

FOOTPRINTS

THE NEWSLETTER OF THE HOWARD COUNTY STRIDERS
VOLUME 40, No. 1 — May 1, 2016



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.

FEATURES

- 2** *Astrophysicist marathon runner Julia-Roman-Duval likes a challenge*
- 4** *Running the World Majors (A Cultural Beer and Wine Adventure)*
- 10** *Why Runners Don't Get Knee Arthritis*
- 12** *38th Clyde's of Columbia 10K 2016*
- 15** *Meet Strider Leaders*

COLUMNS

- 4** *Special Programs*
- 4** *Weekly Series*
- 8** *Racing Team*
- 11** *Scholarship Awardees*
- 13** *Volunteering*
- 13** *President's Message*



Happy 2016 Clyde's Finishers – [More Photos and Credits](#)

FEATURE

February 13, 2016, Reprint from The Baltimore Sun

Astrophysicist marathon runner Julia Roman-Duval likes a challenge

By Mike Klingaman

The best marathoner in the Baltimore area might be a French-born, red-haired astrophysicist and mother of three who took up distance running only in 2013. Certainly, Julia Roman-Duval is one of a kind.

“I only have one life and I'm trying to squeeze it all in,” said Roman-Duval, 33, of Columbia.

Saturday, she ran in the U.S. Olympic Marathon Trials in Los Angeles, one of more than 200 women who qualified for this attempt to earn one of the three spots for the 2016 Summer Games in Rio de Janeiro. Roman-Duval finished 49th out of 132 female participants with a time of 2:46:45, 18 minutes, 25 seconds behind the winner, Amy Cragg.

Though a long shot, she was happy just to be there. For one who spends her days studying galaxies and interstellar mediums, she never thought such stuff was in the stars.

“I gave it my best. I'm satisfied,” she said after the race. “I stayed in the back of the pack for the first eight miles, then started passing people. I felt pretty good up to mile 20, then I had to slow down. It was 82 degrees and I'd been training in 20-degree weather. With my red hair and light skin, I don't do well in the heat but I kept a decent pace.

“Making the Olympic team is out of my league, but I'm happy. My Facebook page is exploding right now; everyone has been so supportive. It's an honor to be asked [to the trials] and a once-in-a-lifetime opportunity for someone like me who has kids, a career and who isn't getting any younger.”

Roman-Duval broke into the sport three years ago when, after the birth of her third child, she entered her first marathon at the 2013 [Baltimore Running Festival](#) and finished second in 3:00:29. To that point, she'd never run more than 16 miles at a clip.

Since then, she has trimmed nearly 20 minutes off her time and, egged on by teammates on the **Howard County Striders**, made the cut for the Olympic trials.

“To knock off that much time in three years is incredible,” said Bobby Gessler, a coach for the Striders. “She's focused and intelligent. When she runs by, with that mane of red hair flying in the breeze, you want to shout, ‘Go, Julia, go!’”

For Alex Wang, 24, a teammate on the Striders, Roman-Duval is “the epitome of a great role model” who somehow balances work, family and running.

“She's a super mom with an amazing career who's training at an Olympic level,” said Wang (Centennial), who won the women's marathon at the 2014 Baltimore Running Festival. “It's hard enough to get yourself onto the track for a workout. I can't imagine going home exhausted from a full-time job, taking care of three kids and then running. But Julia does it and is still fun to be around. She's disciplined — and driven.”

Roman-Duval nearly wasn't eligible for the Olympic trials, though not because of her running times. Last summer she applied for U.S. citizenship, a process that has dragged on so long it appeared she'd

not make the race. Last week, she learned from the Department of Homeland Security that she could take the Oath of Allegiance upon her return from Los Angeles.

“It's just been hurdle after hurdle, but I'm relieved it worked out in the end,” she said.

By day, Roman-Duval works at the Space Telescope Science Institute on the Johns Hopkins University campus. There, she does science operations on both the Hubble and James Webb space telescopes and helps calibrate the cosmic origins spectrograph, a high-tech instrument aboard the Hubble that studies the evolution of the universe.

At home, she minds her kids (ages 6, 4 and 3) and squeezes in workouts when she can. Like at 5:30 a.m.

“I try to minimize the impact on my family and run when they are sleeping,” she said. “Before dawn, the sky is gorgeous. The other day I saw Jupiter and Venus. I know I should watch out for potholes, but I can't help looking up.

“I couldn't work as effectively as I do without running. It clears my head and lets me organize my ideas. My most productive days [at Hopkins] are those when I've done workouts in the morning.”

Roman-Duval grew up on Reunion, a volcanic island in the Indian Ocean where she would jog, bike and swim. At Boston University, while earning her doctorate, she cobbled together all three and twice won the Northeast Collegiate Triathlon Conference championship.

Married to a scientist she met at NASA's Goddard Space Flight Center in Greenbelt, she stopped racing to start a family, but stayed active. She swam laps in the pool on the days that each of her children were born.

“Doing the backstroke, I looked kind of funny, like an island sticking out of the water,” she said. “But working out during those pregnancies helped me get back in shape afterwards.”

In 2013, Roman-Duval gave up triathlons and joined the Striders' racing team.

“Immediately, she was one of the fastest women we had. Julia ran with the men,” said Mark Buschman, team captain. “That she'd been extremely competitive in triathlons gave her the muscle memory to get back in the groove real quick.”

As her times plummeted, Buschman encouraged her to aim for the Olympic trials.

“You've got a shot at doing something that a lot of us fast local runners can only dream of,” he told her.

In December, with the qualifying deadline near, Roman-Duval ran the California International Marathon in Sacramento and finished in a personal-best 2:40:55 — well under the 2:43 cutoff.

And now?

“I'll give myself a break, then run again in the spring. I'd like to do the Chicago Marathon this year,” she said. “I made this a personal challenge, and I do like challenges.”

SPECIAL PROGRAMS

Thus far in 2016, the Hibernation 5K and 10K Next Step training programs have been completed. FIT is in full swing, helping women train for the Striders' Women's Distance Festival. Both 10K and FIT have increased membership from 2015. 10K has been led by Bill Arbelaez, Bill Brown, and Larry Stern. FIT is led by Curly Franklin and Kelli Shimabukuro. Coming up soon will be the start of the 10M training program, coordinated by Lynda Allera and Faye Weaver.

Submitted by:
Jessica Stern

WEEKLY SERIES

At the time I write this (4/11/2016), the spring weekly series is in full swing with plenty of excellent competition. With several new courses this series, we can use a few extra course marshals so if you're not coming out to enjoy a fun local race, come join us to cheer on your fellow runners and make sure they all go the right way!

Submitted by:
Kendra Smith

FEATURE

Running the World Majors (A Cultural Beer and Wine Adventure)

By Lisa Fichman and Julie Thienel



Elite runners may think of the World Majors the way tennis players view the Grand Slam, or horse owners view the Triple Crown. Runners that complete a 'series' within a year can win big prize money. The great thing about being a runner is that we all toe the same line, whether elites or middle/back-of-the pack runners. We can all be a part of the World Majors, a series made up of the Tokyo, Boston, London, Berlin, Chicago and New York City marathons.

Runners choose the sport for many reasons, some of which may change over the course of our running careers. There's a time to run for fitness and health, a time for speed and PRs, and a time for camaraderie. What we have discovered over the past five years is we want to combine our passion for running with seeing the world. We decided these trips were more about fun and adventure

than about following pre-marathon ‘rules’. Beer, wine, and sightseeing were a priority, even the day before a marathon.

It all began in 2011 with our decision to run Chicago. We had run Boston, and Julie had run New York, so the World Majors became our goal. We had both accomplished PRs, finished the before-you’re-fifty JFK 50 miler and were feeling the need for a new goal. Why not the Majors?

2011 and first up, Chicago, the Windy City! It wasn’t windy but it was hot as blazes-- 87 degrees on race day. Besides the heat, this was the race best remembered for a long, well-hydrated wait in the corrals, followed by an early race search for a porta-potty. There were long lines and no convenient trees among the high rise buildings in downtown Chicago. Six miles of suffering and scanning the sidelines before the queues shortened and we found some relief! According to our Garmin, two minutes of extra time added. As advertised, Chicago is a flat, fast course. In the end, we each ran within ourselves, happy to meet our minimum goal for a hot day. Highlights: Marathon Beer Tent (best post marathon beer ever...well, make that best two post marathon beers ever), Garrett Popcorn Company, Architecture Boat Tour, Ferris wheel on the Navy Pier. Major one, check!

~~Next up, NYC, 2012!~~ Hurricane Sandy. Put this one on hold.

Press Release, November, 2012: Tokyo will be added to the World Majors!

Boston 2013! The trip began with a great tour of Harpoon Brewery featuring lots of samples and the best freshly-baked pretzels made with leftover hops and served with IPA cheese dip. Later that night we enjoyed the obligatory carbo-loading dinner at Giacomo’s followed by cannolis at Mike’s Pastries (oh yeah, and shots of Limoncello after that. Remember, the focus is on the fun.) Marathon day started out great and we ran together for almost 21 miles. We laugh about how in the early miles Lisa can snake through the crowd, forging a path as Julie slips in right behind. Training partners for years, we work as a team, knowing the sound of each other's footsteps, able to pick each other out at a distance by our running style. Around mile 21, Julie started looking for her son in the crowd, who was a grad student at BU at the time. We drifted apart but crossed the finish line within moments of each other, both happy with our runs. We grab our gear and head to the pub, our Boston tradition. We wait for the rest of the runners from Howard County to arrive so we can share war stories and drink a well-deserved beer or two. Runners trickle in. Our friend Bob Burns arrives looking shocked. Something’s wrong. A bomb?! What?! No, that can’t be?! The bartender turns up the TV. Silence. People on the street confused, wrapped in space blankets. Cell phones are unreliable. Text messages are coming in sporadically asking if we’re ok. Julie’s son is out on the street within a block of the first bomb. He makes his way to meet us. He’s safe, but is he ok after the things he saw? Our running goals and achievements are so unimportant.

Berlin 2013! We arrived on a cold, rainy and windy morning after a long, sleepless flight. We spent what felt like hours searching for the hotel and eventually head out for our first views of the city. We decided to travel with a tour company for our overseas marathons and took a wonderful bus tour of the city two days before the race. That’s where we learned there would be free beer at the finish! In Berlin we participated in our first Friendship Run, a casual 5K the day before the marathon. People dress in costumes representative of their country. We saw everything from Sumo wrestlers to the Teletubbies. The Friendship Run ended in the Olympic Stadium where Jesse Owens won the gold medal in 1936.

Marathon day was sunny, bright, and cool. The course was another flat, fast course that meandered back and forth through East and West Berlin, over the brick trail where the Berlin Wall once stood. Passing through the Brandenburg Gate was an emotional moment on an historical course. We began in different corrals but ended up finding each other briefly in the middle of the marathon before Julie forged ahead, crossing the line and heading to the meeting spot. Then, off in search of the promised beer. Drinking our beer as we walked to the train station, we remarked how we felt no effect from the beer at all. We speculated that our micro-brew IPA-loving selves must be used to that higher alcohol content beer. Later, after meeting some of our tour group for dinner at a pub we were informed that all the free beer was non-alcoholic. All the calories and none of the effect! We solved that issue by making a side trip to Munich during Oktoberfest. Other highlights: Checkpoint Charlie (where Lisa's brother was an MP during the Cold War), Dachau, the artist-painted sections of The Wall that remain as a testament to those who fought to bring it down, and Fassbender and Rausch (the oldest chocolate shop in Berlin, featuring a second floor cafe and chocolate restaurant).

Next up, the Chunnel Challenge 2014. Our tour company was offering the first ever two-fer event. We had already committed to London, why not add Paris? The problem was that Paris was first and our goal race, London, was a week later. How should we train? By drinking wine and running back- to-back long runs. Basically, we trained as if it were an ultra. On the advice of others on the tour we also added a few short runs between Paris and London. Paris was a blast and the trip included a champagne tour through the Grand Cru region. Paris also included a friendship run that finished on the grounds of the Eiffel Tower. The wine flowed freely on that trip. But we digress. Were we talking about running?

After Paris, we took the Chunnel to London. An exploratory run after we arrived took us past Hyde Park, Big Ben, Buckingham Palace and the London Eye. We toured the Tower of London, the Churchill War Room, and Saint Paul's Cathedral. We happened upon an amazing concert in Trafalgar Square. We ate mushy peas and fish and chips, and drank a couple bottles of champagne after we realized we wouldn't make the weight limit for the flight back if we took them home. Time for the marathon! We arrived at the start and had a long wait. We were handed a free build-it-yourself contraption designed to use the only women's urinal we have ever seen. London provided another flat course. Since we were only one week out from running Paris, we weren't sure how it was going to go. The day was sunny, bright and cool and the early miles felt a little sluggish but not bad at all (except for Julie who started the day with a fever)! The scenic course started in Greenwich and soon wound its way past the famous British Clipper Ship, the Cutty Sark. From there we crossed the Tower Bridge. The crowds cheered madly outside pubs as we ran by. The final miles took us back toward the House of Commons and Big Ben, a welcome sight. One mile and change to go and the excitement was building. We turned right at Westminster Bridge, into Parliament Square, and ran alongside St James's Park and past Buckingham Palace. The finish is in the Mall, alongside St James's Palace. Crossing the line, we both felt great. Our plan worked. Paris, sub 4 and a week later London sub 3:45. Where's the beer?

Rewind, New York 2014. Complication. As you remember, we were all set to go with the New York Marathon in 2012 and then Sandy happened. We both got in with qualifying times in 2012. The race organizers offered a deferral to 2013 but we had already signed up for Berlin so we thought, hey, we can easily qualify again in 2014. The qualifying standards became harder but we both were still ok with qualifying times. Reading the fine print, the qualifying times must now be from a NYRRC race, which we didn't have. We emailed the race director about Sandy and the Majors. They took pity on us and let us in.

What can we say about New York? It's a place like no other. We arrived and went to packet pick up. Walking back we wandered by the Broadway half-price ticket booth: why not? Fourth row center for "Kinky Boots", the hottest show on Broadway! We literally ran back to the hotel, dropped our bags and ran back to the theater district just in time for the show to start. We carbo loaded in Greenwich Village the night before the marathon and accidentally drank an entire bottle of wine. Marathon day was cold--we layered up in so many throwaway clothes we could hardly move. We missed the sign up for the Manhattan bus transportation and had to take the subway to Battery Park for the ferry. An impressive trip past the Statue of Liberty, flagged by police escorts. Temperatures were in the 20s on Staten Island, and we endured one of the longest, coldest waits. The wind nearly blew us off the bridge. But, we finished and had one more marathon on the list: Tokyo.

Tokyo 2016. The trip of lifetime. On this trip we were accompanied by our friend Janet who had lived in Japan for a year. Janet's husband completely designed our itinerary, and packed each day with highlights of Tokyo, Kyoto, and Miyajima. We toured the famous fish market and saw the tuna auction, rode to the top of the Sky Tree Tower, ate conveyor belt Sushi, and had wonderful tours of temples and shrines. We took the bullet train to Nagano, hiked into the mountains, and saw wild snow monkeys. We traveled to Hiroshima and walked through the Peace Park, remembering also our walk through Dachau in Germany. From Hiroshima we traveled by boat to Miyajima, the Island of Gods, where we ate raw oysters and took a tram ride to the top of Mount Misen. We sang karaoke, went to a public bath house and toured the Gekkeikan Sake Museum and Brewery.

Marathon day arrived and conditions were perfect. Forty degrees and no wind. We had planned to run together but somehow ended up in separate corrals despite having entered the same finishing times on our race application. The gun went off and we wound our way through the streets of Tokyo, past many of the temples, shrines and gardens we had toured. The course was designed with two out and back spokes where you could see the leaders run by. The incredible crowd cheered loudly for elite and regular runners alike. Julie was looking for Lisa's pink hat in the crowd and after about 16 miles it appeared! We checked in with each other - both of us were feeling a little off and couldn't stomach any food or gels. We ran together from mile 16 to 24, waving and smiling at the course cameras to make sure there was a good shot of us together. And then things got rough. Lisa fell back as the sickness set in. Julie was struggling too, as she crossed the line and waited for Lisa. Two minutes later Lisa appeared. We were both happy to be done, tearful.... and sick with food poisoning.

Back at the hotel we were determined to celebrate our accomplishment, regardless. We were proud to have finished the Majors but even more so given the obstacles we overcame: the heat in Chicago, the cancellation of New York due to the hurricane, the bombing at Boston, the uncertainty of finishing London after Paris, and finally, the food poisoning in Tokyo. We pulled ourselves together and took the elevator to the hotel restaurant where the Kobe beef burgers were \$52 and the least expensive bottle of wine was \$75. Sometimes you just have to say, why not?

Looking back we are thankful that we could accomplish this goal, thankful for the gift of friendship, thankful for the adventure and the laughter along the way. As our friend Mick once remarked, "Are you two running a marathon or enjoying a beer and wine festival?" Exactly! Life is what you make of it and we're so glad we accomplished our goal of running the World Majors, together, packing in as much fun as the miles we covered. Cheers!

RACING TEAM

The 2016 season started out with a bang as racing team member Julia Roman-Duval represented the Striders in Los Angeles at the U.S. Olympic Marathon Trials. Overcoming the mental and physical challenges of the hottest Olympic trials marathon in history, Roman-Duval bettered her seed by over 50 places to finish 50th in the country in 2:46:47.

The first major race of 2016 was the beloved RRCA 10-Mile Challenge. No blizzard could stand in the way of the grueling Allview hills. The Striders finished third in the elite division with the women finishing second and the men finishing third ([full results](#)). Notable performances included Carlos Renjifo's (7) and Eric Shuler's (8) 53:18 and 53:35 to crack the top 10. Andrew Madison (10), Mark Buschman (13), Craig Lebro (17), and Ryan Bull (18) rounded out the top 20. The women went 1-2 with Roman-Duval and Caroline Bauer finishing in times of 1:00:42 and 1:01:37. Beth Hannon (14), Tiff Hevner(16), and Noel McCracken (17) finished in the top 20.

March had some notable performances including the Kelly Shamrock 5k, where 14 racing team members competed. Renjifo captured second in the men's race with a time of 15:15, and Roman-Duval secured first in the women's race with a new racing team record of 16:56. The women's team had five personal records (Roman-Duval, Bauer, Hannon, McCracken, and Tammy Liu Hermstein). Hermstein won the female master's division, and Jason Tripp won the male master's race.

Other big race performances in March included Mick Slonaker winning his age group at the D.C. St. Patrick's Day 10k and Eric Schuler running his first marathon in Virginia Beach in 2:38:57.

Most recently, the racing team had a huge contingent battling gale force winds around Hains Point at the 2016 Cherry Blossom 10-miler. Roman-Duval and Bauer finished 11th and 12th, respectively (fourth and fifth Americans) in times of 58:27 and 59:21. Kelly Westlake (1:04:09), Alex Wang (1:04:18), and Hannon (1:04:18) all cracked 65 minutes. On the men's side, Renjifo (53:10), Kevin Ford (56:11), Eric Schuler (57:10), Ryan Bull (57:13), Mark Loeffler (58:42), and Jason Tripp (59:16) all cracked 60. Ed Wilson had a solid grandmaster's performance of 1:02:47, and Dorothy Beckett ran a fast grandmaster's race in a time of 1:13:38.

Besides racing, the team has been busy volunteering. On Saturday, April 9, 15 members showed up to clean up trash on the trails behind Wilde Lake High School. In 2015, the team gave almost 700 hours of their time to the community.

Submitted by:
Jessica Ivy

Striders Racing Team at Cherry Blossom April 3, 2016



Front row (L to R): Alex Wang, Tammy Liu Hermstein, Linda-Lou O'Connor, Julia Roman-Duval
Second row (L to R): James Blackwood, Dorothy Beckett, Tiffany Hevner, Beth Hannon, Yasuo Oda, Dennis Boucher, Ed Wilson, Bobby Gessler, Akintunde Morakinyo

Striders Racing Team – Community Service April 19, 2016 at Wilde Lake



(L to R): Conrad Fernandes, Dorothy Beckett, Franz Vergara, Beth Hannon, Bobby Gessler, Noel McCracken, Tammy Liu Hermstein, Akintunde Morakinyo, Sean Costello, Eric Schuler, Jason Tripp, Ed Wilson

FEATURE

September 25, 2013, reprint from NY Times
Why Runners Don't Get Knee Arthritis

By Gretchen Reynolds

One of the most entrenched beliefs about running, at least among nonrunners, is that it causes arthritis and ruins knees. But a nifty new study finds that this idea is a myth and distance running is unlikely to contribute to the development of arthritis, precisely and paradoxically because it involves so much running.

It's easy to understand, of course, why running is thought to harm the knee joint, since with every stride, ballistic forces move through a runner's knee. Common sense would suggest that repeatedly applying such loads to a joint should eventually degrade its protective cartilage, leading to arthritis.

But many of the available, long-term studies of runners show that, as long as knees are healthy to start with, running does not substantially increase the risk of developing arthritis, even if someone jogs into middle age and beyond. An impressively large cross-sectional [study of almost 75,000 runners](#) published in July, for instance, found "no evidence that running increases the risk of osteoarthritis, including participation in marathons." The runners in the study, in fact, had less overall risk of developing arthritis than people who were less active.

But how running can combine high impacts with a low risk for arthritis has been mysterious. So for [a new study](#) helpfully entitled, "Why Don't Most Runners Get Knee Osteoarthritis?" researchers at Queen's University in Kingston, Ontario, and other institutions looked more closely at what happens, biomechanically, when we run and how those actions compare with walking.

Walking is widely considered a low-impact activity, unlikely to contribute much to the onset or progression of knee arthritis. Many physicians recommend walking for their older patients, in order to mitigate weight gain and stave off creaky knees.

But prior to the new study, which was published last week in *Medicine & Science in Sports & Exercise*, scientists had not directly compared the loads applied to people's knees during running and walking over a given distance.

To do so now, the researchers first recruited 14 healthy adult recreational runners, half of them women, with no history of knee problems. They then taped reflective markers to the volunteers' arms and legs for motion capture purposes, and asked them to remove their shoes and walk five times at a comfortable pace along a runway approximately 50 feet long. The volunteers likewise ran along the same course five times at about their usual training pace.

The runway was equipped with specialized motion-capture cameras and pads that measured the forces generated when each volunteer struck the ground.

The researchers used the data gathered from the runway to determine how much force the men and women created while walking and running, as well as how often that force occurred and for how long.

It turned out, to no one's surprise, that running produced pounding. In general, the volunteers hit the ground with about eight times their body weight while running, which was about three times as much force as during walking.

But they struck the ground less often while running, for the simple reason that their strides were longer. As a result, they required fewer steps to cover the same distance when running versus walking.

The runners also experienced any pounding for a shorter period of time than when they walked, because their foot was in contact with the ground more briefly with each stride.

The net result of these differences, the researchers found, was that the amount of force moving through a volunteer's knees over any given distance was equivalent, whether they ran or walked. A runner generated more pounding with each stride, but took fewer strides than a walker, so over the course of, say, a mile, the overall load on the knees was about the same.

This finding provides a persuasive biomechanical explanation for why so few runners develop knee arthritis, said Ross Miller, now an assistant professor of kinesiology at the University of Maryland, who led the study. Measured over a particular distance, "running and walking are essentially indistinguishable," in terms of the wear and tear they may inflict on knees.

In fact, Dr. Miller said, the study's results intimate that running potentially could be beneficial against arthritis.

"There's some evidence" from earlier studies "that cartilage likes cyclical loading," he said, meaning activity in which force is applied to the joint, removed and then applied again. In animal studies, such cyclical loading prompts cartilage cells to divide and replenish the tissue, he said, while noncyclical loading, or the continued application of force, with little on-and-off pulsation, can overload the cartilage, and cause more cells to die than are replaced.

"But that's speculation," Dr. Miller said. His study was not designed to examine whether running could actually prevent arthritis but only why it does not more frequently cause it.

The results also are not an endorsement of running for knee health, he said. Runners frequently succumb to knee injuries unrelated to arthritis, he said, and his study does not address or explain that situation. One such ailment is patellofemoral pain syndrome, which is often called "runner's knee."

But for those of us who are — or hope to be — still hitting the pavement and trails in our twilight years, the results are soothing. "It does seem to be a myth," Dr. Miller said, that our knees necessarily will wear out if we continue to run.

SIX TO RECEIVE STRIDERS' TRIPP AWARDS

By David Tripp and Bill Arbelaez

The Selection Committee for the Howard County Striders' David Tripp Scholar/Athlete Awards has announced its recipients for 2016. Six winners will receive grants totaling \$6,000, split among three girls and three. The awards program, now more than 25 years old, honors Howard County High School seniors who have excelled in academics and running-related athletics. The six youths had an average Weighted GPA of 4.60 and earned a total of 59 varsity letters in Cross Country, Indoor Track, and Outdoor Track during their high school careers. The Tripp Scholarship aims to recognize Howard County students with both exceptional running skill and high academic abilities. As with most years, several outstanding candidates submitted application forms.

On the women's side, the recipients include:

- Brittany Lang is a fine student at Oakland Mills High School. She has earned eleven letters: Cross Country, Indoor, and Outdoor track. She has been a team captain in all three sports. Britt was the 2012 2A State Cross Country Champion with numerous other firsts and top-five finishes in all three sports. She was named Howard County Cross Country Runner of the Year in 2012 and 2015. She was also named 1st team All Met three times in Cross Country and once for Indoor Track. This past winter, she ran the 500, 800, 1600, and 3200 meter events.

- The two other female recipients - Anna Latzko and Tiffany Wang - are classmates at River Hill High School and were both on the 2015 3A State Champion Cross Country team. Anna and Tiffany have each been a captain on the cross country team; the track teams do not name captains. Both are outstanding students, in the top ten per cent of their class, and both are Advanced Placement Scholars with Distinction. Anna has lettered 12 times: Cross Country, Indoor and Outdoor Track. She was 2nd team All Met in Cross Country in 2013. She has been a qualifier multiple times for the State Championships in Indoor and Outdoor Track, and was on the State Championship Cross Country Team twice. Anna was involved with the Girl Scouts from 2002-2013, earning their highest honors: Bronze, Silver, and Gold Awards. She was also involved with club swimming for ten years and has earned distinction as a swim coach for Special Olympics Howard County.
- Tiffany has been a figure skater since the age of five, deciding to concentrate on running at the start of her junior year. She earned two letters in Cross Country and two for Indoor Track. In the past two years, she has cut over four minutes from her 5K PR. Tiffany is also very active outside of sports. She is SGA Board President, involved with The Maryland Leadership Workshop, has served as the President of the Columbia Figure Skating Club Board, and active in Model United Nations. Tiffany is also a member of the River Hill Chamber Choir and has sung with Columbia Pro Cantare in addition to being chosen for the Howard County G/T Choir.

As for the male scholar athletes, three young men excelled:

- Trent Rose, from River Hill High School, is the 2015 Cross Country Runner of the Year. He was on the All Met 2nd team for The Washington Post and 1st team for The Baltimore Sun. He was All County in 2014 and 2015. His Cross Country team was the County, Regional, and State Champion in both 2014 and 2015. He has been the Cross Country team captain. This past Indoor Track season, Trent finished 3rd in the State in the 3200 meters. He has earned a letter twelve times: Cross Country, Indoor and Outdoor Track. Trent is very highly ranked in his graduating class and he is an AP Scholar with Distinction. He is in his fourth year of studying Chinese language and culture. He plans to study Mechanical Engineering at Bucknell University.
- Ibrahim Jirdeh, from Marriotts Ridge High School, was on the 2015 2nd team All County for Cross Country. He holds the school records for 5K, 3 miles, and 3200 meters. He has earned seven letters: Cross Country, Indoor and Outdoor Track. Ibrahim is an excellent student, ranked in the top 5 per cent of his class, and is an AP Scholar with Distinction. He is also the Webmaster for MRHS, the Treasurer of the Alpha Achievers, and is on the Marriotts Ridge Math Team.
- Hunter Kahn, from Wilde Lake High School, has earned twelve letters: Cross Country, Indoor and Outdoor Track. He has been a team captain in all three sports. He is a talented runner who has participated in State Championship Meets on Wilde Lake relay teams. Hunter is an exceptional student, ranked in the top 5 per cent of his class. He is also an AP Scholar with Honor. Hunter is also a Second Degree Black Belt in Tae Kwon Do, requiring eight years of training. He plays guitar in his own band, "Sunday's Best". He has interned at the Howard County Courthouse and would like to be a lawyer.

FEATURE

38th Clyde's of Columbia: Run, Food, Fun, Repeat April 17, 2016

By Susan Kim

Every year, Clyde's of Columbia 10K has something for everyone. Some have run this iconic Howard County Striders event for most of its 38 years. Others choose Clyde's as a first-time 10K to test their

running wings, while still others report this is their one race for their year. Then there are those who are in it for the food and beer (and, oh yeah, the run).

Was the fast field (check out the [blazing winning times](#)) due to Clyde's becoming the Maryland State RRCA 10K Championship? Or because the weather — upper 50s, low humidity, clear skies — could not have been better?

Either way, this could also be why the race drew even more spectators than ever. Clyde's is a race for the whole community. It's a great course for cheering, and people of all ages turned out to hold up signs, ring cowbells, and boost 954 finishers as they suffered — and conquered — the hill on Route 108 at mile 4.

The faster you run, the sooner you get to the famous Clyde's food and beer which again did not disappoint. The pasta salad got a lot of compliments, and runners said they liked the craft beer as well as a lighter beer option.

We also heard your feedback: someday, could we get same-day results from Clyde's? We're working on it. Meanwhile, check out the great [post-race photos](#), [full results](#), and all the [award winners](#).

VOLUNTEERING

I am passionate about sharing my love for running and endurance sports! I always welcome emails and questions from the membership – I am just an email away at membership@striders.net!

Greetings from your volunteer coordinator! Let me first begin by saying thank you!! We have had so many successful programs and races over the past several months and none of them could happen without our volunteers. Many thanks to everyone who has given their time- whether at the awards banquet, at a race, putting out bagel water, coaching one of our programs, being involved with our Junior Striders, and everything in between- we are very appreciative!

My role as the volunteer coordinator is primarily to work with each race director for Strider races to organize volunteer needs and recruit help. A large part of my position is to manage and maintain our online sign ups via the [VolunteerSpot](#) website. In addition, I also solicit and organize volunteers from various community groups that regularly support us with eager volunteers such as Centennial High School's National Honor Society. I coordinate with these groups and then often supply them with service hour documentation or letters of appreciation for their files. Aside from races, I also help support the recruitment and organization of volunteers for other Strider events.

We are always looking for more help and any time you can spare makes a difference. It doesn't have to be a large commitment. If you are interested in helping out but aren't sure where to start or have a particular skillset from which you think the Striders could benefit, please don't hesitate to reach out. In addition to checking out the various needs on our [VolunteerSpot](#), you can also reach me directly at volunteer@striders.net. Many thanks in advance and happy running!

Submitted by:
Beth Hannon

PRESIDENT'S MESSAGE – APRIL 19, 2016

You are reading my latest message within Footprints, which means we are proud to say that we are back to publishing a quarterly newsletter. Allan Field, who is a long time Howard County Strider, is heading up the Newsletter as the coordinator. Amanda Loudin, Susan Kim and past president Bill Arbelaez make up the Newsletter committee. What we need from you, our members, is content. We

need writers for our races and for special interest pieces. If you are interested, please send an e-mail to newsletter@striders.net.

During our annual banquet this past January, I mentioned in my State of the Striders speech that we were undergoing development of a new website. It is ready to be launched and members will see it go live around mid-May. James Blackwood, our website guru, has spearheaded this effort with CDinos.com Consulting. We are excited about the new modern format and can't wait for our members to have a new visual experience.

We are entering into the prime spring racing season. Thank you to the many selfless volunteers that gave their time to the 38th annual Clyde's 10K on April 17th. This was a great event hosted by the Clyde's restaurant group with a fun post-race party. There were many great performances by our members on the course. This was the RRCA 10K State of Maryland championship race with 8 medals handed out to the winners of the championship, in addition to the usual race rewards. Next year the race will move up one week to April 9th, due to Easter falling on the third Sunday of April.

Back in February we received a letter from Ty Saini that the Rotary of Columbia would no longer be holding the Remembrance Run 5K held on Memorial Day for the last 11 years. This race had been supported heavily by Dave Tripp (Hall of Fame, Past President, Tripp Scholarship) and many Howard County Striders. There were a number of factors that went into this decision, but the increase in the number of required course marshals and the reduced financial gains brought Ty and the Rotary to this decision. Ty mentioned that the Rotary would continue to support the Howard County Striders and you will see their efforts at many of our races. We can't thank the Rotary enough for their continued support of our running club.

We are excited to announce the Spring Hops 5K, a new race that will take place on the grounds of Linganore Vineyards and Red Shedman Farm Brewery in Mount Airy, Maryland on May 1st. The race will be a challenging scenic course similar to the Grapevine 8K held each fall. Marc Hermstein is the Race Director, with Steven Razzaque as his assistant. The Women's Distance Festival is also being moved to May, and it will be a twilight race this year. The WDF will be held in Gateway Drive the evening of May 14th.

Lastly, as the weather warms up, make sure that we take precautions until our bodies adjust. Pull back your pace, hydrate every 20 to 30 minutes, use sunscreen during daylight hours, and protect your eyes with sun glasses.

Run safely, run happy.
Donnie Chapman, President

FEATURE MEET STRIDER LEADERS

Donnie Chapman - President



I am currently the president of the Howard County Striders and will remain in that position through the end of 2016. This position is challenging, but I have committed myself to being the best president I can be each day. I have made my presidential initiative about runner safety.

My running career started around the age of 38 to 39 where I happily ran three times a week for a total of 15 miles per week for several years. I joined the Striders in 2005 and ran the Grapevine 8K. I started running Weekly series races in 2007 and met Dwight Mikulis at the Burleigh Manor 5 Miler. My friendship with Dwight grew and so did my involvement with the Striders. I began coaching the Strider Marathon Training program in 2008 as Keith Levasseur's assistant and then became the lead coach the next year. I became a certified RRCA Coach in 2010. I joined the Board of Directors in late 2009 as the

membership chair and became vice president under Bill Arbelaez for 2013 and 2014.

I started running as a way to stay in shape but eventually took on bigger goals and completed my first marathon in 2008 at the Marine Corps Marathon, qualifying for the Boston Marathon. I ran a 3:18 PR marathon at the 2012 Baltimore Marathon and in 2013 ran the Boston Marathon in 3:20. I ran my first ultra-marathon in 2010 at the Catoctin 50K near Frederick. I was hooked and have run over 50 ultra-marathons since. Highlights include winning the 50-59 age group at the Holiday Lake and the Terrapin Mountain 50Ks in 2013. I also ran the Leadville 100 Miler in 2013, earning the coveted belt buckle in 25 hours and six minutes. In 2014, Keith Levasseur and I ran together and completed the Vermont 100 in 22 hours and 26 minutes and with Keith as my pacer and crew, I ran the VT100 this year in 22 hours and eight minutes.

This year I ran with my Tom Green green band to provide me with a reminder of Tom's strength during his accident recovery. I used the green band as a reminder to push on in the rain, mud and thunderstorms. I visited Tom and Kay Green a few days before I ran Vermont, and I was blessed with seeing Tom walking without his walker. Now I am excited that Tom is greatly improving as he is a frequent runner at our Weekly series.

I love to run because it takes me to so many beautiful and interesting places around the world. I travel some for my job and I have run in places such as Dubai, Berlin, and London. I've also run several times across the Sydney Harbor Bridge. I've occasionally run in some rough neighborhoods such as East LA. Trail running in Maryland, Virginia, Vermont and Colorado have taken me to some of the most beautiful views I've ever seen in nature. I try not to focus on the pain that happens to the body over great distances, but focus on how blessed I am to get to see mountain views that so few will ever experience. Happiness is a choice and I choose to run happy and smile as much as possible.

Lastly, I enjoy other things including meals with my family. My wife Sari and I have a passion for new music. In the past we have ventured to various venues including Merriweather Post Pavilion to hear countless rock / alternative bands. I enjoy other forms of exercise such as kettle-bell, road

cycling and stand-up paddle boarding. I also love to travel and now that Sari and I are empty nesters we plan on many trips.

Bill Arbelaez - Immediate Past President

This running thing started in the spring of 1978. I was attending Virginia Tech and after a particularly good party, I needed to do some cleansing. That first - and only - mile that day was the pits! After thinking about it, I reduced the parties and increased the miles. Jim Fixx and Dr. Ken Cooper helped to provide some guidance but I was hooked. After graduation, I volunteered in Little Rock, Arkansas, and one of my roommates was a former cross-country runner. We managed to get lots of miles in. When I married in 1982, running was part of the honeymoon. The routine was established and I had a supportive partner when I moved to Columbia in October of that year.

I didn't join the Striders immediately, but I started running the weekly races by the late '80s. We adopted two sons and they started running Junior Striders in 1997. I was happy to help coach the kids as I am an elementary school teacher. Eventually, Jim Carbary and I became the Junior Striders Coordinators and my guys moved on to other sports. I then took the RRCA coaches course and became certified. About that time, I started running marathons and the Striders started adult training programs; I moved over and started coaching big people. I also joined the Striders board as the membership chair. I ran the inaugural Baltimore Marathon in 2000 and qualified for Boston which I ran in 2003. I have continued to coach and coordinate training programs from Hibernation to 5K, and up to the Half/Full Marathon program.

I was approached about the Striders vice president position for 2011-2012 and I served as Striders president for two years, beginning in 2013. I've been in my current role of immediate past president since 2015. I also became race director for Clyde's in 2013 and continue in that role.

My love affair with running and the running community has been a lengthy one with only a few interruptions due to physical conditions. I am currently recovering from surgery and hope to be back on the road by the summer. In the meantime, I continue to look for ways to stay involved and will be helping to produce our new, and more regular, newsletter.

Mark Buschman - Racing Team



Mark Buschman is the current co-coordinator of the Howard County Striders Racing Team (along with Jessica Ivy). He grew up in Eldersburg, MD and attended Liberty High School ('99-'02) where he was a member of the cross country, indoor, and outdoor track teams. Mark battled injuries during his high school running career, but earned 11 varsity letters and was the cross country team captain and Runner of the Year during his senior season. He boasted high school PRs of 17:20 (5k XC) and 4:48 mile on the track.

Mark decided to hang up his running shoes while attending Virginia Tech ('02-'03) and the University of Maryland, College Park ('03-'06) where he earned a BS degree in Fire Protection Engineering. Mark resumed his training and joined the Striders in the Fall of 2008 as he began training for the Columbia Metric Marathon. He is currently a Senior Fire Protection Engineer with a consulting fire protection engineering firm located in Columbia, MD.

Since joining the Striders, Mark has improved his running dramatically over all distances. He ran his first marathon, Walt

Disney World Marathon, in January 2009 where he clocked a BQ (Boston Qualifier) in 3:09:31. He went on to run the 113th Boston Marathon in April and ran 3:05:04 (he has ran four Boston Marathons and is running #5 in 2016). Mark was voted the Howard County Strider's Most Improved Runner of the Year for 2009 as he dropped 16 minutes off his marathon time, running 2:49:07 at the 2009 Baltimore Marathon. Mark has since won the Columbia Metric Marathon twice ('11, '14), placed 2nd in the Annapolis Ten Mile Run twice ('10, '12), and won the Chasing the Unicorn Marathon in 2:47:06 in high humidity and temperatures around 80 degrees in August 2015.

Mark qualified for and joined the Howard County Striders Racing in April 2012 and took over as the team coordinator in 2013 for Carlos Renjifo. In early 2014, Mark moved to Frederick, MD but has remained a dedicated member of the Striders.

Mark's PRS include: 15:25 5k, 31:33 10k, 52:29 for 10 miles, 1:10:17 half marathon, and 2:33:23 marathon. His short-term running goals include a sub-1:08 half marathon and sub 2:27 marathon. Mark hopes to keep running an integral part of his daily life until his knees can no longer take the pounding of the pavement.

Jess Ivy - Racing Team



Jess is currently a masters student and dietetic intern in pursuit of her license to be a registered dietitian. After her first degree in journalism and work in counseling, Jess decided to go back to school for nutrition. Jess was a swimmer through her junior year in college, when she decided to try land sports. Being extremely ungraceful, running was the sport she found that required the least amount of coordination. She joined the track team for the outdoor season and was hooked. Jess has run off and on since college and made it her goal to qualify for the racing team when she moved to Columbia in 2011. Jess is the co-director of the racing team and acts as its representative on the board.

Jessica Stern - Special Programs



Jess has been involved with the Striders since 2008 as a participant in Next Step GIRL. She was a coach and coordinator for both NS FIT and NS GIRL from 2009 through 2012. Jess was also a participant in Next Step 10K/10M and NS Half/Full Marathon. Since January of 2013, she has worked as the Special Programs Coordinator for the Striders. During this time Special Programs has added two training groups, Next Step Zero to Weekly and Next Step Building to Bagel. While not the fastest runner in the world herself, Jess works hard trying to make sure the Striders provide programs that can help all runners achieve their goals to be the best runner possible.

Beth Hannon – Volunteer Coordinator



Beth is currently the Volunteer Coordinator for the Howard County Striders. Beth had been a casual runner for many years until 2009 when, at the encouragement of her younger sister, she signed up for and ran her first half marathon. From that experience, she found the joy in running and in training. She joined the Striders in the spring of 2013 when she moved to Howard County from Baltimore City. Unsure of a good route to do the long runs needed for her half marathon training, she was encouraged by a co-worker to join the Striders and show up for a legendary bagel run. It only took one Saturday and she was hooked. She is

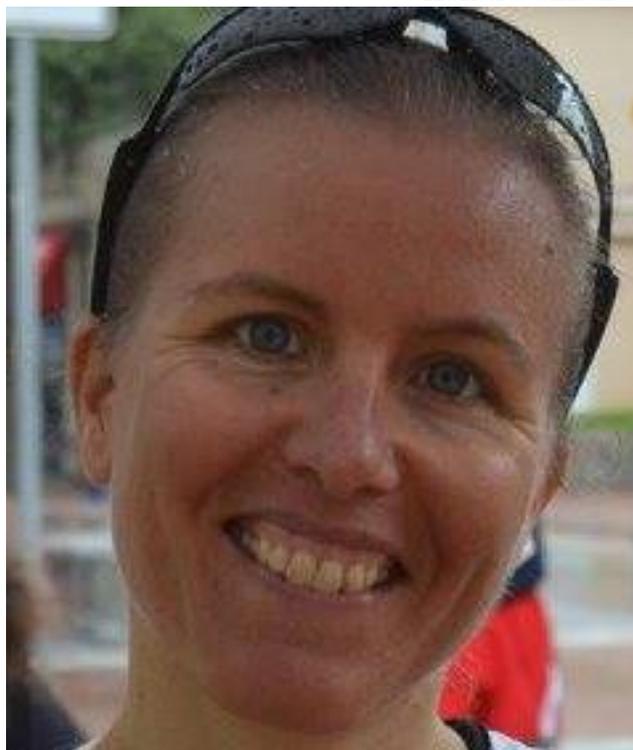
still very appreciative of those who welcomed her that first Saturday of her Howard County residency and made sure she didn't get lost on the paths of Columbia.

That fall she joined the Half/Full Next Step Program as a participant and trained for her first marathon which was a great experience. Through the help of this amazing community of runners, Beth has been able to focus her training to consistently improve her running and in the fall of 2015, she qualified for the Striders' Racing team.

Beth enjoys training for and racing distances from 5K to the marathon and is currently training for her seventh marathon. She continues to set new goals and enjoys working towards meeting them but in her opinion, the best aspect of running is the friendships made over the miles run together. Beth is very grateful to be a member of such a supportive and encouraging community and is very proud to represent the Striders.

In addition to serving as the Volunteer Coordinator, Beth also coaches and coordinates various Next Step training programs offered by the Striders. As someone who has gained so much- both in training and in life from this community - she looks forward to opportunities to support this wonderful group of people.

Kendra Smith - Weekly Series



Although she grew up swimming competitively, Kendra ran her first road race as a freshman in high school when her Girl Scout leader, deciding it was high time she got in shape, signed the whole troop up for a tiny, crazy distance relay called the Hood to Coast. The team finished successfully that year and the next three following and when Kendra finally retired from swimming after college, running was a natural follow-on sport. She took on the Weekly Series events when her own running was interrupted by injury and when she's not trying to get herself back in shape, she's supporting others' training efforts through these fun informal races!

Cecilia Murach – Membership



I am a runner / triathlete who began running consistently in 2008 as a way to maintain my fitness. Most of my running was on my own until I met someone at the end of a local 5K in 2010 who encouraged me to train with the Howard County Striders. I joined the Striders and participated in my first Next Step Half/Full training program in 2010, completing the Baltimore Half-Marathon (first of several) that year. I have raced distances ranging from the 50K, marathon, half-marathon, 10k and 5K. I have completed triathlons from sprint to half-ironman distance. I am an avid open water swimmer, and finished the Chesapeake Bay Swim in June of 2015.

My participation with the Striders has allowed me to form strong friendships and find a tremendously supportive community, which is what motivated me to become a coach with the Next Step programs, and get involved with the Board of Directors to volunteer for the club in a meaningful way.

2016 STRIDERS LEADERSHIP

Board of Directors

Donnie Chapman – President
John Bratiotis – Vice President
Bill Arbelaez – Immediate Past President
Chris Schauerma – Secretary
Rob Gettier – Treasurer
Bobby Gessler – Junior Striders/Youth Programs
Jessica Stern – Special Programs
Paul Goldenberg – Special Races
Susie Montoya – Communications
Kendra Smith – Weekly Series
Cecelia Carro Murach – Membership
James Blackwood – Technology/Website
Beth Hannon – Volunteering
Mark Buschman – Racing Team
Jessica Ivy – Racing Team

Newsletter Committee

Bill Arbelaez
Allan Field
Susan Kim
Amanda Loudon