



# HOWARD COUNTY

## **STRIDERS**

### Summer Sizzler '10



**45** Mills HS, Wed - Rockburn Branch Park, Thu - HCC  
**Begins** **6:30 pm** **SUMMER STRIDERS XC PREP PROGRAM BEGINS** - For High School and College Age Athletes \$25. **Jun 7** through **Aug 12**, Mondays, Wednesdays and Thursdays. For more information contact Phil Lang [coachlang@hotmail.com](mailto:coachlang@hotmail.com)  
**Tue Jul 13** **6:30 pm** **NEXT STEP HALF/MARATHON PROGRAM** – Jul 13 through Oct 12 – 14 week training program. \$55 for HCS members. Bill Arbelaez [arbelaez@bellatlantic.net](mailto:arbelaez@bellatlantic.net)  
 Oakland Mills HS 410-730-5648

#### RACES

<b>Tue Jun 22 &amp; 29, Jul 13 &amp; 20 Aug 3 &amp; 10</b> 10114 Colonial Dr, EC	<b>7:30 pm</b>	<b>CENTENNIAL FUN RUNS BEGIN TUE JUNE 22. (Please note there will be no fun runs on Jul 6 and 27). Relay on Aug 10 begins at 7:00 pm.</b> For more information call Arleen Dinneen 410-465-7735	<b>1M</b>
<b>Fri Jun 18</b> Wilde Lake HS	<b>6:30 pm</b>	<b>Friday Night XC Series 1+</b> – All entries \$5 - Phil Lang 410-964-8258 <a href="mailto:coachlang@hotmail.com">coachlang@hotmail.com</a>	<b>5K</b>
<b>Sun Jun 27</b> 6711 Columbia Gateway	<b>8:00 am</b>	<b>Damien's 5K Run Plus 2M Walk &amp; Talk</b> – For more info contact Ralph Massella 410-340-0400 <a href="mailto:getralph@comcast.net">getralph@comcast.net</a>	<b>5K</b>
<b>Wed Jul 7</b> Oakland Mills HS	<b>6:30 pm</b>	<b>TWO PERSON RELAY – Alternating ¼ miles</b> – Bill Arbelaez 410-730-5648, Brian Fleming 410-707-3878	<b>5M</b>
<b>Fri Jul 9</b> Reservoir HS	<b>6:30 pm</b>	<b>Friday Night XC Series 2*</b> – All entries \$5 - Phil Lang 410-964-8258 <a href="mailto:coachlang@hotmail.com">coachlang@hotmail.com</a>	<b>5K</b>
<b>Sun Jul 11</b> Howard Cty Comm Coll	<b>8:00 am</b>	<b>WOMEN'S DISTANCE FESTIVAL</b> - Tacy Feliciano 443-745-7377 <a href="mailto:tlf_21_21@yahoo.com">tlf_21_21@yahoo.com</a>	<b>5K</b>
* <b>Wed Jul 14</b> Jeffers Hill NBHD Ctr	<b>6:30 pm</b>	<b>Series Race 1</b> – Jim Carbery 443-778-8805, Marsha Demaree 410 627-9536, <b>More Volunteers Needed</b>	<b>2M 10K</b>
<b>Fri Jul 16</b> Centennial HS	<b>6:30 pm</b>	<b>Friday Night XC Series 3*</b> – All entries \$5 - Phil Lang 410-964-8258 <a href="mailto:coachlang@hotmail.com">coachlang@hotmail.com</a>	<b>5K</b>
<b>Wed Jul 21</b> Oakland Mills HS	<b>6:00 pm</b>	<b>MEET OF MILES + 100/400 meter Kids Fun Runs - Entries \$1, \$3 max/ family.</b> Phil Lang 410-964-8258, Nadia Wasserman 410 381-6385	<b>1M</b>
<b>Fri Jul 23</b> River Hill HS	<b>6:30 pm</b>	<b>Friday Night XC Series 4*</b> – All entries \$5 - Phil Lang 410-964-8258 <a href="mailto:coachlang@hotmail.com">coachlang@hotmail.com</a>	<b>5K</b>
* <b>Wed Jul 28</b> Burleigh Manor MS	<b>6:30 pm</b>	<b>Series Race 2</b> – Donnie Chapman 301-526-0775, Judith and Ron Weber 410-750-7486, Marsha Demaree 410 627-9536	<b>2M 5M</b>
<b>Sun Aug 1</b> Centennial	<b>11-4</b>	<b>VOLUNTEER BARBECUE</b> – Marc Burger <a href="mailto:ogremb@yahoo.com">ogremb@yahoo.com</a>	
* <b>Wed Aug 4</b> Thunder Hill ES	<b>6:30 pm</b>	<b>Series Race 3</b> – Carlos Renjifo 732-272-6309, Amelia Mullican 410-336-8877, Brian Lawton 410-303-9206, <b>More Volunteers Needed</b>	<b>2M 10K</b>
<b>Fri Aug 13</b> Oakland Mills HS	<b>6:30 pm</b>	<b>Friday Night XC Series 5*</b> – All entries \$5 - Phil Lang 410-964-8258 <a href="mailto:coachlang@hotmail.com">coachlang@hotmail.com</a>	<b>5K</b>
* <b>Wed Aug 18</b> Jeffers Hill NBHD Ctr	<b>6:30 pm</b>	<b>Series Race 4</b> – Lisa Fichman 410-707-4657, Dan Kirk-Davidoff 240-281-5006, Alan Tominack 301-807-1694, <b>More Volunteers Needed</b>	<b>2M 10K</b>
* <b>Wed Aug 25</b> Swansfield ES	<b>6:30 pm</b>	<b>Series Race 5</b> – Pat Wilkerson 443-538-1424, Len Guralnick 410-997-7544. John Way 301-527-1246, Chris Farmer 410-598-2526, Natalie & Michael Smolyak 410-531-1542	<b>1M 5K</b>
* <b>Wed Sep 1</b> Thunder Hill ES	<b>6:30 pm</b>	<b>Series Race 6</b> – Paul Goldenberg 410-730-3566, Marc and Melissa Burger 410-730-7732, <b>More Volunteers Needed</b>	<b>2M 6M</b>
<b>Wed Sep 8</b> Burleigh Manor MS	<b>6:30 pm</b>	<b>SUMMER AWARDS</b> – Dwight Mikulis 410-952-9641, Judith and Ron Weber 410-750-7486, John Chall 301-497-9783	<b>2M 5M</b>

\* Friday Night Cross Country Series for all. Run 3 or more of the 5 races and receive a special Striders shirt.

**Summer Race Director:** Marc Burger 410-730-7732

**Equipment Leader:** Grace Tran 540-588-2080

**Course Painters:** Denise Hyde-Burleigh; Sue Watson-Swansfield; Eric Katkow-Thunder Hill; Bill Arbelaez-Jeffers Hill, Oakland Mills; Nicole Betancourt -Atholton; Melissa Simmens-Longfellow; Greg Hogan-Elkhorn.

**To volunteer, contact Glenda Rodriguez (Weekly Series Director) at 703-371-1468.  
 Results and schedules are posted on the Striders' website: [www.striders.net](http://www.striders.net)**