

# FOOTPRINTS

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

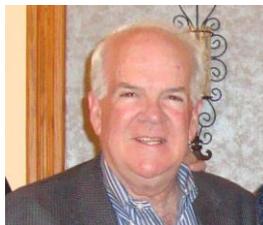
The Joys of Running – Running with Your Bestie or Running to Go All Out -  
We See the Future of Our Sport Through the Eyes of Our Beautiful  
Children. What's Not to Love?!



*Photos credit: Mike Fleming*

## FROM THE EDITOR

*Allan Field, managing editor*



Normally, a paragraph such as this would start something like, “I ran into Greg Lepore...” But that’s not quite the way it happened. What really happened is I was doing my broken-runner walking thing, Greg ran by, I asked him to give me a call, and he did! And what a fortuitous call it turned out to be for the Howard County Striders membership and the loyal readers of **FOOTPRINTS**. But back to how the paragraph might start: “I walked into Greg Lepore...” That just doesn’t sound right so we’ll leave it at that.

In doing some research for the September 2016 issue of **FOOTPRINTS**, I saw in an older issue that Greg and Izzy Bowsbey (who I don’t know but send her our collective gratitude for her efforts on behalf of **FOOTPRINTS**) had written a software program able to parse results from SOME out-of-town races by comparing the compiled results with the Striders membership list and then making those results available to Jim Carbury for inclusion in **FOOTPRINTS**. Well, Jim left town, **FOOTPRINTS** went into hibernation for a period, and that initiative fell by the wayside until I something’d into Greg. Greg, with assist from Eric Schuler, has revived the initiative and, I am so pleased to report, those results will be an ongoing part of **FOOTPRINTS**. But a caveat – will we always get it right, in that will we get every Strider included for a race from which we are able to parse results (and no, we won’t get every race you could possibly run)? Not always and there are many reasons for this, such as the name one uses for membership may not be the name used on race day, i.e., John Smith is a member, goes by the name Jack, and registers on race day as Jack Smith. The program Greg and Izzy created is pretty sophisticated but know that it won’t always be 100% perfect in parsing results. So if we inadvertently miss you, please [let me know](#) and I’ll ensure you make the next edition.

Greg also has stepped up as a “roving-reporter” for **FOOTPRINTS**, contributing an article on the Penguin Pace for this issue. And he has other ideas for the future that we’ll share with you when fully baked. But **FOOTPRINTS** needs more Greg’s so please don’t be shy and don’t make me something’d into you!

Phil Lang and Caroline Bauer have stepped up again with wonderful updates on youth running programs and the Strider Racing Team respectively. It was distressing to see a picture of Dorothy Beckett, someone I ran and trained with over many miles in the past, on crutches but was particularly struck by not only her volunteering to work a race on such a cold day, but also the other Racing Team members who continue to “put back” into the Club through their volunteer efforts. Well done to all and Dorothy, get well quickly!

Susan Kim took on a challenge of crafting an article dealing with running off course, something that in the distant past was near and dear to my heart both as a race director and a runner. As a former race director and club president, my personal bias was that once we accepted payment from a runner for participating in our event, we owed them their money’s worth. “But we are just volunteers...” never quite cut it with me as regardless of the reason, we failed the runner if they went off course. I remember once as a runner going off course, questioning the race director afterwards, and being

informed it was my own fault as I had run the race the year before and should have remembered the route! And yeah, that was the last time I ran that race.

Equally unforgiven back in the day of the ancients was a short course. Again, I remember training so hard to set a 10K PR and did so. It was about four years later when I happened to be running with the race director, mentioned to him that my PR was on his course, and being told the course was never 10K; it was more like 6 miles and some-small-change! And no, that race was neither a Howard County nor Baltimore race. But the point is that many runners generally have some expectation that the course will be as-measured and sufficiently marshalled or marked in order to stay on course. But as Susan so eloquently notes, stuff happens and when the stuff is bad, we move on and forgive. But as you can tell, at least in my case, graciously forgetting may not always occur!

Amanda Loudin, a prolific and talented professional writer, again graces these pages (that is, if you print; otherwise, she graces your screen) with one of her past-contributions to *Runner's World* magazine. Thanks Amanda; your wonderful articles and observations have no expiration date!

Saturday, July 29, 2017 – The 2,000<sup>th</sup> Bagel Run! Stay tuned for more on that later.

One cannot help but glean many pearls of wisdom from pounding the pavement day after day. I hope you enjoy some that I have picked up over the years but more importantly, if you have ones of your own, please share them with us [via an e-mail](#) for a future edition of **FOOTPRINTS**.

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

## PENGUINS CONQUER ELIOTS OAK

*Submitted by Greg Lepore*



Smiling faces and a cheerful fire greeted 360 runners at the 22nd Annual Penguin Pace 5k. The Striders' Racing Team was out in full force as members fulfilled their Team obligation to run in at least two Striders' races each year. No less than 13 Racing Team runners ran the race, and nearly swept the awards!

Andrew Madison crushed the field in 17:08, beating second place finisher, and fellow Racing Team member, Adam Wytko by nearly 30 seconds. Racing Team co-captain Caroline Bauer won the women's race, despite having run nearly 70 miles in the previous week and 16 miles the previous day. Twelve of the thirteen Racing Team members placed in the awards with only Brian Shadrick missed out in an incredibly strong 40-49 age group. Brian finished behind Karsten Brown (18:03, 4th overall), Mark Landree (18:14, 5th overall), and Jicheng Liu (19:03, 11th overall).

Saturday Bagel runners will be familiar with the Penguin Pace course as it overlaps the Bagel Run course from Eliots Oak Road to Hesperus Drive to Castle Moor Drive. A loop around Durham Road West and Lake Circle West turned the runners around and back up Castle Moor, Hesperus and Eliots Oak to the finish in front of the Florence Bain Senior Center.

The 70-year old and up age group was especially tough, as perennial speedster Ronnie Wong beat out long-time rivals Mike Fleming and Lou Shapiro for first place. Ronnie finished in 24:54. At the other end of the age spectrum, 9-year old Willa Waldner was the youngest finisher, completing the hilly course in an outstanding 32:07.

The race serves as a fund-raising race for the Florence Bain Senior Center in Columbia, MD. This year's race was directed by Paul Goldenberg. Volunteers included John Bratiotis, Hafiz Shaikh, Chris Schauerman, Kiley O'Connor, Guillermo Choy-Leon, Bill Arbelaez, Donnie Chapman, Sari Chapman, Gavin Watson, Conrad Fernandes, Craig Lebro, Emily Howe, Eric Kieley, Erica Gates, Eric Schuler, Jason Tripp, Kathy Bayer, Kevin Ford, Lili Barouch, Loretta Farb, Lynda Allera, Lynn Sanetrik, Mark Landree, Rachel Collins, Sean Costello, Steve Bohse, Steve Muchnick, Terry Storms, Tori Berard, Wendy Hall, and Zayda Vergara.

## RUNNING OFF COURSE

*Submitted by Susan Kim*



**Oh, no! You've run off the course...**

**Handle it, prevent it - and if need be - forgive it**

The second year of the Annapolis Half Marathon - a race that has grown in popularity over the last several years - the lead runners were turned the wrong way by course monitors. It's a November event with an early start, and it was still dark outside, recalls Bobby Gessler, a Striders board member, racing team representative, and seasoned coach of adults and kids.

"We went more than a quarter of a mile, running the wrong way," Bobby recalls.

It's painful - yet seemingly inevitable, at some point - for runners and race directors alike. If you run extra, you might ruin your time. If you unintentionally shorten the run, you might get a false PR or unearned victory. For the race director, it's a blot on your race, you have to handle upset runners, and it's hard to make it right after the fact.

Bobby and his friend and fellow runner Phil Lang, head of Bullseye Running, have been on both sides of the equation. "As a runner I have never wanted to wonder where I am going when I am racing," says Phil. "It is hard enough giving all you have trying to run as fast as you can."

### **What's the responsibility of the race director?**

Ultimately, it's to provide a safe course, agree Bobby and Phil. "They need to make sure courses are reasonably accurate, and that they have individuals there making sure runners make the right turns, or at least make sure it's marked," says Bobby. "Otherwise, people will run off course."

And, at critical turns, a warm-blooded, human course monitor is better than a course marker, they agree. "My feeling is the race director should provide somebody to be at the spot at the critical areas unless it's really, really obvious," says Bobby.

Both men ran the same race in Deep Creek two years in a row - and ran off course both times, recalls Phil. "We led the race and got lost both years, as there were no marks or officials telling us where to go or what to do," says Phil. "We could not believe it happened the second time."

Phil recommends that race directors have a lead bike or vehicle to ensure the first runner is going the right way - with the hopes everyone follows that runner. "In addition, having people at each turn making sure all the runners turn the right way is best," he adds. "Paint or chalk arrows on the road don't work well as runners typically can't see them until they are right on top of them and certainly could miss them. Directional signs help but certainly could be missed for various reasons as well."

### **What's the responsibility of the runner?**

As best the runner can, he or she should try to know the course. Youth, high school and college athletes are encouraged to do a course walk before their race and many do, says Phil.

Eleven-year-old Strider Alana Schmall - who has been racing since she was six - has her own woeful experience of getting lost during cross country time trials, just when she was trying to run her fastest.

"I learned the way I keep on course is to follow other people," she says. "I also keep on track by knowing the course. I usually do the walk-through before my race and then I have less chance of getting lost."

But even if you've done a course walk, it's hard to know exactly where to go during the race if it is not marked well or officials are not telling you which way to go.

Most adults, Phil points out, do not walk or even drive the course of their road races - and again even if they did it's hard to tell where to go while in the middle of the race. He pleads for runners to pay attention, with their eyes looking ahead to notice if the runner in front of them has turned or if there is a sign, chalk mark or official guiding the way.

### **Losing track on the track**

On the track, "finding your way" means something altogether different: accurately counting your laps. This sounds easier than it is, particularly during longer events, during relays, or when racing on an indoor track. At the college level, some runners compete in the 10,000-meter, which is 25 laps around an outdoor track. With many runners on the track, and some getting lapped, most runners and coaches agree that, here, the ultimate responsibility for accurately counting laps rests on the runner or the coach.

"I would not be surprised if at least one person in about 50% of the 3200-meter runs at indoor track meets do not run the correct number of laps," says Phil. "Runners and coaches are also trying to count their laps and don't always get it right, either, and it even happens to elite runners at big-time meets."

Throw in relay teams - particularly a spring medley relay during which runners on the same team run different distances - and keeping track of who's done how many laps is quite difficult. "There, I don't think it's up to the event organizer," says Bobby.

## Prevent it when you can - and forgive it when you can't

Getting lost during a race can be a touchy subject that brings up some anger-filled stories. Ultimately, who's most responsible depends on the race. At a Striders Weekly, for example, runners expect fewer course monitors than they do at a high-profile event such as the Cherry Blossom Ten Miler.

Most of us have run off course. "It's going to happen," says Bobby. "People are human. They make mistakes. Hey, there's always another race. But sometimes it can make the difference between making an Olympic team and not making an Olympic team."

Even if all involved are trying their best, there is no perfect solution, agrees Phil, and there's not much to be gained by wholly blaming the runner or the race director: "I don't want to say it is the runner's or the race director's responsibility because at the end of the day running off course just stinks for everyone."

## JUNK MILES? THAT'S RUBBISH! EVERY MILE YOU RUN HAS VALUE

Contributed by [Amanda Loudin](#) in *Runner's World*, July 16, 2015, reprinted with permission of the author



Most of you know the rule: All workouts should have a purpose. Anything more and you're running "junk" miles. It's pretty much Running 101.

The coach in me agrees. You really should go into each run with an intent, whether it's to do speedwork, recover tired legs, or spend a long time on your feet in prep for a big event. Ancillary mileage ups your odds for injury while generally not improving your running.

When I write out a client's schedule, I keep this in mind. There's a point to each run I lay out, and I tend to get frustrated if the client adds on mileage or goes faster than the prescribed pace.

But this coach is also a runner, and I can certainly understand the temptation for junk mileage. I might even include junk mileage in my own weekly schedule. Because, you see, this runner knows that every mile is good for the soul, if nothing else. And for that reason, on a figurative level, I don't think there is such a thing as junk miles.

To me, it's not junk mileage if the miles:

- Involve spending quality time with friends
- Allow you to decompress and come back a better mother, sister, daughter, or friend
- Give you a chance for moving meditation or prayer
- Serve as problem-solving time
- Help lift you out of the blues
- Infuse you with energy for the tasks ahead
- Deliver you a better night's sleep

Am I right?

So how do you marry the coach's instructions with the runner's desires? I think there's a middle ground.

If you need or want to run on days that aren't officially on the schedule, follow a few simple rules:

1. Keep it incredibly easy. In fact, leave that GPS watch at home to avoid temptation to speed up beyond the pace your body wants to go.
2. Keep it short. We all know the difference just a couple of miles can make in our day, so don't set out for an eight-miler and call it good. Three to four should do it.
3. Let your coach know about the extras if you are working with one.
4. Stop and reel it in if you're feeling any sort of niggles or impending injury.

My junk miles come every Thursday when I do a second run of about three miles with my teenage son. Usually, I've already done six or seven miles early in the morning with my friends, and, unless I'm training for a marathon, I don't need those extra three miles later in the day.

But my soul needs those miles with my son, who in four short years will leave the nest. I don't think anyone would argue those miles are as far away from junk as you can get.

## OUT-OF-TOWN RACE RESULTS

**MCRRC New Year's Day  
5K  
January 1, 2017  
Gaithersburg, MD**

Steven Burns - 21:43  
John Way - 23:42  
Alan Mulindwa - 25:07  
Pamela Yao - 25:21  
Eric Johnston - 25:51  
Cindy Cohen - 29:09  
Christina Caravoulas - 46:33

**Key West Half Marathon  
and 5K  
January 15, 2017  
Key West, FL**

Half Marathon:  
Caroline Bauer - 1:23:06  
Keith Levasseur - 1:29:51  
Hafiz Shaikh - 1:40:55  
Dwight Mikulis - 1:54:00  
Donnie Chapman - 2:04:01

5K:  
John Bratiotis - 26:25  
Sari Chapman - 29:45

**GPS 8 Miler  
January 22, 2017  
Loch Raven Reservoir**

Karsten Brown - 50:45  
Lokesh Meena - 54:57  
Gregg Ford - 56:32  
Evan Griffiths - 1:04:09  
Richard Griffiths - 1:04:11  
Alan Mulindwa - 1:08:08  
Marc Burger - 1:11:43  
Jeanette Novak - 1:43:49

**Cupid's Crush 5 Miles  
February 12, 2017  
Druid Hill Park**

Brian Shadrick - 33:27  
Marc Hermstein - 35:09  
Tammy Liu - 39:19  
Ronnie Wong - 43:33  
Kelli Habicht - 46:33  
Stephanie Szweczyk - 63:02  
Scott Habicht - 64:00

**2017 Valentine's 5K  
February 14, 2017  
Millersville, MD**

Karsten Brown - 17:30  
Stephen Bohse - 20:29  
Michael Bohse - 20:33  
Robert Cawood - 20:39  
Alan Mulindwa - 23:59  
Pamela Yao - 25:22  
Lokesh Meena - 25:52  
Christopher Puin - 28:03  
Sharlene Deskins - 34:30  
Karen Jung - 36:32  
Christina Caravoulas - 44:27

**Seneca Creek Greenway  
50K Trail Race  
March 4, 2017  
Montgomery County,  
Maryland**

Frank Volny - 6:44:59  
Faye Weaver - 6:45:58  
Mikhail Petrovskikh - 6:51:14  
Dwight Mikulis - 6:57:06  
Aimee Goldman - 8:12:15

**Yuengling Shamrock Marathon Weekend, Virginia Beach, March 17, 2017**

Rain and high winds did not deter Striders Racing Team Co-Captain Caroline Bauer from winning the Anthem Shamrock Half Marathon. Averaging a 6:05 pace, she beat the competition by over a minute, finishing in 1:19:55, one of the fastest half marathons by a Strider woman ever. Fellow Racing Team member Linda Lou O'Connor was an age group winner in 1:35:30.

In the Yuengling Shamrock Marathon, Liana Farb ran a 3:19:46 and took second in her age group while Josh Reid turned in a 3:24:38.

**Shamrock 5K**  
**March 12, 2017 - Baltimore, MD**

Rumors of a fast course led over 80 Howard County Striders to show up at the Under Armour Kelly St. Patrick's Day Shamrock 5K, and boy howdy, did they clean up at the awards! No less than 15 Striders took home awards, including the ageless Ronnie Wong, who took second place in his age group the day after running the National Marathon!



*Front row: Tammy Liu, Amanda Beal, Linda Lou O'Connor, Hafiz Shaikh.*

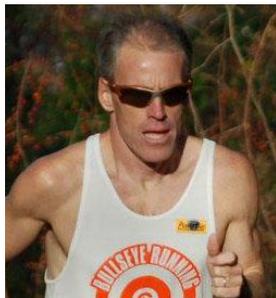
*Second Row: Greg Lepore, Frank Volny, Liana Farb, Faye Weaver, Joshua Reid, Adam Wytko, Julia Skinner.*

*Photo compliments of Julia Skinner*

|   |  |                             |
|---|--|-----------------------------|
| Carlos Renjifo (2nd overall) - 15:25    | Amanda An - 20:34                        | Lynda Allera - 28:11        |
| Andrew Madison (3rd overall) - 15:36    | Linda-Lou O'Connor (1st masters) - 20:38 | Rene Alonso - 28:22         |
| Kevin Ford - 16:19                      | Tammy Liu (1st 50-54) - 21:23            | Monica Beck - 28:32         |
| Ryan Bull - 16:45                       | Bethany Mcgee - 22:09                    | Roland Catalano - 29:27     |
| Craig Lebro - 16:45                     | Vicki Lang (3rd 45-49) - 22:43           | Cameron Olin - 29:31        |
| Mark Loeffler - 16:55                   | Eric Malgieri - 23:17                    | Dennis Albright - 29:45     |
| Adam Wytko - 17:00                      | Tim Dietz - 23:29                        | Pamela Johnson - 29:46      |
| Stephen Olenick (1st 40-44) - 17:08     | Thomas Evans - 25:51                     | Loretta Farb - 29:48        |
| Jason Tripp (2nd 40-44) - 17:12         | Barbara Lyons - 25:58                    | Stephanie Spring - 30:08    |
| Mark Eagles - 17:19                     | Lauren Catalano - 27:37                  | Greg Thomas - 30:58         |
| Caroline Bauer (3rd female) - 17:37     | Ronnie Wong (2nd 70-99) - 27:43          | Gabriella Colarusso - 31:14 |
| Elizabeth Hannon (1st 30-39) - 17:51    | Alyssa Mitchell - 27:47                  | Karen Jung - 32:10          |
| Brian Shadrick (3rd 40-44) - 18:07      | Griffin Ellinghaus - 32:16               | Eileen Wilson - 35:51       |
| Anders Chattin - 18:29                  | James Hendershot - 32:35                 | Ed Wilson - 35:51           |
| Akintunde Morakinyo (1st 50-54) - 18:30 | Kelli Habicht - 32:55                    | Amanda Cranfill - 39:06     |
| Frank Volny - 18:34                     | Aimee Goldman - 33:12                    | Bonnie Catalano - 42:39     |
| Kyle Clarke - 18:51                     | Brittany Ebbertt - 33:27                 | Christine Pyers - 43:43     |
| Amanda Beal - 19:01                     | Barbara Boardman-Pavao - 34:01           | Julie Baker - 46:21         |
| Gregory Lepore (1st 45-49) - 19:12      | Memory Morris - 34:16                    | Mary Windham - 46:28        |
| John Chall (1st 55-59) - 19:27          | Carmen Cain - 34:31                      | Vy Bailey - 46:29           |
| Hafiz Shaikh - 19:27                    | Shaun Malgieri - 34:36                   | Adrian Bailey - 46:29       |
| Philip Lang - 19:28                     | Sarah Malgieri - 34:37                   | Monica Mathern - 46:46      |
| Brian Fleming - 19:44                   | Anthony Malgieri - 34:47                 | Jesse Boyd - 47:57          |
| Yasuo Oda (2nd 55-59) - 20:02           | Erica Malgieri - 34:48                   |                             |

## YOUTH RUNNING UPDATE

*Submitted by Phil Lang*



The Spring Youth Running Programs known as the Junior Striders will be starting in April! Each Spring for several years now there have been two programs to choose from for the kids due to so many kids participating, over 300 in total last Spring. There is a Team Program for the elementary and middle school aged kids (born in 2010 or before) and parents who want to go to some of the youth track meets on Sunday afternoons. The Team Program includes instruction in field events as well as running events while also teaching competitive strategies. Of course these kids will get a uniform and warm up jacket so they can compete at the meets. Some of the kids will qualify for and compete in the AAU Junior Olympic meets in the Summer as well. The kids in this program train at Oakland Mills High and will have their first practice on April 6.

For the kids and parents who do not want to attend the youth track meets, there is the Running Program and the kids in that program will practice at Centennial High. There will be no instruction of field events at this program but there will be practice groups for kids 6 and under in addition to sprinters and age and ability sorted fitness running practice groups. The kids in the Running Program will receive a t-shirt and their first practice will be April 18. Consider asking your child if they would like to run on a team or in a program with other kids their age and if so, sign them up! We will hold a home meet at Reservoir High on Sunday April 30 and kids from both programs are encouraged to participate as are other kids from 5 to 18 years old. If your child is not in one of the programs they can still compete at the home meet as well. The meet sheet for the home meet and the registration links with more details for both programs can be found at [www.bullseyerunning.com/youth/](http://www.bullseyerunning.com/youth/)

As we all know, it is tough to run in the Winter as the daylight is limited and weather is iffy, creating challenging circumstances for runners. But 140 kids participated in the Howard County Recreation & Parks 8-week Winter Indoor Running Program on Saturday evenings at the Meadowbrook Facility organized and led by the Junior Striders coaches. The program has sold out every year and we are happy to partner with the Rec & Parks to provide the kids a safe environment in the Winter to get some running in. Special thanks to Susan Kim, Faye Weaver, Pete Keating, David Jun, Dominic Mandile, Brian Murphy, Jason Cox, Brian Shadrick, Bromley Lowe, Jud and Dominique Lincoln, Michelle Wineberg and Pam Mooring for helping Phil Lang provide the kids with this opportunity. A few kids wanted to compete in some indoor track meets so we provided an opportunity for a bunch of sprinters and field event athletes to compete in multi meets and some distance runners joined in for a couple. More than two dozen high school athletes from eight of the twelve different public high schools in Howard County joined the younger kids at the AAU Junior Olympic Indoor Nationals the weekend of March 10-12 and the team as a whole earned over 50 medals. Special thanks to Jud and Dominique Lincoln, Pam Mooring, Susan Kim, Chris Brewington and Tyler Wade for helping [Phil Lang](#) get these kids to the competitions.

## RRCA 10-MILE CHALLENGE

*Submitted by Caroline Bauer*



While winter weather training may be unpredictable for runners in Maryland, several things are predictable: summer marathon training will be HOT, personal records are best run on flat DC courses, and the RRCA 10 Mile Challenge is the last weekend every February. Aptly named and commonly referred to as “the Challenge,” the race is run through several Columbia neighborhoods and puts the notoriously hard hills of Howard County on display. Throughout January and February, many Howard County Striders (HCS) can be seen logging miles, doing hill repeats, and spending their Saturday morning long runs on the course prepping for the race. Many runners use it as a good chance to test their early fitness before the spring racing season starts.

*Several Team members get off to a strong start at the RRCA 10 Mile Challenge. Pictured Tunde Morakinyo (532), Tori Berard (451), and Beth Hannon (492). Photo credit: Jonathon Toulousy Michel.*

The Challenge is a team competition with cross country style scoring where the lowest team score wins. This makes it quite different than most all other races as individual results are not the focus. Arguably one of the best local competitive races, the Challenge brings top teams and runners from the greater Baltimore and DC area. Running clubs from Harford County to Frederick to Kent Island make the early morning trek to join the fun. The outright team title is highly coveted and gives “bragging rights” for the year to the club that wins. Recently, more categories have been added allowing for competition among master’s and grandmaster’s teams in addition to the overall title.



This year, the talented group of runners from Georgetown Running Club (GRC) dethroned the Falls Road Running Club from their 8-year streak for the overall title. However, our HCS women’s team put up their own successful battle. The women’s team won the women’s categories of Overall, Under-40, and Grandmaster’s titles. Lead by Julia Roman-Duval, overall female winner, the HCS female team placed 6 runners in the top 25 and outscored GRC, 66 to 73 points (lowest score wins). Other HCS team results include: Overall Co-Ed, 3<sup>rd</sup>; Overall Men’s, 3<sup>rd</sup>; Master’s Men, 3<sup>rd</sup>; Master’s Women, 2<sup>nd</sup>; and Grandmaster’s Men 2<sup>nd</sup>.

*Racing Team members volunteer (right) at the RRCA 10 Mile Challenge in the cold February morning. Pictured (left to right): Rachel Collins, Noel McCracken, Alex Wang, Tiffany Hevner, and Dorothy Beckett. Photo credit: Tiffany Hevner.*



Further team and individual results can be found on the [website](#). For now, many HCS are happy to put the race behind them. But have no fear, the race will be back next February!



*Men's racing team members (left) line up together at the start of the RRCA 10 Mile Challenge. Pictured (left to right): Andrew Madison, Kevin Ford, Mark Buschman, Jason Tripp, and Eric Schuler. Photo credit: Mark Buschman*



*Racing team members post after a successful RRCA 10 Mile Challenge. Pictured (left to right): Kevin Ford, Akintunde Morakinyo, Jason Tripp, David Toller (Bullseye Running), Tori Berard, John Chall, Mark Buschman, Julia Roman-Duval, Eric Schuler, Carlos Renjifo, Amanda Beal, Ed Wilson, Tammy Liu, Yasuo Oda, Linda-Lou O'Connor, Beth Hannon, Luke Janik. Photo credit: Unknown; posted on HCS Facebook page.*

## RRCA CONVENTION UPDATE

*Submitted by John Bratiotis*



In early March I had the opportunity to attend the Road Runners Club of America convention in Detroit. There were several sessions that I attended ranging from insurance-related to how grow an urban club. The first day started with "insurance". Normally I would expect an insurance talk right after breakfast to put me right back to sleep. But the talk and following discussion were actually very useful to understanding all the different aspects of what the Striders provides to our members and how to protect what has been built over the past 40+ years. It was incredible to learn that the RRCA insurance carrier wrote 11,000 Certificates of Insurance in 2016. As of early March, they had written 4,000 Certificates of Insurance. There are lots of races out there. Something I had not thought about before was that for better or worse, the music industry has started to take notice of all the races being put on and all the music that is being played. As a result, race directors need to make sure they have licensed the music that plays at their events.

“Growing an Urban Club” was an excellent breakout session to see how the Striders can be more social. In the “One Good Idea” presented at the end-of-year banquet, several members asked if we could have social run/ happy hours. We would face more than a few difficulties partnering with restaurants/ bars/ pubs as we have limited safe running near those locations around Howard County. If you know of a location where the Striders could host a gathering, please let us know.

Two accomplished runners gave presentations and following are highlights I took away from those speakers:

- You can take your running seriously, but have fun with it.
- Running can present you with many opportunities so take advantage of them. You never know where they will lead you.
- Never give up on a race. The race that started disastrously that you decided not to give it your all could be the race you PR or win.
- Not every race or every day is going be the best but don't let it be a deterrent to you achieving your goals.
- There are a lot of people passionate about running; some of them have been able to turn that passion into careers in running.

In between sessions I had opportunities to talk with the MDRRCA Rep and some of the other clubs across the country. It reaffirmed that Maryland “suffers” from an embarrassment of riches, given the availability of all the clubs, races, trails and events. We are lucky to have a good organization with a solid base and we can only keep improving with new opportunities.



## RACING TEAM WINTER/EARLY SPRING UPDATES

*Submitted by Caroline Bauer*

Like most of the world, the racing team likes to go into hibernation around the holidays and put in some recovery time. With the turn of the year though, the team slowly starts training again during the cold, dark hours to begin getting ready for the quickly approaching spring races.

**Caroline Bauer** was the only team member to don racing flats in January.

Traveling to the southern-most point of the United States, she ran the *Key West Half Marathon*, placing 2<sup>nd</sup> female and 6<sup>th</sup> overall, running 1:23:05 early in the year.

Come February, the racing team could be seen at several key Strider races. At the tough *Penguin Pace 5K*, racing team members swept the podiums with **Andrew Madison, Adam Wytko, and Mark Loeffler** going 1-2-3 for the men and **Bauer, Beth Hannon, and new racing team member Amanda Beal** taking 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> for the women. In addition to overall wins, **Mark Landree, Mark Eagles, Tunde Morakinyo, Ed Wilson, John Chall, Bobby Gessler, Linda-Lou O'Connor, and Tammy Liu** all also took age group wins home. On the same day as *Penguin Pace*, **Eric Schuler** ran the *Little Patuxent River Run Half Marathon* and took the overall win in 1:16:49. The following weekend **Shadrick** took the Master's title at the *Cupid's Crush 5 Miler* in the notoriously hilly Druid Hill Park, in 33:27, and **Schuler** raced again winning the *Sykesville Shiver Shuffle 5K* in 16:58.

As detailed in the previous article about the *RRCA 10 Mile Challenge*, almost all racing team members could be seen racing or volunteering on the chilly February morning. **Julia Roman-Duval** took the overall win in an incredible 1:00:05, one of the fastest women's times on the course. Additional results can be seen on the [website](#) and in the detailed article about the Challenge in this newsletter.

March brought lots of tune up half marathons and one of the fastest 5Ks in the area. **Tori Berard**, back running strong after suffering an injury last year, ran 1:05:16 for 3<sup>rd</sup> overall female at the *Tim Kennard River Run 10 Miler*. **Schuler** raced again and set a PR in the half at the *DC Rock N' Roll Half Marathon* in 1:11:14. **Kelly Westlake** also raced the *DC Rock N' Roll Half Marathon*, narrowly going under the impressive 1:30-barrier in 1:29:42 and winning the Master's title. The *Under Armour Kelly's Shamrock 5K* is a team favorite up in Baltimore. Run on a Sunday afternoon before the Irish Parade, the course boasts a huge downhill first mile followed by a flat-ish, albeit windy, course through the Inner Harbor, ending at Power Plant Live! On the men's side **Carlos Renjfo** and **Madison** podiumed with 2-3 finishes, going 15:25 and 15:36, respectively. Not far behind was **Kevin Ford** in a PR of 16:19 in 11<sup>th</sup>, followed by **Ryan Bull and Craig Lebro** in 18<sup>th</sup> and 19<sup>th</sup>, running near identical 16:45s. Next were **Loeffler** (16:56, 21<sup>st</sup>), **Wytko** (17:01, 23<sup>rd</sup>), **Jason Tripp** (17:12, 28<sup>th</sup>, 2<sup>nd</sup> age group [AG]), **Eagles** (17:20, 29<sup>th</sup>), **Shadrick** (18:07, 41<sup>st</sup>, 3<sup>rd</sup> AG), **Morakinyo** (18:30, 50<sup>th</sup>, 1<sup>st</sup> grandmaster male), **Chall** (19:27, 80<sup>th</sup>, 1<sup>st</sup> AG), and **Yasuo Oda** (20:02, 95<sup>th</sup>, 2<sup>nd</sup> AG). On the women's side, **Bauer** secured the 3<sup>rd</sup> podium spot in 17:37. Immediately behind her was **Hannon** in an incredible PR of 17:51, finishing 4<sup>th</sup> overall and 1<sup>st</sup> AG. **Beal** also PR'd in 19:01, **O'Connor** took the women's master title in 20:38, and **Liu** was 1<sup>st</sup> grandmaster in 21:28.

The next big races on the schedule for the team are the *Cherry Blossom 10 miler* and the *Boston Marathon* where many racing team members are gearing up to drop major PRs.

*Happy Spring and good luck on all races from the Racing Team to all of the Howard County Striders!*



*Men's Racing Team members post after the Kelly's Shamrock 5K. Pictured (left to right): Stephen Olenik, Ryan Bull, Kevin Ford, Jason Tripp, Andrew Madison, Craig Lebro, Mark Eagles, Mark Loeffler, Brian Shadrick, and John Chall. Photo credit: Kevin Ford.*

## **RUNNING PEARLS OF WISDOM**

*Submitted by Allan S. Field*



If wisdom truly is defined as that which is left over after all the mistakes have been made, I have managed to attain a fair amount of wisdom from my 39+ years of rather intimate – and often painful, humiliating, humbling, but yet always joyful – involvement with running. But what value is wisdom, regardless of how gained, if not passed along to those who follow in the footsteps of those who have gone before? In that vein, following are a few “pearls” gleaned over the years, with attribution when remembered or known.

- I still remember, and pass along to anyone who will listen, perhaps the best piece of advice I ever received and that was in the first year I started running (1977). Dick Nair of the Baltimore Road Runners Club cautioned me that at some point, I’d get hurt as running hurts. His advice was that while sidelined for recovery, fill up the time set aside for running with something I DON’T like to do. Otherwise, once recovered, I may not get back the time once devoted to running. By swimming laps, which I dislike to this day, I often was able to take a 6-week recovery and turn it into a 4-week recovery!
- “Start out slow and taper off.” Walt Stack (1908-1995) of the Dolphin South End Running Club, San Francisco. I later added, “...and try not to do nothin’ stupid in between.”
- “The only way to fail is to not go out the door.”

- “The hardest part of running is that first step out the door.”
- “Those who can deprive themselves of chocolate (my personal caffeine delivery system) are in serious need of therapy.” Numerous sources.
- “Runner’s Prayer: God, if you pick them up, I’ll put ‘em down.” Appropriate especially in the latter stages of a marathon, triathlon or ultra.
- “I have more control over the quality of my life than I do over the quantity. One way or the other, the quantity is going to take care of itself so go for the quality.” The long distance runners pre-Jim Fixx (1932-1984) really believed that the more one ran, the more one was immune to coronary heart disease, thanks in part to urban legends that arose from the death and subsequent autopsy of marathoner Clarence DeMar (1888-1958). This was debunked in the 1950’s and 1960’s, mainly due to the work of Ken Cooper, MD (b. 1931) but the myth continued up to the untimely death on the run of Fixx in 1984. Up to that point, I was running 70-90 miles per week, going for the quantity, but cut back to 40-55 and saw an immediate increase in overall quality of life!
- “Stress fracture? DO NOT RUN until the site-pain has completely gone away.” Bill Howard, MD (1934-2016), founder of Union Memorial Sports Medicine Center and good friend of Linda’s and mine for many years.
- “Never enter a race with the word hill or mountain in the name.”
- “Don’t enter a race where the time to get to the race exceeds the time expected to run the race.” Steve Thienel of Howard County.
- “Celebrate any PR (personal record) until you break it as you may never do so.” I struggled to break three hours in the Marine Corps Marathon but missed it by three minutes (gun time in those days and I did start at mid-pack but that’s the way it was back in the day when classical music was still Top-40!) and was quite down on myself for “failing”. Bailey St. Clair, a Baltimore Road Runners Club legend, shared this advice with me at the time, it did help, and that 3:02:59 gun-time wound up being my forever-PR.
- “The only exercise that truly works all the time for weight control is push away – push away from the table.”
- “I don’t have to worry about losing weight as it **will** find me.”
- “Despite at what point in your running career you decide to start racing and setting PRs, you generally have only about 10 years to set those PRs. After that, the law of diminishing returns sets in.” Attribution unknown but I have heard it from many runners over the years and anecdotally, generally believe this to be valid.
- “They all come back to you.” Today’s speedster (that person just ahead of you that you never seem to be able to catch up to) will be tomorrow’s plodder while you still keep on keepin’ on. Practice patience Grasshopper!
- “There is life after running. It’s just different...” From yours truly, self-proclaimed charter member of the Howard County Striders Broken Runners Walking Club!
- “Some days you eat the bear and some days the bear eats you.” Learn from both the good and the bad days, and then always refer back to the definition of wisdom above!

## PRESIDENT'S MESSAGE

By John Bratiotis



I want to start my message this quarter by thanking everyone who helps to put together this newsletter. It takes a lot of work and I know that, like myself, many of you enjoy the chance to read about events and interesting articles related to running and our club.

It has been a busy three months since being elected President of the Striders. Penguin Pace quickly approached and passed. Mother Nature gave us a fantastic day on race day and we had a good turnout. We also had the RRCA Club Challenge a few weeks later which went very well. I know we all have been enjoying the weather and many chances to get out and run (without several layers). We look forward to the excellent spring races coming up.

I would like to thank many people who have helped make the Striders the best Club in Maryland. All the Race Directors, Course Marshals, and volunteers make our events enjoyable. And one thing that makes the bagel runs great training runs are the people who supply water & cups at the various water stops. Thanks to the Hero Friends Group who have taken on this responsibility for the first five months of the year. Starting the first weekend of June we will need other people to start covering the bagel water. You can find out more about how to volunteer for bagel water at <https://signup.com/group/876470524072>

We would like to see and hear more from you. Take pictures while you are out and about and Email them to [newsletter@striders.net](mailto:newsletter@striders.net) along with a short running bio with the subject line *Strider Selfies*. Let us see how much fun you are having on your runs. If you have run a new and unusual race or just want others to hear about your race day experience, write a race report and tell us how you did and what you thought about the race. You might inspire other runners to run a new race or try a new distance or trail.

On that note, if you are looking for new and different experiences, think about some of the other RRCA clubs in the area. Many offer inexpensive races that you can use to help prepare for your goal races. A few are the Annapolis Striders, Fredrick Steeplechasers, Prince Georges County Road Runners Club, Baltimore County Road Runners Club and DC Road Runners.

And of course, we have many of our own races coming up. The Spring Hops 5K is Sunday May 7<sup>th</sup> and the Women's Distance Festival is Saturday June 24<sup>th</sup>. Register for either of these at <http://www.striders.net/races>. You can also take advantage of working on new goals by signing up for the Next Step 10 mile program which starts April 11<sup>th</sup> or the Next Step FIT (Females In Training) Program which starts April 20<sup>th</sup>. You can register for either of those at <http://www.striders.net/training>.

Thanks for being part of the best running club in Maryland and see you on the roads!

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