

Christmas gifts pile up under Striders family tree



RUNNING

**Tim »
Bamforth**

As a race director of 70-plus events a year, I have the pleasure throughout the year of being in contact with so many great people and supporters in our running and racing community. The sport has grown by leaps and bounds since the beginning of the Seashore Striders in 1990. Gazette sports editor Dave Frederick, one of the founders of running in the area who has watched it grow, describes the growth as "turning into a mecca for road racing." Last week I met with longtime runner Rick Brokaw, whose opinion I greatly respect, and we talked future marathon course options; then on Christmas Eve I bumped into a great supporter in Dave Johnson, and we had a great post-marathon talk. I have weekly correspondence with

people like Marybeth Evans, Doc Lee Masser, Rosanna Castillo, Enos Benbow and Dan MacElrevey. All of them always have something to give the Seashore Striders, whether it's an opinion, an idea, a completed task, or just an ear to listen. I am very thankful to have such great team of supporters and friends in the Striders family.

I offer a few gifts this week for some outstanding supporters of running and racing:

To Striders photo man Fredman, I leave another great race picture to add to his database of thousands over 23 years.

To Dr. Lee Masser, the co-founder of the Seashore Strider Summer Racing Series, I leave a record Masser 5 Miler and a record participation for the 2014 series.

To Sussex Tech's coach Lou Nicoletti, I leave 365 healthy days, a hill, and two dedicated cross country teams.

To my co-director of the Seashore Marathon, Marybeth Evans, I leave a 2,500 participant race and healthy feet all year.

To Striders XC coach Dan MacElrevey, I leave another season with me.

To Strider Richard Tikiob, I leave another action picture

from the rear of the pack.

To Grove Club President Doris Hicks, I leave another membership and another week to continue the streak.

To eighth-grader Logan Shuttleworth, I leave a sub-5:30 middle school mile to close out her Beacon track career.

To elite runner Enos Benbow, I leave another road race win, a sub-2:40 marathon, and another chip to attach.

To son Jake, I leave a 2:02 800-meter race and a conference team cross country championship.

To son Ben, I leave a trip to the state championship in the 3,200 meters as a frosh and a sub-17 cross country 5K.

To race director Rick Hundley, I leave more great Bethany races and a record field at the September triathlon.

To Strider Emily Ritter, I leave a sub-4:45 collegiate mile running for Rider University.

To runner Luanne Goldfarb, I leave a sub-4 marathon and no injuries for the entire year.

To the Giant, I leave another piece of fruit for the races and another customer we can send in.

To Logomotive Billy, I leave another print in 2014 to add to

the 42,000 prints we did in 2013.

To volunteer Laura Zwiebel, I leave another successful registered and timed race and a 2014 race to direct on her own.

To Quest Mud Run partner Matt Carter, I leave a 500-plus event and more and more mud.

To Dogfish Dash partner Mark Carter, I leave a 2,000-plus event in Milton and another great post-race party.

To the Cape Gazette, I leave another running and racing weekly column to add to my 1,000 straight columns.

To my wife Monique, I leave another half-marathon finish and a sub-23-minute 5K performance.

To all the great runners in the Cape Region, I leave another Striders race and a healthy, injury-free year in 2014.

Merry Christmas to all!

Surfin' Snowman

The Inaugural Surfin' Snowman 5-Miler, presented by Miken Builders, will kick off at noon, Saturday, Dec. 28, in Bethany Beach with the running of a 5-mile race and a Santa's Helper 2-Mile Family Run/Walk challenge. The 5-mile event will complete a double loop in town before making



DAVE FREDERICK PHOTO
AUSTIN MACELREVEY won last year's Race into the New Year.

a turnaround at the 4.65-mile mark and heading north to the boardwalk for the festive grand finish. The 2-mile event will complete a single loop with a boardwalk finish as well.

Custom awards will be presented to the overall, masters, and top three finishers in each age group. To register for the Surfin' Snowman, go to www.seashorestriders.com or www.surfinnsnowman.com.

Proceeds benefit the Bethany Beach Volunteer Fire Company and Justin's Beach House.

Race into the New Year 5K

The final Seashore Striders event of the year will take place at noon, Tuesday, Dec. 31, at the Rehoboth Beach Running Company in Rehoboth Beach. The Race into the New Year 5K will be an out-and-back course from Lake Avenue to Oak Avenue to Surf Avenue and onto the Boardwalk for the 1.55-mile turnaround. Registration at \$25 per entry will take place on race day from 10:30 to 11:45 a.m. at the RBRC. Preregistration is open online at www.seashorestriders.com through 6 p.m., Sunday, Dec. 29.

The event will kick off at 11:50 a.m. with the annual running of the 12 & under Kids' 1/4-Mile Dash. Awards will be presented to the top three finishers in age groups from 9 & under through 70 & over. Stop by the RBRC to register through Dec. 29 and grab a bite at event sponsor Catcher's Restaurant, which will provide pancakes to all runners at the post-race gathering.

Upcoming races

Noon, Saturday, Dec. 28, Inaugural Surfin' Snowman 5-Miler & Santa's Helper 2-Miler, Bethany Beach, www.surfinnsnowman.com.

Noon, Tuesday, Dec. 31, Race into the New Year 5K, Rehoboth Beach Running Company, Rehoboth Beach, www.seashorestriders.com.

9:30 a.m., Wednesday, Jan. 1, Hair of the Dog 5K & 10K, Bethany Beach, www.races2run.com.

Cape Region Athletes Of The Week »



CHARLIE BURTON

Only two days after a classmate accidentally dropped an 80-pound dumbbell on his toes, this Cape Henlopen senior won the 100-meter breaststroke against Indian River and just missed the school record by eight thousandths of a second. He also claimed first in the butterfly at 1:02.11 and was a member of the winning medley relay team. "It was just three bruised toes," he said as he laughed off the painful injury. Charlie has been swimming on the varsity team for four years and will continue to chase the breaststroke school record when they travel to Easton High School Tuesday, Jan. 7. When not in the pool, he plays midfield on the varsity lacrosse team and has just been accepted to SUNY Maritime College.



SARAH HYDE

Don't let the smile fool you; this Cape freshman is lethal in the pool. She is already making her mark in the Henlopen Conference after just three swim meets. She has defeated the field in the individual medley in all three swim meets, and swam her personal best of 2:19.5 against Indian River Dec. 19. She broke the Cape Henlopen breaststroke record in the first meet with Sussex Tech Dec. 12, pulling to a 1:12.65. Also swimming for the YMCA Tsunamis team, Sarah just returned from the Capital Classic in Greensboro, N.C., where she swam her personal best in the breaststroke with a 1:12.05. An Academic Challenge honors student at Cape, she will also play lacrosse in the spring.



JAY LIESENER

Jay, 41, is from Milton. At 17, Jay broke his neck upon entering his senior year at St. Andrew's Episcopal School in Bethesda, Md. He has never let being a quadriplegic stop him; he received his master's degree from the University of Maryland and taught at Norfolk State. Jay is the founder of Team Surfingim and recently charged the North Shore of Oahu, Hawaii, while being honored as The Quiksilver Eddie Aikau hero. Jay had unbelievable experiences including time with his inspiration, Jesse Billauer and sitting with the Aikau family at the opening ceremony. Jay surfed the session of a lifetime at Sunset Beach with living legends Peter Mel, Ross Clarke-Jones and Tom Carrol. Check out Jay Liesener and Team Surfingim on Facebook.



MOLLY WEEKS

A talented freshman on the Vikings swim team, this Cape Henlopen honors student excels in the freestyle events, winning the grueling 500 free against Sussex Tech in 5:48.52 and sprinting to first place in the 100 freestyle against Dover and Indian River in 1:00.21 and 59:88, respectively. She was also a member of the record-breaking medley relay team that now holds a 1:58.12 mark on the Vikings' record wall. Also a member of the YMCA Tsunamis swim team for the last six years, she competed in the Capital Classic in North Carolina, where she held her own in the sprints as well as on the relay teams. When she isn't in the pool, Molly moves outside and plays attack during the lacrosse season.



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