



HOWARD COUNTY
STRIDERS
OPERATION ICEBERG '10



Fri Jan 1 Jeffers Hill Neighborhood Center		NEW YEARS DAY RESOLUTION RUN - Prediction Run, Closest finish to 11:00 a.m. wins, Registration begins 9:30 - SCHOLAR-ATHLETE AWARDS BENEFIT - \$5/Strider; \$7/Non-Strider; Plus Family & Student Rates – Contact Len Guralnick 410-997-7544 lguralnick@comcast.net MORE VOLUNTEERS NEEDED!	8K
Sun Jan 10 The Bain Center	4:45 pm	STRIDERS' ANNUAL MEETING and AWARDS BANQUET (Pot Luck) Contact Bill Arbelaez 410-730-5648 Arbelaez@bellatlantic.net, Arrive at 4:00 pm to help with set-up.	
* Sun Jan 17 Atholton HS	2:00 pm	Winter Series Race 1 – Carlos Renjifo 732-272-6309, Melissa Burger 410-730-7732, Chad Boothe xxxxxx, Kim Damewood 301-498-9488, John Way 301-527-1246	5K
* Sun Jan 24 Burleigh Manor MS	2:00 pm	Winter Series Race 2 – Scholarship Race – All Entries \$1 – Donnie Chapman 301-526-0775, Brian Lawton 410-303-9206, Need More Volunteers	2M 5M
* Sun Jan 31 Thunder Hill ES	2:00 pm	Winter Series Race 3 – Nadia Wasserman 410 381-6385, Marc Burger 410-730-7732, Natalie & Michael Smolyak 410-531-1542	2M 6M
Sun Feb 7 The Bain Center	7:45 am	PENGUIN PACE For more info or to volunteer call Dot Singha 410-313-7213	5K
* Sun Feb 14 Atholton HS	2:00 pm	Winter Series Race 4 – Dwight Mikulis 410-952-9641, Kim Damewood 301-498-9488, Need More Volunteers	5K
* Sun Feb 21 Longfellow ES	2:00 pm	Winter Series Race 5 – Jim Carbary 443-778-8805, Len Guralnick 410-370-2506, Mark Buschman xxxxx Need More Volunteers	2M 10K 15K
Sun Feb 28 Howard Community College	8:00 am	RRCA CHALLENGE - For more info or to volunteer contact Richard Bernstein 410-730-1668 Richard.Bernstein@jhuapl.edu	10M
* Sun Mar 7 Oakland Mills MS	2:00 pm	Winter Series Race 6 – Junior Striders Benefit - All entries \$1 – Phil Lang 410-964-8258, Sari Chapman 443-535-9029, Chris Farmer 410-598-2526, Kelly Dixon xxxx, Mike Fleming 410-381-7232	2M 6M
* Sun Mar 14 Thunder Hill ES	2:00 pm	Winter Series Race 7 – Paul Goldenberg 410-730-3566, Daniel Kirk-Davidoff 410-730-2780, Brian Lawton 410-303-9206, Need More Volunteers	2M 10K 15K
Sun Mar 21 Burleigh Manor MS	2:00 pm	Winter SERIES AWARDS – Pat Wilkerson 443-538-4237, Marsha Demaree 410 442-9796, Connie Yew 240-205-1067, Need More Volunteers	2M 5M

* Only "series" races count in point standings.

Equipment Leader: John Chall 301-497-9783.

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

Weather Cancellations: Call the Striders' Hotline at 410-964-1998, Glenda Rodriguez 703-371-1468 or the Race Lead.

Have you renewed your membership? If not, you can join/renew online at www.striders.net through active.com, use the application in the Winter issue of Footprints, or in person at the annual meeting.

To volunteer, contact Glenda Rodriguez (Weekly Series Director) at 703-371-1468. Hotline: 410-964-1998.

Results and schedules are posted on the Striders' website: www.striders.net