets - see Jeanie at our next club meeting or contact her at [jeanlizzio@aol.com](mailto:jeanlizzio@aol.com)**

**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://oym.net/r2c/welcometor2c.htm>



**PINELAND STRIDERS CLUB OFFICERS**

**Keith Wright** - President

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

Phone: 610-716-1639

**Frank Messenger** - Vice President

[runner1311@verizon.net](mailto:runner1311@verizon.net)

Phone: 856-767-9204

**Joanna Helleman** - Secretary

[jmdh2005@yahoo.com](mailto:jmdh2005@yahoo.com)

**Melanie Cedrone** - Treasurer

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

**Newsletter Contributors**

KEITH "KENYAN" WRIGHT

President, Editor in Chief

GINA "THE ATHENA" GALDI

Editor

.....: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. :  
.....

# TRIGGER POINT THERAPY WORKSHOP

**Thursday, Jan 27<sup>th</sup> 7:30pm**

**Trigger points are small, localized muscle cramps prominent in Athletes. Some of the causes are;**

- Overuse from training, repetitive and/or prolonged muscle contractions
- Excessive loads
- Direct trauma



**Come and learn some techniques to ease the pain  
Presented by Dr. Anthony Carabasi**

**Free Workshop Hosted at:  
Medford VFW  
317 Church Road Medford, NJ 08055**

