

FOOTPRINTS

THE NEWSLETTER OF THE HOWARD COUNTY STRIDERS

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The Howard County Striders running club is an incorporated non-profit organization dedicated to promoting lifetime fitness through running. An active member of the community, the Striders is one of the largest, most involved clubs in the mid-Atlantic area. We sponsor or support many types of activities, including high quality race events, group runs at least three times a week, weekly series runs, and many activities to promote youth running in the community.

THIS ISSUE FEATURE – OUR “SEASONED” RUNNERS



NEXT ISSUE FEATURE – OUR YOUNGEST RUNNERS, OUR FUTURE

(Photos credits: Vincent Mandile. Brian Shadrick and Aimee Goldman)



FROM THE EDITOR

Allan S. Field, managing editor



Cover Photos: Susan Kim's article in this issue - [30, 40, 50 Years of Running: What Keeps Them Going?](#) – features four of our “more seasoned” Striders – **Eric Katkow, Nadia Wasserman, Mel Quecan** and **Arleen Dinneen**, plus cameos from non-Strider members Sister Madonna Buder (aka “Iron Nun”) and Gene Dykes - and probably serves to disprove the adage that one can only pound the pavements for a finite number of years. The late Dr. Bill Howard, founder of the Union Memorial Sports Medicine Center, and I were discussing this phenomenon many years ago. Doc Howard's take was that those who are still running after all these years are doing so for one simple reason: “Because they can!” But after watching these folks, who I have known for years, and others such as **Jerry Warfield** and **Ronnie Wong**, I wonder if Doc Howard would say something different today: “Because they do!” Susan also coaches, along with **Aimee Goldman** and **Katie Breitenbach**, the six-and-under Junior Striders including left-to-right on the cover **Christopher Blackwood, JP Blackwood** (and dad **James**) and **Riley Goldman**. Susan shared with me, “The 6-and-unders even practiced in the hurricane remnants the other day. I looked up from practice and saw some older kid swimming in what had become a moat around the soccer field at Centennial High School. Wish “I'd gotten a photo of that.” Susan's article for the January 2019 issue will feature some of these up and coming athletes, the future of our club and sport, and their natural joy, fun and just overall cuteness-factor.

In continuing with the cover photos, the following was sent to **FOOTPRINTS** by **James Blackwood**: “If you are writing about the Centennial Mile, I'd like to thank **Brian Shadrick** for organizing, hosting, and scoring. It was another successful year. This was **Christopher Blackwood's** fourth year doing the races (age 4) and **JP's** third year (age 2). Christopher came off of a rigorous Spring Training program at the experienced tutelage of Coach Sue (**Susan Kim**) and set a new PR in the mile this year of 9:42. **JP** steadily improved throughout the race series and set a massive PR this year of 14:56 at final race. The boys would like to thank **Kendra** for the ice pops on the hot summer evenings. #ProudFather ...are hashtags still a thing? :) – James.” (*Editor: Thanks so much for sharing this with us James and many thanks to all who carry on this amazing Columbia tradition. And did you know that the Centennial Mile has its own [Facebook page?](#)*)

Bagel Runners Beware: The Saturday morning Bagel Runners have been dealing with the driver of a Volvo (pictured right, Maryland license 8BT2354) for the past several months as she intentionally swerves into the runners as they come down West Running Brook (mile 5 to 6), forcing them onto the sidewalk or grass where she has determined they should be. And technically, she is correct. We should not be running in the street where there is a perfectly good sidewalk on which to run. But as we all know, the sidewalks on West Running Brook are really not safe for walking, much less running, and running abreast of your mates is not practical to do on the sidewalk. However, these are not sufficient reasons for running in the street, at least according to the authorities the club leadership has met with on several occasions. What the authorities are recommending is that **if** you continue to run on West Running Brook (more on this following) and are



able to get a video of her driving into you, immediately call 911 and remain in place until the police arrive.

In response to this woman, the Bagel Run course has been changed. The leadership strongly recommends that instead of turning right onto West Running Brook after passing the 5-mile mark, continue straight down Ten Mills Road almost to Old Columbia Pike where yellow arrows will send you off to the right to cut the corner at Old Columbia Pike. This course change only adds 0.02 miles from the current mile 5 mark to the current mile 7 mark and a new mile 6 mark is painted just after turning onto Little Patuxent Parkway. Should you instead elect to continue running down West Running Brook, know that you do so at your own risk.

And just when you might think that the Bagel Run is at its darkest point, along comes Susan Kim to share the following vignette with us: “Today (Sunday, 9/30/2018) I went to Ernesto’s in Ellicott City, and the waiter asked if I was a runner (I had a running shirt on). He is not a runner but said that he and his wife live along the lake, on the first level, and every Saturday morning they enjoy the sound of the bagel runners as their “alarm clock.” He said: “Every Saturday morning, we hear them run by, happy, and talking, and we know what time it is, and it’s a good sound for us.”

I love that he said that! Running groups aren’t just about the people who participate in the group; they are also about the light they might bring to others, even without knowing it. As we think about the car-lady trying to run everyone down, it’s good to keep in mind that some people out there really do like you. Runners, non-runners, we are all human beings.” Thanks Susan!

Annual Awards Dinner and Club Meeting - Coming up in January. Stay tuned for notification for submission of your nominees for the following awards:

Runner of the Year
Master Runner of the Year
Senior Grand Master Runner of the Year
Most Improved Runner of the Year
New Runner of the Year
Ultra-Runner of the Year
Next Step Coach of the Year
Next Step Runner of the Year

Is an “official” sub-2-hour marathon in our future? Eliud Kipchoge’s 2:01:39 official and ratified performance in September at Berlin was run at a 4:38 per mile pace. Improving by less than 4 seconds per mile makes it more and more probable that the sub-two is in sight. Kipchoge also ran an unrated marathon in 2:00:25 with the help of pacers. This is the guy to watch!

Ultra-runner Karl Meltzer, not a Strider member, dreamed of setting the record for completing the Appalachian Trail from end to end (Springer Mountain, GA to Mount Katahdin, ME). Without giving away the ending, watching this 42-minute [video](#) is not only incredibly educational for anyone either thinking of ultra-running or has engaged in ultra-running, but also quite entertaining for the rest of us from an almost masochistic viewpoint. If nothing else, it makes me want to lay down until the urge to follow in his footsteps goes away. Enjoy!

Next issue of **FOOTPRINTS** scheduled for January 1, 2019 followed a few days later by the Annual Awards Supplement. In the meantime, run safely, start out slow, taper off, and try not to do anything stupid in between!

30, 40, 50 YEARS OF RUNNING: WHAT KEEPS THEM GOING?

Submitted by Susan Kim



From the “Iron Nun” Sister Madonna Buder, who, at 88, has competed in more than 340 triathlons and 45 full Ironmans, to 101-year-old Julia Hawkins, who set a world record (40.12 second) in the 100-meter dash last year for a woman 100 or older, the seasoned runners among us are inspiring and they are growing in number.

Who, exactly, are you calling old? Buder didn’t compete in her *first* triathlon until she was 52.

We have our own set of so-called “seasoned” runners in our own community, and there is something to learn from all of them.

Forty-one years ago, **Arleen Dinneen’s** 10-year-old son, Tim, came home and said: “I can run a mile. How far can you run?” At that time, Centennial High School - and its track - were newly built.

Dinneen went to the track with her son. “I thought a mile was just one lap!” she said. “When he told me it was four, I thought I’d try it.” She ran three laps, sat down, and decided to get up and do one more. That was the first mile.

Soon after, she discovered the Howard County Striders, and entered her first Weekly Series race with her son. “It was winter, and we wore jeans, heavy coats, hats and gloves, and certainly not running shoes. Everyone told us we did really well and they hoped we would run again the next week. Because they made us feel so welcome, we continued.”

Dinneen went on to run a 10-mile race in Ocean City and the Striders Metric Marathon. She then ran her first marathon and many 24-hour relays without her son, who was too young at the time.

She’s (pictured in the center with her family at the Centennial Fun Run with son Tim to her left in the blue shirt) been running now for 41 years, and for 37 of those years, she hosted the one-mile Centennial Fun Run out of her home. Why does she keep going? “I continue to run and still love it because it has brought so much to my family,” she said. “We all still run - grandchildren, too. I am 75 now and it has been a tradition to celebrate my March birthday with my family by all running the Celtic Canter 5K followed by brunch. It just doesn’t get much better than that.” *Photo Credit: Mike Fleming*



Who're you calling old?!



Seventy-four-year-old **Eric Katkow** thanked *FOOTPRINTS* “for working on this article on old runners like me.” Who’re you calling old, Katkow? Certainly not yourself.

Katkow moved to Columbia in 1972, opening a dental practice two years later. One of his first patients - **Bob Brown** - encouraged him to start running with the Striders. “So I showed up on a cold winter Sunday afternoon for the Thunder Hill Elementary School 2 mile or 10K,” Katkow recalled. “Bob said I should do the 10K, but I wasn't sure I could run that far. He said, ‘Don't worry, a car will come pick you up if necessary!’ I realize now he was kidding.”

Katkow decided to complete his first marathon in 1981, the Marine Corps Marathon in 3:56. “In 1999, my friend **John Wheatland** suggested we do the JFK 50 Mile the Saturday before Thanksgiving,” Katkow said. “I thought that was crazy but I knew relatively normal people who had done it so I agreed to do it and finished in 10:34. It was a lot of fun and I met really nice people.”

Katkow has now completed 15 JFK 50 Miles, and in September this year he brought his total marathons run to 55 by completing the Bagel2Beer marathon. He’s gearing up for the Baltimore Marathon in October, which he has run every year since 2001. (And, **Bob Brown**, not once has a car come to pick him up.)

“What keeps me going? The answer is very easy: the really nice people I meet running,” said Katkow. “I look forward to running with all these really interesting people. Bottom line is that the people I've met through the Striders keep me motivated and I hope I can physically keep running and mentally enjoy the sport.”

Waffles: not just for breakfast

You might not have known **Nadia Wasserman** when she sported her first pair of running shoes. She started running in 1974 after the birth of her son, and it took her a year to run more than a mile. “We lived in New Jersey and Joe [her late husband] had started to run. Our son would play on a grassy area and I would run around the area, keeping him in sight. Joe gave me a pair of Nike waffle running shoes. They were bright yellow!”

Wasserman’s first race was a 10k at Hains Point in Washington, DC. “It was part of the Schlitz Light National Running Series. I was going to races to watch and cheer Joe. Mostly I chased our son. We then decided that we would alternate running the race and cheering.”

Now at 72, running is still an integral part of her life. “It was a love that Joe and I shared,” she said. “I have made lifelong friends. I look forward to our runs together. It is my community and we are supportive of each other.”



Competition and camaraderie



Soon-to-be 80-years-young **Mel Quecan** began running in 1990. His first race was the Airport Run, and his first marathon - the New York City Marathon - was in November 1990.

He then joined the Striders and ran other marathons, qualifying for Boston and running that several times, along with marathons in Pittsburgh, Toronto, Walt Disney World, Baltimore, DC, Delaware, and even the original marathon from Marathon City to Athens in Greece.

He started ultra runs in the late 1990s: 50ks, 50-milers and 100-milers. He has run the JFK 50 Mile 18 times, as well as the Western States Endurance Run (100 miles), Vermont 100 Endurance Race, Leadville Trail 100, Wasatch Front 100 Endurance Run, and the Grand Slam of the Ultra

Running, among many others.

“This year I'm running several marathons including the Baltimore Marathon in October,” he said. “The reason I keep running is the fun, the competition and the camaraderie.”

Coaching for older runners

Strider member **Henry Peck** and current president of the Baltimore Road Runners Club shares with us some of his observations and thoughts on seasoned runners.

This is a story and tribute to running coaches. Like many of you, I am a fan of the sport of running. I like to follow the news and read about records. It is fun. We digest the details, weigh the historical significance, and banter with you all.

Here is one of those fantastic records. At the Rotterdam marathon this March, Gene Dykes ran a 2 hour and 57-minute marathon. Gene is 70 years old and is the only 70+ human in the world to have a sub 3-hour marathon. (The late Canadian, Ed Whitlock, also achieved this). Yep, you got that right, over 70, under 3 hours. Whoosh!

To nail this world record run, Gene had to be perfect, stars aligning, doing everything right. I am interested in how he did it, aren't you!? I have run many of the same races as Gene, he is from right up the road in Philly, and he is a fellow Cornelian. So, of course, I talked to Gene to get this story.

How did he do it? Of course Gene has the physical tools and great health, to be sure he has the right genes. He is not a large guy and did not start running at a highly competitive level until recent years, a typical background of later-in-life highest achievers. And, Gene is an excellent student of how to live well, mentally positive and respectful of his gift.

But, the game changer for Gene, what put him over the top, is that in recent years he has been coached. He attributes his success to having a coach and specific training. Gene reports that the training he does would not be considered as possible or practical without adding the discipline of coaching to his running life. So there you go. To set a world record, have a coach and be accountable to a coached plan.

As for me, I have been slacking, only self-coached (is that “un-coached”?) for most of 50 years. Could I be missing out on the benefits of being coached and have untapped possibilities going forward? My glass is half filled, how about yours!?

THE MARATHON WORLD RECORD HOLDER THE WORLD FORGOT



By Amanda Loudin – reprinted with permission of the author from Outside Magazine, May 4, 2018



Two weeks after Kathrine Switzer made headlines at Boston in 1967, 13-year-old Maureen Mancuso quietly shattered the women's world record. Few people noticed.

If you crossed paths with Maureen Wilton Mancuso in Toronto, it would be easy to give nothing more than a passing glance to the 64-year-old woman running trails with her dogs. Sure, she glides over the terrain with ease, but you would never know that at one point she owned the women's marathon world record. Then again, very few people even knew her name when she set that record, in 1967.

There are many possible causes for Mancuso's relative anonymity. Maybe it's the fact that she was a tiny 13-year-old running her first marathon and stepped unnoticed onto the unpaved Eastern Canadian Marathon Championships course. Or perhaps she got lost in the headlines, because two weeks earlier, Kathrine Switzer had [become the first woman](#) to officially enter and run the Boston Marathon. Or it could be simpler: After Mancuso smashed the record by more than four minutes (she ran 3:15:22, breaking the 3:19:33 set by New Zealand's Mildred Sampson in 1964), she returned to life as usual and largely dropped off the radar.

[Amby Burfoot](#), winner of the 1968 Boston Marathon and a former Runner's World editor, says it's crucial to put Mancuso's run in historical context. "She was running a race in Toronto that no one had heard of, at a time when no one was covering marathons," he says. "Most people only knew about Boston, and the overwhelming attitude was that [distance running was bad for women](#)."

In today's running landscape, where the top female marathoners are widely celebrated ([and with good reason](#)), it seems a bit sad that Mancuso never had her day in the sun. But in talking to her, it

becomes clear that fame and admiration were never her goals and that a marathon career was not in the cards.

Today, Mancuso puts it bluntly: “I didn’t really enjoy marathons. They weren’t my thing.” She admits, however, that the distance was a natural fit. “I didn’t train much for that first one,” Mancuso says. “But I had a talent for being able to keep going.”

Prior to lining up that morning, Mancuso was a devoted and talented cross-country and track runner, training five or six days a week with her brother and the local running club. She first pulled on a pair of spikes at age ten after expressing interest in the sport to her parents, who wholeheartedly supported but never pressured her.

The idea of her running the marathon originated with her coach, Sy Mah, who spotted her talent for endurance. He turned to the Amateur Athletics Union (AAU) for permission—the governing body did not officially permit women to run marathons until 1972—and while the federation didn’t explicitly deny Mancuso’s entry, it did try to discourage it.



(Courtesy Maureen Mancuso)

Mancuso went into the race knowing she could break the world record by running 7:30-mile pace. “That seemed easy to me, because I was accustomed to running so much faster for track and cross-country,” she says. Mancuso stayed steady (within seconds of that pace) throughout the first 25 miles, she says, based off the splits yelled out from race officials at mile markers. Her mother was also watching the clock and determined that Mancuso was running too slow for the record—she shouted to her daughter that she needed to speed up. Mancuso obliged and clocked six minutes flat for her last mile. She crossed the finish line well in control. A race physician checked her heart rate right away, noting how much less winded she seemed compared to her older male counterparts.

Mancuso's achievement was underappreciated from the very beginning. Despite her showing that day, she says the officials didn't even name her run a world record at the finish line, because she was too young to qualify for records. "They called it a 'world's best performance,'" Mancuso says. "It wasn't until years later that they named it a world record."

Mancuso was one of only two women in the field that day in Toronto. Knowing how much controversy Switzer had caused in Boston, Mah invited her to join Mancuso for support. While the two women didn't run together for long—the 20-year-old Switzer was still not recovered from Boston a few weeks earlier—her presence gave Mancuso comfort. "I was happy to have another woman in the race," Mancuso says. "The AAU didn't stop me from running, but we knew they weren't happy about it."

Switzer says that accepting Mah's invitation was a no-brainer. "My boyfriend, my coach, and I had been [expelled by the AAU](#) after Boston, so it felt like a protest to go run another," she says. "Plus, Sy gave us money for gas."

In the end, Switzer crossed the line an hour or so after Mancuso, and she remembers complimenting the "little girl" on how well she had run. "Like a typical 13-year-old, she didn't care about the race," Switzer laughs. "She wanted to show me her Monkees poster instead." (Mancuso also remembers this interaction and considers it normal teenager behavior. "My friend had just drawn this picture of [Monkees member] Peter Tork for me," she says. "That's where my attention was.")

On the drive back to the states with her boyfriend and coach, Switzer says, the conversation turned to Mancuso. The three of them discussed whether the young phenom would continue running. "I speculated that she would be finished with it by 18," Switzer says, "because that's what happened with kids and running. They burned out."

Switzer's instincts proved to be true. Despite Mancuso's talent for the distance, her heart belonged to the track and shorter road distances. "I really preferred a five- or ten-mile race," Mancuso says. "For a 13-year-old, three hours is a long time to run—it just felt boring to me."

Boredom wasn't the only obstacle to Mancuso's running future. Immediately following her marathon, she and her family hopped in the car and headed north to their cottage for two weeks. When she returned, it wasn't to accolades or glory, but to largely negative attention. "There were media calls coming in from all over the place," Mancuso says. Numerous articles pointed to the potential harm that running 26 miles could cause a young girl. Some claimed that the women's marathon would never catch on and that Mancuso's effort was "without purpose." One reporter went so far as to ask her to prove she was indeed female. The headlines were hard for a 13-year-old. "All I could see was the negativity toward me," Mancuso says.

While the marathon already wasn't her favorite distance, Mancuso says the controversy over her race didn't help. "I think if there was any enthusiasm to do another, that probably killed it," she says.

Burfoot isn't surprised by the reactions to Mancuso's race. "We were a long way from understanding what women could do," he says. "It took many more women and years of fighting to prove that running wasn't bad for the female body." Despite the controversy, Mancuso had a good support system. "I had strong friendships in my club, and my coach and parents were behind me," she says. "The reporters weren't the important people in my life."

Mancuso returned to her track and cross-country training and competed at the World Cross-Country Championships in Scotland when she was 15. She gave the marathon two more shots in 1968, but

because they weren't a priority for her, Mancuso didn't properly train for them and didn't come close to matching her previous performances.

Mancuso's running career was largely over by the time she finished high school—a combination of burnout and dead ends. “All my friends were quitting the club, and, really, it was enough for me at that point,” she says.

In the ensuing years, Mancuso's running largely became recreational, and she went through stretches where she gave it up for reasons of injury and time restraints. Mancuso's life post-competitive running has been largely dedicated to raising her two children. Ever humble, she didn't even share her running history with the children until her then-nine-year-old daughter came home from running with her school club and asked her mother if she had ever run. “I sat her down and told her about the marathon,” Mancuso says. “That was a special day for both of us.”

These days, you'll mostly find Mancuso—who works as a dog groomer—out running with her four-legged companions. After a spate of injuries over the years, she's [added strength training](#) to her routine and credits the practice with keeping aches and pains at bay.

While Mancuso remains unassuming, there's been a recent renewed interest in her accomplishments. A new book about her life, *Little Mo: The Story of a Forgotten Young Running Revolutionary*, will be released next year. In 2010, the Canadian Broadcasting Company reunited Mancuso and Switzer to run the Toronto GoodLife Half Marathon. “It was like meeting the Rip Van Winkle of running,” Switzer says. “Maureen had been out of competitive running for so long that I had to tell her what a chip was and teach her about the bag check.”

Aside from her unfamiliarity with modern-day racing, Mancuso still pulled off a decent finish. “She still had the goods,” Switzer says. “I was out of shape and struggled to run a 2:13. But Maureen ran a 1:48. She's a natural.”

(Editor: Thian K. “Sy” Mah, 8/2/1926 to 11/7/1988, at his death held the record for most marathons completed – 524. Sy was inducted into the RRCA Hall of Fame in 1989.)

WELCOME NEW VOLUNTEER COORDINATOR PATTIE LAUN

In August, I took over for Larry Stern (who moved across the globe) as Volunteer Coordinator for the Striders. You may have seen some of my “Funny thing about water...” Facebook posts. I also will be sending out Signups for volunteers for races, such as the upcoming Run Through the Grapevine 8k, happening on Nov. 11.

I've been a member of the Striders for 5 years and have been running for 11 years. While most of my races have been half-marathons, 10-milers, and 10Ks, I have managed to get through 2 full marathons in the last couple of years. I retired from teaching biology last June and am enjoying time with grandchildren and time at home with my husband, Jim. In addition to running, I love to travel, read, and cook.



If you ever have any questions about volunteering for anything having to do with the Striders, I'll be happy to try to answer them for you. Also, just click on the [“volunteering”](#) button at the top of the Striders page to take you to a list of current Striders volunteer opportunities and to a link for Signup.com, our volunteer coordinating web-application.

PROFILES FROM THE PACK

Submitted by Rene Alonso



With each issue of **FOOTPRINTS**, I will be seeking Strider profiles and “selfies”. To be included in a future issue, please forward to [me](#) a picture and either use the following questions for a guide or feel free to tell your own story!

1. What got you started with running and how long have you been running with the Striders?
2. What are some of the benefits that the Striders program have for you as a runner? Which is your favorite program and how often do you run with the Striders?
3. What is your favorite race and why?
4. Do you have any goals? What would you say to a fellow runner, or a new runner to keep them motivated to continue the sport?

5. In what ways do you bring back to the running community with your acts of volunteering, and why is it important for others to follow suit as well?

Maria Ferrucci - I've been hitting the pavement for seven years now. Like a lot of folks, I started with a couch to 5k program and as of last year, finally added “marathoner” to my running resume thanks to the Striders Next Step Half/Marathon program.

And while I liked being a participant in Next Step last fall, I've loved serving as a coach in the FIT and Building to Weekly programs even more. There's nothing quite as satisfying as helping others work towards their goals. And while I know not everyone can commit to coaching weeks at a time, I highly encourage folks to offer to sub here and there or even just volunteer a few hours a race. Not only is it a great way to give back to the community, it's also a good way to meet fellow members!

Now I don't know about you, but I love races and Clyde's 10k is one of my favorites. I cannot get enough of that 108 hill, and the after-party spread is hard to beat! But as far as distances go, I'm a big fan of ten milers. They require some discipline and training but are little easier to recover from than half marathons.

The one thing I want to instill in both newbie and veteran runners is that to avoid injury and make sure you're running for a long time, be sure to add some strength training to your routine! Even a few push-ups, planks, and hip bridges at the end of an easy session will help you in the long run (pun intended)!





Sue Hale - I have been running about 10 years. I noticed a college friend posting on Facebook her journey to do a half marathon. I had been walking, then running on a treadmill, and decided to try it outside. Once I ran outside, there was no more treadmill running for me. I started with a 5K & progressed from there. I joined the Striders last year when I decided to participate in the Next Step Half/Full Marathon Training.

I have only ever participated in the Half/Full Training. It has helped keep me on track with my race training and provided one "hard" running workout a week. Last year my coaches had us use Running Ahead and they checked it regularly which for me provided some accountability for my training. Working out with a group is nice because we get to share our training experiences, discuss other aspects of getting ready for races, cheer each other on and lift each other up when any of us are having a difficult time.

I have a soft spot for the Baltimore Half Marathon because it was my first half. It feels like my "hometown race." I have also enjoyed running the Clyde's 10K. It's in a good location, challenging & has quite a good post-party (as long as the weather cooperates!).

My current goal is to complete my second marathon in under 5 hours. My overall running goals are to have fun, enjoy my runs and races and stay healthy. I think runners (or people who run and don't consider themselves "runners") should be doing it because they enjoy it. When it stops being enjoyable, you need to dial it back. Injuries can be defeating, so train smart. The motivation to continue to run needs to come from inside, but running with like-minded individuals, running buddies and friends is the best motivator. That makes the miles fly by (or at least you have company, even if it's a miserable run!).

We are a community of runners. We help each other out whether it is with offering advice, directions or a snack. Volunteering as a course marshal has been a fun way for me to give back to the running community. I love cheering on runners and encouraging them by reminding them how strong they are.

Stephanie Kenez - I started running in 2004 during my senior year of high school because my personal trainer at the gym forced me onto the treadmill as a way to warm up before strength training. I became slightly more interested in running in college as a means to stay fit and stave off the freshman 15. My first real running race, however, was not until after college. When I moved to Florida for graduate school, I signed up for a half marathon because I was not taking a full course load and thought training for the half would be a perfect and productive way to spend my free time. Then I was hooked! When I moved back to Maryland in 2013, I joined the Striders soon after.



I personally need a goal race and multiple modes of accountability to keep my running in check. I stretch myself too thin with work and volunteer commitments, therefore, it's easy to just "skip a run" here and there. Striders training programs hold me accountable. Not

only does following the training plans and the weekly group runs keep me in check, but also the friendship and camaraderie among fellow runners gives me the motivation I need to stick to the schedule and get out there on tough days when the last thing I feel like doing is training.

I don't often do the same race multiple times because I enjoy variety in races and courses. However, when I lived in Tampa for a few years I got especially hooked on many of the races in that area-- probably because races were year-round due to great weather, and because Florida is FLAT! Around this neck of the woods, however, I really like the Parks Half Marathon in Rockville, MD (September each year) for its point-to-point scenic course and the Rehoboth Beach Half Marathon (FLAT! and amazing after party).

I'm always trying to get faster, although I could be more dedicated in how I work on achieving that goal. My every-year goal is to race at least one half marathon per year, because I personally strive to stay in shape enough that I could complete a half marathon at any given time. (Note I said "complete," not PR!)

To fellow runners. I would say strive to find the balance that keeps you motivated to run. Some people just aren't the 50+-miles-per-week, 5:00 AM-runs-every-day kind of folks. Some people love running when it's every other day for short distances, when they mix in spin classes and yoga and ju jitsu, and some people enjoy running the most when it's not the only sport they participate in. It took me a long time to figure this out and be OK with not running 50 miles a week--I felt like I was a failure if I didn't run as much as my running friends. Then I realized running complements my life in a way many other activities and sports do, and there's just not enough time in the week to do everything I'd like to do as much as I'd like to do it. :) I'm OK with that!

I am always amazed at the knowledge base of the Striders' coaches. There's always something to learn. When I was first asked to help coach the Striders Couch to 5K program, I thought, "Wait, who? Me? What could I possibly know about coaching!?" But I quickly realized it's not just about knowledge but about the stories you have to share and the smiles and positive talk you can give people to help keep them going and to inspire confidence. I still don't claim to know it all but I hope that my encouragement and me believing in the participants makes me a Striders coach that's making a positive contribution to our runners.

I encourage all to volunteer in some capacity--whether it's waving a directional flag on a race course, organizing a Bagel Run water stop, or coaching the training programs, any little bit you can do helps to give back and make the Striders a stronger organization. There's always something you can do--just ask!

STRIDERS SOCIAL HOUR PUB RUN – SEPTEMBER 24, 2018

Submitted by Paula Stehle



A little rain doesn't stop the Striders from having a whole lot of fun!! On Monday evening, September 24, over 40 hardy runners turned out to run a few miles starting at the Savage Mill Mall in Laurel. A big thank you to **Surena King** from Art of Hair, **Aubrey Hansell** from Rustiq Bakery and The Rams Head Tavern for supporting and promoting the event!

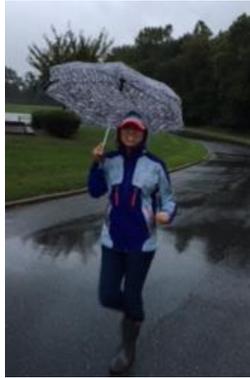


Fellow Striders **Kendra Smith** and **Bill Brown** led the group from the Mill to the streets of Savage and then into the Patuxent Branch Trail and back. Participant were cheered on by some dedicated course marshals – **Joanne Lee**, **Jennifer Storch**, **Rene Alonso**, **Alyssa Mitchell** and our Strider's President, **John Bratiotis**. Also, many thanks to **Pattie Laun** for being our "sweeper" in back and ensuring that no one was left behind in the woods!

It was exciting to see current club members as well as some new friends who are interested in joining our running club! Special recognition goes out to **Melinda Krummerich** and the "Building to Bagel" crew for joining the fun on this rainy evening!

After the fun run, the group made their way down to the Rathskeller in the basement of the Rams Head Tavern. Each runner was treated to a free beer or root beer courtesy of Rams Head, and some light snacks provided by the running club. Everyone seemed happy to be warm and dry while they chatted about running, running and more running!

Please share your ideas for future social events by emailing Paula Stehle - social@striders.net. We look forward to your input! *Photo Credits: Paula Stehle, Jennifer Storch, Joanne Lee & Rene Alonso.*



RACING TEAM SUMMER UPDATES

Submitted by Mark Landree



H.U.M.I.D.I.T.Y. As all of our fellow Striders know, there was no escaping it this summer. Despite the oppressive weather, the racing team was still out racing, one soaked singlet after another.

Two low key, fun, summer events put on by the Striders are the 5-mile 2-person relay and the Meet of Miles. In the 5-mile relay, **Luke Janik** and **James Blackwood** alternated laps on the track to be the first team to finish 5 miles in a time of 23:40. **Mark Eagles** and **Aaron Ellison** took 2nd in 25:13 while **Michelle Weaver** and **Faye Weaver** took 11th with **Tammy Liu** and **Pat Keating** right behind in 12th. In the Meet of Miles, **Mark Eagles** won in 4:43 (1st), with **James Blackwood** 4:56 (3rd), **Adam Wytko** 4:59 (4th), **Julia**

Roman-Duval 5:00 (1st female, 5th overall), **John Chall** 5:57 (17th), **Tammy Liu** 6:27, and **Faye Weaver** 6:29 rounding out the results.

Track mile to street mile, the Coolest Mile on Main Street showcased **Jason Tripp** in 4:53 (3rd) while **Amanda Beal** ran the Market Street mile in 5:43 (1st AG).

One of the more popular races this summer was the Arbutus Firecracker 10k. **Mark Buschman** led the way in 36:15 (6th), just edging out **Jason Tripp** in 36:38 (7th), followed by **Eric Schuler**, **Mark Landree**, and **Ed Wilson**. On the women's side, **Julia Roman-Duval** easily won in 37:29 (1st). The Ellicott City Labor Day 10K was next with **Eric Schuler** running a 35:44 (2nd) and **James Blackwood** 3rd in 38:19.

At the Parks Half Marathon in Montgomery County, **Faye Weaver** set a new PR in 1:35:15 (1st AG).

The most popular race for the team in the summer is the Annapolis 10 Miler at the end of August. While the heat relented some, the humidity and the hills were ever-present. Once again, **Julia Roman-Duval** handily won the women's race in 59:11 (1st) with **Kelly Westlake** taking the AG win. On the men's side, **Mark Buschman** led the team in 58:06 (6th overall, 1st M30-34), followed by **Jason Tripp** in 58:31 (8th, 2nd male master), **Adam Wytko** (2nd AG), **Kent Werner**, **Mark Landree** (1st AG), **James Blackwood**, **Tunde Morakinyo** (1st AG), and **John Chall** (3rd AG).

From hills in the traditional sense to hills that largely go in the downward direction, the Charles Street 12 miler in Baltimore saw **Kevin Ford** running a 1:09:16 (3rd) along with **Ed Wilson** winning his age group in 1:17:35 (17th).

Big club races are one thing, but the Rock N Roll Philadelphia Half Marathon is at another level. How would you like to toe the line with **Desiree Linden**, **Kellyn Taylor**, and **Sarah Sellers**?! **Julia Roman-Duval** took to the challenge and ran a stellar 1:16:29 for a new racing team record to place 14th overall.

Cooler temperatures and lower humidity will be a welcome sign of fall as the racing team will be gearing up to fall marathons and other big goal races.

Right: Teamwork!! **Mark Landree, Adam Wytko, and James Blackwood** work together coming off the bridge and nearing mile 9 of the Annapolis 10 Miler. *Photo Credit: CBMT Creative*



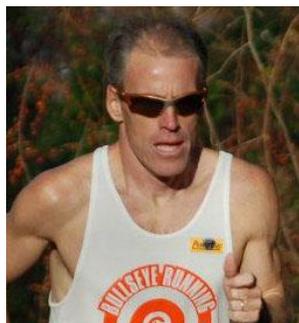
Below: Racing team members trying to cool off following the Arbutus Firecracker 10K. Pictured (left to right): **Julia Roman-Duval, Mark Buschman, Kevin Ford, Jason Tripp, Mark Landree, and Ed Wilson.** *Photo Credit: Mark Buschman*



Racing Team showing off their awards at the Annapolis 10 Miler. Pictured (Left to Right): **John Chall, Mark Landree, Kelly Westlake, Ron Weber, Jason Tripp, Tunde Morakinyo, Kent Werner, Mark Buschman, and Julia Roman-Duval.** *Photo Credit: Mark Buschman*

YOUTH RUNNING UPDATE

Submitted by Phil Lang



The competitive youth track and field program we host for elementary, middle and high school athletes in the Spring and Summer allowed so many kids the opportunity to try new things and to progress in specific events. The large crew of coaches, that not only assist the kids with their running but also with the many field events this great sport offers, are to be thanked one more time. We as a club could not be happier with this amazing crew and we believe we are providing the kids with exceptional leadership and direction with a healthy dose of competitive opportunities. The largest group of student athletes in High School are runners so we hope if you have younger kids you will consider giving them a chance to participate in the youth running programs before they get to High School. As we all have learned, experience provides us all the best opportunity to be successful. The Fall XC program started in September and is providing these amazing experiences for over 230 kids this Fall. With 6 practice groups and over 20 coaches, all the kids have the opportunity to improve and progress no matter their experience, age or ability. Friends are being made, fitness is improving and satisfaction is being gained from doing the hard work necessary to improve. We have started this Fall season running in the rain more than on beautiful Fall days but the coaches, kids and parents are embracing the craziness that comes with being called a Cross Country runner! Good luck kids at the rest of the meets, especially the home meet at Centennial High on September 30 and the AAU Junior Olympic National meet in Knoxville, TN on December 1.

The Friday Night Summer XC Series was a big hit again in 2018 with over 400 different participants running at least one of the six races. Phil and Vicki Lang have helped put on this series with the help from many of the High School XC coaches around the county and a special thank you to all that helped provide these unique and different races for all of us. The six male winners were **Mark Eagles, Matt Pacheco, Constantine Matsakis, Kyle Stanton, James Blackwood** and **Andrew Madison**. Two females won twice, **Wren Kucler** and **Chelsea Vane**, and the other two female winners were **Brit Lang** and **Avery Oergel**. Congrats to all who participated this year and if you didn't, we hope you get to come out for one or more next Summer.

NEXT STEP HALF FULL MARATHON PROGRAM

Submitted by Bill Sciannella - There are many who think that the Striders are all about speed and getting faster. Indeed, in this author's opinion there is too much of an emphasis on this sometimes. Certainly in last year's award ceremony there was. I believe the Striders should equally be about increasing enthusiasm for running and expanding the base of those calling themselves runners in Howard County. The Next Steps Group Ten exemplifies this focus. Next Steps is a 4-month, once a week training time to assist people preparing for their first half or full marathon although people in Next Steps are there for many other reasons. Group Ten is the slowest group speed wise in this training but they are not the faintest of heart. Every week runners are out in the heat and humidity doing intervals, hill repeats, track workouts and other assorted workouts in order to increase both speed and endurance. What is also increasing though is an excitement about running and a desire for consistency. Several of the group are retirement age and look forward to increased opportunities to run as they enter into this new phase of life. Others just want to be more consistent and in better shape. Whatever the reason for coming each week though, the group is enthusiastic, hardworking, fun loving, and always in the mood to chat

and socialize as they brave the warmer and much more humid late summer weather we have had over the past two months. As one of four coaches for this group, I can say they have inspired and motivated me to continue my own workouts during the sticky times. It has been a true pleasure coaching this group and I am happy to call them my fellow Striders.

*Submitted by **Michelle Pelszynski** - "Next Step Half/Full Marathon Trainees are Riding the Wave in to Taper Town"*

It has been a wonderful 12 weeks in hot and humid conditions! Each week trainees and coaches gather at Wilde Lake High School to tackle their toughest workout of the week - together! Workouts range from the beloved hill repeats (or as Coach Matt calls them, "mounds of opportunity"), speed work on the track, Yasso 800s, tempo runs, and in the final weeks focusing on race day pace. All of the groups have been doing an incredible job as they prepare for their fall race!

Some weeks we had the pleasure of having guest speakers. Dr. Josh Bross of Elite Chiropractic & Sport led warm-up exercises, and shared tips on how to stay injury free during training. Our friends at Complete Nutrition talked to the group about proper fuel and hydration, and gave out samples. Stephanie Blades from Athletes Serving Athletes shared the amazing opportunities ASA offers Athletes and their families, including Nick Sabol who will be completing the Toronto Marathon this fall with Bromley Lowe.

As we approach those fall races, including Wineglass, Chicago, Baltimore, Marine Corps, Moab Trail and Richmond Marathons, it is so exciting to watch these athletes grow stronger, faster, and more confident! The encouragement from coaches and support of their fellow trainees is what makes Next Step so different from other training programs. Though the weather on Tuesdays has been rough, one thing is for certain - running is always better with friends! Best of luck, NS Trainees!!



Pictured: Michelle Pelszynski, Megan Cossa, Erin Mitchell, Sang Chung, Stacy Monza, Ana Aguado, Matt Bevan, Alice Martin, Jennifer Storch, Michael Gelinis and Julie Brown.
(Photo Credit: Michelle Pelszynski.)

BAGEL TO BEER MARATHON RESULTS 2018

September 15, 2018 – 6:45 AM – Columbia, MD

Submitted by Hafiz Shaik, Race Director

The morning started out humid, gray and dreary but the sun finally came out, just in time to bake everyone on the second half of the marathon. It was a tough morning, but we had over 60 runners participate with 41 marathon finishers. This is the most finishers we've ever had. **Aaron Ellison** was the first finisher and **Kelly Westlake** was the first female. This is Kelly's 2nd win. *(Kelly and Aaron pictured right.)*



Thank you to all those who participated and made donations. I would also like to acknowledge a few folks who helped me prepare for this race: **Dwight Mikulus**, **Greg Lepore** and **John Bratiotis**. The race is not possible without the aid station volunteers. A very big thank you to **Steve Thienel** (Mile 3), **Becky Ramsing** (Mile 6), **Tom Brown** (Mile 8), **Bob Hollis** (Mile 12), **Eric Katkow** (Mile 15), **Chris Farmer** (Mile 18), **Rusty Toler** (Mile 20), **Art Perraud** (Mile 22) and **Judith Weber** (Finish). This race does not happen without their generosity.

1. Aaron Ellison	3:30:13	22. Jaret Seiberg	4:24:27
2. Ed Wilson	3:30:39	23. Jim Kaufman	4:24:34
3. Sigurd Knippenberg	3:36:38	24. Steve Turner	4:26:16
4. Kelly Westlake	3:38:47	25. Jennifer Storch	4:38:16
5. Akintunde Morakinyo	3:38:48	26. Sarah Ringerud	4:38:54
6. Mikhail Petrovskikh	3:41:52	27. Robert Walker	4:41:17
7. Adam Wytko	3:42:50	28. Stello Carnahan	4:41:28
8. Zach Valentine	3:50:49	29. Greg Lepore	4:44:44
9. Newton McCollum	3:53:11	30. Yihua Zheng	4:47:09
10. Greg Hogan	3:55:28	31. Karsten Brown	4:49:16
11. Xuesong Wang	3:59:58	32. Ron Batcher	5:24:16
12. Qiang Tian	4:00:25	33. Joe Hanle	5:24:19
13. Yasuo Oda	4:01:35	34. Jim Grover	5:24:20
14. Faye Weaver	4:02:15	35. Juan Fernandez	5:28:57
15. Jiong Liu	4:03:04	36. John Wheatland	6:24:03
16. Carrie Anderson	4:14:26	37. Eric Katkow	6:24:03
17. Ryan Brown	4:14:26	38. Carole Williamson	6:28:09
18. Frank Volny	4:16:29	39. Judith Weber	6:28:10
19. Huifei Chen	4:18:44	40. Tom Green	7:03:00
20. Justin Windle	4:19:06	41. Michael Kreft	7:32:00
21. Scott Goldblatt	4:22:58		

OUT OF TOWN RACE RESULTS

Submitted by Greg Lepore and Jim Mahoney



**MCRRC Suds & Soles 5K
Rockville, MD
June 23, 2018**

Marc Hermstein 21:04
Tammy Liu 22:53
James Scarborough 25:04
Kelli Habicht 29:27
Andrea Ohara 33:22
Helene Myers 42:03
Eugene Myers 42:05

**Catoctin 50K
Frederick, MD
July 14, 2018**

Aaron Ellison 5:40:36
Lokesh Meena 6:25:29
Keith Levasseur 6:35:10
Frank Volny 6:51:57
Todd Pearsall 7:27:52
Henry Peck 7:31:19
Newton McCollum 7:46:00
Hussein Ezzeldin 7:46:05
Faye Weaver 8:21:06
Dwight Mikulis 8:56:07

**ECStrong 5k
Ellicott City, MD
July 28, 2018**

Ethan Williamson 21:06
Rachel Collins 22:01
Haley Kappey 22:30
Emily Magoon 22:30
Courtney Mann 22:30
Jake Hayden 23:34
Heeyoung Weddington 23:42
Ian Kappey 23:59
Lili Barouch 25:37
Margaret Barry 28:39
Denise Drenning 29:30
Caroline Beatson 32:05
Amanda Idstein 37:00
Emily Roberts 38:32
Aimee Goldman 42:07
Riley Goldman 42:10
Jeanette Novak 43:15
Susanne Goldstein 45:50

**Dreaded Druid Hills 10K
Baltimore, MD
August 25, 2018**

Gregg Ford 41:17
John Chall 43:00
Julia Skinner 49:49
Hussein Jirdeh 53:54
Lili Barouch 53:56
Steve Muchnick 53:58
Ronnie Wong 55:10
Kerry Jimenez 1:01:41
Janee Spruill 1:03:55
Ralph Massella 1:05:16
Warren Pitts 1:15:32
Laura Pitts 1:17:13
Jeanette A Novak 1:26:10

**Ellicott City Labor Day
Running Classic 5K
September 1, 2018**

Marsha Demaree 27:30
Pamela Yao 28:58
Michael Drummond 30:04
Emily Howe 30:21
Linda Martin 39:31

**Ellicott City Labor Day
Running Classic 10K
September 1, 2018**

James Blackwood 38:19
Gregg Ford 42:10
Ted Poulos 42:58
Nicholas Howard 43:05
John W. Chall 43:43
Ashley Moss 48:37
Michelle Pelszynski 49:28
Patrick Beben 53:25
Susan Kim 1:09:53
Frankie Mandile 1:10:52
Martin Flajnik 1:20:30

**Annapolis 10-Miler
Annapolis, MD
August 19, 2018**

Mark Buschman 58:06	John Way 1:20:12	Lucia Patrone 1:46:06
Jason Tripp 58:31	Nadrat Siddique 1:20:40	Bud Hunt 1:48:36
Julia Roman-Duval 59:10	Ron Weber 1:24:05	Megan Cossa 1:49:27
Eric Schuler 1:00:47	Catherine Kilday 1:25:42	Jade Marquart 1:49:47
Adam Wytko 1:02:19	Mark Sanetrik 1:26:04	Douglas Dixon 1:50:08
John Werner 1:03:51	Eugene Myers 1:27:00	Christine Marquart 1:50:54
Mark Landree 1:04:15	Ronnie Wong 1:29:05	Julie Baker 1:52:56
James Blackwood 1:04:33	Bruce Gordon 1:29:58	Erin Moyer 1:54:49
Akintunde Morakinyo 1:08:07	Kevin O'Shea 1:34:12	Elizabeth Brock 1:55:48
Frank Volny 1:09:05	Kevin Hencke 1:34:23	Cheryl Ford 1:56:47
Kelly Westlake 1:10:11	Michael Gelinias 1:34:34	Maurice Emery 1:57:40
Karsten Brown 1:11:16	Jess Hencke 1:34:56	Stephen Alpern 1:59:01
John W. Chall 1:11:21	Joanne Lee 1:35:53	Lawrence Freeman 2:01:08
David Horrocks 1:12:29	Megan Ressler 1:36:27	Loretta Farb 2:01:54
Danny Mooney 1:12:43	Janee Spruill 1:36:58	Warren Pitts 2:01:56
Deb Taylor 1:16:48	Jane Wadsworth 1:37:01	Yvette Oquendo-Berruz 2:03:59
Michael Wade 1:17:30	Susan Kim 1:43:22	John Wheatland 2:04:32
Greg Schuler 1:17:42	William Neal 1:44:32	Jeffrey Berger 2:06:22
Todd Pearsall 1:19:21	Carol Wesolowski 1:44:51	Laura Pitts 2:08:22

**Charles Street 12 Miler
Baltimore, MD
September 1, 2018**

Kevin Ford 1:09:15	Brett Pusateri 1:47:53	Andrea Ohara 2:14:08
Ed Wilson 1:17:35	Kerrie Widell 1:49:10	Julie Baker 2:15:26
Peter Ward 1:21:47	Juan Fernandez 1:49:40	Marianne Solomotis 2:16:01
Mikhail Petrovskikh 1:23:27	Jennifer Coletta 1:51:11	Efrem Perry 2:20:22
Hafiz Shaikh 1:27:55	Janee Spruill 1:51:26	Aleida Velasquez 2:20:30
Frank Bahus 1:32:44	Claire Kim 1:52:11	Loretta Farb 2:23:09
Bram Arrington 1:33:34	Lynn Sanetrik 1:53:14	Pamela Johnson 2:23:09
Lisa Fichman 1:35:48	Greg Thomas 1:57:05	Laura Pitts 2:26:11
Christine Schauerma 1:40:05	Ana Aguado 1:58:01	Lynda Allera 2:26:20
Mark Sanetrik 1:40:49	Karin Rodrick 2:07:01	Susanne Goldstein 2:27:04
Yoon Yi 1:43:17	Sue Hale 2:09:56	Winnie Navarro 2:27:41
Dwight Mikulis 1:43:45	Nick Del Grosso 2:10:15	Andrea McCants 2:34:28
Ronnie Wong 1:45:05	Kathryn Baker 2:11:01	

**Police Pace 5K
Ellicott City, MD
September 9, 2018**

Eric Schuler 17:17
Sheldon L Degenhardt 19:12
Brian Shadrick 19:27
Stephen Turner 19:59
John W Chall 20:14
Antonio Camacho 20:17
Philip Lang 20:26
Brian Pryse 20:53
Rachel Sanborn 21:47
Shannon Sentman 21:50
Donnie Chapman 22:11
Joe Sluz 23:25
Mark Ringerud 24:03
Lili Barouch 24:25
Steve Muchnick 24:27
Sarah Ringerud 24:49
Douglas A Eng 24:50
Marsha Demaree 24:58
Alexa Mullican 25:11
Christopher J Adams 28:27
Carol Wesolowski 28:36
Bill Snelling 29:05
Brandon Skaggs 29:45
Marianne Solomotis 30:15
Liana Mullican 30:26
Madeline Skaggs 31:32
Loretta Farb 32:20
Cheryl Ford 33:38
Roger L Calvert 34:29
Amanda A Idstein 34:57
Ariela Camacho 35:01
David Buresh 36:48
Siena Mullican 38:41
Amelia Mullican 38:42
Stephen Reading 41:00
Jose Camacho 41:58
Jennifer Cisneros 47:41
Kelly Barnard 56:02

**Parks Half Marathon
Rockville, MD
September 9, 2018**

Jicheng Liu 1:23:53
Lokesh Ku Meena 1:33:30
Mikhail Petrovskikh 1:33:40
Faye Weaver 1:35:15
Bok Jung 1:38:11
Pamela Jock 1:41:30
William Moran 1:41:52
Youlin Qi 1:42:16
Heeyoung Weddington 1:44:15
Steven Burns 1:44:38
Heidi Splete 1:51:23
Yan Zhang 1:51:35
Yihua Zheng 1:53:31
Kevin Hencke 1:58:52
Aileen Linton 2:00:34
Jess Hencke 2:02:50
Jane Wadsworth 2:07:07
Veronica Desimone 2:08:19
Jill Calhoun 2:09:04
Joanne Lee 2:16:05
Joshua Brunner 2:17:49
Lucia Patrone 2:21:16
Nick Del Grosso 2:28:30
Roger Ortines 2:57:49

**Frederick Market Street
Mile Run
Frederick, Md
September 8, 2018**

Women

Amanda Beal 5:43
Pamela Yao 7:16
Alyssa Mitchell 7:33
Melinda Krummerich 8:44
Amanda Idstein 9:17
Jeanette A Novak 11:13
Helene Myers 11:38

Men

John Way 5:47
Eugene Myers 6:35
Ronnie Wong 7:16

**Bel Air Town Run 5K
Bel Air, MD
June 3, 2018**

Sheldon Degenhardt 18:46
John Chall 20:13
Amanda An 20:27
Louise Valentine 21:11
Alan Mulindwa 21:55
John Way 22:01
Eugene Myers 22:37
Nadrat Siddique 23:19
Christine Schauerman 23:44
Pamela Yao 25:53
Hans Meurer 26:15
Ronnie Wong 26:25
Alyssa Mitchell 27:12
Rene Alonso 28:18
Amanda Idstein 35:13
Helene Myers 40:30
Jeanette A Novak 43:57
Christina Caravoulas 58:11

**Annapolis Striders
Women's Distance Festival
5K
Annapolis, Maryland
July 14, 2018**

Women

Nadrat Siddique 23:13
Alyssa Mitchell 27:22
Rene Alonso 30:36
Amanda Idstein 33:23
Sharlene Deskins 36:50
Marissa Collins 41:30
Jeanette A Novak 42:10
Melissa Burger 45:55
Christina Caravoulas 55:07

Men

Karsten Brown 18:41
Jack Kammerer 22:30
Marc Burger 22:53
Hans Meurer 26:21

**Westminster RRC Women's
Distance Festival 5K
Union Mills, Maryland
July 8, 2018**

Alyssa Mitchell 27:14
 Rene Alonso 28:32
 Melinda Krummerich 31:10
 Heidi Kvech 33:55
 Megan Walker 35:45
 Sharlene Deskins 36:05
 Amanda Idstein 36:09
 Arlene Feldman 36:51
 Jeanette A Novak 43:04
 Arleen Dinneen 44:18
 Christina Caravoulias 61:46



Westminster WDF 5K Age Group Winners: Melinda Krummerich, Alyssa Mitchell, Rene Alonso, Arleen Dinneen, Heidi Kvech and Jeanette Novak. (Photo by Megan Walker)

WE  OUR VOLUNTEERS – ALL 146 SINCE JULY 1ST!

Submitted by Patti Laun, Rachel Collins, Paula Stehle, Phil Lang, Jessica Stern and Brian Shadrick

It DOES take a village! We hope to see your name added to this Wall of Gratitude in the next issue!

We recognize that not all volunteers listed below are Strider members but we love you nonetheless! And if we inadvertently missed you in this issue, please [let us know!](#)

¹ Weekly = Centennial Mile, Weekly Races and “Pub Run” Social

² X-C = Howard County Invitational and X-C Series

³ Coaches = Next Step and Youth Programs

Volunteer	Bagel H2O	Police Pace	Weekly's ¹	X-C ²	Coaches ³	FOOTPRINTS
Dennis Albright		♥	♥♥	♥		
Lynda Allera			♥♥			♥
Rene Alonso			♥♥♥		♥	♥
Nick Anderson	♥					
Bill Arbelaez			♥		♥♥	
Clarese Astrin	♥♥♥♥					
Kathy Baker	♥					
Amanda Beal					♥	
Matt Bevan					♥	
James Blackwood			♥♥		♥	

Volunteer	Bagel H2O	Police Pace	Weekly's ¹	X-C ²	Coaches ³	FOOTPRINTS
Barb Boardman-Pavao	♥					
John Bratiotis			♥♥♥♥♥♥♥♥			♥
Katie Breitenback					♥	
Liz Brock	♥				♥	
Bill Brown			♥			
Marc Burger			♥♥			
Melissa Burger			♥♥♥			
Bob Burns					♥	
Beth Buschling	♥					
Stephanie Caporaletti					♥	
Donnie Chapman		♥		♥		
Sari Chapman		♥		♥		
Pam Cheung	♥					
Karen Cho	♥					
Hannah Cocchiaro					♥	
Rachel Collins					♥	
Jason Cox					♥	
Matthew DeCapite					♥	
Marsha Demaree			♥	♥		
Zack Dickerson				♥	♥	
Arleen Dinneen			♥♥			
Jim DiSciullo		♥		♥		
Hussein Ezz ElDin					♥	
Debbie Ellinghaus					♥	
Lavina Fathony	♥					
Maria Ferrucci	♥					
Allan Field						♥
Brian Fleming		♥		♥		
Lissa George				♥		
Bobby Gessler				♥	♥	
Scott Goldblatt					♥	
Aimee Goldman					♥	
Yin Guo	♥					
Jeff Heiges					♥	
Marc Hermstein				♥		
Tammy Liu Hermstein				♥	♥	
Tiffany Hevner					♥	
Erin Hoffman					♥	
Greg Hogan					♥	
Ashley Hooker	♥					
David Hopkins					♥	

Volunteer	Bagel H2O	Police Pace	Weekly's ¹	X-C ²	Coaches ³	FOOTPRINTS
HoCo X-C Summer Striders	♥					
Bud Hunt	♥					
Amanda Idstein	♥		♥			
Kathy Jimenez					♥	
Jerry Jing					♥	
Pamela Jock					♥	
Eric Johnston			♥			
Erin Karara					♥	
Stephanie Kenez					♥	
Denis Kikanzira	♥					
Logan Kim					♥	
Noah Kim					♥	
Susan Kim					♥	♥
Ben Koech					♥	
Doug Kornreich	♥♥				♥	
Amy Jane Kramer	♥					
Melinda Krummerich		♥				
Pete Kruus				♥		
Glenn Kuenzig					♥	
Mark Landree						♥
Phil Lang				♥		♥
Vicki Lang				♥♥		
Patti Laun			♥♥			♥
Craig Lebro	♥					
Joanne Lee	♥		♥			
Greg Lepore						♥
Dominique Lincoln					♥	
Jud Lincoln					♥	
Jicheng Liu	♥♥					
Amanda Loudin						♥
Bromley Lowe					♥	
Kate Luke					♥	
Mack MacLaine				♥		
Andrew Madison	♥					
Sally Mahmoud	♥					
Jim Mahoney						♥
Adam Malizio					♥	
Vincent Mandile			♥			
Ashley Oaks Marks					♥	
Scott Matthews					♥	
McCaffrey Family			♥			

Volunteer	Bagel H2O	Police Pace	Weekly's ¹	X-C ²	Coaches ³	FOOTPRINTS
Kevin McCoy				♥		
Noel McCracken	♥					
Dwight Mikulis				♥		
Alyssa Mitchell			♥♥		♥	
Pam Mooring					♥	
Yasuo Oda	♥				♥	
Andrea O'Hara	♥					
Ginny Olson	♥					
Heather Ordoñez					♥	
Greg Orlofsky					♥	
Lucia Patrone	♥					
Michelle P.	♥				♥	
Karen Ramey				♥		
Ray Ramey				♥		
Chris Reading					♥	
Carlos Renjifo	♥					
Sarah Ringerud	♥				♥	
Phil Rogers				♥		
Rachel Ruo	♥					
Lynn Sanetrik	♥♥					
Mike Sapp					♥	
Eric Schuler				♥	♥	
Greg Schuler		♥				
Bill Sciannella					♥	♥
Brian Shadrick			♥♥♥♥♥		♥	
Hafiz Shaikh			♥	♥		♥
Diron Sine					♥	
Matt Skaggs					♥	
Kendra Smith		♥	♥♥♥♥♥♥♥♥	♥		
Bill Snelling					♥	
Stephanie Spring					♥	
Paula Stehle			♥			♥
Christopher Stern			♥			
Jessica Stern			♥		♥	
Jennifer Storch			♥		♥	
Deb Taylor					♥	
Alan Tominack					♥	
Amy Tredway					♥	
David Tripp				♥		
Stephen Turner				♥		
Wendy Turner					♥	

Volunteer	Bagel H2O	Police Pace	Weekly's ¹	X-C ²	Coaches ³	FOOTPRINTS
Franz Henryk Vergara					♥	
Frank Volny					♥	
Ben Walker						
Jack Walker			♥			
Megan Walker			♥			
Nadia Wasserman			♥	♥		
John Way			♥			
Faye Weaver					♥	
Kelly Westlake					♥	
Kim Williams				♥		
Anne Wood					♥	
Jessie Yang	♥					
Yihua (Eva) Zheng	♥♥					

WELCOME 49 NEW MEMBERS SINCE JULY 1, 2018

Submitted by Lynda Allera

Jessica Benjamin	Kerry Jimenez	Alison Pasternak
James Bush	Naomi Johnson	John Paz
Raquel Bush	Kim Keller	Damari Ramos
Jaime Cappa	Amy jane Kramer	Tanika Salmon
Beth Carbonella	Adam Kramer	Krystal Saunders
Karina Carr	Ellen Kwon	Jessica Shackman
Michelle Coker	Darius Lawson	Rachel Thompson
Kateia Drummond	Connie Lin	Eugenia Torres
Arlene Feldman	Maria Lonergan	Zach Valentine
Alexandre Fines	Michelle Luo	Louise Valentine
Feng Gao	Linda Martin	Megan Valle
Debra Gates	Christine McGovern	Mark van Buskirk
Kelly Green	Holly Miller	Jane Wadsworth
Amy Grossman	Erin Mitchell	Ryan Wells
Henry Guo	Danielle Noble	Kate Yang-He
Hao He	Carrie O'Brien	
Lloyd Huxtable	Kevin O'Shea	

PRESIDENT'S MESSAGE

By John Bratiotis



As we move into fall, I am starting to look ahead into 2019 and at some of the changes that naturally occur from year-to-year in the club and how we can meet those changes and challenges. Some of our current Race Directors and Program Coordinators have stated that they will not be able to continue in their current roles and that they need to step down from those positions after this year. We need to start looking for our next wave of club members to fill those various leadership roles. I know that a lot of club members get an overwhelming sense of panic when I start talking to them about volunteering and even more so when I start talking about race directing and Next Step coordinating. I always have to tell them that volunteering is easier than they think it is and program coordination and race directing are not as scary and time-consuming as they might appear to be. We have several experienced Board members to help guide you in taking on those positions to make sure you are successful and that you will flourish in those positions. To give you a comparison to our Next Step programs, you will have a coach who will help guide you through being a Race Director or Coordinator. If you would like to take on a larger role in the club but know you do not have the time commitment to be a full time RD or Program Coordinator, please consider stepping into some of the smaller roles associated with the races or programs. Take the lead as head of coning for a race or decide to become a coach and see how fulfilling it is to see your fellow club members complete their goals. If you are interested in taking on a larger role in the club but you are not sure of exactly where you would best fit, please feel free to ask me (president@striders.net) or another member of the Board. We would love to see some of the new faces in the club taking on new roles and providing fresh ideas.

2018 STRIDERS LEADERSHIP Board of Directors



Top Row: President John Bratiotis; VP Cecilia Murach; Immediate Past-President Donnie Chapman; Newsletter Bill Arbelaez; Treasurer Rob Gettier.

Middle Row: Secretary Chris Schauerman; Special Programs Jessica Stern; Jr. Striders/Youth Programs Bobby Gessler; Technology/Website Eric Schuler; Volunteering Pattie Laun; Racing Team Caroline Bauer.

Bottom Row: Racing Team Mark Buschman; Special Races Hafiz Shaikh; Membership (Member Relations) Lynda Allera; Communications Rene Alonso; Membership (Social Outreach) Paula Stehle; Sponsorship (new position for 2018) Kelli Shimabukuro.