

# FOOTPRINTS

THE NEWSLETTER OF THE HOWARD COUNTY STRIDERS

VOLUME 41, No. 1 — January 9, 2017



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.

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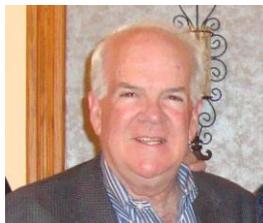
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*None of this works or is possible without the volunteers.* Many thanks to all who give their time and energy to ensuring that the Club continues into its 41<sup>st</sup> year and to infinity and beyond! Larry Stern, John Bratiotis and Caroline Bauer (trying to keep warm under the hoodie) on a very cold day at a Longfellow weekly race. That's dedication! That's volunteerism!

## FROM THE EDITOR

*By Allan Field, managing editor*



I first met Judy Tripp in February 1984 when she and Dave hosted the MD/DC club presidents at their house for a regional meeting. In those days, the biggest challenge we had was reconciling a “fixtures” list – ensuring that each club’s main events (i.e., Clyde’s 10K, Metric Marathon, Maryland Marathon, Lady Equitable 10K, Annapolis 10-Miler, and Constellation Classic 10K) would not suffer from same-date competitive races. While that never really worked out, I walked away from that first-for-me regional president’s meeting recognizing that I had met the “First Lady of Running of Howard County.” Two years later I was living in Howard County. Thirty-one years later, my recognition of Judy as First Lady has never waned. She was there at the beginning, supporting both Dave and the entire leadership plus serving as editor of the Club’s early newsletters, and was there to her end this past Fall, assisting me just this past summer in putting together the last issue of **FOOTPRINTS**. To Judy, we dedicate this issue of **FOOTPRINTS** and are proud to be able to capture some of the essence of her life through the wonderful article authored by Susan Kim.

Melanoma is the most dangerous form of skin cancer. If melanoma is recognized and treated early, it is almost always curable, but if it is not, the cancer can advance and spread to other parts of the body, where it becomes hard to treat and can be fatal as was the case for Judy. For those who may wish to contribute to ongoing melanoma research, please consider donating in Judy’s name to the Johns Hopkins Kimmel Cancer Center. Make a check payable to the Johns Hopkins University indicating that this gift is in memory of Judith Tripp to benefit Dr. William Sharfman's melanoma research and mail to: Kimmel Cancer Center Development Office, 750 East Pratt Street, Suite 1700, Baltimore, MD 21202.

Several new contributors heard the siren song (or was it really me just begging?) and stepped up with most-welcome contributions to this issue of **FOOTPRINTS**. Race Director Brad Murach wrote an excellent piece on one of our signature races, the Metric Marathon, filling a void since Jim Carbury’s departure as **FOOTPRINTS** editor. Your **FOOTPRINTS** staff still seeks contributors who wish to see their own byline and picture in **FOOTPRINTS** by contributing articles on other signature events such as Clyde’s, Women’s Distance Festival, Club Challenge, Penguin Pace, Spring Hops and Run Through the Grapevine and yes, even the “lower-key” events.

My Best Mate Linda, a fellow member of my “Broken Runner’s Walking Club”, and I were in Annapolis on a sailing cruise this summer and were able to watch the Annapolis 10-Miler, a race I first ran in 1978 and still consider one of my all-time favorites. Something I had never seen before were several runners wearing “Medical” vests. One of those runners was our very own Coach Bobby Gessler who later asked if he could contribute an article on this wonderful and at least one-time life-saving initiative. We are delighted to share his article in this edition.

Coaches Christine Merenda and Melinda Krummerich contributed an excellent article on two programs near and dear to their hearts, and to the hearts of many of their participants – Building to Bagel and Zero to Weekly.

John Bratiotis, our incoming club president, recaps the annual membership and awards dinner meeting held on January 6<sup>th</sup>. While I was not in attendance, from all the pictures contributed by Mike Fleming, it appears that a great time was had by all in attendance with many leaving with some really nice looking bling. Congratulations to all 2016 awardees and thanks to the new Board members stepping up to leadership roles.

Phil Lang and Caroline Bauer return with their regular columns on the Junior Striders program and the Racing Team respectively. Both are wonderful writers and we are grateful for their updates on these two important programs supported by the club.

In each edition of *FOOTPRINTS*, we strive to include an article external to the normal club happenings, something that will inform and educate the membership on a topic they otherwise might not be aware of but may have an impact on a healthy lifestyle. We are fortunate to have a professional writer on our editorial staff – Amanda Loudin – who has granted us access to articles she has written that speak to this. Her article on opioid addiction is both timely and powerful and we are privileged to be able to include it in this edition.

Next issue due April 1, 2017 and again, all editorial contributions welcome!

## FEATURE

### A Celebration of Judith Tripp's Adventurous Heart

*By Susan Kim*

*Photos from Jason Tripp*

When long-time Howard County Strider Jason Tripp was five years old, his mother started running with him on Tuesday and Thursday mornings before school. That mother-son bond was the beginning of what would become a lifetime of leadership within the Howard County Striders for Judith Tripp, who began running in 1978.



Dave Tripp smiles (pictured with Jason and Judy) when he recalls the adventures he and his wife shared with the young people in Junior Striders, including a trip to San Antonio for the national championships with an 11-12-year-old boys team and a 13-14-year-old girls team. Judy ended up being the “mother” for 24 Junior Striders on that road trip in 1986.

“It poured torrentially for hours,” remembers Dave. “The kids did great. We had rented two big vans, and those were so muddy when we returned them that the rental

place charged us \$250.”

Judy, who died at age 73, was one of the first inductees into the Howard County Striders Hall of Fame, and was twice recognized nationally with Road Runners Club of America (RRCA) volunteer awards.



She was the first official secretary for the Striders. In the early years of the club, she also handled publicity for Striders races, entering times on an old Royal typewriter then delivering results and news stories about the Striders by hand to the local newspapers.

The process took hours, recalls Dave. “We would take index cards, and cut them into pieces, and people had to print their names legibly and turn them back in. Then we’d bring them home and do point standings. We didn’t have computers. We had to use white-out. We’d start getting ready for the Weekly at 10 on Sunday morning and we’d finalize results around 10 pm. Then Judy would drive to where the newspapers had their offices to deliver the results because everybody got their names in the paper.”

The iconic Striders “Turkey Trot 10K” was also Judy’s idea, particularly the 11 a.m. ending time: “She refused to get involved in a race if she didn’t have time to make Thanksgiving dinner,” Dave says.

Judy was the first editor of this very newsletter, setting in motion a legacy you are reading today. She hosted virtually all of the club’s monthly board meetings for five years. In 1979, she ran a personal best of 49:57 in the Lady Equitable 10K in Baltimore. (The Lady Equitable race later became Lady Avia, Avon 10K and finally the Baltimore Women’s Classic.)

She was a decade-long judge of the RRCA Annual Newsletter Competition, and then continued volunteering as co-race director of the Turkey Trot and Resolution Run, while also serving in the chutes at many club and high school races every year.

The family also had many running adventures together, including the “Bay to Breakers” in San Francisco, a 12K that has been run for more than 100 years.

In fact, that spirit of adventure is what Dave wants people to remember the most.

His wife was a partner, companion, confidante, lover, and best friend. “She also loved being a mother and a grandmother,” he said. But what Dave wants people to know is that Judy lived a life full of travel and adventure (in spite of the fact that she hated flying). She explored Ontario, bicycled across France, lived with a French family that had six children (all boys), and went to Europe with a friend to buy the friend’s brother a Volkswagen. “They explained, by virtue of their travel, they could export the used car and save a phenomenal amount of money on tariffs and fees,” says Dave.

Dave and Judy met at a cocktail party in New York City, not unusual in the late 1960s. “I was attending with my wife. Judy was the femme fatale. I think I got it right that time.”

Judy and Dave went to Woodstock. “We may have been the only married people there.”

Together, they also visited many of the world’s great beaches, played on some spectacularly good golf courses, rode to the bottom (and out) of the Grand Canyon on mules, went on a safari in Kenya and Tanzania, traveled to the Galapagos Islands, hiked in Manchu Picchu, went white water rafting, fished for halibut, took a single-engine plane around Denali, flew in a hot air balloon and a sea plane, took a trip on a zip line over the jungles of Costa Rica, and much more.

“She was a pretty intrepid traveler,” Dave said. “I want her grandchildren to remember she wasn’t just a sweet old grandmother. We had 49 great years.”

## FEATURE

### 2016 Strider Awards - Annual Meeting and Awards Dinner 1/7/2017

*Submitted by John Bratiotis. Most photos by Mike Fleming*

#### 2016 Junior Striders Coaches of the Year



**Tyler Wade** (left) - Tyler and Chris Brewington oversee the high school kids Summer Track team which saw the 15-16 boys team win the Hershey USATF team title in July.

**Jason Cox** (right) - Jason works with the younger distance runners and has contributed in so many ways to help the youngsters find a love for running.



#### 2016 Coach of the Year



**Matt Bevan** – Matt has been a stalwart for Building to Bagel. His people become regulars at the Bagel Run, and often move up to the more rigorous Next Step programs. He seems to know just when to push his participants just that little bit further than they think they can manage.

**2016 Junior Strider Runners of the Year**



**Jasmine Tiamfook** (left) - Jasmine finished 4th at the Howard County Outdoor Track & Field Championships in a personal record time of 2:24.9 in the 800 after running a PR and finishing 4th in the 1600 in 5:18. She then placed 4th at the 3A state meet in the 1600 with another PR of 5:15.99. This Fall she won the Howard County XC Championship meet as well. She also was an assistant coach for the Junior Striders Spring Running Program.

**Jack Reading** (right) - Jack is a gifted 10-year-old who finished 2nd three times and won once in his four XC meets this past Fall. He also joined the track team in the Summer to compete at the Hershey USATF National meet and placed 8th in the 1500 meter run in a time of 5:26. Adults, watch out for a little blonde boy moving pretty quickly in some upcoming road races.



**2016 New Runner of the Year – Female**

**Stephanie Briguglio** - Her hard work, dedication, and consistency as a first-time Next Step participant led her to improve and PR in the marathon distance. Stephanie was also a team player and encouraged her fellow runners, as well as organized the group for Saturday Bagel Runs.



**2016 Most Improved Runner of the Year – Female (3 Co-winners)**

**Beth Hannon** - Beth continues to improve even though already running at a superior level. She set multiple PRs in 2016 in the 5K, 10-mile and marathon distances. Most remarkably, she lowered her 10-mile PR by almost two minutes and her marathon PR by an amazing 13 minutes, 29 seconds to 2:57:15!

- Kelly Shamrock 5K, 12<sup>th</sup> overall in 18:35 – previous PR 19:42
- Cherry Blossom 10M 1:04:09 – previous PR 1:05:04
- Boston Marathon 3:09:20 – previous PR 3:10:44 at Marine Corp
- Army Ten Miler, 19<sup>th</sup> overall in 1:03:17 - new PR
- NYC Marathon, 47<sup>th</sup> overall in 2:57:15 - new PR



**Rachel Collins** - Rachel has come so far this year, with PRs in the 5k, 10k, 10-miler, half, and full marathon. She has been extremely dedicated and it's shown in her times. She helps new runners improve their times through substitute coaching for Tuesday next step program, and her help there has been reflected in her race times. She is a member of Coach Bobby's (Gessler) training group, a new member of the race team, and has been a welcome addition to both. Her complete improvement in all her times speaks for themselves.

- Annapolis-10 2015 in 1:37:44; 2016 in 1:12:49; PR by 25:55
- Marathon 2008 San Diego 4:54:21; 2016 Wineglass 3:34:04; PR by 1:20:17
- 2015 Ellicott City Labor Day 46:10; 2016 Pike's Peek 42:20; PR by 3:50
- 2014 Baltimore Half 1:48:55; 2016 Kent Island Half 1:39:19; PR by 9:36
- 2015 Penguin Pace 5k 22:31; 2016 Striders WDF 20:09, 1st Place and PR by 2:22

**Caroline Bauer** - After taking 2 years off to have a baby, Caroline has picked up right where she left off, making incredible progress over the past year with very competitive and dominant times in all distances that placed her at the top of the regional level. She has had 8 PR's this year in the 5K, 10K, 10M and marathon distances.



- Club Challenge 10M – 1:01:33 PR
- Shamrock 5K - 17:36 PR
- Cherry Blossom 10 M - 59:21 New PR
- Clyde's 10K - 36:37 PR
- Green Bay Marathon - 2:50:56 PR until Chicago
- Annapolis 10M - 1<sup>st</sup> in 1:01:48
- Chicago Marathon - 2:47:14 PR, 9<sup>th</sup> in Age Group in very competitive field; 2 PRs in 2016
- Stone Mill 50M – 9:01:05, 2<sup>nd</sup> place, first time this distance

**2016 Most Improved Runner of the Year – Male**



**Mark Landree** - Mark was new to the Striders, quickly qualified for the developmental team, then moved up to the Racing Team. He set quite a few PR's this year in the 5M and marathon.

- Clyde's 10K – 37:28
- Germantown 5M - 29:37, 22<sup>nd</sup> overall, PR
- McVet 10K – 38:46
- Arbutus 10K – 37:37, 14<sup>th</sup> (2015 in 39:34)
- Meet of Miles - 5:11
- Dog Days 8K – 30:58
- Annapolis 10 – 1:09:55
- Metric Marathon – 1:49:04
- NCR Marathon – 3:03:36, 8<sup>th</sup>, PR

**2016 Senior Grand Master Runner of the Year - Male (60 or above)**

**Mick Slonaker** – Mick, a former Striders President (2001 to 2004), continues to be at the top of the list in his age group in any race distance that he runs in.

- St Patrick's Day 10k - 41:35, 1<sup>st</sup> in age group
- Lisbon (Portugal) Half Marathon - 1:35:53
- Pike's Peek - 41:54, 1<sup>st</sup> in age group
- Casey Cares/ Orioles 5k - 21:28, 1<sup>st</sup> in age group



### 2016 Grand Master Runner of the Year - Female (50 or above)



**Marsha Demaree** - Marsha had a consistent stellar performance in this award category throughout the award period at distances ranging from 1 mile (7:23 at Meet of Miles) to 10 miles. She consistently placed in the upper levels of her age group.

Ft Meade Turkey Trot 5k – 23:10, 2<sup>nd</sup> in age group, 11<sup>th</sup> overall of 282 women

Clyde's 10k – 49:53, 2<sup>nd</sup> in age group, 38<sup>th</sup> of 486 women

Discover Downtown Columbia 5K – 23:22, 1<sup>st</sup> in age group, 4<sup>th</sup> of 126 women

Army 10 miler – 1:23:54, 31<sup>st</sup> of 856 in age group, 966 of 11,295 women

Baltimore Run Fest 5k – 23:35, 3<sup>rd</sup> in age group, 46<sup>th</sup> of 2,860 women

### 2016 Grand Master Runner of the Year - Male (50 or above)

**Tunde Morakinyo** - Tunde has been a top competitor in the Grandmaster division at races across the region this year. He recorded Grandmaster and/or age group wins at Kelly Shamrock 5K, Clyde's 10K (State Championship), Damien's Run 5K, Park Heights 5K, and Annapolis 10 Miler. He also posted quality times and placings at large field major events such as Cherry Blossom 10 Miler (1:04:56), Pike's Peek 10K (37:19), Parks Half (1:25:53), Army Ten Miler (1:03:00), and Philly Marathon (3:03:29)

Annapolis 10 Mile – 1:03:25, 24<sup>th</sup> overall, 1<sup>st</sup> GM

Clyde's 10K – 38:42, 17<sup>th</sup> overall, 1<sup>st</sup> GM

Pike's Peek 10K – 37:19, 35<sup>th</sup> overall, 3<sup>rd</sup> GM

Army 10 Miler – 1:03:00, 339<sup>th</sup> overall, 9<sup>th</sup> GM

Philadelphia Marathon – 3:03:36, 302<sup>nd</sup> overall (of almost 30,000 registrants)



### 2016 Master Runner of the Year – Female (40 or above)



**Kelly Westlake** - Kelly continues to be a standout master runner for the team. She is consistent and focused in her training. She balances work, family and running and is a model master runner for many younger runners.

B&A Marathon - 3:13:20, 2<sup>nd</sup>

Cherry Blossom 10 Miler - 1:04:09, 38<sup>th</sup> overall, 4<sup>th</sup> in age group

120<sup>th</sup> Boston Marathon - 3:31:41

### 2016 Master Runner of the Year - Male (40 or above)

**Jason Tripp** - Jason is a consistent master runner for the team, has solid top performances in many distances, and is consistently the fastest Master running for the Club.



Army 10 Miler - 1:00:31  
Run Through the Grapevine 8K - 33:16, 13th overall, 1st Master  
HCS Metric Marathon - 1:42:35, 2<sup>nd</sup> overall  
RRCA 10 Mile Challenge - 1:00:45  
Kelly's Shamrock 5k - 17:21, 1st Master  
Cherry Blossom 10 miler - 59:16, 100<sup>th</sup> overall, 8th in 40-44 age group

### 2016 Ultra Runner of the Year - Male



**Aaron Ellison** - Aaron continues to excel at various ultra-distances. He is a very humble and quiet runner who may not be noticed by many who may not know him well. He is very dedicated to the running community by volunteering at Striders events such as Clyde's, Challenge, Metric (marshaling, course marking) and at trail events highly attended by fellow Striders. He is known for volunteering very long hours at the ultra-events and is the ultimate cheerleader even when he is racing. He tends to slow down his pace at events to chat with fellow runners to ask about their wellbeing. In the experience of John Bratiotis, when asking for help, he immediately makes himself available for volunteering, pacing and crewing. He deserves the recognition as the HCS 2016 Male Ultra runner of the year.

Grindstone 100 Miler – 25:58:13, 36<sup>th</sup> overall  
The Reverse Ring 71 Miler – 19:39:00, 7<sup>th</sup> overall  
Worlds End Ultramarathon 100k – 18:45:02, 84<sup>th</sup> overall  
Hyper Trail Challenge 50k – 5:43:00, 25<sup>th</sup> overall  
Mid-MD Ultra 50k – 4:39:51, 3<sup>rd</sup> overall

### 2016 Runner of the Year - Female

**Julia Roman-Duval** - Julia is our #1 female runner. She has run in professional fields on the national level and competed in the Olympic Marathon Trials. She has also set several racing team records this year with times that will most likely never again be broken (unless by her, of course).



Chicago Marathon - 2:42:59, 18<sup>th</sup> overall, 10<sup>th</sup> American  
Cherry Blossom 10 Miler - 58:27, 11<sup>th</sup> overall, 4<sup>th</sup> American  
Kelly's Shamrock 5K - 16:56, 1<sup>st</sup> overall  
RRCA 10 Mile Challenge - 1:00:38, 1<sup>st</sup> overall  
Pike's Peak 10K - 34:21, 1<sup>st</sup> overall

## 2016 Runner of the Year - Male



**Eric Schuler** - Eric is a standout on the Strider Racing Team. He consistently wins races in the local area. He has set several racing team records this year, most notably breaking Carlos's 8K record on a cross country course. He is one of the two fastest runners active with the Striders.

Clyde's 10K - 33:28, 1<sup>st</sup> overall

Baltimore 10 Miler - 53:55, 1<sup>st</sup> overall

Yuengling Shamrock Marathon - 2:38:57, 3<sup>rd</sup> overall

Paul Short CC Invite 8K - 25:37

Arbutus Firecracker 10k - 34:19, 2<sup>nd</sup> overall

Paul Short XC Invite 8K - 25:39, 57<sup>th</sup> overall

## 2016 Volunteers of the Year



**Sari Chapman** (left) - Sari works as the lead person for the scoring team. She has worked countless hours prior to each of our major races ordering chips, coordinating bib orders, and preparing the scoring database. She has also been present on race day at almost every race, running the scoring program and producing the results. She gets great support from Eric Schuler, Jim DiSciullo and Brian Fleming.



**Guillermo Choy-Leon** (right)- Guillermo volunteered at almost every one of our major races over the last two years, often setting up, assisting at multiple jobs during the race and stays to clean up and pack-up. G-man has posed as many things while running and volunteering, including a doctor, a scientist, a linguist and countless other faux careers.

## 2016 President's Awards



**James Blackwood** (left) - James has served on the Board of Directors as our website director and spent many hours assisting on the development of our new website launched in the spring of 2016. He will continue to assist Eric Schuler, who is taking over that role on the Board, in 2017. He was able to do this with a full time young family and maintain excellent running.

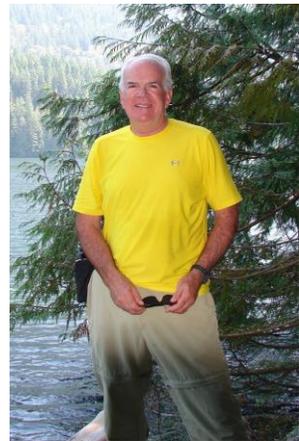
**Kendra Smith** (right) - Kendra has served as Weekly Series Director the last several years. She spends many hours developing courses, submitting permits, marking the courses, and serving as race lead on many Weekly Series races. We hope we continue to see Kendra running our weekly races. She is continuing to assist John Bratiotis working behind the scenes while we find a replacement.





**Susie Montoya** (left) - Susie has served for several years as our Communications director, sending our emails, posting on Facebook and Tweeting information about races, programs and overall Strider information of interest to club members. Her enthusiasm will be greatly missed.

**Allan Field** (right) - Allan has been a long time member of the Howard County Striders. He was concerned that we had not published a **FOOTPRINTS** Newsletter in quite a while. He decided to work behind the scenes and assemble a group of editors working with Bill Arbelaez on the Board to come up with a new format of **FOOTPRINTS**. Allan is a great manager of deadlines for articles and manages to publish the newsletter on time.



**Eric Katkow** - Eric has been a long time Strider and is always seen smiling. No one seems to enjoy running as much as Eric. On December 17<sup>th</sup> in icy conditions that were extremely dangerous, he made his way to the Bagel run to start at 7am to keep the 40 consecutive years of Saturday runs alive.

## And a Good Time Had by All at the Slayton House

More Pictures Courtesy of Mike Fleming at <https://striders.smugmug.com/2017>



## FEATURE

### Metric Marathon 2016

By Brad Murach, Metric Marathon & 5K Race Director

Photos by Mike Fleming



This year's Metric event marked the 40th anniversary of the race. In honor of this great achievement, the race was moved back to November and restored the 5K running event. Weather on race morning started at a crisp 35 degrees! The sky was clear and the air was brisk. By the start of the marathon, temperatures had climbed into the low 40's. Once the marathon runners took off at 8:15, the 5K participants lined up for their event. With the return of the 5K run, and a brand new 5K route being used, the scoring team was under pressure to have everything operational at the finish within 15 minutes of the 5K start – what a challenge!

Included within the field of participants was a very special group of boys, parents and coaches from Centennial Lane Elementary School. They were completing a program called "Hero Boys" -- a running development program similar to "Girls on the Run". They chose the Striders and the Metric 5K as their capstone race, rather than drive down to the statewide event in Annapolis.

Adam Wytko was the first to cross the finish line for the 5K with an impressive 17m22s. He was quickly followed by James Blackwood (17m33s) and Brian Shadrack (18m52s). The women weren't far off their heels, with Alex Wang crossing first in a time of 20m17s. Olivia Kelly took second (22m57s) and Goldie Morton collected third overall (23m07s). Our quickest male youth was Sean Pitt with an amazing 22m03s, being chased down by our female youth – Lucy Howe – in a dashing 24m01s. The new 5K course received high praise for having all the necessities needed to provide a fast, scenic challenge.

By the time Mark Eagles took first place in the Metric Marathon in a mind-numbing 1h39m31s, temps had risen to near 60 degrees. For the entire race, Julia Roman-Duval was hot on his heels and refusing to let up. With over 16 miles of hills behind them, she took first female and **SECOND OVERALL** with a smoking time of 1h39m59s! Jason Tripp (1h42m36s) and Joseph La Monte (1h43m2s) took second and third male overall respectively. Vickie Brun claimed second female overall (2h5m6s), with Lisa Levers snatching third female overall (2h8m55s).

This event is the biggest production that the Striders put on each year. It hosts the longest distance to be managed, and the largest (by far) volunteer requirement to pull off. It takes approximately 10% of our 1800 club members volunteering to meet all the required and desired staffing positions. For this reason, we express a very heartfelt **Thank You** to not just our runners, but to each of our volunteers for taking the time to be there and support your club and fellow runners. The change of date and events triggered a lot of anxiousness for the club and race management. However, while attendance was still lower than in years past, survey results show high satisfaction with every aspect of the event this year. Club and Race Management expect to stay true to the “roots” of the Metric and hope it returns to the fond place it has within the community’s heart and race calendars! Next year’s race date is slated for Sunday, November 12th. Look forward to seeing you in 2017!



Many (like 795!!!) more pictures for review and enjoyment by clicking [here](#).

## **STRIDER SELFIES: Our Personal Records**

We all do it, well, most of us anyway. We run with our phones and at some point during our run or at the end, we take a quick selfie. Sometimes it just stays on the phone, other times it goes out on social media, generating many likes and comments! Now, you and your selfie can potentially be featured - OK, included - on the recently revived Strider newsletter, **FOOTPRINTS**.

Here’s how it works.

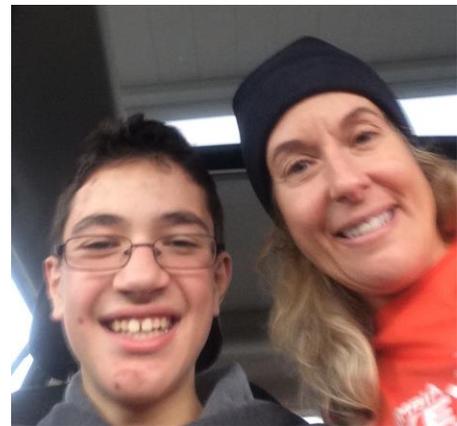
1. Go on a run!
2. Take a selfie or a group selfie!
3. Write down a little bit about yourself- your personal record (a little runner lingo there, get it?). You can include your favorite races, best running partners, why you run, how long you’ve been a Strider, PR’s, running claim to fame or brush with fame, etc!
4. Email it to Jen and Emily Elkonoh at [elkonoh@verizon.net](mailto:elkonoh@verizon.net), with the subject line *Strider Selfies*.
5. Look for and read this intriguing new **FOOTPRINTS** feature and get to know fellow Strider members!



**Lisa Lowe:** A little history...I have been a member of the "Bagel Run" bunch for 25 years. That was back when we ran Homewood Road training for marathons. Joe Wasserman eventually helped me train and reach my goal of qualifying for Boston. The only reason I didn't run it was because I had my son instead. Shortly afterwards, I took up triathlon training when I was recovering from tendinitis and became hooked. I've completed The Columbia Triathlon and Iron Girl many times but always wondered if I could finish a half-Ironman. Inspired by my friend, Abby, who finished a full Ironman, I decided to take this summer to seriously train. Being a teacher does have its perks! Three weeks ago I finished Ironman Atlantic City 70.3 to the cheers of my 2 daughters and husband at the finish

line. My son who is a Blackhawk pilot in the Army tracked my progress from Washington State where he is stationed. I wouldn't have traded that experience for anything, but I think, at least for the time being, I will stick to the other triathlon distances and the bagel runs!

**Logan Kim:** "This is me and my mom (Susan Kim) after the Resolution Run 8K. I ran with her to keep her company, and she made do the plank for 15 seconds for every bridge we crossed, then run to catch up. There are a lot of bridges in Columbia. Also, my mom is not that great at taking selfies. My favorite race is the mile. I like to run with my friends Brian and Mats. When all else fails, I run with Mom. I've been a Strider since I was 6 years old. Now I'm 13. Wow, that's more than half my life."



**Linda Levy Field:** I began running at age 17 (1968) when running around the perimeter of the local high school grounds seemed like a major accomplishment. And, actually, for me it was. At age 18, I progressed to running two laps around the perimeter of Cole Field House at University of Maryland, in my first year there, when concurrently, I found my true athletic calling – martial arts. Running was important for me to maintain endurance for karate, and later, aikido training. For the next fifteen years, I happily ran two miles, several times a week...until 1984, when my running paradigm was seriously changed. While running with my friend, Ray Plotecia, he casually asked, "Why are you stopping after two miles? That is when you are just getting warmed up!" Hmm... So began my new fitness regimen of running more miles. I joined the Howard County Striders and began participating in Saturday morning and Wednesday evening 10k training runs. Wow! Needless to say, my fitness level improved tremendously.

As I look back on my best athletic years (think: "be all you used to be"), the common thread that has always been part of my fitness programs (and social life) was running. I trained for favorite 10k races (Clyde's, Fritzbe's, Women's Distance Festival, BSO, Frostbite, etc.) and the occasional half marathon. Most importantly, I met my husband, Allan Field, on a Saturday morning bagel shop run in 1993. Although we ran in different leagues (he ran with the big dogs, running high mileage),

we spent many hours running together on week nights and on sailing weekends. Having married a sailor, it was fun to run while exploring the many and varied destinations on the Chesapeake Bay. Although I have now switched to walking for fitness (not quite the same!), I am grateful for the many years of benefits and enjoyment that running provided.

## FEATURE

### Medical Runners

*By Bobby Gessler*

You may see runners at races wearing bright orange vests with a big medical cross and ask yourself - who are these-runners and what are they doing?

The answer is, they are medical runners. A medical runner volunteers his or her time to help others as needed by running in the race with a pack of medical supplies such as antiseptic wipes, bandages, gauze, tape, Tylenol, etc. If there is a medical issue with any runner, they stop and help. Medical runners also carry cell phones or walkie-talkies to call emergency medical technicians (EMTs) if necessary.

While most medical issues during a race are non-life threatening, such as scrapes, cuts, and twisted ankles, occasionally more serious medical conditions do occur. An example of this was at the Annapolis 10 Mile Race in August 2015 where a runner collapsed at the top of the bridge. Within seconds, two medical runners were on the scene and determined that the runner was unresponsive and without a pulse. The medical runners initiated immediate cardiopulmonary resuscitation (CPR). EMT's were called (via cell phone) and arrived quickly with an automated external defibrillator (AED), whereby the runner was shocked, regained a pulse, and was taken to the hospital where he was further treated. He recovered completely without any lingering effects. Had it not been for the prompt professional medical attention delivered by the medical runners, the collapsed runner might have become a running casualty statistic.

Several of our Striders have participated as Medical Runners in multiple races through the years. They feel that Volunteering in the medical runners program is a way of giving back to the sport.

The picture to the right was taken at the Annapolis 10 Mile Race in August 2016. Pictured from Left to Right are Franz Vergara, RN, Tiffany Hevner, RN, and Bobby Gessler, MD, who were on hand to lend medical help to any runner who required it during the race.



## DAVID TRIPP SCHOLAR/ATHLETE AWARDEES – WHERE ARE THEY NOW



**Matt Fichman** (with wife Jillian): After receiving the Tripp Scholarship, I went on to receive a Computer Engineering degree at the University of Maryland, and then a master's degree in Computer Science from Stanford. I was married in 2013, and now my wife and I are expecting a baby girl (our first) on December 30th. I'll do my best to make sure she'll be the newest runner in the family one day!

I'm still a runner (I ran the Marine Corps marathon last year), and I'm grateful for everything running has given me: good health, perseverance - even perhaps my wife. I proposed to her on a run around Lake Kittamaquundi in downtown Columbia!

I was honored to receive the Tripp Scholarship in 2005, and today I'm thankful for everything it has helped me achieve!

*Editor's Note: Natalie Sadie Fichman was born on 12/26/2016. Proud Grandma Lisa's feet haven't touched the ground yet!*

## FEATURE

### Building to Bagel

*By Christine Merenda and Melinda Krummerich*

*Photos by Mike Fleming*



Three years ago, the Striders started two new programs for recreational runners, including for those who never ran before. The goal of the programs was to bring new runners to the Weekly Series races and to the Saturday morning Bagel Runs. Both programs are eight to nine weeks and provide participants with a weekly coach-led run, a weekly running schedule, and opportunities to meet similarly-paced runners. *(Pictured: Christine and Melinda)*

The first program, *Zero to Weekly*, is a couch-to-5K-style plan that helps participants advance from not running at all ("Zero") to being able to run in the shorter-distance "Weekly" Series races. It begins by alternating running and walking; as the weeks progress, more distance is covered in each workout and more of that workout is spent running. The earlier workouts take place on a track. As the participants are able to run longer distances, the coaches guide them on streets and paths so that they get used to the inevitable hills they'll encounter in Columbia. A complimentary 5K Weekly Series race caps the program



with the coaches accompanying the new runners. *Zero to Weekly* is generally run during the months of July and August with the graduation race coinciding with the first race of the *Legends of the Fall Weekly Series*. (Pictured: Samantha Kieley (coach), Kathy Ryan, Jesse Boyd, Mary Windham, Bill Arbelaez (coordinator/coach), Larry Stern (coach))



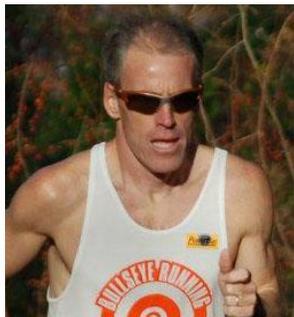
**Building to Bagel Runners**

The second program, *Building to Bagel*, takes runners who are already comfortable at a distance of two to three miles and builds them to a 10K distance. It begins the week after Labor Day and finishes up just after the time changes in November. There is no graduation race; instead, the participants are guided on a Bagel Run of just over six miles and treated to coffee and bagels afterwards. The goal is to bring new runners into the social fabric of the Striders, get them to meet more people at their pace, and give them the confidence and experience to possibly move up to the more rigorous, race-oriented *Next Step* programs (NS 10K, NS 10 Mile, NS Half/Full).

This fall's edition of *Building to Bagel* saw 23 runners start the program, including four graduates of the summer's *Zero to Weekly* program, and five prior *Building to Bagel* participants. Thirteen of those runners completed their first Bagel Run, followed by breakfast at the Bagel Bin, on Saturday, November 12<sup>th</sup>. Many have continued to come, quickly becoming regulars at this Striders tradition. The success of *Building to Bagel*, like all Striders' programs, would not be possible without the coaches who volunteer their time to help our new runners. This year's coaches included Matt Bevan, Frank Volny, Judith Weber, Ana Aguado, Ed Beach, Sarah Beach, Bill Arbelaez, Rene Alonso, Alyssa Mitchell, and Erica Gates.

## JUNIOR STRIDERS PROGRAM

By Phil Lang



The 2016 version of the Junior Striders Fall XC program was historic! More kids than ever before participated in the program, over 270 kids ranging from 5 years old to 14. More coaches committed their time and effort, more uniforms were ordered and changes to practice group meeting locations helped to keep things running smoothly from a logistical standpoint. Seeing all those kids running around the fields at Centennial High on Tuesday and Thursday evenings in the Fall will bring a smile to any adult runner's face.

The team attended 7 regular season meets this past Fall as the against got to compete against kids their age from other teams in the area. At these meets the kids gain experience about the sport and learn how to respect the other competitors while also learning the love of the sport of running. Some of the kids really go after it and are competing for the win while others are trying it for the first time while some others are simply trying to do better than before. The families tend to hang out together and cheer on all the kids making the afternoon at these an enjoyable experience for all.

We hosted the last meet of the season which was at Centennial High on October 23. Over 400 kids made it the finish line that day and most of them enjoyed a treat after their race from the concession stand. Parents, grandparents, siblings, coaches and others chipped in that day to make sure the Striders continued their tradition of being amazing hosts.

The regular season ended with a Family Fun Day where Bullseye Bob led a game of Bullseye Bob says, similar to Simon Says, to get everyone stretched out before the games that included bobbing for donuts, 3-legged race, sack race and others. It ended with everyone sharing some pizza and cake after singing Happy Birthday to Dave Tripp as it was his birthday and he was in attendance with his grandchildren.

A Youth Cross Country National Meet was held in Evansville, Indiana on November 19 and 20 of the kids competed. They did very well overall, with 14 of our 20 runners setting a new PR (personal record). Also, we had 4 individual medalists (David Morgan, Kiley Mann, Mary Gorsky, and Gabrielle Shord), with 2 barely missing with 26th place finishes. Finally, our Girls 9-10 Team finished on the podium, with 3rd place medals! There were over 2,000 total runners competing in the meet in all age divisions, and everyone will agree that the competition (and the wind at times) was stiff. They had a great experience racing with so many talented runners and we hope each runner will embrace this experience and use it as a springboard to bigger and better things in the future.

We want to thank all of the parents who not only signed their kids up but took the time out of their busy schedules to get them to practices, meets and some even travelling to Indiana for the National Meet. We are so lucky to have so many of the finest coaches that provide an encouraging enthusiastic and exciting atmosphere for the kids! Most importantly we want to thank the kids for giving running a try, trying your best and making all the practice groups enjoyable. We look forward to seeing some of you in the Winter Indoor Running Program and even more of you in one of the Spring running programs starting around April 1. More details coming soon at [www.bullseyerunning.com/youth/](http://www.bullseyerunning.com/youth/).

## RACING TEAM



by Caroline Bauer (pictured)

The hot, hot summer weather did not deter the racing team from putting in many miles and sweaty track workouts to get ready for the fall racing season. Team members tested their early fall fitness with late summer 5Ks and track races. Eric Schuler won the Meet of Miles in a fast 4:38 with Brian Shadrick (7<sup>th</sup>) and Mark Landree (9<sup>th</sup>) not far behind. Mark Eagles won his age group at the Rockville Twilight 5K and Tunde Morakinyo took 2<sup>nd</sup> overall and first place Master's at the Park Heights 5K. Mick Slonaker ran the Casey Cares/Orioles 5K, taking 1<sup>st</sup> in his age group, and Beth Hannon placed 2<sup>nd</sup> at the Frederick Women's Distance Festival on an exceptionally hot August morning.

Despite the continued miserably hot weather, the fall racing season really got underway at the Annapolis 10 Mile Run. The women swept the podium with a 1-2-3 finish of Caroline Bauer (1:00:48), Alex Wang (1:02:35), and Beth Hannon (1:05:33)! Noel McCracken wasn't far behind, placing 11<sup>th</sup>, and Rachel Collins set a PR at the distance. On the men's side, Andrew Madison finished 2<sup>nd</sup> overall in 55:57 and Morakinyo was 1<sup>st</sup> Grandmaster in 1:03:25. Other notable age group performances came from Conrad Fernandes (3<sup>rd</sup> AG), Ed Wilson (1<sup>st</sup> AG), and John Chall (2<sup>nd</sup> AG). Landree, Yasuo Oda, and Linda-Lou O'Connor also represented at the team at the notoriously hot and hilly race. Tiffany Hevner and Bobby Gessler also ran the race but "donated" their time by running as medical runners, luckily though, the only highlight of their day was giving a fellow Strider a bandaid before the race.

September brought a lot of half marathon tune-up races for the team with Schuler taking 2<sup>nd</sup> at the Larry Noel Half Marathon in 1:19:13, Collins setting a PR and taking 2<sup>nd</sup> at the Kent Island Half Marathon, and Morakinyo, Hannon, and McCracken all representing with top age group performances at the Parks Half Marathon. Kevin Ford, Craig Lebro, Wilson, and Julia Roman-Duval ran in the Navy-Air Force Half Marathon with Roman-Duval taking 5<sup>th</sup>. Madison won the hilly Bachman Valley Half Marathon in 1:15:03. Also in September, Carlos Renjifo won the Ellicott City Labor Day Running Classic 10K with Chall, Sean Costello, and Tammy Hermstein also running the race. Hevner placed second in the Perfect 10K.

With October came a reprieve in the oppressive summer weather and the start of the fall marathon season. First up was Collins at the Wineglass marathon where she set a personal best at the distance. Next was the Chicago Marathon where all team members went under 3 hours. For the women, Roman-Duval represented in the professional women's field, placing 10<sup>th</sup> American in a time of 2:42:59. Bauer was not far behind in a PR of 2:47:14, placing 23<sup>rd</sup>, and Wang ran a solid 2:54:11, placing 7<sup>th</sup> in her age group. On the men's side, Ford ran a PR of 2:44:17 and Wilson reset his own master's racing team record in 2:57:17. Schuler represented the team in the marathon more locally, taking 7<sup>th</sup> at the Baltimore Marathon in a fast 2:39:50 and the HoCo Strider's Men's relay team took first in 2:32:00, also at the Running Festival.

Another fall highlight for the team is the Army 10 Miler. Representing the men's side were Madison, Renjifo, Mark Buschman, Lebro, Jason Tripp, Morakinyo, Chall, Oda, and Gessler. On the women's side, Hannon, Hevner, McCracken, O'Connor, and Hermstein all donned the blue singlets for the team. The men's team placed 2<sup>nd</sup> in the open competition and Hannon continued her fall dominance with a new PR at the distance.

Other notable October races included Schuler in an 8K cross country race in which he set the racing team record at the distance, which notably, had previously been set on the road. Conrad Orloff also took to the grass with a new 8K cross country PR in 28:09. Landree won the Scarecrow Classic K and Chall was first in his age group at Columbia's Discover Downtown 5K. Hevner won the Howard County Public School System 5K.

November brought even more enjoyable weather, more marathons, and Turkey Trots. Hannon and Hermstein traveled to New York City for the storied marathon, with Hannon having a break out performance running a phenomenal 2:57:15 at the distance. Roman-Duval won the Run Through the Grapevine with Loeffler, Tripp, and Oda all winning age group awards at the fun race. The Metric Marathon, another hilly team favorite, brought Roman-Duval in 2<sup>nd</sup> overall setting yet another racing team record at the uncommon distance. On the men's side, Tripp in 2<sup>nd</sup> with Wilson, Landree, and Oda, placing 5<sup>th</sup>, 7<sup>th</sup>, and 14<sup>th</sup>, respectively. Ford ran his second fall marathon in Nashville, running 2:49:22, placing 2<sup>nd</sup>. Next up was the Philadelphia Marathon with Lebro running 2:39:41 and Morakinyo going 3:03:29. Thanksgiving week brought the Turkey Trots with Schuler winning Laurel's race in 16:25, Shadrick running 18:31 in Ellicott City, and Loeffler traveling to Frederick to win his age group in the 17:33. Finishing up the month is the locally popular NCR Trail Marathon where Landree took 8<sup>th</sup> in a strong 3:03:36 and Oda BQ'd in 3:17:48.

The team now looks to dig out the winter running clothes, stave off the ice, and hit the hills to start the build-up for spring races and most importantly, the RRCA 10 Mile Challenge.



**Racing team members after a hot and hilly Annapolis 10 Miler**

Left to right: Andrew Madison, Noel McCracken, Liana Farb, Rachel Collins, Bobby Gessler, Franz Vergara, Tunde Morakinyo, Conrad Fernandes, Ed Wilson, Beth Hannon, Alex Wang, Caroline Bauer, and Linda-Lou O'Connor

**Racing team members pose in blue in route to the Army 10 Miler.**

Left to Right: Noel McCracken, Bobby Gessler, Jason Tripp, Tiffany Hevner, Beth Hannon, Tunde Morakinyo, Linda-Lou O'Connor, Yasuo Oda, Tammy Liu Hermstein



**Strider's women sweep the podium at the Annapolis 10 Miler**

Left to right: Beth Hannon, Alex Wang, Caroline Bauer (with Ellie Bauer)

**Bullyseye Running and Striders after finishing the Hood to Coast relay in Oregon. The team took 4<sup>th</sup> in the Open Men's Competition.**

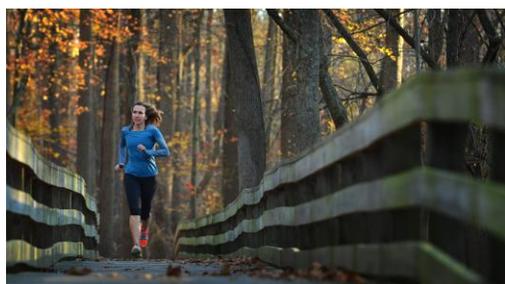


Back Row (left to right): Seth Geoghegan, Bill Andrews, Eric Schuler, Kyle Andrews, Ben Thomas, Majid Waheed, J.P. Allera, Phil Anderson, Jason Tripp  
Front Row (left to right): Phil Lang, Tiffany Lang, Conrad Orloff, David Toller, Brian Shadrick

## FEATURE

### The Quest to Find Non-Opioid Pain Relief

*Nearly two million Americans suffer from opioid addiction. Athletes haven't been able to avoid the epidemic, but they've found novel ways to alleviate pain without using prescription meds.*



*By: Amanda Loudin (pictured), July 7, 2016, *Outside* magazine, with permission of the author*

While defending her title at the 2009 Ironman 70.3 World Championships in Clearwater, Florida, former Olympian and professional triathlete Joanna Zeiger reached out from her bike to grab a water bottle from a volunteer's outstretched arm. The handoff failed. Zeiger was pulled from her bike and crashed to the pavement. The doctor's initial diagnosis: a fractured clavicle and possible broken ribs.

Within days of her accident, Zeiger was in surgery. Her clavicle healed quickly, but her ribs required six operations over the next seven years.

From the start, Zeiger was prescribed narcotics—Percocet and codeine at first, Vicodin and Dilaudid later—to manage the pain. “At the time, I thought the drugs would be a finite issue just to deal with the postoperative pain,” she recalls. But when it became clear that neither her pain nor her opioid prescription was short term, she decided to avoid taking the medications.

Zeiger is like many athletes, professional and amateur, who suffer from acute or chronic pain, and who as a result readily receive narcotic prescriptions. “My reluctance [about taking the drugs] stemmed from knowing too many people who became addicted and reading stories about professional athletes who needed rehab for an addiction that began with an injury,” she says.

Statistics on use and abuse of prescription pain medications specifically among athletes are hard to come by, but a **2014 study** in the *Journal of Adolescent Health* reported that males who participate in sports have greater access to and are more likely to abuse prescription narcotics than their non-athlete counterparts. The NCAA reports that nearly a quarter of all college athletes have at one point received a prescription for narcotics.

This is representative of the growing opioid epidemic in the U.S. In the general population, some 1.9 million Americans have a narcotics-related substance abuse disorder, **according to the American Society of Addiction Medicine**. Almost **19,000 Americans died** from a narcotics overdose in 2014.

In March, the Centers for Disease Control and Prevention issued new guidelines that dramatically cut how long patients can have access to this highly addictive class of drugs. The guidelines recommend prescribing lower doses and shortening availability to a maximum of seven days.

The reality is that all athletes are one fall, twist, or tweak away from landing their own opioid prescription. In the wake of our country's pain pill epidemic and the CDC's new guidelines, many physicians are beginning to think differently about this class of drugs. Matthew Sedgley, a doctor at MedStar Sports Medicine in Westminster, Maryland, who often works with runners, triathletes, and bicyclists, is sympathetic to athletes' pain. "I get it," he says, "and sometimes short-term narcotics are warranted. But we've got an epidemic, and I'm not adding to that." At this year's meeting of the American Medical Society for Sports Medicine, Sedgley learned that despite representing only four percent of the world's population, the United States uses 80 percent of all the narcotics in the world.

Sedgley hasn't prescribed a narcotic in the past four months and will consider the drug class only for acute, short-term cases. He instead attempts to help injured athletes with alternative approaches that don't involve narcotics, like working closely with a pain management specialist, physical therapist, or acupuncturist.

This was Zeiger's approach. She tried nerve blocks, cortisone shots, physical therapy, and acupuncture, but ultimately, movement helped the most. Swimming and cycling, Zeiger found, exacerbated her pain, but running (and walking, when running was too painful) offered some relief. Sedgley says pain relief via movement is not uncommon, because athletes tend to get stiff and achy when sedentary.

Research is emerging to support additional alternatives to narcotics. A recent [National Institutes of Health study](#) found that meditation can provide pain relief via a non-opioid pathway to the brain. Wen Chen, program director of the NIH's Division of Extramural Research, says they believe meditation can effectively treat chronic pain. Such is the experience of Scott Weiss, clinical director of Bodhizone Physical Therapy and Wellness in New York City, who has worked with elite and amateur athletes for years and regularly prescribes meditation as an alternative pain treatment. Weiss says that half of the injured athletes he sees use meditation—of those, 80 percent report reduced pain. One of his regular meditation clients is 2012 Olympic fencer Daryl Homer, who first approached Weiss in 2014 for relief from a sports hernia. "People often find meditation hard to swallow, but with the right instructor, they can start finding relief in just one session," Weiss claims.

Athlete and practitioner buy-in to alternatives is growing. Data from the [2012 National Health Statics Report](#) shows a slight increase in most forms of complementary medicine over [a similar report from 2007](#). Anecdotally, trainers and coaches seem to be reaching for nontraditional solutions sooner, says Jessica Sleight, an acupuncturist for Eastern Washington University.

Weiss has also begun advocating for marijuana as a step-down from opioids, something Baltimore Ravens offensive tackle Eugene Monroe is campaigning for within the NFL. "Research shows that cannabinoids are a safer, less addictive alternative to opioids," says Monroe. But because marijuana is on the NFL's banned substance list, Monroe says he and his fellow players have no option but to use opioids for pain.

Zeiger hopes the worst pain is now behind her. "It has been a very long road," she admits, "and I consider myself fortunate not to have experienced any dependence on narcotics. Not everyone is so lucky."

## FEATURE

### The King of the Weeklys

*Photo by Mike Fleming*



Odds are you won't find Roger Calvert (*pictured*) in front of the Ravens games on any given Sunday. Instead, look for the 66-year old Strider at one of the weekly series races, something he's been dedicated to running for over 30 years now. "My wife Barbara and I ran our first Strider race in (I believe) 1978," he says. "We began participating in the weekly races in the 1980s and it has been rare for me to miss one."

Running has always been a part of Calvert's life, beginning with running for fun as a child and then morphing into a successful cross-country and track career at Walt Whitman High School in Bethesda, and on into college. "I competed on the University of Virginia track team in the 440, 440 intermediate hurdles, and the mile relay," he says. "After college I continued running for conditioning and the enjoyment of being outdoors."

Calvert says he loves running for the chance to be outdoors and active. "Running on a treadmill is something I could not handle," he explains. "I run outdoors regardless of the weather."

Back when Calvert first began running the weekly series in the 1980s, he regularly logged 30 to 40 miles per week. These days, with aching knees, he limits his miles to 12 to 15 per week, supplemented with cycling. "Although I enjoy the cycling, it doesn't bring me the level of satisfaction and fulfillment I get from running," he says. "In recent years, I've also started competing in some shorter triathlons and duathlons, and my sons have introduced me to cyclocross racing."

What keeps Calvert coming back to the weekly series? "I thrive on the discipline of competing against myself and have always tried to improve my times," he says. "I've diligently maintained records of each race since the mid-1980s."

He also gives credit to the friendships he's developed over the years through Striders and the weekly series. "The camaraderie shared with other Striders and the satisfaction of exercising when many others are inside watching TV helps motivate me to show up," he says.

As you can imagine, Calvert has run just about every course in the weekly series. He says his favorite is the Swansfield course. "It proceeds through beautiful wooded terrain and has some challenging hills," he says. "My favorite distance over the years has been the 10k, but as my knees have deteriorated, I now do more 5k races."

Beyond the weekly series, you can also find Calvert toeing the line at the beach each season in Bethany and Rehoboth. If he's traveling, though, he'll usually make an effort to return in time for a weekly series race.

Through his involvement in the weekly series and other Strider events, Calvert has converted his wife, sons, and daughter-in-law into runners as well, making it a full family affair. "The family aspect of the Striders events has enormous value," he says. "Hopefully my kids will continue my tradition of attempting to make all the weekly series."

## PRESIDENT'S MESSAGE

By Donnie Chapman, 07 Jan 2017



President Donnie Chapman's Farewell Address:

After 40 years we are still one of the largest running clubs in the country.

I have really enjoyed my time as president the last two years. I have received support from hundreds of people during my tenure, but there are a few that I want to acknowledge.

First I have to thank my wife Sari for all her support during these two years as president. Not only was she supportive of me, but she spent countless hours behind the scenes preparing the scoring database, ordering chips and bibs, and scoring during the races. Sari has a lot of help from scoring team members Greg Schuler, Brian Fleming & Jim DiSciullo.

I will next thank my right-hand man, and your new president, John Bratiotis. John sacrificed many hours assisting me and also has been in charge of bringing and setting up the timing equipment for the past two years. In addition, Paul Goldenberg puts in probably more time in the club's operations than just about anyone. He has been our principal line of communication with the Police and Howard County community for years.

I had terrific mentors in Bill Arbelaez, Dwight Mikulis, and Dave Tripp. I met with Dave Tripp almost two years ago, and we had lunch. I was interested in finding out the history of the club in the early days so that I would understand the connection to those who founded the club. I found out the Striders started with a big family feel with a shared love of running and socializing, and I tried to continue that legacy.

Thank you to each member of the Board that has served during my two years as president. Each one offers great perspective and valuable input during our monthly Board meetings. I also must thank each race director who sacrifices so much time throughout the year preparing for our races. Race day is really three to four intense weeks leading up to the actual race. Race Directors in 2016: Brad Murach, Marc Hermstein, Steve Razaque, Dennis Albright, Bill Arbelaez, Melinda Krummerich, Christine Melenda, Marc & Missy Burger, & Larry Stern. I also thank Phil Lang for running a highly successful Junior Strider program.

I also have to thank each volunteer who was a course marshal, handed out water, set up the finish line, and helped with post-race food and cleanup. The membership is our club and we cannot function without all the great support provided each year. Along with that support we have to thank our sponsors, with major contributions from Feet First, Dr. Russ Antico and Howard County Chiropractic, and Lululemon.

The Board is extremely proud to say that over the last year we were able to get our newsletter, **FOOTPRINTS**, reestablished with the oversight of Allan Field & Bill Arbelaez. Allan was able to assemble a team of editors to publish several editions this year. The goal in the coming year is to have a quarterly issue again.

We also launched a new website in 2016. Content has been added and upgrades will continue to be implemented. This whole process was overseen by James Blackwood, with a lot of help from Eric Schuler. We continue to improve our website in order provide information needed by our members,

such as race results, photos from our races, and upcoming events. Speaking of photos, Mike Fleming has taken most of this year's photos and posted them to the Smugmug site, and we had over one million hits on our photos for the first time ever.

The club also established a formal partnership with HCPSS this past spring. Dave Tripp was instrumental in taking the lead to create a formal document that satisfies both organizations. As part of the agreement, we provide the finish line and scoring at three Howard County high school cross-country events. Special thanks to: Dennis Albright, who took the lead on each race; Dave Tripp, for organizing the finish chute; Nadia Wasserman and Deb Cohen for collecting the bib tags at the finish line; John Bratiotis, who set-up the finish line and timing equipment; and, Jim DiSciullo, who scored each event. There are many other volunteers who helped at these meets, but there are too many to list by name. All of their hard work is greatly appreciated.

The money that we raise allows us to support other non-profits. We continue to support the Dave Tripp Scholarship fund, Girls on the Run, The Howard County Police Foundation, Howard Community College Scholarship Foundation, Woman's Distance Festival and the RRCA.

Lastly, I will remain active in the club and I will continue to serve on the Board as Immediate Past President. Thanks for allowing me to serve the club as president. It was a wonderful experience with many lasting memories.

Sincerely,  
Donnie Chapman  
Immediate Past President

## BOARD MEMBER UPDATES FOR 2017



**John Bratiotis – President.** I joined the Striders in 2010 because I had been doing a lot of strength training and I needed to start doing more cardio. My old college roommate, Greg Orlofsky, suggested the Striders was a good way to get into running and to meet new people. I originally signed up for a Couch-to-5K program only to have it postponed due to lack of participants or lack of suitable running areas due to a recent blizzard or a lack of participants because of the recent blizzard. Eventually the program was held and from there I made my way into the Next Step: 10K/10M program. One day while I was recovering from an injury at Next Step, Dwight Mikulis, then Vice President of the Striders, talked me into being an assistant coach with him for the Next Step: Half/Full program. After a few years of volunteering at different Strider races and Next Step programs, I decided to get more involved and joined the Board of Directors as Director of the Weekly Series. Then I moved on to Vice President and now am filling the role of President as Donnie Chapman moves on to Immediate Past President. The Striders has become a huge part of my life and has allowed me to complete my fitness goals beyond what I originally expected as well as make many new friends. I look forward to the next experiences that will come along being a part of this group. *(Photo by Mike Fleming)*



**Larry Stern – Volunteering.** After making fun of runners for years, Larry finally became one of those people in 2009 during a break between jobs. Once he discovered there were shoes for runners after getting lots of blisters, he decided to train for his first 5K. Larry found a 6-week program online and said “screw that” and ran his first race two weeks later. He was addicted...but there were lots of lessons to learn along the way. A week later, he learned the lesson of listening to

your body by NOT listening to his body. He received a stress fracture by running too far too soon and was out of running for six weeks. During that time, he decided to train for his first half marathon with Team Challenge and The Crohn's & Colitis Foundation. Larry completed his first half marathon in June of 2010 after which time he joined the Howard County Striders looking for other runners that enjoyed his new found passion.

After 13 half marathons, 3 HCS Metric Marathons and swearing he would never run a marathon because it was stupid to run that far, he decided it was time and was accepted through The Ulman Cancer Fund to run in the 2013 NYC Marathon. Not knowing how to train, Larry stumbled across the Next Step Half/Full program that year and with the help of some great coaches completed the full marathon with tears and excitement. Since that time, Larry has coached, co-coordinated, and trained in the 10K, 10 Mile, and additional Half/Full programs to help him advance as a runner and complete an additional 4 marathons (and multiple other races).

Larry finds running to be great therapy. His involvement in The Striders has established wonderful friendships and opportunities. With that, Larry made the decision to give back to the running community by helping out more and becoming the Volunteer Coordinator. Don't be surprised if you hear from Larry to help out because while certain things may appear to happen magically, it takes a dedicated team of volunteers to make your running experience successful.



**Eric Schuler: Technology/Website.** Eric ran his first 5K when he was nine years old. Shortly after, he joined the Howard County Junior Striders where he established his love for running. Eric competed for Reservoir High School in Fulton, MD, where he set multiple school records. He was recruited to run cross country and track for UMBC (University of Maryland, Baltimore County). After four successful years in college, he graduated with a degree in Computer Science and earned a job at the Johns Hopkins Applied Physics Lab in Laurel, MD. Eric has returned to road racing following his college career and runs everything from the 5K to the marathon.

Eric had a successful year of running in 2016 and competed in several races including: RRCA Club Challenge 10M (7th, 53:34, PR), Virginia Beach Shamrock Marathon (3rd, 2:38:57, PR), Clyde's 10K (1st, 33:28), Baltimore Ten Miler (1st, 53:54), and the Baltimore Marathon (7th, 2:39:50). Eric's PRs include: 4:18 mile, 14:40 5K, 24:48 8K, 31:33 10K, 53:34 10M, 1:12:23 half marathon, 2:38:57 marathon. He is excited to run his first Boston Marathon in April 2017.

Other than running, Eric enjoys drinking craft beer and attending music concerts/festivals. *(Photo by Mike Fleming)*



**Rene Alonso: Communications.** My love for running first started in 1995 when I ran my first 5K, an effort to regain a fitness regimen after birthing my third child. This started a series of participating in races at the 5K distance. As a mother of three, the 5K distance was perfect for maintaining an exercise regimen, train for the 5K distance and still have time for family.

In 2008, I decided to run my first half marathon as part of a bucket list. I trained with Team in Training and was hooked to distance running. The feeling of crossing the finish line was an accomplishment unlike any other. For the next three years, I ran half marathons in the Spring and in the Fall.

In 2012, I decided to step it up with my distance one more time and trained for the Baltimore Marathon. I crossed the finish line feeling like a champ and was once again amazed at the accomplishment of finishing a marathon.

In 2013, I joined the Howard County Striders Next Step Full/Half Marathon program to help me train for the Marine Corp Marathon in the Fall. My goal was to run it as a PR to my Baltimore Marathon time. The program proved true to its existence, leading me to PR my marathon that year by 50 minutes.

Since the start of my competitive running career, I have completed 9 marathons, 18 half marathons, 12 ten milers and an ultramarathon, plus numerous 5Ks.

I have also been active in recruiting members to a grassroots group that I started for a Charity running team consisting of over 150 team members between 2009-2015. I have actively coached and co-coached for the Howard County Striders Fit program, as well as hibernation to 5K.

I am proud to say that I am a member of the Howard County Striders and look forward to helping to increase its presence in the community to attract and retain runners at every level. *Photo by Mike Fleming)*

## WELCOME RECENT NEW MEMBERS

*Submitted by Cecilia Carro Murach, Membership Chair*

Morty Abzug	Jamie Jung	Iman Padder
Kate Adu Gyamfi	Denis Kikanzira	Feroz Padder
Donell Adu Gyamfi	Catherine Kilday	Irfan Padder
Angel Adu-Gyamfi	Claire Kim	Ibrahim Padder
Amanda Beal	Addison Kim	Peter A Parker
Victoria Broderick	Benjamin Kim	Christina Perez
Shannon Brown	Matthew Kim	Matias Perez
Sharon Burmester	Neale Linge	Federico Perez
Robert Burmester	Edie B Manney	Gaby Perez
Ariela Camacho	Ashleigh B Manney	Bob Schahfer
Roland Jerome Catalano	Andrew D Manney	Clara A Scholl
Lauren Alicia Catalano	Alex James Manney	Eldridge J Scott Jr
Bonnie Waltman Catalano	Monica Mathern	Michael Ni Shi
Hillary Deems	Benjamin Milarch	Zhen-Dan Shi
Jemima Drake	Max Milarch	Emily Ni Shi
Christine Estacion	Lauren Milarch	Adam Ni Shi
Michelle Flynn	Mason Milarch	Ronald Smalls
Kevin Flynn	Madeline Milarch	Genevieve Sogn
Natalie Flynn	Scot Morris	Sean Michael Taylor
Candice Geouge Hellyar	Christina Ni	Beth Trollinger
James Lee Hendershot	Molly Nur	Lauren M Vint
Frederic Jacob	Sassan Nur	Peter Hamilton Watts
Tia Denise Jeffery	James Nur	Eric Wetherell
Artesa Jones	Roger Ortines	Renee Ziegler
Kristyn Jones	Edisa Padder	

## **2017 STRIDERS LEADERSHIP**

### **Board of Directors**

John Bratiotis – President  
Cecilia Murach – Vice President  
Donnie Chapman – Immediate Past President  
Chris Schauerman – Secretary  
Rob Gettier – Treasurer  
Bobby Gessler – Junior Striders/Youth Programs  
Jessica Stern – Special Programs  
Paul Goldenberg – Special Races  
Rene Alonso – Communications  
Open – Weekly Series  
Beth Hannon – Membership  
Eric Schuler – Technology/Website  
Larry Stern – Volunteering  
Mark Buschman – Racing Team  
Caroline Bauer – Racing Team  
Bill Arbelaez - Newsletter

### **Newsletter Committee**

Bill Arbelaez  
Allan Field  
Susan Kim  
Amanda Loudon