

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 sign-up 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>