

# FOOTPRINTS

*THE NEWSLETTER OF THE HOWARD COUNTY STRIDERS*

*VOLUME 41, No. 3 — July 3, 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.

## **Columbia Turns 50 – And The Striders Celebrate with the Columbia 5.0 on July 2nd**



*Photo Credit Mike Fleming – Medallion to  
Columbia 5.0 Finishers*

## FROM THE EDITOR

Allan Field, managing editor



Columbia is 50 and on July 29<sup>th</sup>, the Bagel Run goes off at 7:00 AM for the **2,000<sup>th</sup>** time! I hope you helped to celebrate Columbia's Golden Anniversary either by running or volunteering and will join your fellow Striders on the 29<sup>th</sup> for #2,000. **Bill Arbelaez**, former Strider President, shares his observations of the Columbia 5.0 race run on July 2<sup>nd</sup> in celebration of Columbia's 50<sup>th</sup>. **Warren Ohlrich**, an "original Strider" and Hall of Fame inductee, has shared with us in this issue some of the earlier history of the Bagel Run. A lot to celebrate, a lot to be thankful for.

Susan Kim's article [Running Off Course](#) in the last issue of **FOOTPRINTS** struck a chord with at least one local runner AND resulted in our first letter to the newsletter staff (at least since the revival of **FOOTPRINTS** last year). Thanks James Blackwood for sharing your experiences with us!

*I enjoyed reading the article about getting lost/misdirected by a volunteer. One of the worst accounts I have of getting lost in a race, was at a small, local duathlon (run/bike/run) in Hagerstown. The first run section had you run out on the main park road, then back through a paved trail in the woods. I was in 3rd place overall when I got on my bike. The bike course traversed along the same section of road that the runners were still running on (bikes on right, runners on left). When I got to the fork in the road to go straight and exit the park and continue the 15 mile course a volunteer stepped right in front of my path and puts his hand up to stop me. I stop and he instructs me that I must go left, not straight. Unfortunately, 1st and 2nd place competitors were too far ahead so I couldn't see which way they went at this fork (they went straight). 4th place was very far behind. I stop and ask the man 3 times, "Are you sure?" Each time he responds, "Yes". I proceed left and now I am back on the trail in the woods, except this time on my bike. I'm passing all the other slower runners that are finishing up their first run section. Everything in my gut says this is not right. I emerge out of the woods back at the transition area and the Race Director Ken questions, "What are you doing?" And I respond, "Don't ask me that, I was in 3rd place and your volunteer insisted that I go through the woods, where do you want me to go now?" Needless to say I scrapped any hope of a come-back and rode/run the last to sections with my wife who was just starting the bike section. As I rode by the volunteer again for the second time I stopped and asked him why he lead me down the wrong way, and he had no other response than, "I don't know". Ken graciously gave me a free entry to another of his races, yet a different volunteer at that race stopped me on my bike (full-stop) to allow a car to cross at a stop sign. It's amazing no one gets hurt when these things happen, because as you can imagine, turning down the wrong road can set you on the path of unmanned intersection whereby the runner assumes that they are safe to cross, because they are in a race. Volunteers are important to any race, but informed volunteers are more important. Thank you, James*

This is our 5<sup>th</sup> edition of **FOOTPRINTS** since reviving the newsletter last year. Coming into each issue, I have anxiety about whether or not we will garner enough submissions and material to be of interest to you - our Strider members and audience. Funny how it all comes together though and the anxiety was not necessary, at least so far. Thanks to a wonderful team of contributors that grows with each issue, this issue is packed with enough to consume a large amount of your time available for reading.

**Rene Alonso** has come on board to assist **Jen Elkonoh** with the Selfies/Profiles from the Pack articles. So many times I hear words to the effect of, “I can’t join the Club... run with the Bagel Runners...etc., as they are too fast; go too far, etc., etc.” These personal vignettes – everyone has a story – go so far to dissuade these excuses thus are so important to what we are trying to accomplish with **FOOTPRINTS**. **Susan Kim** has two articles that should be of interest to all – one on sharing the road with road-rage-drivers and one on the human interest side of the Next Step programs. **Greg Lepore** has three submissions – a delightful story about Bromley Lowe and Team Sean, his efforts to archive Club historical documents, and a request for missing documents that may be hiding in your house. Greg also has compiled non-Strider race results from 17 races! This was something else we wanted to focus on when we revived **FOOTPRINTS** last year but until Greg came along, could not deliver on. We again turn to an **Amanda Loudin** reprint from Competitor magazine to share another of her always so keen and insightful observations of this thing we call running. **Dave Tripp** announces the scholarship awardees for 2017, a most impressive group of six scholars/athletes. Congratulations to these young men and women on their academic and athletic accomplishments. **Henry Peck**, current president of the Baltimore Road Runners Club, published his thoughts on women’s running in a recent edition of the BRRC on-line newsletter. His observations were spot-on, enough so that Susan and I both thought worth sharing with the Strider membership. **Caroline Bauer** and **Phil Lang**, regular **FOOTPRINTS** columnists, return with their updates on the Racing Team and Youth Running respectively. And your Strider president **John Bratiotis** closes the issue with his observations on the state of the club followed by **Beth Hannon’s** list of **218** new members since January that we welcome aboard. Many thanks to all for the wonderful contributions!

Something we struggle with however: what is the “Goldilocks Zone” of just enough words in an article that one will read it through to the end but not too many words that one lacks the patience to stick with it to the end or too few words to “appear” to be of interest to read to the end? I don’t have an answer so we will continue to “err” on the side of not limiting the number of words per submission as they seemed to be the appropriate number to the author when written. In other words, we are not going to consciously “dumb down” **FOOTPRINTS** or try to cram everything into 144 characters or less. So there! But seriously, the message we are trying to send here is twofold – this is your newsletter and please don’t be shy about stepping up and contributing. Worth repeating again are ancient words of wisdom from Jim Carbary in 1989:

*“As the new editor of your newsletter, I desire to provide you with general guidelines concerning how you can submit articles, announcements, photographs, or even drawings to this publication. Any member of the Howard County Striders, young or old, fast or slow, drunk or sober, should feel free to contribute one to two page articles relevant to the running experience. I do not intend to alter these articles except in the cases of flagrant grammatical violations. I will consult with the author(s) in matters concerning excessive length of manuscript or clarity of expression. Also, I ask that contributing authors submit only prose (after all, this is a not a literary magazine and I cannot judge poetry). The authors will be acknowledged by name or pseudo-name (if they desire). Finally, authors should be advised that this newsletter is not copyright protected.*

*To help potential contributors, I have prepared a list of possible topics of interest for the newsletter:*

- *running shoe evaluation*
- *running clothes evaluation*

- *recent races or runs*
- *new courses*
- *recipes for aerobic athletes*
- *announcements photographs from runs/races interviews of known runners*
- *quotations of known runners*
- *running with dogs*
- *critique of races*
- *critique of running books*
- *How to beat (fill in name)*
- *How to avoid (fill in injury)*
- *Running trivia*
- *Social running events such as picnics, parties, etc.*

*Of course, some topics are not appropriate for submission, and potential writers should not consider submitting articles on topics such as:*

- *Little Mary's summer camp*
- *How to pick up chicks or dudes*
- *Marxist interpretation of Moby Dick.*
- *Best restaurants in Columbia*
- *Recent Supreme Court decisions*
- *Fishing along the Continental Divide*
- *Anything to do with automobiles*

*Remember, this is your newsletter and I want you to contribute.”*

Next issue due October 5, 2017.

## **COLUMBIA 5.0 RACE**

*Submitted by Bill Arbelaez*

The weather in Maryland in late June and early July is usually fairly predictable: hot and humid. And this year was no exception. Knowing this, who would schedule a one-time only road race for this time of year? When the committee planning the 50<sup>th</sup> birthday celebration for Columbia decided to include a running event, they turned to The Howard County Striders to manage the race. The stipulations were that it was to be located in the downtown Columbia area and that it should be scheduled as close to the birthday - June 21<sup>st</sup> - as possible. As Race Director **Donnie Chapman** began to look into distances and courses, he settled on five miles for the distance and a course running up Little Patuxent Parkway to Harpers Farm Road, through Wilde Lake to Governor Warfield, back to LPP, through the Town Center trails around Lake Kittimaquondi, and finish at the Fountain at the lakefront. Due to other events in late June, the police agreed to the date of Sunday July 2<sup>nd</sup> and The Columbia 5.0 Race was born.

Registration for the race included more than seventy runners walking up during packet pick-up from Friday through race day morning. The overall winner, 24-year-old **Michael Conway** from Alexandria, was one of the last runners to sign up. No one even knew who he was! Early morning temperatures hovering close to eighty degrees didn't discourage any of the 330 finishers as they climbed the long rise along Little Patuxent Parkway, looking for the shade that was promised by the

mid-point of the course. As the sun rose and temperatures soared to the low eighties, runners crossed the finish line and received a commemorative finisher's medal (see cover photo) that was worn proudly by many hanging around the lakefront, trying to cool down.

The race included Overall (Top 3) Masters, Grandmaster, and Senior Grandmaster recognition for Males and Females, plus top three age-group awards in fourteen categories. The Overall Male finishers were **Conway** in 25:59, **Eric Schuler** in 27:27, and **Kevin Ford** in 29:04. The Overall Female finishers were **Amanda Beal** in 32:20, **Rachel Collins** in 37:10, and **Julia Skinner** in 37:42. Please go to the Striders website for [complete results and photos](#). Congratulations to all who ran this hot and steamy race, and thank you to the many volunteers who made this race possible!

## ORIGIN OF THE BAGEL RUN

*Submitted by Warren Ohlrich*



In April 1979, I opened the Feet First running store in the Wilde Lake Village Green. The store soon became the unofficial headquarters of the Howard County Striders. On Saturday mornings at 7:00 a.m. before opening the store, I would meet Dick Hipp for a training run from behind the store. The original route was on the local path system, around Wilde Lake, past Lake Kittamaquidi, past Merriweather Post Pavilion and back to the store. By May other routes were added as a few other local Howard County Strider runners started joining Dick and me. As the runners looked for longer training routes the run expanded north and west from Wilde Lake to Homewood, Folly Quarter and Triadelphia roads. At that time these rural roads had little traffic and made ideal routes for long runs. Since I also was certified to layout race courses, I laid out 13-mile, 16-mile and 20-mile courses over these rural roads. Slowly more and more Howard County Strider runners joined the group that was meeting and shorter variations were added for the newer runners.

After the runs a few started to gather somewhere locally for a cup of coffee, a donut and socializing. The Bagel Shoppe (later renamed the Bagel Bin) opened in July 1982 across from Feet First and the run had a perfect gathering point for post-run socializing. After all, what goes better together than carbohydrate-starved runners and bagels? The run now had a name: The Bagel Run.

The popularity of the run grew, at times over a hundred runners showed up. It also became a place to gather and celebrate special events such as significant birthdays (entering a new age group) of some of the runners. Not a Saturday has passed since 1979 without runners meeting for the run. Even on one Saturday when snow, cold and ice had closed all the roads two runner - Paul Collins and myself - showed up and got in a good cold-weather run.

In 1994, as traffic increased and rural Howard County became more congested, the route along Homewood Road was discontinued and courses along the paths and residential streets in Columbia became the favored routes. Since then the Bagel Run has continually adjusted to the times as Feet First moved, as a new Bagel shop opened, but not a Saturday has passed without the 7:00 AM Bagel Run.

*Editor's Notes: When the Bagel Run was reluctantly but unavoidably moved from the "original" run out through rural Howard County and into Columbia, Warren also laid out the courses we continue to enjoy to this day - 8.7 miles, 12.8 miles, 16.3 miles, 17.9 miles, and 20.1 miles (now 20 miles). In 1995, Warren self-published "Columbia Running Routes" which included 84 measured courses. And in 1995, mile marks were first laid down (except for mile 15 of the 16.3, 17.9 and 20-mile course as it is at the front door of the Tomato Palace) on the new Bagel Run in-town courses. While these mile marks are still refreshed annually with yellow paint, their accuracy through the years has suffered due to construction, path changes, and different measuring strategies such as GPS enabled watches and bicycle distance monitors, so use them for staying on course and only for a general feel for pace. On a personal note, the Bagel Run has a special place in my heart. On a training run with Warren in 1993, I passed and later met that same morning at the Bagel Shoppe the woman who would in September 1994 become my wife and sailing Best Mate – Linda Sue (nee Levy) Field! Again, we hope to see a large gathering on July 29<sup>th</sup> for the 2000<sup>th</sup> Bagel Run and may those runs be filled with your own special brand of magic!*

## WOMEN AND RUNNING

*By Henry Peck, President, Baltimore Road Runners Club – With permission*



*Editor: Katherine Switzer, registered as "K. V. Switzer", running in the 1967 "men only" Boston Marathon, pictured when Jock Semple, shouting "Get the hell out of my race and give me those numbers!", attempted to remove her number 261 and was subsequently pushed to the ground by Tom Miller, Katherine's boyfriend. Afterwards, [Boston Athletic Association](#) director Will Cloney was asked his opinion of Switzer competing in the race. Cloney*

*said, "Women can't run in the Marathon because the rules forbid it. Unless we have rules, society will be in chaos. I don't make the rules, but I try to carry them out. We have no space in the Marathon for any unauthorized person, even a man. If that girl were my daughter, I would spank her." (And no, you can't make this stuff up...) Because of her run, the [AAU](#) barred women from all competitions with male runners, with violators losing the right to compete in any races. Switzer, with other women runners, tried to convince the Boston Athletic Association to allow women to participate in the marathon. Finally, in 1972, women were officially allowed to run the Boston Marathon for the first time. In 1979, the RRCA started the Women's Distance Festival in response to the lack of distance running events in the Olympics Games for women. The first Women's Distance Festival events were held on July 13, 1980, the date of the men's marathon at the Moscow Olympics. Today, the Women's Distance Festival celebrates the history of women's rights to participate in running events at any distance and at any age. While women's participation in distance running nearly matches that of men, the Women's Distance Festival continues to serve as a celebration of the determination and dedication of women runners across the country. Our own 38<sup>th</sup> WDF was just run on June 24, 2017; visit [here](#) for pictures and results. (Source: Wikipedia and RRCA)*



**“If password codes were 3 digits, mine would be 261!” – Henry Peck**

Ten years later, in 1977, I ran the Boston Marathon with about 2,000 other guys and about 100 women. In 1984, when Joan Benoit heroically took the Gold Medal at the Olympics in LA, we guys still outnumbered the girls by almost 10 to 1. Most runners were men then, and faster than today. We were an avid, tight knit, community of athletes. We were digging running! *We thought we were The Running Boom.* We did not know that the big Boom was still to come! We were too small in numbers to know the honor of inclusiveness

that we would someday assume.

Today, we have tens of thousands pursuing BQs (“Boston Qualifiers”) and millions of us enjoying the gift of running. How did that happen?! Women, that’s what happened!

We are now about half women, as it should be. And, with women, we also have runners of all ages, abilities, backgrounds, and interests. We simply could not be all the great things our vast running community is without women.

There are many opportunities to celebrate women and what it means for running. Our (BRRC) Women’s Distance Festival 5k was held on Saturday May 13<sup>th</sup> at the Gunpowder Park at Hammerman. Our WDF had tunes, bling, awards, food, sangria, and smiles! Oh, and there was running too! Cheers!

With so many women running today, why do we still have women’s only runs? Unfinished business, that’s why. Check out the Great Ethiopian Run- Women’s 5k. In a country that averages over 5 pregnancies per woman, these 11,000 women runners are the real deal, they have a Purpose. When men are invited to run in women’s runs, then we can stop having them. That’s my dream!

## **STRIDER’S TRIPP SCHOLAR/ATHLETE AWARDS FOR 2017**

*Submitted by David Tripp*

The Selection Committee of The Striders' David Tripp Scholar/Athlete Awards program has named six winners for 2017. The selectees were **Colleen Krein**, **Ben Oldhouser** and **Jacob Parker**, all of River Hill; **Courtney Mann** and **Emily Magoon**, both of Howard; and **Jonathan Sussman** of Wilde Lake. The awards program, now more than 25 years old, recognizes superior achievement in both academic and athletic (running related) performance over four years of high school. The competition is open to all Howard County graduating seniors from the county's 14 public and private high schools. While \$6,000 was awarded in 2017, nearly \$100,000 has been given out over the program's life.

This year's six winners had a weighted grade point average of 4.49 and earned an average of nine varsity letters each, in cross country and indoor and outdoor track.

## FELLOW STRIDER AIMS FOR BOSTON WHILE PUSHING AN ATHLETE WITH A DISABILITY

Submitted by Greg Lepore



Qualifying and then running the Boston Marathon is often an ambitious goal for many runners, but fellow Howard County Strider Bromley Lowe has ambitions to not only BQ (“Boston Marathon Qualify”), but also to do it while pushing an athlete with a disability and to run Boston as a “duo team”.

Since January, Bromley has been training with Sean McDonough, a 22-year-old man with cerebral palsy. To BQ as a duo team, Bromley would have to push Sean through the entire length of a certified marathon, in a specialized running chair, by himself, in his own BQ time. (For Bromley, that’s currently 3:25:00.)

“I always look forward to training and running with Sean,” says Bromley. “He’s got a great sense of humor and is always a pleasure to be around. We like to train and run hard, but we also remember to have fun even during exhausting times.”



*Team Sean* had their first attempt at a BQ at the RUN FOR THE RED marathon in the Pocono Mountains this past May. It’s an extremely downhill course with a 1,400+ foot elevation drop from beginning to end.

Bromley had previously BQ’d by himself on another Pennsylvania downhill course, Steamtown in Scranton. His strategy was to let gravity do a lot of the work, and that seemed to work well. At the RUN FOR THE RED half marathon mark, *Team Sean’s* time was 1 hour and 37 minutes. This beat Bromley’s own personal half marathon PR by two minutes. (Yes - without the chair).

“It really was like hanging on to a roller coaster! If I wanted to, I could have gone even faster during that first half.”

However, the RUN FOR THE RED marathon is not all downhill. What looked like little speed bumps on the elevation chart seemed like going up steep mountains starting around mile 18, and this forced Bromley to do a lot of powerwalking. In the end, *Team Sean* finished with an official time of 3:29:14. It was a great effort, but just four minutes and fourteen seconds shy of qualifying for Boston.

“Wow, that was heartbreaking! To come so close - yet just to miss the mark. I think I was more upset than Sean, but he had a great attitude. Both of us have said we wanted to try again in the near future to finally earn this BQ goal.” *Team Sean* even made the [local news](#) in the Poconos for their accomplishment.

Sean and Bromley are members of a group called “Athletes Serving Athletes.” ASA is a non-profit organization that pairs able-bodied runners and triathletes with those who have physical disabilities to compete in organized training runs and races. [ASA is always looking](#) for new “wingman” (of all abilities) to help out with the demand of their special needs athletes.

## MANY PACES, MANY FACES: A GLIMPSE OF THE NEXT STEP 10 MILE

By Susan Kim



Their goals are as diverse as can be: improving race times, qualifying for Boston, or, as one runner simply put it: “to run fast.”

But they all have one thing in common: as Howard County Striders, they could sign up for the Next Step 10 Mile program, one of seven Next Step programs the Striders offer. As the name implies, Next Step is designed for runners who want to take their effort to the next level, whatever that may be.

In the 10 Mile program, which lasts about nine weeks, runners are on one of two tracks, the first for runners who can run 5-7 miles and would like to attempt their first 10-mile race, the second for runners who are running several times a week with a long run of 8-10 miles, and want to improve their speed for the 10-mile distance.

The 10 Mile, like the other Next Step programs, meets once a week, but runners receive guidance from coaches for running on their own.

### Why They Signed Up

When Ashley Moss signed up for Next Step, she wanted to improve her race times in the 5K to 10-mile range. “I’m also a full-time telecommuter, and it’s nice to get out and see some fellow runners in the middle of the week,” she said.

Sylvia Devlin (pictured to right in the Run Through the Grapevine 5K) said she “wanted to get back into shape and work my way up to running a marathon,” while Monica Beck said she wanted to keep fit and benefit from the challenging weekly workouts.



Many runners feel so positive about their Next Step experience that they sign up for the same program year after year, or jump to another Next Step program as their goals change. Scott Goldblatt (pictured to left) is a three-time returnee to the 10-Mile program. “I find it a perfect way to reintroduce weekly speed work after reducing speed work for much of the winter,” he said.



Memory Morris dates her Next Step experience back to 2010, when she enrolled in the Next Step Females in Training program, then continued with other Next Step

programs. “I knew from past experiences that I would get plenty of support and motivation by doing the 10 Mile program,” she said.

Pam Cheung, also a returnee, said she came back “to motivate myself to do some speed work with inspiring people.”

### **How the Coaches Help**

From positive reinforcement to tips on pacing and recovery, Next Step coaches are the heart of the programs. Many are long-time Striders members, and often they’re Next Step alums themselves.

“My coaches inspired me to keep going, rain or shine,” said Sylvia. “They helped me quit making excuses and just do it.”

Monica agreed: “They pushed me beyond what I would do on my own.”

Above all, Scott said, “the coaches are excellent motivators in addition to providing regimented workouts and stretching routines.”

In fact, runners had such an overwhelming number of comments about their coaches that we had to summarize them here...

“My Next Step coaches...

- Taught me to run with gratitude and joy.
- Showed me why hills are a favorite workout for building speed and strength.
- Drew from their own experience.
- Talked about running form, mental strategies, hydration, core work, shoes, injury prevention and more!
- Gave weekly feedback.
- Told jokes during planks!

### **Goals Galore**

From trying out a new facet of running - like trails - to qualifying for the Boston Marathon, participants in the 10 Mile program have goals that relate to running but also ripple out into life as a whole.

Monica has the scenic Reykjavik Half Marathon on her schedule for August. Her future goal, she said, “is to transition to coaching so I can give back to the programs that have been so beneficial to me.”

Pam Cheung (pictured with Pattie Laun to her left, both sporting “10-Mile smiles”) said, in addition to signing up for the Half/Marathon Next Step program to train for a fall marathon, her goals go beyond just running: “I want to run in a healthy way to feel physically and mentally strong - which carries into real life - to show my kids how to keep going without giving up, and for friendship and hope.”



### About the Next Step programs...

In addition to the 10-Mile, Next Step programs include:

- Hibernation to 5K (January - March): Geared for both beginning runners and more experienced runners who need to get back off the couch after winter break.
- Females in Training (April - June): Designed for women who want to start running.
- 10K (March - April): Developed for runners who have been running 3-5 miles on a run and would like to attempt their first 10K.
- Half/Marathon (July - November): Intended for those running at least 20-25 miles per week for base mileage if targeting a full marathon, or at least 10-15 miles per week if targeting a half marathon.
- Zero to Weekly (June - August). Made for runners who progress from not running at all to running up to 3 miles.
- Building to Bagel (September - November). Designed for people who want to increase their long run distance from two miles to six miles.

For more information about Next Step, visit <http://www.striders.net/training>

## STRIDER’S ARCHIVE GETS ORGANIZED

*Submitted (and Managed) by Greg Lepore*



Records relating to the history of the Howard County Striders have been kept in a variety of locations for decades. Some were stored in three ring binders, some in wine boxes, and some stuffed into folders. Earlier this year I decided to apply my archival training to clean up these records. With the help of Striders President John Bratiotis, I collected all available records and began to go through them.

The job of an archivist is to obtain, describe, organize, preserve, and make accessible historic records. Some work had been done on the Striders' archive previously, so the records were roughly sorted into several different collections (or series, in archival speak.) I began by going through the records to get

a good idea of what different records were available. The records fell into five series, as described below.

All of the records have been re-housed (no more wine boxes) and, where needed, put into plastic sleeves. The vast majority of the records have been put into three ring binders. Duplicate copies of minor content were removed.

The records are organized into five series:

**Series 1 - Board Meeting Minutes** - The Board meeting minutes have been organized and put into order. They have been put into plastic sleeves and a few sets of duplicate minutes have been weeded out.

**Series 2 - Race Results** - All existing paper race results have been organized and put into order (by race, and then by year). They have been put into plastic sleeves where needed. Race results not currently on the Striders' website, mostly dating to 1984-1997, have been scanned (54 races, over 700 pages). Approximately 48 race results are missing (see article on page 22 for list.) The missing list covers "major" Striders races: 10 Mile Challenge, Clyde's 10K, Women's Distance Festival, Metric Marathon, and Columbus Chase.

**Series 3 - Newsletters** - The largest set of records in the collection. All existing newsletters have been organized and put into order chronologically. They have been put into three ring binders. Newsletters not currently on the site have been scanned (approximately 70 newsletters, ca. 2,000 pages of scans.) Nine newsletter issues are currently missing (see article on page 22 for list.)

**Series 4 - Weekly Race Results** - The archive contains detailed Weekly race results covering 1997-1999. The Striders' website currently has results from 2009 to present, so a huge number of Weekly results are missing.

**Series 5 - Legal and Miscellanea** - The smallest series, includes the founding documents for the Striders, documents relating to the Clyde's lawsuit, and other records not relevant to other series.

The entire collection has been re-housed into sturdy plastic boxes and will be stored at my house. The records will be available for research if anyone is interested. Now would be a great time to write a history of the Striders!

## “GET THE \*\$!# OUT OF MY WAY”...AND OTHER FAVORITE QUOTES FROM DRIVERS

*By Susan Kim*



I was finishing up a long run on the shoulder of the road one evening when a car came toward me. Suddenly the headlights switched off. Was the driver being polite, trying to avoid blinding me? How nice, I thought, and I edged as far over as I could to avoid the car.

As the vehicle crept by, a passenger in the backseat rolled down the window, stuck an air horn out, and blew it right next to me. It was earsplitting. I visibly jumped, and I could hear the people in the car laughing.

Why? Was it a prank to set their night off on a giggly note? What did they do next for fun?

Sometimes the drivers aren't laughing. During the 2016 Metric Marathon, several runners noticed a pickup truck pulling out from an intersection they were crossing. Police were monitoring the intersection, so a woman in the truck was forced to wait until the police waved traffic across. Upset that she couldn't drive through the intersection in front of the runners, she leaned out the window and said: "Why don't you get the f\_\_\_ out of my way!"

The police didn't hear her, and the runners continued without further incident. But — why? Is she that charming with everyone - or just runners? Isn't the Metric course about angrily cursing the hills, not being angrily cursed at by drivers?

The driver-runner relationship has never been without tension. Striders founding member Dave Tripp recalls, during a Striders Weekly, watching a pickup truck first brush by him so close he had to jump out of the way, then the truck sent a runner ahead of him to the ground with a nasty clip from the side mirror. That was 30 years ago.

From the driver's perspective, runners can be annoying, careless and seemingly without regard to anyone's safety. I remember slamming on my brakes to avoid a young lady wearing headphones who simply jogged out in front of my moving car because she couldn't hear me coming and hadn't bothered to look. I've also noticed runners on the shoulder of the road in the dark who aren't wearing reflective clothing or carrying lights. I usually see them when I'm less than ten feet away. As a driver, these behaviors irritate me. Not enough to curse at them out the window, but still.

I asked Lieutenant Jeffery Specht, Howard County Police, what the most common safety mistake was for runners. "Runners wearing headphones while in the roadway," he said. Runners, take heed!

And the most common mistake of drivers? "Drivers entering an intersection and not looking to their right for runners crossing the street before making a right hand turn," he said. Drivers, pay attention!

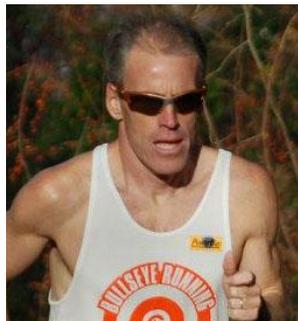
Most of us are both runner and driver. “Educating runners and drivers on the rules of the road is the key,” said Lt. Specht. “Everyone needs to understand the roadway needs to be safe for drivers, bicyclists and pedestrians.”

**Some Rules for the Road:** Source: <http://www.rrca.org/education/rrca-general-running-safety-tips>

- Don't wear headphones. Use your ears to be aware of your surroundings. Your ears may help you avoid dangers your eyes may miss during evening or early morning runs.
- Run against traffic so you can observe approaching automobiles. By facing on-coming traffic, you may be able to react quicker than if it is behind you.
- Look both ways before crossing. Be sure the driver of a car acknowledges your right-of-way before crossing in front of a vehicle. Obey traffic signals.
- Carry identification or write your name, phone number, and blood type on the inside sole of your running shoe. Include any medical information.
- Always stay alert and aware of what's going on around you. The more aware you are, the less vulnerable you are.
- Carry a cell phone or change for a phone call. Know the locations of public phones along your regular route.
- Trust your intuition about a person or an area. React on your intuition and avoid a person or situation if you're unsure. If something tells you a situation is not “right”, it isn't.
- Alter or vary your running route pattern; run in familiar areas if possible. In unfamiliar areas, such as while traveling, contact a local RRCA club or running store. Know where open businesses or stores are located in case of emergency.
- Run with a partner. Run with a dog.
- Write down or leave word of the direction of your run. Tell friends and family of your favorite running routes.
- Avoid unpopulated areas, deserted streets, and overgrown trails. Avoid unlit areas, especially at night. Run clear of parked cars or bushes.
- Ignore verbal harassment and do not verbally harass others. Use discretion in acknowledging strangers. Look directly at others and be observant, but keep your distance and keep moving.
- Wear reflective material if you must run before dawn or after dark. Avoid running on the street when it is dark.
- Practice memorizing license tags or identifying characteristics of strangers.
- Carry a noisemaker. Get training in self-defense.
- When using multi-use trails, follow the rules of the road. If you alter your direction, look over your shoulder before crossing the trail to avoid a potential collision with an oncoming cyclist or passing runner.
- CALL POLICE IMMEDIATELY if something happens to you or someone else, or you notice anyone out of the ordinary. It is important to report incidents immediately.

## YOUTH RUNNING UPDATE

*Submitted by Phil Lang*



The youth track team just had its best June ever. The high schoolers, more than 60 of them, joined the elementary and middle school age kids already on the team and they competed in the AAU Junior Olympic District and Region meets at Oxon Hill High and Morgan State University respectively. There were 22 individual gold medals won at the District meet plus 10 relay teams also won! At the Region meet 43 individuals in running events, 38 individuals in field events, 5 individuals in multi events and 14 relay teams qualified for the AAU Junior Olympic National meet in Michigan later this Summer. Some will make the trip to Michigan and many will join in the team competition at the United Age Group Track Coaches Association 2017 Youth Invitational at Widener University in Chester, Pennsylvania as they continue gaining experience while taking advantage of these opportunities and making memories! We wish them all the best and want to thank all the coaches and parents for supporting them and giving them the chance to be a part of the team and this great sport.

The Summer Striders, Summer training for high school and college age runners, is in full swing at this point and has nearly 100 kids training together again this year. Kids from almost every high school in the county have found that training together in the Summer helps them to get better. They still get to enjoy Summer as they can sleep in or get a job but still have a group to get together with 3 evenings a week to put in the work needed to have a solid Summer of base training. One of the biggest issues for high school athletes is that they practice 6 days a week and typically the body is not ready for that. We suggest making sure they get used to running at least 5 days a week before the Fall sports programs start up in mid-August. Being healthy and used to running 5 days a week when the season starts gives you a chance to train hard, progress, stay healthy and have a successful XC season. Good luck to all the kids planning to run for their school this Fall!!!

The Fall XC program for elementary and middle school age kids will be at Centennial High starting in September with practices on Monday and Wednesday this coming year. Beginners and experienced welcome! More details and a registration link will be posted on the [Strider website](#) around August 1!

The Friday Night 5k XC Series started on June 16 at River Hill with 88 finishers. A one-week layoff, June 23, will be followed by 5 straight weeks of races ending July 28 so check the [Strider website](#) for the dates and locations and join in on the fun. It is just \$5 and if you run 3 of the 6 you earn a tech shirt. The high school coaches from around the county have been so supportive of this series by coming out each year to set up the course and provide water and we are so thankful to all of them!

## RACING TEAM WINTER/EARLY SPRING UPDATES

Submitted by Caroline Bauer



It was a great spring for the racing team as multiple members set new personal records (PRs) after a hard winter of training. Every year, the racing team eagerly anticipates April as many favorite races are on the schedule.

**Linda-Lou O'Connor** started the month off running a 44:32 at the *Cooper River Bridge Run 10K* in South Carolina. The next day, over half the team toed the line at one of the most anticipated races of the year, the *Cherry Blossom 10 Miler*. Arguably one of the fastest 10 mile courses around, the race boasts the chance to snag a new PR and has a team competition. For the team competition, up against 10 other teams, the Striders Men's Open team took 1<sup>st</sup> place by over 20 minutes. Also placing first was the dominant Mixed Master's team. Rounding out our team competition was the women's team, entered in the incredibly competitive Washington Area Elite competition, taking second, narrowly missing first by a few seconds. Individual results on the men's side included **Carlos Renjifo** (52:32, 38<sup>th</sup>), **Andrew Madison** (52:49, 40<sup>th</sup>), **Kevin Ford**, (55:22, 50<sup>th</sup>, PR), **Mark Buschman** (55:49, 50<sup>th</sup>), **Mark Loeffler** (57:33, 55<sup>th</sup>, PR), **Ed Wilson** (1:00:44, 149<sup>th</sup>, PR, and grandmaster racing team record), and **Tunde Morakinyo** (1:03:05, 216<sup>th</sup>). On the women's side, **Julia Roman-Duval** took 9<sup>th</sup> American female in 58:09 (16<sup>th</sup> overall) and **Beth Hannon** was next with a huge PR in 59:53 (22<sup>nd</sup>). Following behind were **Caroline Bauer** (1:01:08, 29<sup>th</sup>), **Tori Berard** (1:02:56, 40<sup>th</sup>), **Kelly Westlake** (1:04:47), **Noel McCracken** (1:06:02; 99<sup>th</sup>, PR), and **Tammy Liu Hermstein** (1:13:25, 310<sup>th</sup>, PR). On the same day as Cherry Blossom, the Annapolis Strider's hosts the *Cherry Pit 10 Miler*. Touted as a "less frills" race but with a significantly more challenging course profile, **Amanda Beal** won the women's race in a huge PR of 1:04:27 and **Adam Wytko** also podiumed in 3<sup>rd</sup>, cracking the 60-minute barrier in 59:36. **Mark Landree** won the Master's race in an impressive PR of 1:01:03.

Next up in April was the Strider's *Clyde's 10K*. Headlining the race for the team included **Eric Schuler**, repeating his overall win from last year and on the women's side **McCracken** took second. Other notable results included another PR from **Landree** and **Morakinyo** with the Grandmaster's title. Many other racing team members participated and had top age group results; all results available [here](#). Another team favorite 10K in April is the *Pike's Peak 10K* which is put on by the Montgomery Country Road Runners Club. Running for the team on the men's side included **Renjifo** (31:31, 6<sup>th</sup>), **Ford** (33:30, 17<sup>th</sup>), **Luke Janik** (33:54, 24<sup>th</sup>, PR), **Loeffler** (34:35, 24<sup>th</sup>, PR, 2<sup>nd</sup> in age group), **Wytko** (35:53, 36<sup>th</sup>, 3<sup>rd</sup> in age group), **Mark Eagles** (36:09, 37<sup>th</sup>), **Morakinyo** (37:07, 44<sup>th</sup>, 1<sup>st</sup> in age group), **Brian Shadrick** (38:54, 67<sup>th</sup>, PR), **Yasuo Oda** (41:41, 119<sup>th</sup>). Representing the women were **Bauer** (37:40, 7<sup>th</sup>), **McCracken** (40:19, 19<sup>th</sup>), and **O'Connor** (43:47, 30<sup>th</sup>, 3<sup>rd</sup> in age group).

April doesn't just bring fast 10-mile and 10K courses but also brings notable marathons. Representing the team in tough conditions at the *121<sup>st</sup> Boston Marathon* included **Hannon**, cracking the sub-3 wall for a second time in 2:59:33, **Schuler**, running 2:42:08, **Conrad Orloff**, coming off a stress fracture to run a strong 2:57:37, **Wilson**, with impressively even splits in 3:01:09, and **Jason Tripp** in 3:07:02. The sister race to the Boston marathon is the *BAA 5K*. Team members **Buschman** and **Madison** opted for the shorter race running 15:36 and 16:10, respectively, both placing in the top 50 of the ultra-competitive race. Other April marathons for the team included the *London Marathon* where **Erin Chamberlin** ran a phenomenal 3:04:52 and the *Rock N Roll Nashville Marathon* where **Beal** ran a 3:25:18 to place fifth overall in record high temperatures.

If the April list of races couldn't get any longer, other strong team member performances included **Shadrick** at the Westminster Main Street Mile (4:32, 8<sup>th</sup>); **Landree** at the Springburst 8K (30:26, 4<sup>th</sup>); and **Oda** in the Logan's 5K (18:42, 2<sup>nd</sup>).

May brought fewer but equally strong performances. The Striders' men swept the podium at the cross-country style **Spring Hops 5K** with **Schuler** taking 1<sup>st</sup>, followed by **Eagles** and **Tripp** (also 1<sup>st</sup> Master). Also running for the team included **Oda**, **Rachel Collins**, and **Hermstein**. Running the same day over in Fredrick Maryland at the **Fredrick Half Marathon** were **Craig Lebro** who podiumed second in 1:17:02, **Ford** ran a solid effort as a tune up for his marathon later in the month in 1:18:06, and **Wilson** placed first in the Master's race running 1:23:36. On the women's side, all-star **Roman-Duval** ran a 1:19:48 for third and **McCracken** ran a 1:33:09 (19<sup>th</sup>). Other May results included **Hannon** winning the **Maryland Half Marathon** in a very impressive 1:27:32, **Mick Slonaker** with an age group win at the **Middlebury Maple Run Half Marathon**; **Loeffler** in first at both **NASA Goddard's 10K and 2 mile** races; **Schuler** winning the **Charm City Wine Run** and then doubling back the next week to again win the **Laurel Community Dash 5K**; **Landree** taking ninth overall at the competitive **Germantown 5 Miler**; and **Collins** placing third at the **DIPG 6K**. **Ford** closed out the month of May at the **Vermont City Marathon**, running 2:52:12.

June kicked off with the popular **Baltimore 10 Miler**. **Schuler** again topped the Striders' results taking third in 55:17. **Tripp** ran his tenth consecutive Baltimore 10 Miler, winning the Master's race in 1:00:39 and **Wilson** and **Morakinyo** finished within just seconds of each other to top their age group in 1:04:18 and 1:04:27, respectively. **Beal**, **Collins**, **Eagles**, **Loeffler**, and **John Chall** all ran the **Bel Air 5K** with **Beal** most notably breaking the elusive 19-minute barrier, running an 18:59 and placing second overall. And finally, rounding out the spring marathoning, was **Wytko** in 2:59:36, good enough for fourth place at the **Youngstown Marathon** in Ohio.

*Racing team members (right) keeping warm before the Cherry Blossom 10 Miler. Pictured (right to left) Carlos Renjifo, Ed Wilson, Kent Warner, Kevin Ford, Jason Tripp, Mark Bushman, Andrew Madison, Tunde Morakinyo, Bobby Gessler, Beth Hannon, Tammy Liu Hermstein, Noel McCracken, and Kelly Westlake (photo credit: Mark Bushman)*



*Racing team members and friends (left) all smiles after the Pike's Peak 10K. Pictured (right to left) Noel McCracken, Luke Janik, Ryan Bull,*

*Caroline Bauer, Carlos Renjifo, Kevin Ford, Tunde Morakinyo, John Chall, Yasuo Oda, James Blackwood, Mark Loeffler, and Mark Eagles (photo credit: Kevin Ford)*

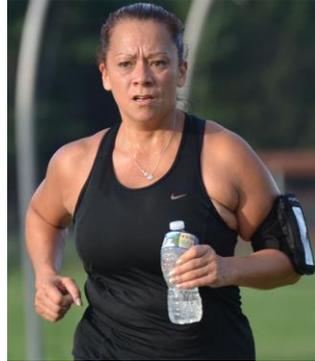
Men's racing team members (right) after the Baltimore 10 Miler. Pictured (right to left) Tunde Morakinyo, Jason Tripp, Eric Schuler, and Ed Wilson. (photo credit – posted by Jason Tripp, may have been from the race itself)



Beth Hannon (left) breaks the tape at the Maryland Half Marathon. (photo credit: Maryland Half Marathon)

## SELFIES/PROFILES FROM THE PACK

Submitted by Jen Elkonoh (pictured left) and Rene Alonso (pictured right)



**Jennifer Storch** - I'm not going to qualify for the Boston Marathon any time soon. That being said, the cliché about the journey being more important than the destination comes to mind.

I have never been particularly athletic. Growing up, I dreaded gym classes and was always the last kid picked for any team. The other children made me feel that any athletic dreams I may have had were never going to be attainable. Even into adulthood, I didn't get much exercise, aside from the occasional tennis game.

I started playing tennis because it is a social sport. I prided myself on not sweating & not getting my pristine tennis outfits & shoes dirty. This meant never running after the balls! A tennis pro recommended that I take up running so that I would begin chasing after the tennis balls. The thought of sweating grossed me out. And what would people think of me when I was all stinky? For those reasons alone, it took me years to start running.



I found a great deal of fulfillment in running. It is not just exercise to me, but also therapy, meditation, and a most effective stress reliever. It's a respite from the chaos and brings balance to my life.

I was invited to coach FIT and Next Step and gladly accepted. I love the fact that I can give back to the running community that has enriched my life! Through Howard County Striders & Mom's Run

This Town, I've met some wonderful people with beautiful minds, a positive outlook, and a healthy perspective on life. It's always a good time when surrounded by runners. There's really no substitute for knowing you're all in it together.

I find it ironic that I'm an ultra-marathoner now. The Dirty German 50k had me running 31 miles of trails in persistent cold rain through hills, brownie batter-like slippery mud, and a stream crossing that was more like a river. I stopped trying to stay clean by prancing round the mud and tip toeing around the streams. Stepping out of the shadows of my childhood memories and seeing what I am capable of has been a tough, emotional journey for me.

A three-time marathoner and one-time ultra-marathoner, you'll frequently find me running on roads and trails with MRTT and the Strider's bagel run. One day when I'm old and gray, I'll qualify for the Boston Marathon due to my determination and training. Until then, I'm going to continue to have fun at my pace.



### **Bud Hunt with favorite running companion and wife, Margaret**

#### ***1. What motivates you to run/volunteer with the Howard County Striders?***

My oldest son was a cross country runner at Oakland Mills High School and I realized I was incapable of keeping up with him. I resumed running in my mid-50s after an absence of 25 years to get in shape for an extended backpacking trip with my son. I enjoyed running again and was captivated with the idea of participating in the first 200-mile American Odyssey Relay in 2009. In 2011 at 60 years of age I looked to increase my long distance running goals and discovered the Next Step training programs offered by the Striders. They provided the necessary program structure, comradery and excellent instruction to complete several half marathons. Several years of participating in the half/full Next Step program has given me renewed confidence in running and introduced me to new friends and runners. Now retired, I hope my continued running will enhance my retirement years and slow the inevitable aging process. I still cannot keep up with any of my three sons when it comes to running!!! They graciously modify their pace to run alongside me (sometimes).

Volunteer community organizations such as the Striders are essential for the life of a vibrant community. In the Howard County Striders, we have a wealth of talented and selfless members who want to run and share their joy of running. But to reap the full benefit, both physically and as a community, it is important to volunteer; to follow the example of others and serve your community in some capacity. It is also essential to lead by example; volunteers inspire others to volunteer. Good works inspire good works in others and we all feel better about ourselves and community. In the end the entire community benefits regardless of whether we are super competitive individuals, low key recreational runners, or sidewalk observers.

#### ***2. How has your running evolved over the years and what would you suggest to a new runner, or someone thinking about starting to run, to motivate them?***

Set YOUR running goals. Run for yourself, for improved health (physical and mental), for your family. Be realistic in your goals, acknowledging there are other activities that absolutely demand your time (work, family, school). Realize that you have to strike a balance. Do not get discouraged when you don't improve at the rate that you had expected. Progress may come in fits and starts. A recent article introduced the idea that some runs are considered junk runs ([FOOTPRINTS, Spring 2017](#), page 6) if the runner does not achieve the stated goal of the run. This is just BS for the typical recreational runner and may set up new runners for failure. Few runners compete at competitive levels. Run and exercise for the mental and physical benefit. Think pleasant thoughts while

running, review and solve the day's challenges, chat with your running companions, sing to yourself, daydream (but always pay attention to your surroundings!). Enjoy the moment, the companionship, the day, your life! Otherwise running/exercise becomes a grind, a new millstone to weigh you down.

### **3. What was your favorite or most accomplished race and why?**

[American Odyssey Relay](#), a 200-mile relay (typically 30 hours long) from Gettysburg, PA to Washington, DC with a team of twelve runners in late April. Having participated in all nine relays, the AOR has become a family favorite with my three sons and wife participating as well. Running through Antietam National Battlefield and the C&O Canal at night or early morning is awesome, quiet, reverential and inspiring. It is also a team event where it is essential to keep an eye out for your team members.

Freedoms Run – My first half-marathon which is run out of Shepherdstown, WV in late September. It provides a low key atmosphere in a small town setting with little hype and challenging hills. It runs along portions of the C&O Canal and Antietam National Battlefield. It also features a full marathon along with a 10K, 5K and children's run.

### **Surena King (pictured with her sister on the bike) -**

***Motivation to Run and Volunteer:*** Love for the outdoors!

Especially early mornings are so peaceful and the wildlife is at its full play. Love seeing the sunrise and the beautiful colors that come with it. Visiting warm climates during winter and running a race is another motivation. I get acquainted with the locals, make plenty of friends and most important spend special my time with my sister. When race officials allow it, she is riding her bike right by my side whispering encouraging thoughts in my ear. At half-marathons she knows to show up at mile 11. I have a strong family history of diabetes so I'm determined to stay active. As a HC Strider and volunteer I get to surround myself with people that have the same passion and determination to keep moving. Love following the success of others. Good vibes are always contagious.



***How has running evolved and suggestions for new runners?*** I've had ups and downs in my 20 years of running. I've become a smarter runner. Knowing when and how long to run, rest and train. For new runners, sign up for a race event. Let others know what your goals are. There are many Striders that are at your level or need to revisit a certain level to make them better. I get motivation from runners of all levels. Sometimes I have to send out an S.O.S because I'm getting complacent or bored. Next thing I know, I've been asked to volunteer with a training group, which makes me accountable.

***My favorite and most accomplished race?*** My first race I ever ran was the Baltimore/Annapolis Full marathon. I was not sure if running would be for me so I did not take suggestions from many to work my way up to a full marathon. If I did not like running, a 5k was not going to be the cause of it. At that time in 1998 all I knew was to run a 45-mile week for 3 months and lay off the week before the race. And that's what I did. It was a storm with heavy rain the entire race. I'm the youngest in the family and both sisters were on their bike, one on left the other on my right singing 'I believe I can fly'. No GPS systems were around but my Dad knew how to pace me and would pop up in his truck at different intersections just to make sure his Girls were ok. Up to this day I can remember every detail of that race.



**Shane Bogan** - Lots of Strider folks know Shane Bogan and for good reason. A twelve-year member of the Striders, Shane was one of the original coaches in the incredibly successful Strider's Next Step program and built up a cadre of friends, fans and followers lovingly known as *Bogan's Heroes*. He's currently participating in the 10K iteration of that same training group and getting back to a regular running routine after shoulder surgery. He counts the Bagel 8-mile route as one of his favorites, mostly because of the great camaraderie on Saturday mornings! Fun fact – Shane enjoys jamming on the bass guitar and has a group of guys that he's played with for 35+ years! Shane's selfie – taken after a six-mile Bagel Run, April 1, 2017.

**Janeth Scott** - *What motivates me to run/volunteer with the Howard County Strides?* I'm proud to say I've been a part the Howard County Striders for almost 20 years. I started with the FIT (Female in Training) running group for beginners in April 1996 and am thankful for the positive experience I gained as a new runner. FIT set the foundation for me to achieve many successful years of running and most importantly, made the experience fun and enjoyable.



I have participated in numerous races (all distances) and have consistently placed in my age group over the years. If it wasn't for the support and encouragement and recognition from the HCS family, I wouldn't be in the position to have a positive impact on new runners.

I volunteered with the Striders because I would like for beginning runners to have a similar experience like I had when I started with the Striders.

There's no greater joy than seeing new runners who participate in the FIT program and continue to run, whether to maintain the same distance or challenging themselves to run a little faster or progressing to longer distance.

***What was my favorite or most accomplished race and why?*** After several years of running, one of my goals was to run the Boston Marathon. Undoubtedly the 2010 Boston Marathon was my most accomplished marathon (PR for a marathon) however my favorite race was the 2006 Richmond Marathon which qualified me for my first Boston Marathon in 2006.

***How has my running evolved over the years and what would I suggest to a new runner?*** My running has changed over the years. I'm now in the Masters/Grandmasters category. I still have the same love and enjoyment for running similar to when I first started but have to adjust my training (reduction in the number of races and weekly mileage). I now find it may be necessary to schedule an extra rest day. Cross training, stretching and weight training keeps me going strong! So far this year I have been fortunate enough to place in the following races: second in age group New Jersey marathon (Boston Marathon Qualifier), first in age group Baltimore 10 miler, and Masters winner Run For Roses 5K.

I know all runners have different reasons for wanting to run. But I try to reflect back on some of the advice/actions that were most valuable to me as a new runner. I keep my advice simple! Set a goal, be realistic - must be attainable, be consistent, make running a part of your daily life, rest (body needs time to heal), partner up (there are times when you want to be alone but having someone or participating in group run helps to give that extra push).

Make running fun! It should not be a chore!

## **CHECK YOUR ATTICS AND BASEMENTS!**

*Submitted by Greg Lepore*



The Striders' Archive is currently missing a significant number of historic race results and newsletters. For many of these races we have excerpts of Howard County Strider results, but not the complete results. Please check your records and see if you have any copies of these results or newsletters and get in touch with Greg Lepore ([greg@rhobard.com](mailto:greg@rhobard.com)). I will scan the records and return them to you, or, if you allow, permanently add them to the Striders' Archive.

We are missing the following race results:

- 10 Mile Challenge results for 1980-1982, 1985, 1987-1991
- Clyde's 10K results for 1979-1981, and 1984
- Women's Distance Festival for 1980-1982, 1987-1990
- Metric Marathon results for 1977-1980, 1982-1983, 1985, 1987
- Columbus Chase for 1980-1992

For the newsletters:

- 1981 - volume 1, number 3
- 1981 - volume 1, number 4
- 1984 - volume 4, number 2
- 1984 - volume 4, number 3
- 1984 - volume 4, number 4
- 1985 - volume 5, number 1
- 1987 - volume 7, number 4
- 1988 - all except Spring

I would like to thank Joe and Nadia Wasserman, Nancy Burns and Martin Goode for donating records to be scanned and added to the Archive.

## IS IT REALLY ABOUT MIND OVER (INJURED) MATTER

By Amanda Loudin, Feb. 23, 2016, *Competitor* magazine, reprinted with permission of author



Three years ago, 37-year-old Angela Bekkala toed the line for a half marathon. She'd been sticking her paces in training and was ready to go, but two miles in, Bekkala began to feel a familiar foot pain. Convinced a former case of tendonitis had returned, she finished the race far off her goal time. When she returned to her physical therapist and talked it over, however, they came to the conclusion that Bekkala was physically fine. It was her fear of re-injury that had held her back.

Like many runners, Bekkala was dealing with the psychological effects of her injury rather than the physical. Just as the mind can play a crucial role in race performance, so too can it wreak havoc on injury management. "I see this quite a bit," says Dr. Brent Walker, president of the Association for Applied Sport Psychology and associate athletics director for Championship Performance at Columbia University. "Physically an athlete is ready to return, but mentally that isn't the case."

When not managed correctly, the athlete's perception of injury and/or state of recovery from injury can sabotage future efforts in race performance. That's the bad news. The good news, however, is that under the guidance of the right practitioner, athletes can retrain the brain to allow for full recovery and a return to normal levels of execution.

### Winning The Mind Game

Maryland based physical therapist Dr. Gene Shirokobrod says that patients who struggle to recover from injury are often fighting a past bias. "You form a perception based on experience and common sense," he says. "If you've had a sprained ankle in the past, for instance, and then turn your ankle, you don't want to put weight on it for fear of further injury. But if you then see a PT and after assessment he or she tells you it's not very serious, you can accept that and begin to move on."

Shirokobrod will typically listen to a patient's version of events and then do an assessment to see how the two match up—or not. "I'll address whatever tissue injury might exist but then slowly integrate them back to normal movement," he says. "With a graded introduction to movement, I am reinforcing to the patient the belief that he or she is OK."

A 2011 study, *The Effect of Neuroscience Education on Pain, Disability, Anxiety, and Stress on Chronic Musculoskeletal Pain* backs up this approach. The study found that "For chronic MSK [musculoskeletal] pain disorders, there is compelling evidence that an educational strategy addressing neurophysiology and neurobiology of pain can have a positive effect on pain and ... physical performance."

Two-time Ironman finisher and sports psychologist Dr. Jim Taylor says that runners who haven't retrained their injury thinking often self-sabotage their race results. "Runners can be highly invested in their events and fear failure," he says. "If they are hyper-sensitive to past injury, they have an out if they aren't performing as they'd like."

This was exactly what Bekkala experienced. “I hadn’t had any pain or weakness in my foot for weeks prior to the race,” she says. “But when I came face to face with going after my goal time, fear found a home in my foot.”

Walker says that in these cases, athletes and practitioners need to drill down and determine if the mind is playing tricks on the body. “If all the tests and analysis indicate no injury, then what else is going on?” he asks. “This is where I give athletes cognitive strategies to reinterpret what’s happening and that their pain signals are not real.”

Sometimes, Walker says, patients believe they must feel well to run well, so if the perception is there that something is amiss, performance falls apart. “This is where patients need to reframe situations so that they can run well no matter what,” he says.

Shirokobrod says that patients need to learn to trust their bodies. “If you’ve consulted with someone who tells you it’s OK, you can work on building independence and awareness of your pain perceptions,” he explains. “Once you take control of the situation, it’s empowering and it becomes much easier to manage in the future.”

Since her foot injury a few years back, Bekkala has made real progress in this department—a subsequent injury didn’t have quite the power over her brain as the first. “It definitely surprised me at how much I needed to rehab my mind in addition to rehabbing my injuries,” she says. “It’s easy to do my PT exercises every day. The difficult part is convincing myself that I am OK, strong, and healed. But it does get easier everyday.”

## PRESIDENT’S MESSAGE

*By John Bratiotis*



Happy Summer to everyone. Thank you for reading the newsletter and for your support. I want to start off with some congratulations and thanks, and then move on to a more serious topic to be aware of as we head into the summer months.

First, congratulations to all the Next Steppers who recently finished up their programs – “Next Step: FIT” and “Next Step: 10 Mile.” Hopefully you feel accomplished and you should feel proud of your efforts. We look forward to starting the next session which will be “Next Step: Half Marathon.” Maybe we will see some of you there and hopefully we see some new faces as well.

Thank you to Marc and Tammy Hermstein for putting on the second annual Spring Hops 5K. The weather held up and we had a fantastic day and event. Thanks to Christine Merenda and Melinda Krummerich for putting on another wonderful WDF. Thanks to Donnie Chapman for directing the Columbia 5.0 which was part of the many events celebrating Columbia turning 50 years old. It was an honor to give back to the community in which we run. And finally, a big thank you to Bill Arbelaez and Paul Goldenberg for organizing the 39th running of the Clyde’s 10K.

Now on to something that I want to address to be sure we are taking care of ourselves and our fellow runners. It seems the heat and humidity have finally arrived and they look to stay for a while this time. Please take these factors into account when planning and completing your runs. Consider

running earlier in the day or later in the evening to avoid the hottest parts of the day. Make sure to stay hydrated and add electrolytes to your regimen. I know personally the heat and humidity can slow me down, make me feel lethargic, and causes me to sweat more. But beyond the minor effects that it has on my running there are more serious things that can happen such as heat exhaustion or worse, heat stroke. It is up to everybody to listen to their body and know when to push on or when to pull back. Hopefully the lists below provided by WebMD can help make that determination.

Heat exhaustion signs and symptoms include:

- Faintness or dizziness.
- Nausea or vomiting.
- Heavy sweating often accompanied by cold, clammy skin.
- Weak, rapid pulse.
- Pale or flushed face.
- Muscle cramps.
- Headache.
- Weakness or fatigue.

Heat Stroke: The hallmark symptom of heat stroke is a core body temperature above 104 degrees Fahrenheit. But fainting may be the first sign. Other symptoms may include:

- Throbbing headache
- Dizziness and light-headedness
- Lack of sweating despite the heat
- Red, hot, and dry skin
- Muscle weakness or cramps
- Nausea and vomiting
- Rapid heartbeat, which may be either strong or weak
- Rapid, shallow breathing
- Behavioral changes such as confusion, disorientation, or staggering
- Seizures
- Unconsciousness

When temperatures climb, remember to:

- Wear loose fitting, lightweight, light-colored clothing. ...
- Avoid sunburn. ...
- Seek a cooler place. ...
- Drink plenty of fluids. ...
- Take extra precautions with certain medications.
- Avoid hot spots. ...
- Let your body acclimate to the heat.

## WELCOME NEW MEMBERS SINCE JANUARY 2017

*Submitted by Beth Hannon*

Sharon Alston	Tomisin Fasosin	Arden Klipp-Lischner
Charmayne Anderson	Tomiwa Fasosin	David Lamparella
Soraia Angiuoli	Abi Fasosin	Aaron Lancaster
Jyothi Arun	Lavina Fathony	Joshua Lancaster
Karen Baker	Maria Ferrucci	Aaron Lancaster
Leah Baker	Alessandro Ferrucci	Arrington Lancaster
Kelly Barnard	Monique Finch	Jen Lara
Michael Barnard	Ryan Flynn	Joanne Lee
Elizabeth Barnard	Lynne Galiatsatos	Eileen Levitt
Robert Barnard	Melissa Garcia	Ronald Lewis
Eileen Barry	Cindy Gilbert	Faye Liberatore
Alana Battle	Kimberly Gillette	Roger Lin
Cameryn Battle	Leslie Glick	Ray Lischner
Robert Boblitz	Sandy Gore	Hui Liu
Beth Bracaglia	Emily Greenspon	Josiah Loeffler
Louie Brennan	Sue Hale	Deann Lopez
David Buresh	Christine Harman	Margaret Lyman
Colleen Busher	Ken Harrer	Michael MacDonald
Elaine Cadore	Kristine Harrison	Barbara Macenczak
Deborah Carlsen	Pam Hasson	Hannah Macenczak
Chun Chen	Audrey Hasson	John Macenczak
Lea Ann Christenson	Kayleigh Hasson	Lakshmi Maddirala
Jennifer Coletta	Maddie Hasson	Nikhil Maddirala
Caleb Collins	MIke Hasson	Vamsi Maddirala
Joseph Copeland	John Hawkins	Satya Nihal Maddirala
Kath Cover	Jamie Hermansen	Erica Malgieri
Stephanie Crane	Ann Hersey	Eric Malgieri
Laura Crocetti	Kenneth Ho	Shaun Malgieri
Michael Davies	Tabitha Howard	Sarah Malgieri
Anne Delean	John Howard	Anthony Malgieri
Sarah Delehanty	Jacob Howard	Libby Marchetti
Christopher Denno	Ping Hu	Christine Marquart
April DePetris	Alyson Hudson	Jade Marquart
Robyn Dexter	Luke Janik	Cooper Martin
John Dowling	Karen Jung	Grace Martin
Renee Dubois	Brian Keys	Michael Mattis
Kristen Evangelista	Adrienne Keys	Jill May
Tamerill Faison	Fawad Khan	Megan McAloon
Zainab Faizan	Emmie King	Sam McAloon
Sean Fao	Cheryl Klipp	Maeve McAloon
Toyin Fasosin	Arthur Klipp-Lischner	Sean McAloon

Robert McDonald  
Tomas McLaughlin  
Tracy McLean  
Nicole McNamara  
Lokesh Meena  
Yu Mei  
Elizabeth Menachery  
Jason Mielke  
Kioko Moore  
Theodore Muench  
Manjula Muniswamy  
Lydia Mutumbi  
Leah Mwangi  
Winnie Navarro  
Srinivas Nayidi  
Rick Nelson  
Kelly Nelson  
Cathy O'Brien  
Todd O'Brien  
Shane O'Brien  
Renee Padousis  
Michele Pak-Blyzniuk  
Lucia Patrone  
Henry Peck  
Morgan Pietryka  
Lisa Pine Pellak  
Brenda Plumacher-Perez  
Angela Pope  
Sarah Powell  
Douglas Price  
Brigid Prufer  
Brian Pryse

Christine Pyers  
Indumathi Rajendran  
Laura Ramu  
Lauryn Reade  
Wendy Reichard  
Elaine Reid  
Jennifer Requejo  
Tydess Revilla  
Kalee Revilla  
Casey Richardson  
Crystal Ro  
Matthew Rosen  
Snehansu Roy  
Eliana Santoro  
Matthew Schelberg  
Brittany Schlei  
Wayne Schlei  
Lisa Schober  
Dylan Schoneweis  
Emily Schweich  
Stephen Senick  
Gerald Singh  
Anya Singh  
Mamatha Singh  
Simran Singh  
Sven Skarie  
Adam Skidmore  
Emily Smith  
Drew Spezzano  
Robyn Spind  
Janna Spranza  
Stephanie Spring

Karen Stump  
Libo Suen  
Patrick Sullivan  
Samuel Swirdovich  
Sloane Templin  
Epaphrodite Uwimana  
Robert Walker  
Megan Walker  
Jennifer Wall  
Tonnie Warfield  
Kimberly Warren  
Lara Weathersbee  
Vickie Wendt  
Elizabeth Wetherell  
Kerrie Widell  
Carrie Williams  
Chris Wilson  
Micha Wisniewski  
Aggie Wojdon  
Bill Wolf  
Emily Wolf  
Stephanie Wolf  
Andrea Wolf  
Tiffany Wolf  
Billy Wolf  
Kathryn Woodward  
Dingming Xiong  
Dustin Yourstone  
Christina Yuknis  
Alexander Zelinka  
Michael Zimmer

## OUT-OF-TOWN RACE RESULTS

Compiled and Submitted by Greg Lepore

### Rock & Roll Marathon March 11, 2017 Washington, D. C.

Ed Wilson - 3:16:50  
Dapeng Cui - 3:21:13  
Nicole Dawson - 3:33:59  
Youlin Qi - 3:40:17  
Heidi Splete - 3:42:39  
Baoge Ying - 3:49:52  
Hua Xiang - 3:52:10  
Jinming Liu - 3:53:05  
Conrad Fernandes - 3:55:35  
Linglei Ma - 3:55:46  
Yuezhou Jing - 3:56:51  
Sean Dawson - 4:18:00  
Dennis Boucher - 4:05:19  
Ronnie Wong - 4:38:00  
Antonio Diaz-Calderon - 4:53:00

### Rock & Roll Half-Marathon March 11, 2017 Washington, D. C.

Eric Schuler - 1:11:14  
Jicheng Liu - 1:25:14  
Kelly Westlake - 1:29:42  
Adam Malizio - 1:33:35  
Harris Zeng - 1:41:03  
Scott Mattingly - 1:46:55  
Stephen Wells - 1:47:36  
Alan Mulindwa - 1:51:32  
Yihua Zheng - 1:52:38  
Mark Ringerud - 1:53:52  
Stephen Miller - 1:55:38  
Yan Zhang - 2:04:00  
Ronald Smalls - 2:03:47  
David Morgan - 2:10:29  
Yin Guo - 2:12:24  
Charles Chandler - 2:12:28  
Roger Ortines - 2:19:28  
Aleida Velasquez - 2:29:27  
Andrew Smith - 2:31:10  
Kelli Shimabukuro - 2:35:39  
Lauren Hale - 2:36:36  
Jennifer Sellers - 2:37:36  
Michael Sapp - 2:49:12  
Andrew Louden - 2:50:18  
Artesa Jones - 2:54:35  
Christopher Ryan - 3:14:32  
Becky Smith - 3:19:48  
Eugenia Seabron - 3:45:16

### HAT Run 50K March 25, 2017 Susquehanna State Park, MD

Tim Buzby - 4:49:14  
Robert Cawood - 5:42:34  
Sarah Ouadah - 6:35:03  
Judith Weber - 7:35:52

### B&A Marathon March 26, 2017 Severna Park, MD

Frank Volny - 3:05:55  
Amanda An - 3:24:46  
Audrey Moeser - 3:45:13  
Kweon Mun - 3:46:02  
Wade Gaasch - 3:52:33  
Ronnie Wong - 4:56:31

### Cherry Blossom 10 Miler Men's Results April 2, 2017 Washington, D. C.

Carlos Renjifo - 52:32  
Andrew Madison - 52:49  
Kevin Ford - 55:22  
Mark Buschman - 55:49  
Alvin Yew - 57:29  
Mark Loeffler - 57:33  
Jason Tripp - 1:00:29  
Ed Wilson - 1:00:44  
Akintunde Morakinyo - 1:03:05  
Mikhail Petrovskikh - 1:06:48  
Brian Fleming - 1:07:14  
Aaron Ellison - 1:07:41  
Alan Mulindwa - 1:16:14  
Ryan Brown - 1:16:18  
Stephen Wells - 1:16:23  
Dennis Boucher - 1:20:52  
Guillermo Choy-Leon - 1:21:39  
Ronnie Wong - 1:22:34  
Juan Fernandez - 1:28:12  
Brian Simmons - 1:31:14  
Bruce Gordon - 1:33:00  
James Blackwood - 1:33:14  
Charles Chandler - 1:34:19  
Jeffrey Cohen - 1:34:20  
Stephen Alpern - 1:40:55  
Andrew Smith - 1:43:31  
Greg Thomas - 1:54:32

### B&A Half-Marathon March 26, 2017 Severna Park, MD

Jennifer Dustin - 1:37:14  
Greg Orlofsky - 1:38:12  
Julia Skinner - 1:42:18  
Faye Weaver - 1:44:44  
Mikhail Petrovskikh - 1:47:17  
Michele Emerman - 1:49:30  
Gregory Lepore - 1:49:47  
Christine Schauerman - 1:49:49  
Pamela Jock - 1:50:21  
Hallie Brokowsky - 1:50:42  
Samantha Kieley - 1:51:54  
Marc Burger - 1:52:46  
Erin Michos - 2:01:05  
Tim Dietz - 2:01:25  
Jill Calhoun - 2:02:54  
Christopher Puin - 2:09:02  
Cheryl Ford - 2:25:33  
Brittany Ebbertt - 2:26:51

**Cherry Blossom 10 Miler  
Women's Results  
April 2, 2017  
Washington, D. C.**

Julia Roman-Duval - 58:09  
Elizabeth Hannon - 59:59  
Caroline Bauer - 1:01:08  
Victoria Berard - 1:02:56  
Kelly Westlake - 1:04:47  
Tammy Liu - 1:13:25  
Janeth Scott - 1:15:29  
Hallie Brokowsky - 1:19:31  
Lisa Fichman - 1:20:50  
Pamela Cheung - 1:30:49  
Curly Franklin - 1:32:15  
Erin Blackwood - 1:33:14  
Emily Howe - 1:35:26  
Rene Alonso - 1:36:36  
Lynda Allera - 1:37:12  
Pattie Laun - 1:37:54  
Alyssa Mitchell - 1:38:51  
Lydia Joyce - 1:39:52  
Wendy Turner - 1:41:26  
Donna Phillips - 1:42:23  
Alana Harris - 1:42:33  
Amanda Idstein - 1:47:52  
Kelli Shimabukuro - 1:47:55  
Suki Lee - 1:49:36  
Misook Bae - 1:50:49  
Erin Meyer - 1:56:12  
Aleida Velasquez - 1:58:00  
Jennifer Sellers - 2:02:47  
Linda Alpern - 2:17:01

**Cherry Pit 10 Miler  
April 2, 2017  
Edgewater, MD**

Adam Wytko - 59:36  
Mark Landree - 1:01:03  
Karsten Brown - 1:01:32  
Mark Eagles - 1:03:21  
Amanda Beal - 1:04:27  
Frank Volny - 1:07:57  
Stephen Bohse - 1:10:31  
Hafiz Shaikh - 1:11:59  
Michael Bohse - 1:12:59  
Scott Goldblatt - 1:13:08  
Nicole Dawson - 1:13:40  
Sean Dawson - 1:15:00  
Bethany Mcgee - 1:17:24  
Chris Stein - 1:18:26  
Phyllis Sevik - 1:19:15  
Dwight Mikulis - 1:20:53  
Kenneth Sevik - 1:20:56  
John Way - 1:26:56  
Alan Tominack - 1:31:38  
Christopher Puin - 1:40:13  
Andrew Smith - 1:46:41  
Stephanie Szewczyk - 1:50:21

**Pikes Peek 10K  
April 23, 2017  
Rockville MD**

Carlos Renjifo - 31:31  
Kevin Ford - 33:30  
Mark Loeffler - 34:35  
Ryan Bull - 35:46  
Adam Wytko - 35:52  
Mark Eagles - 36:09  
Akintunde Morakinyo - 37:07  
Caroline Bauer - 37:38  
Frank Volny - 38:54  
Brian Shadrack - 38:54  
Noel Mccracken - 40:19  
Hafiz Shaikh - 40:36  
Ed Montgomery - 40:37  
Adam Malizio - 41:35  
Yasuo Oda - 41:39  
Linda-Lou O'Connor - 43:47  
Kenneth Sevik - 43:53  
Faye Weaver - 46:39  
Phyllis Sevik - 47:08  
Matthew Bevan - 47:44  
John Way - 49:27  
Donnie Chapman - 49:39

**Boston Marathon  
April 17, 2017  
Boston, MA**

Eric Schuler - 2:42:08  
Conrad Orloff - 2:57:38  
Elizabeth Hannon - 2:59:33  
Ed Wilson - 3:01:09  
Jicheng Liu - 3:04:16  
Jason Tripp - 3:07:02  
Joshua Reid - 3:10:25  
Mikhail Petrovskikh - 3:29:31  
Jill Snodgrass - 3:37:30  
Pamela Jock - 3:45:17  
Faye Weaver - 3:46:35  
Jennifer Dustin - 3:48:13  
Julia Skinner - 3:54:11  
Lisa Fichman - 3:57:47  
Nadrat Siddique - 4:04:41  
Heidi Splete - 4:06:51  
Steve Sharpe - 4:07:34  
Martin Goode - 4:16:43  
Yan Zhang - 4:18:56  
Tammy Liu - 4:20:45  
Rosemary Lather - 4:24:57  
Wade Gaasch - 4:25:01  
Chang Ku Kang - 4:45:17  
Russ Stewart - 4:57:25  
Bromley Lowe - 4:57:47

**Maryland 5K  
May 7, 2017  
Maple Lawn, MD**

Lochlann Boyle - 19:05.5  
Alan Mulindwa - 20:46.3  
Evan Tian - 22:16.3  
Kevin Hencke - 23:14.5  
Nadrat Siddique - 24:29.4  
Jess Hencke - 27:27.2  
Lawrence Freeman - 29:25.5  
Yan Zhang - 30:10.1  
Ashley Marks - 30:42.6  
Colleen Mcloughlin - 33:20.2  
Kevin Spaulding - 33:23.5  
Christopher Miller - 34:53.7  
Anna Miller - 34:56.9  
Arleen Dinneen - 40:00.1  
Gary Burnett - 42:43.8

**Maryland Half-Marathon  
May 7, 2017  
Maple Lawn, MD**

Karsten Brown - 1:25:37  
Elizabeth Hannon - 1:27:32  
Jicheng Liu - 1:29:20  
Keith Levasseur - 1:35:39  
Michael Bohse - 1:36:27  
Feng Li - 1:38:50  
Jinming Liu - 1:43:03  
Scott Reider - 1:45:06  
Hua Xiang - 1:49:16  
Yihua Zheng - 1:53:03  
Wade Gaasch - 1:54:05  
Samantha Kieley - 1:54:39  
Andi Roddy - 1:57:00  
Michele Emerman - 1:57:29  
David Horrocks - 1:57:36  
Lori Levine - 2:02:02  
Wendy Turner - 2:09:49  
Daniel Ding - 2:26:01  
Yvette Oquendo-Berruz - 2:45:28

**JHU/APL 5K  
June 7, 2017  
Laurel, MD**

Carlos Renjifo - 15:12  
Kevin Ford - 15:57  
Ryan Bull - 16:24  
Conrad Fernandes - 19:49  
Bethany Mcgee - 20:57  
David Tarkow - 23:39  
Garrett Burns - 25:37  
Steven Burns - 25:37

**Frederick Half-Marathon  
May 13, 2017  
Frederick MD**

Craig Lebro - 1:17:01  
Kevin Ford - 1:18:05  
Julia Roman-Duval - 1:19:49  
Ed Wilson - 1:23:38  
Frank Volny - 1:23:38  
Mikhail Petrovskikh - 1:31:24  
Noel Mccracken - 1:33:09  
Mark Hyatt - 1:38:56  
Akintunde Morakinyo - 1:40:01  
Russell Owens - 1:44:55  
Stephen Wells - 1:45:10  
Alan Mulindwa - 1:46:18  
Lou King - 1:49:04  
Marc Burger - 1:49:53  
Brett Pusateri - 1:52:00  
Cindee Curtis - 1:52:01  
Denise Drenning - 1:53:32  
Eunice Kim - 1:56:30  
Harriet Langlois - 1:58:22  
Bob Schahfer - 1:59:08  
Faye Weaver - 2:00:00  
Ron Roff - 2:36:00  
Amelia Mullican - 2:02:39  
Stephanie Briguglio - 2:03:25  
Aileen Linton - 2:03:38  
Donna Phillips - 2:04:01  
Karthik Gopalakrishna - 2:04:53  
Ana Aguado - 2:05:09  
Pamela Jock - 2:05:19  
Nasir Hussain - 2:07:11  
Lydia Joyce - 2:09:04  
Alana Harris - 2:09:19  
Alyssa Mitchel - 2:10:20  
Joe Chambers - 2:13:30  
Evan Krozy - 2:18:44  
Randy Hansen - 2:20:30  
Shannon Hansen - 2:20:31  
Loretta Farb - 2:21:33  
Elizabeth Brock - 2:22:57  
Pamela Johnson - 2:25:16  
Amanda Idstein - 2:27:00  
Randy Parsley - 2:27:37  
Douglas Kornreich - 2:29:04  
Mohan Ray - 3:07:39

**Germantown 5 Miler  
May 20, 2017  
Germantown, MD**

Mark Landree- 29:03  
Hafiz Shaikh - 33:55  
Stephen Bohse - 34:00  
Michael Bohse - 34:10  
Alan Mulindwa - 35:39  
Chad Burger - 35:53  
John Way - 38:29  
Marc Burger - 38:31  
Lou King - 39:37  
Ron Roff - 40:14  
James Scarborough-42:48  
Harriet Langlois - 43:39  
Rene Alonso - 47:30  
Stephen Miller - 48:33  
Amanda Idstein - 51:49  
Sharlene Deskins - 53:18  
Christina Caravoulis-1:32:42

**Dawson's Father's Day 10K  
June 18, 2017  
Severna Park, MD**

Karsten Brown - 36:35  
Mark Eagles - 37:35  
Amanda Beal - 40:11  
Stephen Bohse - 42:21  
John Chall - 42:56  
Michael Bohse - 44:51  
Nicole Dawson - 45:15  
Stephen Wills - 46:54  
Sean Dawson - 47:53  
Alan Mulindwa - 49:21  
Christopher Puin - 55:14  
John Way - 57:36  
Hans Meurer - 59:42  
Amanda Idstein - 1:06:22

**Damien's 5K**  
**June 4, 2017**  
**Patapsco State Park, MD**

Damien's Run celebrated its 19th year at a new location - Patapsco State Park's Avalon Area. The race was not run on the trails, as some thought it would be, but on a shaded, rolling out-and-back course, starting from Pavilion 105. To some it seemed the course was uphill both ways (just like the walk to school, back in the olden days!). Doug Mock easily won the race, beating the second place runner by almost a minute. **FOOTPRINTS** contributor Greg Lepore overcame a hamstring injury to finish his 15th Damien's Run in a row. Weather was very hot and humid.

Doug Mock - 17:19  
Mark Eagles - 18:42  
Sheldon Degenhardt - 19:35  
Brian Fleming - 19:49  
Yasuo Oda - 20:22  
Hafiz Shaikh - 20:24  
Michael Bohse - 20:54  
Gregory Lepore - 21:32  
Jake Hayden - 23:38  
Alan Mulindwa - 24:12  
Marsha Demaree - 25:13  
Chris Farmer - 25:24  
Mike Fleming - 25:34  
Emily Howe - 26:31  
Judith Weber - 27:47  
Kelli Habicht - 28:23  
Julia Skinner - 28:23  
Marianne Solomotis - 28:41  
Lochlann Boyle - 30:14  
Andrew Mullican - 30:58  
Cheryl Ford - 33:18  
Thomas Green - 35:28  
Wendy Hall - 37:21  
Steve Reading - 37:21  
Ezra Hall - 39:30

## **2017 STRIDERS LEADERSHIP Board of Directors**

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Cecilia Murach – Vice President  
Donnie Chapman – Immediate Past President  
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Rob Gettier – Treasurer  
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Paul Goldenberg – Special Races  
Rene Alonso – Communications  
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Beth Hannon – Membership  
Eric Schuler – Technology/Website  
Larry Stern – Volunteering  
Mark Buschman – Racing Team  
Caroline Bauer – Racing Team  
Bill Arbelaez - Newsletter

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Bill Arbelaez  
Allan Field  
Susan Kim  
Amanda Loudon