



HOWARD COUNTY

STRIDERS

Vernal Velocity '08



FINAL NOTICE

Is this your last issue?

Check the address label! If it says 2007, your membership has expired and needs to be renewed. Application on www.striders.net Questions? disciulloj@comcast.net

TRAINING PROGRAMS

Wed Mar 26	6:00am	FIRST STEP Training Program BEGINS – Wednesdays from Mar 26 to Apr 30. \$15 for HCS mbrs – Joe and Sandy Boys 410-772-8866 jboys.gwu@hotmail.com
Wilde Lake HS		
Mon Mar 31	5:30 pm	JUNIOR STRIDERS TRACK TEAM BEGINS – Mondays and Thursdays from Mar 31 to May 19. For more info and registration form check the website or e-mail Phil Lang coachlang@hotmail.com .
Mondays and Thursdays		
Oakland Mills HS		
Thu Apr 24	6:30pm	F.I.T. (Females in Training) BEGINS – Thursdays from Apr 24 to Jul 3. \$20 for HCS members. Bev Byron 301-596-1818 bbyron167@aol.com , Melissa Burger 443-325-0579 taborml@yahoo.com
Wilde Lake HS		
Tue May 6	6:30pm	THE NEXT STEP 5K Training Program BEGINS - Tuesdays from May 6 to Jun 24. \$15 for HCS members – Shane Bogan coach_bogan@hotmail.com , Joe and Sandy Boys 410-772-8866 jboys.gwu@hotmail.com
Oakland Mills HS		
Thu May 29	7 pm	SUMMER STRIDERS HIGH SCHOOL XC TRAINING PROGRAM BEGINS - For High School and College Age Athletes \$50. Mondays and Thursdays. For more info contact Phil Lang coachlang@hotmail.com
Thursdays - HCCC		
Mondays - Oakland Mills HS		

RACES

* Sun Apr 6	2 pm	Series Race 1 - JR STRIDERS BENEFIT- All entries \$1. Phil Lang 410-964-8258, Paul Shouse 410-796-6570, Bobby Gessler 410-531-5039, Donnie Chapman 443-535-9029, Greg Orlofsky 443-319-5743	2M 10K 15K
Jeffers Elem.			
* Sun Apr 13	2 pm	Series Race 2 – GGM⁺ Race (5M) – Maggie Moraw 410-740-1680, Greg Schuler 301-604-7397, Nick Gajkowski 410-684-6905, Christina Newman 240-381-6758, Barbara Calvert 410-461-2045	2M 5M
Burleigh Manor MS			
Sun Apr 20	8:15am	CLYDE'S AMERICAN 10K – For more info/Volunteer contact Charlie Brown 410-531-5276 Clydes10k@comcast.net	10K
Rouse Building			
* Sun Apr 27	2 pm	Series Race 3 – Heidi Savin Vecera 410-730-7230, Connie Yew 240-205-1067, Chris Farmer 410-598-2526, Doug Sullivan 443-739-3227, Weems McFadden 443-864-8848	2M 10K
Thunder Hill Elem.			
* Sun May 4	2 pm	Series Race 4 – Jim Carbarry 443-778-8805, Mike Fleming 410-381-7232, Greg Lepore 410-309-1590, Kathleen Wegner 410-312-7732, Pat Brooks 410-461-1197	2M 5K
Swansfield Elem			
Sat May 10	8 am	Musical Madness 5k Run and 1k Kids Fun	5K
Maple Lawn, MD		Run musicalmadness2008@hotmail.com	
Sun May 11		AVALON TRAIL RACE – \$2 to HCS & BRRM Members - \$3 all others – Meet at Park & Ride, Rolling Rd, West of 95 (95 & 195 exit) Len Guralnick 410-997-7544 or Chris ccucuzzella@blakefield.loyola.edu	5-6M
Avalon Area	8:30am		
Patapsco State Pk			
Sun May 18	6:45am	COLUMBIA TRIATHLON - Paul Goldenberg 410-730-3566	1.5K 41K 10K
* Sun May 18	2 pm	Series Race 5 – GGM⁺ Race (10K). Steve Zelenak 410-884-9267, Cynthia Wark 443-745-2236, Luis Diaz 443-538-6463, Chad Burger 410-925-5114, Ed Silverman 301-490-1619	2M 10K
Thunder Hill Elem.			
Sun May 25	2 pm	ALL FRUIT RELAY – All Entries \$1/person. Len Guralnick 410-997-7544, Steward Frazier 301-854-3746, Ken Sevik 410-461-4984, James Koo 410-750-3837, Marsha Demaree 410-992-9796	4 X 2M
Oakland Mills MS			
Mon May 26	8 am	REMEMBRANCE RUN 5K AND 1 MILE FAMILY WALK - For more info contact Ty Saini ty_saini@yahoo.com	1M 5K
Columbia Gateway Dr			
* Sun Jun 1	2 pm	Series Race 6 – STRIDERS' SCHOLARSHIP RACE – All Entries \$1. Jason Tripp, 410-963-0134, Marc and Melissa Burger 443-325-0579, Mike Dusenbery 443-864-4025, Charlie Riesz 410-461-4952,	2M 5M
Burleigh Manor MS			
* Sun Jun 8	2 pm	Series Race 7 – SPRING SERIES AWARDS - GGM⁺ Race (2M) – Carlos Renjifo 732-272-6309, Kenny Walker 410-309-4399, Dave Hogue 301-776-5295, Mary Jane Sacker 410-461-3600, Noah Wood 443-310-6427	2M 10K
Elkhorn-Savage			
Tue Jun 17	7:30 pm	CENTENNIAL FUN RUNS BEGIN - Arleen Dinneen 410-465-7735	1M
Wed Jun 18	7 pm	SUMMER SERIES BEGINS – Weds Eves 7pm – More info in May	
Sun Jun 22	8 am	DAMIEN'S 5K RUN– PLEASE NOTE NEW START LOCATION - Ralph Massella 410-872-2424 getralph@comcast.net	5K
6711 Columbia Gateway Dr			
Sun Jun 22	11-4 pm	VOLUNTEER BARBECUE – Mark Burger ogremb@yahoo.com	

* A GGM (Great Grand Master) designated race is part of a series of races of varying distances for club members who are 50+ years of age. For more info contact Doug Hawkland hawklandiii@verizon.net

Only "series" (*) races count in point standings. Director: Len Guralnick 410-997-7544. Hotline: 410/964-1998. Results and schedules posted on website <http://www.striders.net>. Spring Equipment Leader Dwight Mikulis 410-995-6630



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