

SJAC Meeting – Dec. 13, 2017 – Summary

- The December 2017 meeting of the South Jersey Athletic Club was held on 12/13/17. As has been our tradition, this was primarily a social meeting and those attending brought an item for a pot luck dinner for everyone to enjoy.
- Grace Church affords us use of their parish hall for our meetings and in lieu of holding the Grace Race 5K this year to reciprocate, club members contributed to Grace Church's Camden Christmas program at the meeting.
- As there were no additional nominations for club officers for 2018, the previous nominees were elected without opposition. Congratulations to 2018 SJAC officers; Robert Hesketh – President, Michele Siconolfi – Vice President, Frank Koniges – Treasurer, Ed Maher – Secretary. To assist the officers in conducting the business of the club, three members were nominated as Governors and were also elected without opposition. Congratulations to Dave Stewart, Scott Fogelson and Eileen Stevenson.
- Lisa Duffy and Maria Gandolfo offered to host the club's traditional New Year's Eve and New Year's Day runs respectively. Details provided in an email to club members.
- SJAC finished in 5th place in the 2017 USATF Mid-Atlantic Grand Prix – Club Challenge. SJAC members placing among the Grand Prix award winners individually are; Kim Laidig – 3rd place overall and 3rd place in his age group, Jim Sery – 9th place overall, Seth Bergmann – 10th place overall and 2nd place in his age group, Joy Hampton – 1st place in her age group. Presentation of the club's monetary award for the 5th place finish and merchandise awards to our individual awardees will be made at the annual USATF Mid-Atlantic awards luncheon on Saturday Jan. 20, 2018. Mid-Atlantic is using the USATF National office registration system for this event. So, to purchase tickets you can use [THIS LINK](#). There is a link on the [home page of the USATF Mid-Atlantic web site](#) for the luncheon. However, the page that links to contains an incorrect URL for the luncheon registration. Also, there is no indication for the site and time of the luncheon. Recently it has been held at the George Clay fire company's hall in Conshohocken. It may be best to wait for those details to be published. For any awardees who do not attend the luncheon, arrangements will be made to get your awards to you.
- The January meeting of the SJAC will be held on Wednesday Jan. 10, 2018 at 8:00PM. Our guest speaker at this meeting will be Alicia DiFabio, author of the book "Women Who Tri". The book chronicles Alicia's journey through running and becoming a triathlete along with the growth of the sport and the creation of a women only triathlon club in Mullica Hill that blossomed into the largest triathlon club of this type in the

country in just a few years! Join us on January 10th for what promises to be an entertaining and informative evening!

SJAC Meeting – Nov. 8, 2017 – Summary

- The November 2017 meeting of the South Jersey Athletic Club was held on 11/8/17. Approximately twenty club members were in attendance.
- In the usual course of business, club Treasurer's and club Secretary's reports were given.
 - ✓ The club is fiscally sound with approximately \$11,000 in the treasury. Near term notable expenditures will be the subsidized portion of the Annual Dinner on Nov. 19 and the annual RRCA dues which are paid in December.
 - ✓ The club has 218 members in good standing as on 11/8/17.
- The following nominations for 2018 club Officers (President, Vice President, Treasurer, Secretary) and Governors (up to three) were made at the meeting;
 - President – Robert Hesketh
 - Vice President – Michele Siconolfi
 - Treasurer – Frank Koniges
 - Secretary – Ed Maher
 - Governors; Scott Fogelson, Dave Stewart

Any additional nominations of current SJAC members may be made until the December club meeting (Dec. 13, 2017). If there are multiple nominations for any Officer position and/or more than three Governors, an election for those positions will be held at the December meeting.

- SJAC is competing as a club team in the [USATF Mid-Atlantic Grand Prix](#). Through eight races SJAC is in 6th place and with club members registered for races on the Nov. 18/19 weekend (27 total, 13 USATF Mid-Atlantic members), SJAC will have two scoring teams to meet the maximum of 8 scored events. Based on our team scoring average we could move up a place or two after the final events are conducted.
- The annual SJAC Dinner will be held on Sunday evening, Nov. 19 at the Tap Room & Grill in Haddon Twp. The cocktail hour will begin at 5:30pm with the buffet dinner at 6:30pm. Cost is just \$10 per SJAC member (including household members if your membership is "Family"). Members may also bring one non-SJAC member guest for the subsidized \$10 cost. This has been a nice way for the club to get together toward the

end of the racing season and before the holiday rush. The complete menu is available in the online signup sheet at-→ [this link](#).

- SJAC is afforded free use of the Grace Church parish hall for our meeting. Traditionally we have returned this good will from the church by holding the Grace Race 5K to benefit some Grace Church's outreach programs. As recent years have not resulted in a significant number of participants in the race, we decided to take a pause and not hold the race this year but perhaps bring it back in the future. We will shortly communicate a way we can assist a Grace Church effort to provide holiday gifts for underprivileged children in Camden. Please watch for this in a future email and consider helping out if you are able.
- Unfortunately we have had to cancel the inaugural Pennypacker Park Cross Country Open slated for Dec. 2 due to current construction in the park that makes the course unusable. RD Dave Stewart and SJAC hope to hold this race in 2018!
- During the "Runners Forum" portion of the meeting a discussion was held on "favorite races". Among those discussed were the Twin Cities Marathon which Frank Koniges and Scott Fogelson ran in October, the Toronto Half Marathon which Kathleen MacFarlane ran and the Vermont City Marathon which no member ran this year but it was described as a scenic but challenging course.

There was also a discussion about attempting to put an SJAC team together for the (Reebok/Ragnar) Reach the Beach Relay in New Hampshire, typically held on the 3rd weekend of September. This is a 200+ mile relay with up to 12 team members run from a Friday morning through Saturday afternoon/early evening. SJAC participated in this event from 2005 – 2009. Stories and photos of some of those exploits can be found here on the [SJAC Reach the Beach page](#). The race start has changed back to its original home at the Bretton Woods ski resort in the White Mountains and it ends in Hampton Beach. The race web site has not been updated for 2018. You can view the 2017 Reach the Beach Relay web site -→ [HERE](#) Stay tuned if you may be interested in participating!

- We also discussed the upcoming 10th Annual [CPT Greg Dalessio Memorial 5K Run/Walk](#) to be held on Saturday Dec. 2, 2017 at 8:00am in Cherry Hill. Greg lost his life serving our country in Iraq 10 years ago and this race benefits a scholarship fund at his alma mater Seton Hall University.
- ETA Coach Jason Kilderry who was our guest speaker at our meeting last May was unfortunately been diagnosed with hepatosplenic t-cell lymphoma this past September. His treatment will eventually involve a bone marrow transplant. Jason does not have a direct family bone marrow match therefore his doctors will now turn to the National Bone Marrow Registries to look for a donor. To honor Jason and support registering bone marrow donors a bone marrow registration event will be held at the Haddonfield

Running Co. on Saturday Dec. 2 from 10:00am to 4:00pm. While not testing specifically for Jason, the purpose of this event is to raise awareness about the need for more people to register in the national database as potential donors. You may register at this event. The entire process takes just approximately 10 minutes. Even if you are not interested in participating or not physically able to enroll on the database, PLEASE come down for a fun day. There will be food, beer, raffles for giveaways, and just a great opportunity to socialize! Additional information is available at the following web sites of the event hosts: <https://www.racingtoregister.com/> and <https://www.dkms.org/en>