

# Mullica Hill Women's Tri Club



## 2016 KICK OFF MEETING

RAFFLE~ 1 sheet for \$20/3 sheets for \$50

1. **The Lucky Run:** March 13, 2016 Clancy's Pitman, NJ. Donated by Good Day for a Run- (1)
2. **Austin, TX Tri Camp - 25% Off 1 week:** March 2016. Donated by John Kenny, French Creek Racing - (1)
3. **South Harrison 5K:** April 9, 2016. Donated by Tracey McShea - (2)
4. **April Fools Run 7K and 11K:** April 2, 2016. Donated by Gena Bittner - (1)
5. **Hot Chocolate 15 K:** April 2, 2016 - (2)
6. **The Love Run ½ Marathon:** April 10, 2016. Donated by CGI - (1)
7. **Totally Awesome 80's Run 5K:** Somers Point, NJ. April 16, 2016. Good Day for a Run- (1)
8. **Ride the Vines, 26 or 43 miles- 3 wineries:** April 16, 2016. Donated by Megan - (1)
9. **CGI Unite Run 8K and ½ Marathon:** April 17, 2016. Donated by CGI - (1)
10. **Run the Vineyard 5 Miler:** April 24 2016. Donated by Good Day for a Run - (2)
11. **Broad Street Run:** May 1, 2016. Donated by Peggy Jastremski - (2)
12. **Run the Vineyards 10 miler @ Wagon House:** April 24, 2016. Good Day For a Run- (1)
13. **Million Dollar Bike Ride:** May 7, 2016 (Rasopathies). Donated by Lisa Schill - (1)
14. **Goliathon:** May 15, 2016. Donated by Kym Stone - (1)
15. **Riverwinds Tri:** May 14, 2016. Donated by Jennifer Parker - (1)
16. **Riverwinds Du:** May 14, 2016. Donated by Jennifer Parker- (1)
17. **MHWTC Tour De Safety Ride and Bike Rodeo:** May 15, 2016. Donated by MHWTC - (1)
18. **Jersey Genesis Tri Sprint:** May 21, 2016. Donated by Bill Smallwood - (1)
19. **Jersey Genesis Tri Olympic:** May 21, 2016. Donated by Bill Smallwood - (1)
20. **Tough Kids Triathlon:** French Creek State Park. May 21, 2016. Donated by French Creek Racing - (1)
21. **French Creek Triathlon:** Elverson PA, May 22, 2016. Donated by French Creek Racing - (1)
22. **Hammonton Sprint Tri and Du:** May 28, 2016. Donated by Chuck Sellers/DQ - (1)
23. **MHWTC Fab 5K Individual:** June 6, 2016. Donated by MHWTC - (1)
24. **MHWTC Fab 5K Family Relay:** June 6, 2016. Donated by MHWTC - (1)
25. **Odyssey Half Marathon:** June 12, 2016. Donated by Carl Eswald - (1)
26. **Brian Ballard Tri/Du/5K:** June 19, 2016 Donated by Melanie Amadoro - (1)
27. **Queen of the Hill Sprint Tri:** June 25, 2016 Donated by MHWTC - (1)
28. **Queen of the Hill Sprint Tri- Relay:** June 25, 2016. Donated by MHWTC - (1)
29. **Tri-Rock Philadelphia Sprint/Olympic Tri:** June 25/26, 2016. Donated by Barb McKeever - (1)
30. **DQ Tri/Du at Vincentown:** July 9, 2016. Donated by Chuck Sellers/DQ - (1)
31. **Xterra Ex2 Off-Road Tri/Du, Flintstone MD:** Rocky Gap State Park. July 10, 2016. Donated by EX2 - (1)
32. **NJ State Sprint/Olympic Tri:** July 23/24, 2015. Donated by CGI - (1)
33. **Greenfields Tri:** July 31 2016. Donated by Danica Camman - (1)
34. **Queen of the Crest Tri:** August 1, 2016. Donated by MEM/Barb McKeever - (1)
35. **REV 3 70.3 or Olympic Tri, Poconos:** August 8. 2016. Donated by Heather Scheckner - (1)
36. **Atlantic City Tri:** August 14, 2016. Donated by Steve Delmonte/DelmoSports - (1)

37. **Wildwood Tri:** August 27 , 2016. Donated by Steve Delmonte/DelmoSports - (1)
38. **Valley Forge Marathon Swim or Relay - 50% Off:** September 2016. Donated by French Creek Racing - (1)
39. **Tim Kerr 7 mile Island Run/5K:** September 6, 2016. Avalon, NJ. Donated by Midge Kerr -(2)
40. **Via ½ Marathon, Allentown:** September 11, 2016. Donated by MEM/Barb McKeever - (1)
41. **The Perfect 10 (10 mile run):** October 23, 2016. Donated by CGI - (1)
42. **Escape to Lewes 1 or 3 miles Swim:** Oct. 1, 2016. Donated by Steve Delmonte/DelmoSports - (1)
43. **Amerihealth AC 5/10K (Oct 22nd) or 13.1/26.2 miles (Oct 23rd):** Donated by Gena Bittner (1)
44. **East Greenwich Turkey Trot:** November 26, 2016. Donated by Kat Garrity - (1)
45. **Aquathon at Upper Merion Pool:** Date TBD. Donated by French Creek Racing - (1)
46. **Open Water Series in Schuylkill:** May thru Sept (6) races. Donated by French Creek Racing - (1)

### **BASKETS AND GIFTS DONATED BY MHWTC MEMBERS, SPONSORS AND SUPPORTERS**

47. **Always Leave Your Mark** - Donated by Tracey Bohlke. *For the canine crazy: A variety of dog treats and toys!*
48. **Cat Lady** - Donated by Laurie Colborn. *For the feline aficionado: A wide variety of items to make every cat owner happy...from the kitty litter box organizer, mat for the bowls, deodorizer, cleaning spray and pet wipes to tasty cat treats and fun toys as well as a cat shaped bag to hold the toys. For mom/dad it includes a cute cat teacup and cat candle. All this in a large reusable yellow & white fabric storage bin!*
49. **Ageless Beauty-** Donated by Warmuth Institute of Dermatology. *Assortment of SkinMedica skin products.*
50. **Cellulite Be gone-** Donated by Warmuth Institute of Dermatology. *Cellulite Be Gone One Velashape Treatment Package.*
51. **Cool You** -Donated by Warmuth Institute of Dermatology. *6 cycles of CoolSculpting: A non-invasive, zero downtime, permanent fat-reduction treatment.*
52. **Face Facts** - Donated by Christy Casimiro and Robyn Carlisle. *For the beauty queen: Huge selection of Younique makeup products.*
53. **Face First** -Donated by In the Village. *Series of 4 Microdermabrasion treatments on our brand new DermaMed Solutions Megapeel EX.*
54. **Indulge Me** - Donated by Virtua Sports Medicine. *Virtu' Spa Basket: Gift Card to vir tu Spa (valid at Washington Township & Moorestown Locations), 3 assortments of Farmhouse Fresh Hand Creams, Whoopie Cream Shea butter, Rainbow Road Shea butter, Marshmallow Melt Shea butter, 4 Skin Care creams by Hylunia, Nightly Renewal serum, Facial Day Lotion, Pure Hyaluronic Acid, Healing and Restoring Cream.*
55. **Love the Skin You're In** - Donated by Angela Ballinger. *For your beautiful body: Perfectly Posh! Naturally based pampering products for face, hands, bath & body.*
56. **Make Me Over** - Donated by Kat Garollo, Kathy Mullane, Hand & Stone. *Makeover session by Kat Garollo, Hello Gorgeous coupons, Hand & Stone gift card.*
57. **Nailed It** -Donated by Lauren Pentz, Staci Collins, Linda Sparks, Jen Florich and Shannon Arena. *For the manicure maniac: Manicure maniac-Jamberry bundle of Wraps, application kit and mini heater.*
58. **Pearly Whites** -Donated by Nicole Vanleer with Dental Associates at Pitman. *For the bleachorexic: Dental Associates at Pitman basket filled with teeth bleaching kits, electric toothbrush and various dental health products.*
59. **Relax** -Donated by Hand & Stone, Kathy Mullane, & MHWTC. *Hand & Stone 50-minute massage or facial and spa samples, SpaFinder gift card, Deja Vu body lotion, manicure supplies, glass candle holders, and Coach signature handbag.*
60. **Rub You The Right Way** - Donated by Stephanie Bruno, Mary Damiri, Bonnie Howarth, Danielle Kierland, Iris Richardson, Darcy Shulman, and Kellie Wharton. *For the massage maniac: Pamper yourself after a long training or Tri session: Gift cards to In the Village, Woodstown Massage Boutique, & Deluxe Nail Spa. An assortment of Aveda products, full size Duo Terra Spa hand and body lotion and other assorted bath products.*

61. **Self Love** - Donated by Beth Samuel with NovaCare Rehabilitation. *For self-rehab: Expandable massage roller, foot massage roller, CLX Theraband, Kinesiology tape, Thera-Pearl re-usable hot/cold pack, Biofreeze cold therapy pain relief gel & samples, and mesh bag.*
62. **Massage & Movie** - Donated by Victory Physical Therapy. *Massager & movie gift cards.*
63. **Shape Up** - Donated by Cavallaro Family Practice. *1 Coolsculpting session, A non-invasive, zero downtime, permanent fat-reduction treatment.*
64. **Chlorine Is My Perfume** - Donated by Amanda Miles. *For the swimmer: Summer solutions shower gel, lotion, bathing suit rinse, and after swim wipes. ADORABLE TYR swim cap, pull buoy, water bottle and goggles.*
65. **Fast Girls Have Good Times** - Donated by Beth Dare, Lauren Gallagher, Lori Getler, Dawn Leamy, Jean Lee, Carleen O'Loughlin, Jennifer Sivel, and Diana Williams. *For the cyclist: Tons of "Cyclist" gear, plus Visa and Peddlers Shop gift cards*
66. **I'm Down Dog** - Donated by Fitness Yoga Studios, Experience Yoga Studios & Athleta. *For the yogi: Athleta gift card, Fitness Yoga Reformer session, Experience Yoga gift certificate for one month unlimited classes.*
67. **Little Girls with Big Dreams** - Donated by Repeat Boutique. *For the mini athlete: Repeat Boutique Gift Certificate & various items/accessories for your mini athlete!*
68. **My Body's A Temple** - Donated by Amanda Hogan, Christie Rocco and Laura Longo. *For the clean eater: Angels in Action Powered by Isagenix Basket.*
69. **Saddle Sore** - Donated by Karen Scoles. *For the biker: You'll be saddle sore, no more! Treat yourself to Hoo Ha Ride Glide before you head out on your ride in a large tube and convenient travel packs. Freshen up with Playtex Sport wipes. Enjoy a post-ride soak with Healing Blend soothing bath salts and Bike Face handmade soap. Finally, treat your skin to some All Play Skin Salve, handcrafted by Apothecary Muse. All in a handy wire basket great for storing all your gear!*
70. **Sink, Swim, or Get Out of My Way** - Donated by Jana Nogowski. *For the swimmer: Things every swimmer needs: Swim cap (It's cute!), goggles, ear plugs, dry towel, anti-fog spray, Open Water Swim manual and UltraSwim shampoo and conditioner.*
71. **Transition Tools** - Donated by Kathleen O'Donnell. *For the triathlete: the Triathlete's essential transition items: race belt, timing chip strap, fix-a-flat kit & female-specific bike pump!*
72. **WOD if?** - Donated by Crossfit 1 Force. *For the crossfit crazy: One month of CrossFit for you and a friend, two 1Force headbands by Junk and delicious products from Steve's PaleoGoods.*
73. **#StrongIsTheNewBeautiful** - Donated by Crossfit Solstice. *For the crossfit crazy: Crossfit Solstice gift card and goodies.*
74. **Put the Fun Between Your Legs** - *For the cyclist: Primal water bottle, sunglasses & cycling socks, Arundel bike pouch, Coeur arm warmers & jersey (size S), Shimano bar mitts, Voler gift certificate*
75. **Head Over Water** - *For the swimmer: Mud Pie Sarong-along tote, Primal water bottle, New Balance swimdress (size S), TYR accessory bag & big mesh mummy bag.*
76. **She's Going the Distance** - Donated by Riverwinds Community Center, Running Company of Mullica Hill, Megan Paz & others. *For the fitness fanatic: New Balance tanks (S & XL), Running Company gift certificate, 6 Riverwinds Community Center passes, tee (M) & lanyard, Primal cycling socks & accessories, yoga block, slimmer belt, exercise band, Herbalife*
77. **You Are What You Eat** - Donated by Helen DePaola, Rosemary O'Dea, Joanne Vladick, Connie Sunderhauf and Fran Martion. *For the nutrition nut: Magic Bullet smoothie and chopper, Veggetti manual vegetable spiralizer, gift card to Duffield's Farm Market, Eating Well magazine monthly issue for Jan/Feb 2016, Microwave fish and veggie steamer, Salad dressing containers to go, and Runner's World Cookbook!*
78. **Couch Potato** - Donated by Una Joseph. *For the at-home movie buff: Over 10 different movies, a water bottle and 3 bags of M&Ms.*
79. **Groupie** - Donated by MHWTC. *For the concert-goer: Legends of Rock book & 2 Tickets to Journey & The Doobie Brothers, 7/15/16.*

80. **Let's Go To The Movies** - Donated by Merridith VanHoorn. *For the movie buff: Fandango gift cards and movie snacks.*
81. **Sixers** - Donated by Rothman Institute. *For the 76ers fan: 4 Sixers tickets plus parking. 3/11/2016- Section 101, Row 11, Seats 9-12, and Autographed Jahlil Okafor Jersey.*
82. **Fightin' Phils** - Donated by Heather & Jennifer MacHenry. *For the Phanatic: 2 Phillies tickets - 7/18/16: Section 124, Row 30. Phillies stadium gift card and other Phillies merchandise.*
83. **Fightin' Phils 2** - Donated by Phillies Community Outreach. *For the Phanatic: Larry Bowa bobblehead, Aaron Nola autographed baseball, and other Phillies merchandise.*
84. **Fly Eagles, Fly** - Donated by Debbie Peterson. *For the Boo Bird: NFL Alumni autographed football featuring over 20 players*
85. **Frequent Flyer** - Donated by Rothman Institute. *For the Broad street bully: 4 Flyer's tickets plus parking- 2/25/16. Flyers vs Minnesota. Section 111, Row 6, Seats 11-14, Autographed Stick and Puck by Pierre-Edward Bellemare.*
86. **Frequent Flyer #2** - Donated by Beth Samuel with NovaCare Rehabilitation. *For the Broad Street Bully: 2 Flyer's tickets - 2/29/16: Flyers vs Calgary. Club Suite N, Seats 1 & 2.*
87. **A Bottle of Red, A Blanket of White** - Donated by MHWTC. *Basket includes, A cozy white blanket, a bottle of Cloud Break Merlot, gift card to Fratelli's, Philadelphia PA as well as assorted winter accessories to keep you warm!*
88. **All My Favorite Things** - Donated by HFM Investment Advisors. *For the ultimate indulger: Michael Kors Purse, 2 bottles of wine, wine glasses and premium chocolate.*
89. **Dining Out** - Donated by Tavro 13, Sweetsboro Pastry Shoppe, Chick Fil A, Kathy Mullane. *For the anti-cook: Gift cards to Red Hen/Tavro 13, Sweetsboro Pastry Shoppe, Chick Fil A, KFC, & Taco Bell.*
90. **Epicurious** - Donated by Botto's Italian Line Restaurant. *For the foodie: An impressive selection of imported Italian specialties such as olive oil, balsamic vinegar, pastas well as Botto's homemade sauces and two bottles of wine.*
91. **Give Your Dream A Chance** - Donated by Amanda Marriner, Ally O'Shea, Krissy Brahney. *For the gambler: Assortment of NJ Lottery scratch-off tickets.*
92. **Save Water, Drink Wine** - Donated by Julie Michaluk. *For the Novinophobe (those who fear running out of wine): Assorted bottles of wine.*
93. **Show Me The Money** - Donated by Michelle Busillo. *For the gambler: Lots of NJ lottery scratch-offs.*
94. **Stressed Spelled Backwards is Desserts** - Donated by Lori Wells. *For the sweet tooth: A dozen boxes of girl scout cookies.*
95. **The Hard Stuff** - Donated by Gabby, Virginia & Kris Carbonara/Freeman. *For the liquor lover: Rum Chata, Bacardi Gold Rum, Malibu Rum with Coconut Liqueur, Myer's Dark Rum, Captain Morgan Spiced Rum, Funky Llama Rose Wine, Grenadine +4 glasses with everything you would need to enjoy your drinks all in a festive open ice chest.*
96. **The Martha Stewart** - Donated by Diane Lee. *For the craft-aholic: A variety of top of the line crafting items!*
97. **Wine & Dine** - Donated by Catherine & Shannon Brandt. *For a night in: Wine and all the makings to prepare a 3 course Italian dinner at home!*
98. **Enjoy The Little Things** - Donated by MHWTC. *Wooden wall art plus an afternoon with the Founders - bike ride and lunch with Lydia, Michelle or Colleen ( or maybe all three).*
99. **Family Time** - Donated by the Garden State Discovery Museum, Adventure Aquarium, Blue Plate, ShopRite, & Kelly Kozink. *4 passes to the Garden State Discovery Museum, 2 passes to Adventure Aquarium, Blue Plate gift certificates, Shoprite gift card, Free baby Chick rental from N\*Farm Rent-a-Chick.*
100. **Go Green** - Donated by Cheryl Egizi. *For the environmentalist: Detoxify your home with this huge selection of household cleaning items by Melaleuca.*
101. **Going Digital** - Donated by Christine Chirip. *For the techie: Eee PC notebook computer and Fitbit Charge activity tracker.*

102. **Beach Babies**- Donated by Jennifer Pustizzi. *For beach bum kids: A variety of kids beach toys.*
103. **Life's A Beach** - Donated by MHWTC. *For the beach bum adult: Canvas beach tote, adult coloring book & pencils, bubbles, sand shovels, and water balloons.*
104. **My hometown** - Donated by Ananda Yoga + Wellness, Barry Cox Photography, Dippy's Ice Cream, Beth's Hair Boutique. *For the Mantua/West Deptford/Wenonah locavore: Gift certificates to Barry Cox Photography, Ananda Yoga + Wellness, Dippy's Ice Cream ice cream cake certificate, Beth's Hair Boutique balancing facial gift certificate.*
105. **My hometown - Mullica Hill** - Donated by Carolina Blue, Blue Plate, Marinos, & Fitness Yoga Studios. *For the Mullica Hill locavore: Carolina Blue gift card and limited edition growler with complimentary fill, Blue Plate gift certificates, Marino's gift card, & one month of unlimited classes at Fitness Yoga Studios.*
106. **My hometown - Swedesboro/Woolwich** - Erin Meddick, Kathy Beaver, Jeanine Robbins, Tara Emerick, Heather Scheckner, Colleen Wood-Cassidy, Lynda Patterson, Casey Gregory, Christine Donaldson, Brenda Caltabiano, Erica Voll, Charlene Thomas, Teri Nocentino, Denise Barr, Cristy DiBella, Amy Kline, Kate Powell, Margie Cryan, Michelle Dunk, Carol Grandizio. *For the Swedesboro locavore: Gift Cards to Bottos, Amato's Italian Kitchen, Mama Francesca's, JB Liquors, Red Hen, Tavro, Vesuvio's, Blu Salon, Tokyo Mandarin, Ray's Pizza, Wawa, a 'pizzeria, Green Tea, Latteria, Running Co of Mullica Hill.*
107. **Perfect Touch Landscaping** - Donated by Perfect Touch Landscaping. *For the landscaper: 5-treatment fertilization package from Perfect Touch Landscaping.*
108. **Read between the lines**- Donated by Barbara Beske (and Madison & Gabby), Gay Sommer, Susan Weng, and Diane Eisenhart. *For the bibliophile: Books for the beach, books for your teen, and books for training and motivation + a Barnes and Noble gift card.*
109. **Selfie** - Donated by Sharon Vance. *For the photographer: Sony Cybershot digital camera, picture frames, Nana's place wall art.*
110. **Show Em Off** - Donated by Jennifer Pustizzi. *For bragging rights: Tri Club Bag and custom memory quilt made with your old race shirts by Maureen's Quilts and Bags.*
111. **Wakey, Wakey** - Donated by Danica Camann, Dana Christenson, Kathleen Curtiss, Megan Heyer, Megan Sakhleh, Meg Sheldon & Merridith VanHoorn. *For the coffee addict: Keurig2.0 K350 with carafe, Starbucks K-cups and road bike mug.*
112. **Wired** - Donated by Deana Walsh. *For the coffee addict: Cold brew iced coffee maker, Starbucks gift certificate, Starbucks casi cielo whole bean coffee, bottle of Kahului, Contigo autoseal travel mug, assortment of flavored coffee syrups.*
113. **High Octane** - Donated by Crescent Moon Tea & Coffee. *For the coffee addict: Assorted coffee & accessories.*
114. **Zodiac** - Donated by Betty Garrity. *For the astrologer: 45-minute Astrology Reading & "I Saw a Sign" Astrology book.*