FOOTPRINTS

NEWSLETTER OF THE HOWARD COUNTY STRIDERS
VOLUME 26, No. 3—FALL 2006

The Women's Distance Festival 5k on July 9 served as graduation for the Females In Training (FIT), who worked diligently throughout the spring and early summer to prepare for the race. Most (if not all) of the gathered for this group picture just before the race. (photo by Jim Carbary)

WOMEN GO THE DISTANCE AT THE 2006 WDF 5k

Don't fall back! Don't fall back!" *Jen Ecker* kept saying to herself to stay close to Sykesville's Sherry Stick, frontrunner the Women's Distance Festival 5k. Sherry had taken an early lead in the race with Howard County's Ecker and *Vicki Lang* in pursuit. Mostly, it was a distant pursuit. After a mile or so, all Ecker or Lang could do was try to keep Stick in sight. "About all we could do was beat the younger ladies in the race," Vicki recalled. Stick swept on to an easy victory in 18:58— over half a minute ahead of second-place Ecker.

The race among over-40 women turned into a much more exciting duel, with the Strider's master-runner of 2005 *Lisa Fichman* overcoming *Amelia Ingersoll*. "I thought it was hot and the uphills were challenging," Fichman said. The "really fast women" were so far in front of her that she found herself running alone for much of the 3.1-mile course. "I couldn't see the runners in front of me, but I could hear breathing behind me!" That would have been Ingersoll, whose 21:41 came up only 11 seconds short of Fichman at the end. Both Fichman and Ingersoll finished in the top 10 of the all-woman field. "I enjoyed

running the last mile with Melanie [Bent]," Amelia recalled. "It was a sort of female bonding sort of thing."

(continued, p2)

(WDF, from p. 1)

The all-woman race took place on the steamy Sunday morning of July 9. Beginning and ending at Howard Community College, the race course looped around a gently-rolling course through the Columbia neighborhood of Hickory Ridge. At least some participants thought the course did have some significant uphills. "Well, the hills killed me," said *Amanda Hodgkinson*. "They were doozies!"

In addition to the individual and age-group competition, the WDF 5k feature mother-daughter team competition. The "Running TV's" team of *Vicki* and *Tiffany Lang* edged the "Hitchhikers" team of *Alyssa* and *Karen Shouse*, 3 points to 7 points in the 14-and-under daughter group. Although she couldn't quite outrun down Tiffany, .Alyssa did beat her mom Karen for the first time ever in a race. "She just blew me out!" Karen said about her daughter's speed. Team Thornton (Colleen, Kerin, and Maureen) beat Team Trzeinski (Christine Trzeinski and Diane Davis) by two points for the 15-and-up daughter championship.

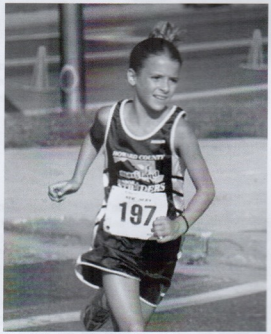
The team competition was a bitter-sweet experience for young *Lindsay Burns* (3rd, 20-24). Lindsay usually runs the race as a team with her mother, *Nancy*, but this year mom's injuries kept them from running together. "I ran it for mom," Lindsay said. Lindsay is currently a student a James Madison University. She and her mother have teamed up for the WDF for many years.

The 5k race served as graduation for the Howard County Striders' Females In Training (FIT). Over 50 women, many of them novice athletes, had been training since spring under the direction of veteran Strider women. All of them finished the race. One of them, *Marlene Spence*, joined the FIT group at the suggestion of her friend, Lisa Fichman. The WDF was Marlene's first run ever. "I kept asking myself, how did I get to this point?" Marlene said.

The Howard Community College allowed the use of its gymnasium for pre- and post-race activities. A total of 270 women, ranging in age from 8 to 72 years, finished the race, which is held every summer in conjunction with various other RRCA WDF events throughout the country. All registants received a WDF singlet, while the overall, age-group, and team winners received lucite plaques and gift certificates to Feet First of Wilde Lake. Nearly every woman in the race also got a random prize— no fewer than four large tables were needed to display these randoms.

The Women's Distance Festival commemorates the birth of the women's Olympic marathon in 1982. Many women in the Howard County WDF are also trying to complete all the Mid-Atlantic WDF races and some of them who run on Sunday also ran the Annapolis WDF the day before. "It was much warmer today than yesterday in Annapolis!" said *Julie Trapp*, who did both races.

Dorothy Beckett and *Tacy Feliciano* directed Howard County's WDF. The race is staged each year by the Howard County Striders, who thank their volunteers, the Howard County Police, the Howard Community College, and their many sponsors. The Howard Community Hospital provided major funding for the event.



Alyssa Shouse (11) bested her mom, Karen, for the first time ever in an official race. (photo by Mike Fleming)

HOWARD COUNTY STRIDERS
WOMEN'S DISTANCE FESTIVAL 5K
Howard Community College, Columbia, MD
9 July 2006

Overall
1. Sherry Stick (Sykesville, MD) 18:58
2. Jen Ecker (Ellicott City, MD) 19:32
3. Vicki Lang (Columbia, MD) 19:54

Master's
1. Lisa Fichman (Columbia, MD) 21:30

1-9 years
1. Kristen Summers (Odenton, MD) 28:37
2. Ashley Leitner (Columbia, MD) 32:02
3. Natalia Diaz (Ft. Washington, MD) 42:32

10-19 years
1. Brittany Rooks (Baltimore, MD) 20:00
2. Katie Harmon (Clarksville, MD) 20:03
3. Masha Berge (Potomac, MD) 20:16

20-24 years
1. Christine Trzeinski (Baltimore, MD) 21:42
2. Kerin Thornton (Columbia, MD) 24:45
3. Lindsay Burns (Columbia, MD) 25:52

25-29 years
1. Claire Lederman (Columbia, MD) 22:51
2. Laura Cadiz (Columbia, MD) 22:52
3. Sarah Thomas (Columbia, MD) 23:00

30-34 years
1. Lisa Farias (Ellicott City, MD) 22:41
2. Renee Martin (Glen Burnie, MD) 23:01
3. Laurie Zuiderhef (Ellicott City, MD) 25:36

35-39 years
1. Melanie Bent (Ellicott City, MD) 21:38
2. Karen Shouse (Hanover, MD) 23:26
3. Lisa Lang (Columbia, MD) 23:35

40-44 years
1. Amelia Ingersoll (Columbia, MD) 21:41
2. Laurel Bell (Crownsville, MD) 22:01
3. Marsha Demaree (Marriottsville, MD) 25:06

45-49 years
1. Colleen Thornton (Columbia, MD) 24:35
2. Patrice Wunsch (Columbia, MD) 25:41
3. Judith Weber (Ellicott City, MD) 25:55

It was a breakthrough race for Amelia Ingersoll, who finished first among the 40-44 women in 21:30. (photo by Mike Fleming)

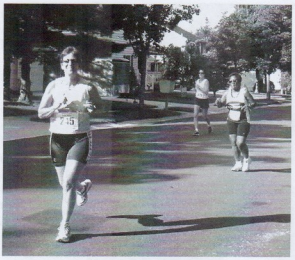
50-54 years
1. Sharon Papciak (Columbia, MD) 24:22
2. Saleema Ross (Ft Washington, MD) 26:18
3. Debbie Grover (Columbia, MD) 26:30

55-59 years
1. Maria Shields (Davidsonville, MD) 23:35
2. Robin Mckenzie (Columbia, MD) 25:47
3. Patricia Brooks (Ellicott City, MD) 26:55

60-64 years
1. Blair Jones (Washington, DC) 31:53
2. Penny Wolkow (Columbia, MD) 32:29
3. Janet Newburgh (Rockville, MD) 34:25

65-69 years
1. Jean Humphrey (Columbia, MD) 32:36
2. Patricia Rich (Bethesda, MD) 41:14

70-99 years
1. Lillian Wolf (Silver Spring, MD) 55:32



Leanne Titcomb (left) and Bev Byron (right) not more than a half mile from the finish. (photo by Jim Carbary)

Mother-Daughter Teams (14&U)
(low score wins)

1. Running TV's	
(Vicki and Tiffany Lang)	3 pts
2. HitchHikers	
(Alyssa and Karen Shouse)	7 pts
3. Dgirlsrule	
(Sarah and Kelly DePalo)	14 pts
4. Team Giampalmo	
(Christina and Linda Giampalmo)	15 pts
5. Sugar & Spice	
(Ann and Megan O'Malley)	16 pts
6. R Kades	
(Rachel Knobel and Julie Steinberg)	24 pts
7. Pink Angels	
(Ashley and Nicole Leitner)	28 pts
8. Ponton Girls	
(Julie and Lane Ponton)	29 pts

Mother-Daughter Teams (15&U)

1. Team Thornton	
(Colleen, Kerin, and Maureen Thornton)	5 pts
2. Trzeinski	
(Christine Trzeinski and Diane Denis)	7 pts
3. Persian Invasion	
(Amenah Borai and Mina Samii)	14 pts
4. Slow Pokes	
(Valerie and Kerri Hantke)	15 pts
5. Fit Ladies	
(Victoria Natale and Keri Saunders)	21 pts

STRIDERS AT WDF 5k

2. Jen Ecker	19:32
3. Vicki Lang	19:54
8. Lisa Fichman (1st Master)	21:30
10. Amelia Ingersoll (1st, 40-44)	21:41
Tiffany Lang	22:00
Laura Cadiz (2nd, 25-29)	22:52
Marquel Bowler	22:54
Alyssa Shouse	22:56
Renee Martin (2nd, 30-34)	23:01
Karen Shouse (2nd, 35-39)	23:26
Amanda Hodgkinson	23:33
Colleen Thornton (1st, 45-49)	24:35
Megan Henly	24:41
Kerin Thornton (2nd, 20-24)	24:45
Marsha Demaree (3rd, 40-44)	25:06
Patrice Wunsch (2nd, 45-49)	25:41
Denise Tripp	25:44
Cheryl Ford	25:49
Lindsay Burns (3rd, 20-24)	25:52
Judith Weber (3rd, 45-49)	25:55
Ginger Rowley	26:11
Lisa Hussman	26:15
Karen Harvey	26:17
Maureen Thornton	26:22
Amelia Mullican	26:25
Debbie Grover (3rd, 50-54)	26:30
Dana Havlik	26:33
Paulette Anderson	26:51
Patricia Brooks (3rd, 55-59)	26:55
Liz Frommer	27:50
Dawn Brandt	28:22
Mandy Gething	29:03
Helenor Mesias	29:28
Bethany Mazelewski	29:43
Hannah Wikner	29:58
Dorothy Braunsar	30:00
Debbie Canterbury	30:11
Kathy Eckley	30:34
Ceclia Landa	30:42
Cindy Keegan	31:13
Rachel Knobel	31:23
Cheryl Wikner	31:49
Ashley Leitner (2nd, 1-9)	32:02
Debra Mariner	32:15
Kerri Hantke	32:24
Joanna Archer	32:25
Cheryl Akers	32:28
Penny Wolkow (2nd, 60-64)	32:29
Sharyn Gordon	32:31
Julie Steinberg	32:37
Noella Bryden	32:46

Megan Henly airs it out along Hickory Ridge Road in the final half mile of the race. (photo by Jim Carbary)

Emilia Stephens	33:05
Melanie Makovsky	34:06
Julie Ponton	34:19
Jane Ponton	34:21
Christina Caravoulias	34:34
Regina Theisen	34:55
Arleen Dinneen	35:11
Adriane LaPointe	35:41
Myra Gnadt	36:00
Leanne Titcomb	36:16
Beverly Byron	36:54
Carol Bernstein	37:20
Marilyn Lepore	37:22
Danielle Napier	37:31
Melissa Tabor	37:32
Linda Pineo	37:55
Marlene Spence	38:45
Julie Trapp	39:34
Nicole Leitner	39:39
Dee Allen	39:44
Diane Wilson	39:58
Suzanne Devroye	40:40
Drusilla Devroye	40:41
Patricia Schupple	41:03
Jenny Fetters	43:16
Laura Koller	49:24
Theresa Fernandes	49:26
Anne Brooker-Grogan	50:16
Jackie Greaney	51:26

Long-time Strider Penny Wolkow (2nd, 60-64) pushed through a group at the end of the race (photo by Mike Fleming)

Here's Amelia Stevens, who graduated with the FIT women. (photo by Jim Carbary)

OLYMPIC HOPEFUL SHATTERS RECORD AT DAMIEN'S

Two runners broke the course record of 14:56.8 at this year's Damien's 5k. With a spectacular time of 14:36.8 overall winner Chris Seaton of Raleigh, NC, simply destroyed Rolly Phillipe's old record. The sheer speed of Mr. Seaton could be reckoned by his 15 second margin of victory over second place Peter Chepkwony, whose time of 14:51 also bettered the old standard. "The winner was just a random guy here from Rayleigh for the weekend," related raced director *Ralph Massalla*. "He saw the race on the internet and came to win."

Actually, Mr. Seaton was something more than a random guy. "He was a 2:20 marathoner looking for a 2:15," *Carlos Renjifo* (fourth place, 15:51, and first Strider) related after the race. "He was going to Chicago to qualify for the Olympic Marathon."

Columbia resident *Feng Sun* won the woman's race in 18 minutes flat by bettering the well-known Sherry Stick by 19 seconds. Feng also won the women's race at Clyde's 10k and has firmly established herself as a contender.

Although she finished third overall, *Robyn Humphrey* garnered the first master woman award rather than the award for third overall. Strider veteran *Chris Chattin* rounded out the top 10 in 16:53 as the first master male to finish.

Ralph's offer of prize money to the top three and overall masters drew some of the fastest local runners to Damien's. Anyone breaking the course record earned an extra cash bonus. The cash has made Damien's one of the fastest 5k road races in the mid-Atlantic, and the fastest ever 3.1 miles in Howard County. Seaton's time, however, may have signaled the end of the trend— who expects a faster time than 14:36, anyway?

Five Striders finished in the top 10 and they all broke 17 minutes. Among these was *Kent Werner* (16:38), whose haste at the finish line caused him to bump his head on the shelter cage. "Ouch," he said.

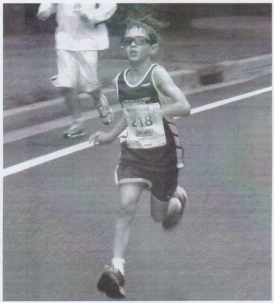
A grim Chris Chattin, first master male, powers toward the finish line (photo by Ralph Massella)

"That's nothing," *Jason Grimm* said. "I had my hands full with this 50 year old." The 50-year old in question was Maurice Pointer, a nationally-recognized grandmaster from Baltimore. Jason beat him by a heatbeat. "Oh, you have heard of my work?" Maurice asked his adversary afterwards.

The speed of the top runners was all the more impressive considering the warm, humid conditions at race time. Just a half hour before race time, rain sprinkled the Columbia Gateway course where the race was held. The rain had stopped by the 8 am start, but started again about an hour later. That didn't seem to bother the participants— over 100 people signed up on race morning and 321 finished the race.

Damien's 5k race and the associated 2-mile "walk and talk" is staged each year by *Ralph Messalla* for the benefit of Damien's Recovery, Inc, which seeks to raise awareness of teenage drug addiction. During the past seven years, the foundation has raised over $100,000, which funds, among other activities, student scholarships, drug abuse and education pamplets, and programs to help troubled teens.

For Charlie Brown (center), Damien's 5k marked his return to racing from heart surgery. (photo by Ralph Massella)



Junior Strider Joseph Keating ran one of his first 3.1 milers and won the age group too! (photo by Ralph Massella)

DAMIEN'S 5k

Columbia Gateway— 25 June 2006

Overall Male

1. Seaton, Chris (Raleigh, NC)	14:36.80
2. Chepkwony, Peter (Baltimore, MD)	14:51
3. Bitok, John (Baltimore, MD)	15:36

Overall Female

1. Sun, Feng (Columbia, MD)	18:00
2. Stick, Sherry (Sykesville, MD)	18:19
3. Ecker, Jen (Ellicott City, MD)	19:36

Masters Male

1. Chattin, Chris (Columbia, MD)	16:53

Masters Female

1. Humphrey, Robyn (Ellicott City, MD)	19:21

1-9 Male

1. Joseph Keating (Columbia, MD)	26:19
2. Jake Black (Clarksville, MD)	30:01
3. Connnor Ganley (Ellicott City, MD)	33:47

1-9 Female

1. Kristen Summers (Odenton, MD)	25:43
2. Samantha Lee (Frederick, MD)	27:45
3. Ashley Leitner (Columbia, MD)	34:36

10-14 Male

1. Eric Clarkson (Ellicott City, MD)	19:08
2. Andrew Foong (Elkridge, MD)	19:31
3. David Sandez (Jessup, MD)	22:46

10-14 Female

1. Caitlyn Fuller (Ellicott City, MD)	22:12
2. Alyssa Shouse (Hanover, MD)	24:42
3. Keri Dickens (Ellicott City, MD)	24:53

15-19 Male

1. Reed Ulrich (Ellicott City, MD)	16:39
2. Ben Thomas (Laurel, MD)	17:24
3. Jake Williams (Laurel MD)	18:11

15-19 Female

1. Alyssa Doyle (Catonsville, MD)	20:09
2. Katie Sacker (Ellicott City, MD)	20:23
3. Kristin Stromberg (Hampstead, MD)	21:35

20-29 Male

1. Carlos Renjifo (Columbia, MD)	15:51
2. Dawit Assefa (Silver Spring, MD)	15:57
3. Eric Furst (Catonsville, MD)	16:01

20-29 Female

1. Challice Bonifant (Columbia, MD)	21:12
2. Andrew Zelanko (Arbutus, MD)	21:22
3. Sarah Lebro (Columbia, MD)	22:18

Webmaster Brian Fleming flashes into the finish at Damien's. (photo by Ralph Massala)

30-39 Male

1. Tom Williams (Columbia, MD)	16:05
2. Stephen Meininger (Clarkville, MD)	18:37
3. Christopher Stanley (Fruitland,MD)	18:46

30-39 Female

1. Vicki Lang (Columbia, MD)	19:59
2. Mary Grupenhoff (Sykesville, MD)	22:51
3. Carolyn Holland (Silver Spring,MD)	23:33

40-49 Male

1.Charles Powell II (Baltimore, MD)	17:42
2. Dennis Coleman (Mont Village, MD)	17:59
3. David Brightwell (Columbia, MD)	18:25

40-49 Female

1. Lisa Fichman (Columbia, MD)	20:33
2. Sandy Lueke (Columbia, MD)	20:43
3. Amelia Ingersoll (Columbia, MD)	20:47

50-59 Male

1. Maurice Pointer (Baltimore, MD)	17:36
2. Mick Slonaker (Columbia, MD)	18:32
3. Steve Ruckert (Woodbine, MD)	18:51

50-59 Female

1. Sharon Papciak (Columbia, MD)	24:22
2. Marcia Martin (Ellicott City, MD)	27:27
3. Charlotte Bentch (Ellicott City, MD)	30:03

60-69 Male

1. Jerry Warfield (Columbia, MD)	20:48
2. Roger Kilgore (Tall Timbers, MD)	22:01
3. Mike Fleming (Columbia, MD)	23:21

Race director Ralph Massalla (right) congratulates race winner and record-setter Chris Seaton. (photo by Ralph Massalla)

60-69 Female

1. Dee Nelson (Gaithersburg, MD)	24:34
2. Pam Long (Ellicott City, MD)	30:06
3. Arleen Dinneen (Ellicott City, MD)	37:42

70+ Male

1. Robert Gurtler (The Plains, VA)	29:10

STRIDERS AT DAMIEN'S 5k

4. Carlos Renjifo (1st, 20-29M)	15:51
6. Eric Furst (3rd, 20-29M)	16:01
7. Tom Williams (1st, 30-39M)	16:05
8. John K. Werner	16:38
10. Chris Chattin (1st, MM)	16:53
Jason Grimm	17:34
Feng Sun (1st F)	18:00
Greg Hogan	18:01
Noah Wood	18:08
Jake Williams (3rd, 15-19M)	18:11
Brian Fleming	18:17
David Brightwell (2rd, 40-49M)	18:25
Mick Slonaker (2nd, 50-59M)	18:32
Michael Dusenbery	18:35
Stephen Meininger (2nd, 30-39M)	18:37
Weems McFadden	18:55
Robyn Humphery (1st, MF)	19:21
Jen Ecker (3rd F)	19:36
Bobby Gessler	19:37
Vicki Lang (1st, 30-39F)	19:59
Jesse Leitner	20:09
Katie Sacker (2nd, 15-19F)	20:23
Ronnie Wong	20:29
Lisa Fishman (1st, 40-49F)	20:33
Marc Burger	20:36
Yasuo Oda	20:40
Julian DeFronzo	20:46

Amelia Ingersoll (3rd, 40-49F)	20:47
Jerry Warfield (1st, 60-69M)	20:48
Wayne Martin	21:05
Challice Bonifant (1st, 20-29F)	21:12
Jeffrey Herberger	21:55
Sarah Lebro (3rd, 20-29F)	22:18
Laura Cadiz	22:21
Tony Guerra	22:35
Sarah Thomas	22:42
Kennith Sevik	22:44
Mike Fleming (3rd, 60-69M)	23:21
Jim Mahoney	23:24
Eric Johnston	23:37
Nicole Shouse	23:46
Paul Shouse	23:47
Jordan Kelso	23:56
Stephen Alpern	24:00
Barbara Walters	24:06
Ronald Reardon	24:08
Clint Henderson	24:38
Alyssa Shouse (2nd, 10-14F)	24:42
Karen Shouse	24:43
Marsha Demaree	24:51
Cheryl Ford	25:07
Allen Wainger	25:34
Ginger Rowley	25:47
Amelia Mullican	25:59
Joseph Keating (1st, 9&U M)	26:19
Denise Tripp	26:35
Rebecca Hudson	26:44
Stephen McGovern	26:57
Justin Sevik	28:13
Gregory Lepore	28:19
Mohan Ray	28:50
Paul Kirk-Davidoff	28:56
Robert Gurtler (1st, 70-79M)	29:10
Karl Kraus	29:56
Debbie Canterbury	31:41
Isaac Kirk-Davidoff	31:49
Charlie Brown	32:40
Cindy Keegan	32:51
Ellen Brown	32:52
Maria Huston	33:29
Ashley Leitner (3rd, 9&U F)	34:06
Brooks Leitner	34:07
Leanne Titcomb	34:58
Colin Ganley	35:48
Arleen Dinneen (3rd, 60-69F)	37:42
Melissa Tabor	37:47
Marilyn Lepore	38:17
Benita Walton-Moss	38:17
Terri Silverman	38:17
Nicole Leitner	40:11
Dee Allen	40:22

RRCA National Run @ Work Day

RRCA ANNOUNCES NATIONAL RUN @ WORK DAY

On **September 22, 2006**, the Road Runners Club of America, the largest grassroots running organization in the country, will launch the 1st Annual RRCA National Run@Work Day. The purpose of National Run@Work Day is to promote physical activity and healthy living through running or walking.

In 1997, the RRCA founded the National Run to Work Day. The purpose of the event was to get runners to leave their cars at home and run to and from work. While the event was successful in cities with well developed pedestrian networks and mass transit, the organization realized that running to work was probably not feasible for most of the working population. National Run@Work Day is the logical evolution of the National Run to Work Day.

The goal of the RRCA National Run@Work Day is to raise awareness about the importance of daily physical activity for adults. Running Clubs, company-based wellness programs, human resources departments, and individuals nationwide are encouraged to plan fun runs and walks with their employers. The Run@Work day events will be community based events that promote and provide the opportunity for individuals to incorporate at least thirty-five minutes of exercise into their daily routine either before work, during lunch, or immediately following work.

Check out www.rrca.org for more information.

MEET OF MILES

The 2006 Meet of Miles took place on the warm, humid evening of Wednesday, July 19, at the Oakland Mills High School Track. The meet featured two youth heats of 100m and 400m, followed by three adult heats of 1 mile each (not 1600m!). A "cool" front had passed through the night before and moderated conditions somewhat. Nevertheless, it was pretty sticky when the races started at 6:00 pm.

The first mile heat consisted of men who believe they would not run the mile faster than six minutes. After the first 200m, an exciting duel developed between *Jim Carbary* and *Byron Henry*, who both clicked off 90-second quarters for most of the distance. Carbary surged at the end to beat Henry by a second; with a time of 5:59.5, he also broke six minutes. "We may have to disqualify him," joked the timer Dave Tripp.

The second mile heat featured all the women at the meet. Another intense battle developed, this time between *Katie Sacker* and *Anna Demaree*. Katie hung onto Anna's shoulder until the last lap when Anne turned on the jets and pulled away to win in 5:47. "Not a PR," Ms. Demaree said. Twelve-year-old *Tiffany Lang* placed third in 5:59, as the top three women all broke six minutes a mile.

The final mile heat consisted of men who believed they would all break six minutes, and by in large they did. Oakland Mills graduate *Izzy Mehmedovic* seized immediate control of the race and hardly gave anyone else a chance. He won easily in 4:24, leaving second place Kent Werner (4:42) to wonder "what the heck happened." Running with the sub-six men, *Stuart Pineo* had the best time for a master runner (4:50), a time which surprised Hall of Famer Dave Berardi (5:00). Even more surprising, Stuart ran his mile in his bare feet!

Phil Lang directed the Meet of Miles, while *Dave Tripp* and *Miles Weigold* served as timers. There were 82 participants, who ranged in age from 2 to 74 years. Age group winners won trophies, while second and third receive ribbons.

Three-year old Justin Werner roars down the track in the 100m sprint. (photo by Jim Carbary)

MEET OF MILES
Oakland Mills High School — 19 July

100m (5 & Under)

1. Alex Kraus (M)	0:25.7
2. Jaiden Henriques (F)	0:27.9
3. Leah Cavanaugh (F)	0:29.7
4. Alexa Mullican (F)	0:29.9
5. Justin Werner (M)	0:39.8
6. Liana Mullican (F)	0:56.6
7. Mollie Raymond (F)	1:02.7

400m (9 & Under)

1. Brittany Lang (F)	1:24
2. Michael Wegner (M)	1:30
3. Colton Henry (M)	1:34
4. Matthew Eastman (M)	1:38
5. Bridget Cavanaugh (F)	1:41
6. Jacob Krause (M)	1:53.5
7. Kevin Wegner (M)	1:53.7
8. Anders Chattin (M)	2:09

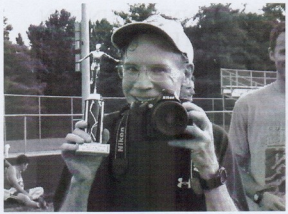
Anna Demaree, Katie Sacker, and Tiffany Lang form the lead pack early in the women's mile heat. (photo by Jim Carbary)

1 Mile (Women)

1. Anna Demaree (1st W)	5:47
2. Katie Sacker (1st, 10-19)	5:53
3. Tiffany Lang (2nd, 10-19)	5:59
4. Marsha Demaree (1st, 40-49)	7:05
5. Antoinette Henry (2nd, 40-49)	7:06
6. Brittany Lang (1st, under 10)	7:06.5
7. Kathleen Wegner (3rd, 40-49)	7:07
8. Rachel Knobel (3rd, 10-19)	7:07
9. Amelia Mullican	7:18
10. Jeanne Larrison (1st, 50-59)	7:58
11. Natalie Diaz (2nd, under 10)	8:43
12. Julie Steinberg	9:03
13. Shaelyn Cavanaugh	9:07
14. Melissa Tabor (1st, 30-39)	10:10
15. Barbara Calvert (2nd, 50-59)	10:19

1 Mile (Men, combined heats)

1. Izzy Mehmedovic (1st M)	4:24
2. Kent Werner (1st, 20-29)	5:24
3. Tom Meyer (1st, 10-19)	4:47
4. Seth Geoghegan (2nd, 20-29)	5:48
5. Stuart Pineo (1st, 40-49)	4:50
6. Noah Wood (3rd, 20-29)	4:53
7. Stephen Olenick	4:59
8. Dave Berardi (2nd, 40-49)	5:00
9. Sheldon Degenhardt (3rd, 40-49)	5:01
10. Greg Hogan (3rd, 30-39)	5:02
11. Greg Schuler	5:09
12. Jim Clelland	5:12
13. John Thornton (2nd, 10-19)	5:15
14.James Blackwood	5:20
15. Steve Turner	5:25
16. Nick Fernandez	5:29



Happy Mike Fleming with his trophy and camera. (photo by Jim Carbary)

17. Grand Demaree (3rd, 10-19)	5:35
18. Ronnie Wong (1st, 50-59)	5:45
19. John Way	5:48
20. Eric Schuler	5:50.4
21. Yasua Oda	5:50.6
22. Marc Burger	5:51
23. David Krause	5:55
24. Ian Anderson	5:58
25. Jim Carbary (2nd, 50-59)	5:59.5
26. Byron Henry	6:00
27. Ed Silverman (3rd, 50-59)	6:12
28. David Eastman	6:18
29. Rylan King	6:20
30. Andrew Mullican	6:23
31. Eric Johnston	6:24
32. Les Raymond	6:29.1
33. Bill Arbelaez	6:29.9
34. Steve Anderson	6:36
35. Leonard Guralnick	6:48
36. Steven Eastman	6:50
37. Mike Fleming (1st, 60-69)	6:53
38. Roger Calvert	6:54
39. Jared Fernandez	6:56
40. Joseph Keating (1st, under 10)	7:00
41. Barid King	7:07
42. Mathew Kuhn	7:23
43. Rob McKay	7:24
44. Al Greuter	7:54
45. Michael Wegner (2nd, under 10)	7:55
46. Brian Lawton	7:57
47. Steven Winans	7:59
48. Chuck Nicholas	8:00
49. Kevin Lawton	8:09
50. Jacob Krause (3rd, under 10)	9:51
51. Ray Campbell (1st, 70+)	10:15
52. Kevin Wegner	11:28

CENTENNIAL FUN RUN CELEBRATES 28TH SEASON

The wildly-popular Centennial Fun Run advanced into its 28th season this summer. The 1-mile fun runs never drew fewer than 80 runners and usually enjoyed crowds of over 100. The fun runs were held every Tuesday evening, beginning on June 20 and ending on August 8 with the 2x1-mile partners' relay. All the runs began and ended, as they always have, at *Arleen Dinneen*'s house in the Centennial neighborhood across from the high school.

Each fun run in the series had a different theme or activity. The first one served as a fund-raiser for the Junior Striders, and all Junior Striders (and their coaches!) wore their uniforms or t-shirts. After the race, the kids drew chalk pictures on Arleen's driveway. For the second run, Princeton Sports came out to demonstrate proper bicycle helmet safety to the kids (and adults). P.S. gave away bike bottles and lanyards. On July 11, State Farm's Good Neigh "Bear" visited and the kids practiced calling 9-1-1 for emergencies. In spite of his heavy fur, the bear somehow survived the heat. July 25 was report card night. Kids received ice cream treats for straight A's (or for just trying to get straight A's) on their report cards. That run also celebrated the birthdays of Arleen's two granddaughters, Jasmine and Heidi. Extreme heat and humidity forced cancellation of the last fun run on August 1, which would have promoted Neighborhood Nite Out with the Howard County Police Department.

The weather was hot on each and every night that a fun runs did take place. Nevertheless, two runners rose to the occasion in each race. *Izudin "Izzy" Mehmedovic* won every single one of the men's races, while his counterpart *Anna Demaree* won each of the women's races. Not only did they shatter the competition, but they ran pretty fast, too. Izzy broke 4:30 in winning each of his races, and Anna broke 6:00 in each of her races. Their times were all the more amazing given the hilly terrain over which the race is run.

The Centennial Fun Runners blast up that first hill on the run of July 25. What a blur of action! (photo by Paul Shouse)

Fun run director Arleen (left) punches in finishers (photo by Paul Shouse)

The fun run reached an apex on August 8 with the 2x1-mile partners' relay. Season champion Izzy Mehmedovic teamed with former Junior Strider standout *Nicole Shouse* to easily win the event with a combined time of 10:36. Relay winners in several (combined) age groups won "magic running socks."

After the excitement subsided, Arleen awarded the Fun Run series awards. All kids 5 and under received a medal. Those who ran the two fastest times in age/gender groups (at any of the fun runs) received trophies. In addition to running, the Centennial Fun Runs collected over 50 jars of peanut butter for the Maryland Food Bank and donated $300 to the Howard County Junior Striders.

The Fun Runs celebrated their 28th season this summer. Ever since the 1979, they have been directed without fail by Strider Emeritus *Arleen Dinneen*. She was greatly assisted by her family and various friendly Striders.

2006 FUN RUN CHAMPIONS

6-7 years	
Kristen Wikner	Alex Kvech
Jane Tripp	Evan Riss
8-9 years	
Brittany Lang	Marshall Demaree
Anna Mitchell	Joseph Keating
10-11 years	
Alyssa Shouse	Kyle Cooper
Becky Gessler	Danny Schofield
12-13 years	
Anna Demaree	Eric Schuler
Tiffany Lang	Rylan King
14-16 years	
Katie Sacker	Grant Demaree
Nicole Shouse	Joey Esposito
17-19 years	
Marquel Bowler	Reggie King
Michelle Walsh	Dustin Yourstone
20-29 years	
Valerie Sloboda	Izzy Mehodvic (sp)
Summer Padget	Noah Wood & Brian Bonn (tie)
30-39 years	
Vicki Lang	Steve Meininger
Fontell Pert	Phil Lang
40-49 years	
Marsha Demaree	Greg Schuler
Heidi Trout	James Braddock
50-59 years	
Debbie Grover	Jim Carbary
Mary Jane Sacker	Roger Calvert
60 years & Over	
Cynthia Meininger	Mike Fleming
	Jim McManus

BAGEL2BEER MARATHON

Tom Brown, MR

This is an attempt to "explain" the when/what/how of the **Bagel2Beer Marathon.** This is the fifth year we have put on the Bagel2Beer Marathon. The run began in 2002 as a way to celebrate "too many miles and too few brain cells" by a number of Howard County residents/runners by running along some seldom-traveled paths (as well as some old regular paths) in Columbia. It was also an event to allow for a great long training run for the fall marathons. We drew inspiration from those of us who had run the long dormant **Masochist Marathon** which was run for all of the above reasons 1989-1992, organized by *Joe Wasserman* (also mentioned in *Warren Ohlrich*'s classic book about the running loops in Columbia).

Briefly, the course begins at the Wilde Lake Village Center parking lot at the same starting point as the Saturday Bagel Runs, except we begin 6:30 AM. We choose a Saturday in September, normally the second or third Saturday. From Wilde Lake, the course goes through Howard Community College, out through Hickory Ridge, through Clarys Forest, into Swansfield, down by Wilde Lake (the lake, not the village) and onto the Lakefront. The runners (or bikers, walkers, and "crawlers") then cross the Route 29 pedestrian bridge and go "up" (as in north) through the uphill paths in Thunder Hill neighborhood. We pick up the path on High Tor Hill that runs down by Jackson Pond to Lake Elkhorn. From Lake Elkhorn, it's on to Savage via the path through Kings Contrivance. The part of the course that's been a real "hit" with the finishers is the extra loop in Savage (to make the 26.2 distance). This year, the runners will enter the Rams Head Tavern up the back stairs by way of the outside deck. The finish line of the B2B is the top landing of the outside deck of the Rams Head Tavern (we couldn't get any volunteers to wait out in the parking lot for finishers while everyone else was having fun on the deck!!)

There is no entry fee, no medal, no awards. Last year we gave out shirts to a number of the four-time finishers wanting glory for themselves. As it worked out, their names were supposed to appear on a beer bottle on the reverse side. Some "providential glitch" caused the beer bottle to look like a tombstone, so no more shirts! Also the run has no frills, no nothing. We do have six aid stations with the "Angels of the B2B" manning (womaning?) them.

We encourage and welcome bikers also. They keep the runners company and enjoy inquiring as to how so many "institutionalized" persons could get out on weekend passes to run the B2B!

One good thing about the B2B: most of the starters do not finish the entire 26.2 miles; we encourage that kind of participation— just come out and run "some" with us!! The course is set up so that a runner can make it a 9.5, 11.0, 13.7, or an 21 mile training run and end up back at the start! The course does not come back to the start, but, by leaving the course at certain points, a runner can end up back there with those total miles completed. A number of runners will run to Lake Elkhorn and get a ride back to the start. Alternately, they can get a ride to the Rams Head to help those with a lack of brain cells (i.e., the finishers of the B2B) celebrate their foolishness. The lakeside home of *Rusty Toler* is at exactly 20.0 miles on the course, and is water stop #5.

Nelson Stritehoff, who also lives on Lake Elkhorn just past the dock, always has some refreshment out for the "rationally challenged" (20.5 miles). *Rick Hatfield* spends his late summer marking those arrows you see on the paths of Columbia to assist us in finding the multitude of turns on the paths. Rick's mailbox on Billow Row is at aid stop #4!

The B2B is run for the sake of running. We are not raising money for charity. We are not going to hang a plaque on our office to impress our clients. We are not going parade medals on our necks. No one is going to be out cheering and telling us "we can do it!" We run this marathon for all the most important reasons we all run. (I have no clue about that either.)

See you on the 16th of September at 6:30 AM!

THE VOLUNTEER BBQ

Len Guralnick, MR, PR

On Sunday, June 11, approximately 150 people showed up for the first-ever Strider BBQ for Volunteers. Anyone who ever volunteered to help at a Strider event was welcome.

The volunteers enjoyed a great deal of food at this BBQ. *Steve Zelenak, Doug Hawkland* and I all completely loaded our Ford Ranger pickup trucks with food and equipment, which we carted between my house and Centennial Park.

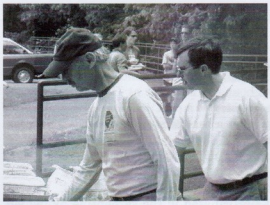
My wife, Ann, assisted greatly with preliminary stuff such as helping me think of required items and shopping. *Tacy Feliciano, Jane Redmond, Jason Tripp, Al Greuter, Greg Hogan, Carlos Renjifo,* and *Mareencita* and *Lazara Ramos* and a couple others also provided support with setup and cleanup during the event.

The weather was perfect and perhaps slightly cool early in the day. A steady stream of arrivals made for a large and hungry crowd.

Doug and Steve served as cooks. All day, they manned the grills, which seemed to be constantly smoking. Everyone enjoyed their skillfully-prepared burgers and hot dogs. Garnish included beans, salads, Dove cookies, and non-alcoholic beverages.

We gave away many door prizes (27 in all), including $20 gift certificates for Feet First, for local restaurants, and for Soft Stuff Ice Cream. We also gave away complimentary race entries to many of our premier events— Damien's, Clyde's, the Women's Distance Festival, the Grapevine, and the Outback 5k. Other giveaways included five Hour Energy and Feet First water bottles.

Thirteen teams participated in the "Amazing Race," which required finding landmarks around the park from digital photographs. When a team got to that landmark, it picked up another photograph. The team of *Jim DiSciullo, Lissa George, Dickie George,* and *Lee Brooks* won in approximately 41 minutes.



Doug Hawkland (left) and Steve Zelenak kept the hungry crowd satisfied with burgers and dogs. (photo by Len Guralnick).

Grant, Marshall, and Anna DeMaree set off for their first landmark in The Amazing Race (photo by Len Guralnick)

Amy and Katie Gessler chowdown at the picnic. (photo by Len Guralnick)

CROSS COUNTRY PRE-SEASON 5K

Young men and women who had toiled throughout the summer at Coach *Phil Lang*'s cross country camp at last had the chance to compete in a real race— the Pre Season Cross Country 5k at Oakland Mills High School on Saturday, August 12. The pre-season event was open to all runners of all ages, but the young high school runners dominated. A total of 81 participated in the serpentine 5k, which went back and forth through the back fields of Oakland Mills. Twenty-four others ran the accompanying 3k.

HOWARD COUNTY STRIDERS
PRE-SEASON XC 5K
Oakland Mills High School — August 12

FEMALES

1	Katie Harman (1st, 15-24)	19.59
2	Katie Sacker	20.44
3	Megan Yi	21.16
4	Sarah Lebro	22.29
5	Tiffany Lang (1st, 14 & U)	22.30
6	Valerie Sloboda	22.35
7	Jamie Scott	23.19
8	Chrissy Griffin	23.34
9	Michelle Walsh	23.35
10	Elizabeth Kimble	23.50
11	Laura Triscoli	23.55
12	Sarah Bluher	24.21
13	Samantha Sammis	24.37
14	Margo James	25.10
15	Mary Beth Heinrichs	25.11
16	Kelsey Harman	25.34
17	Joy Jennifer	25.48
18	Kate Albertini	25.54
19	Catie Fisher	26.04
20	Rachel Shulder	26.11
21	Dalyce Wilson	26.30
22	Bethany Watson	27.28
23	Amy Zontek	27.58
24	Amanda Martin-Caughe	28.34
25	Madeleine Robson	28.40
26	Louise Righter	28.59
27	Lori Robinson (1st, 40-49)	33.55

Noah Wood won the Pre-Season 3k event by a minute. (photo by Phil Lang)

MALES

1	Andrew Revelle (1st, 15-24)	16.36
2	Graham Bazell	16.59
3	Craig Lebro	17.36
4	Reggie King	17.59
5	Danny Siebenhaar (1st, 14 & U)	18.01
6	Brian Pettit	18.05
7	Phil Lang (1st, 25-39)	18.27
8	John Thornton	18.31
9	Brian Fleming	18.44
10	Michael Feroe	18.50
11	Devon Gillet	18.59
12	Teddy Carney	19.03
13	Jason Harman	19.25
14	Grant Demaree	19.36
15	Majid Waheed	19.41
16	Lee Righter	19.55
17	Thomas Hoesman	19.58
18	Nikolai Rossovskij	20.01
19	Ryan Olsen	20.14
20	Joey Esposito	20.17
21	Greg Schuler (1st, 40-49)	20.19
22	Paul Williams	20.19
23	Bobby Gessler	20.33
24	Jason Rogers	20.35
25	Ian Anderson	20.39
26	Kyle Andrews	21.00
27	Brad Kenney	21.04
28	David Jun	21.28
29	Robby Creese	21.30
30	Yasuo Oda	21.47
31	Eric Schuler	22.03

32	Michael Ponce	22.19
33	Jason Bazell	22.21
34	David Kozlowski	22.26
35	Steve Anderson	22.45
36	Dylan Gillett	23.13
37	David Matthews	23.39
38	Rex King	23.49
39	Andrew Stanton	24.13
40	Alan Robson	24.30
41	John Sammis	24.49
42	Rafi Fernandez	25.05
43	Andrew Guthrie	25.09
44	Ted Feroe	25.23
45	John Thornton (1st, 50 & over)	25.27
46	Jackson Feroe	25.30
47	Timmy Fisher	25.43
48	Brian Garsteeki	25.46
49	Ilya Dynin	26.01
50	Mike Fleming	26.10
51	Matt Pumplin	26.31
52	Juan Fernandez	27.19
53	Al Greuter	30.36
54	Jeff Robinson	33.55

3K RESULTS

FEMALES

1	Anna Demaree	13.09
2	Brittany Lang	14.01
3	Julie Gessler	14.54
4	Rachel Knobel	15.47
5	Becky Gessler	16.10
6	Amy Gessler	16.56
7	Cara Pettit	17.16
8	Susie Kemp	17.17
9	Emiri Oda	17.48
10	Katie Gessler	17.55
11	Sammy Creese	18.12
12	Julie Steinberg	19.01

MALES

1	Noah Wood	12.07
2	Robby Creese	13.07
3	Alex Knobel	13.32
4	Marshall Demaree	13.40
5	Sam Barry	13.40
6	Balair Brooks	14.00
7	Andrew Bluher	14.43
8	Andy Knobel	15.03
9	Tim Gonzalez	15.25
10	Dylan Siebenhaar	15.30
11	David Fisher	15.45
12	Doug Chadwick	16.16
13	Husain Waheed	17.09
14	Michael Keller	17.35

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MARYLAND RRCA GRAND PRIX SERIES — REMAINING RACES

7. Bachman Valley Half Marathon — Sunday, September 24, 9:00 am, Westminster Road Runners (http:// www.carr.org/~wrrc)

8. Frederick Mile — Saturday, October 7, 9:00 am, Frederick Steeplechasers (http://www.steeplechasers.org)

9. North Central Trail Marathon — Saturday, November 25, 9:30 am, Baltimore Road Runners (http:// www.brrc.com)

10. Celtic Solstice 5 Miler — Saturday, December 6, 8:30 am, Falls Road Running (http: // www.baltimorerunning.com)

If you are planning to run any of these races, please register as a Howard County Strider.

A HOT DAY IN ANNAPOLIS

A surprisingly large contingent of Howard County Striders participated in the 31st Annapolis 10 Miler on Sunday, August 27. Bagel runner *Kent Werner* led the contingent with a sparkling 57:11, which was good for fifth overall. Clyde's 10k champion *Feng Sun* won the women's race in 1:02:15. 4409 finished the entire race on a warm, humid morning. Matt Centrowitz won the race in 54:59. (Chip times are shown)

STRIDERS AT ANNAPOLIS 10 MILER
USNA Stadium, Annapolis,MD - August 27

5. Kent Werner (1st, 25-29M)	57:11
10. Jason Grimm (3rd, 25-29M)	59:53
Feng Sun (1st F)	1:02:15
Sheldon Degenhardt (2nd, 40-44M)	1:03:03
Mick Slonaker (1st, 55-59M)	1:04:27
Brian Fleming	1:04:50
Greg Schuler (3rd, 45-49M)	1:04:56
Joe Hanle	1:07:20
Weems McFadden	1:07:24
Bobby Gessler	1:07:25
Kirk Gordon	1:08:00
Ronnie Wong (3rd, 55-59M)	1:08:24
Piriya Pinit (1st, 60-64M)	1:09:05
Greg Hogan	1:09:27
Lisa Fichman	1:11:26
Steve Meininger	1:11:35
Matt Fichman	1:11:46
John Morris	1:12:24
Arnat Vale	1:12:41
Yasuo Oda	1:13:08
Doug Lechmann	1:13:25
Julie Thienel	1:13:53
Rick Mithcell	1:15:00
Marc Burger	1:15:12
Keith Wunsch	1:15:51
Russ Antico	1:16:02
Dorothy Beckett	1:16:20
Katie Sacker (1st, 1-19F)	1:17:21
William Leach	1:17:26
Jim Grover	1:17:45
Daryl Arnold	1:18:18
Jessica Sleight	1:18:43
Byron Henry	1:18:46
Ralph Massella	1:19:30
Wayne Martin	1:20:49
Steve Muchnick	1:20:52

Mike Fitzgerald	1:22:01
Elizabeth Thompson	1:22:13
Bill Arbelaez	1:22:19
Warren Beers	1:22:22
Todd Pearsall	1:23:19
Shelley Yore	1:23:37
Stephen Alphern	1:24:02
Jason Kaplan	1:24:05
Sarah Thomas	1:24:18
Amanda Fleck	1:25:58
Dean Siedlecki	1:26:42
Steve Thienel	1:27:13
Eric Johnston	1:27:34
Karen Harvey	1:29:21
Shane Bogan	1:29:23
Mike Fleming	1:30:17
Dwight Mikulis	1:30:40
Dana Havlik	1:32:45
Mike Baziz	1:33:00
Mitchell Krasnopoler	1:33:45
Jun Ahn	1:33:47
Jordan Kelso	1:34:09
Phil Heiliger	1:34:38
Susan Gleazer	1:34:47
Gretchen Tucker	1:34:52
Susan Riss	1:35:05
Debbie Grover	1:35:09
Stephen McGovern	1:35:13
Richard Fox	1:36:23
Bill Maccormack	1:36:26
Patty Wunsch	1:36:51
David Carter	1:40:03
Patricia Huffman	1:41:15
Jane Ponton	1:42:27
Mohan Ray	1:43:20
Linda Kelley	1:45:03
Linda Kennedy	1:45:06
Karl Kraus	1:45:40
Emiri Oda	1:46:30
Kerri Hantke	1:47:54
John Wheatland	1:49:30
John Collins	1:54:41
Jen Elkonoh	2:00:48
Mike Elkonoh	2:00:48

WHAT HAPPENED AT THE SUMMER WEEKLY RACES

The increasingly popular weekly series races drew 189 different participants this summer. The average attendance per race was 65. Weekly race director *Len Guralnick* says the success is largely due to the enthusiasm of the volunteers that are helping each week and throughout the year. Thanks to *Marc Burger* for keeping the score throughout the summer.

Recall from the last issue that we were looking for creative names for the Fall, Spring and Summer Series. (The winter series has already been dubbed "Operation Iceberg.") On August 2, a select committee of judges reviewed the entries for the "Name the Weekly Series" contest. Numerous creative entries were considered and a few people submitted more than one suggestion. The winning names are "Legends of the Fall," "Vernal Velocity" and "Summer Sizzler." All of these names were suggested by *Jeanne Larrison* who submitted numerous entries with enthusiasm rivaled only by her participation at our weekly races. Jeanne will win free entry for one year to all of our weekly series races and a prize to be presented at our first "Legends of the Fall" race on September 10. Congratulations Jeanne!

Izzy Mehmodovic makes running at a five minute pace look easy. He has been breaking 10K weekly course records this summer, with his 34:16 10K at Thunder Hill and 34:48 at Jeffers Hill. *Mike Fleg* teamed up with Izzy to break the 5M partners relay record with their 21:47 win.

Weekly series participants accumulate points for performance and participation. Izzy was the top male runner this summer, followed by *Weems McFadden* and *Karsten Brown*. Karsten travels from Front Royal, VA most weeks to participate.

Anna Demaree took first place as top female runner with her amazing performance every week, against the largely older and more experienced field.

The summer series ended with the Celestial 5k around the Longfellow neighborhood. The run started and ended at Len Guralnick's house. After the race, prizes were given to those earning the minimum number of points in the series (50 minimum for men, 25 for women.

The summer series is nominally directed by Len Guralnick. *Marc Burger* kept score during the summer for those compiling points.

SUMMER 2006
SERIES RESULTS

MEN (50 pts minimum)

1. Izzy Mehmedovic	110
2. Weems McFadden	102
3. Karsten Brown	100
4. Scott Saulsbury	99
4. Michael Dusenbery	99
6. Marc Burger	97
7. Ronnie Wong	81
8. David Jun	72
9. Brian Fleming	68
10. Alan Murray	66
11. Mike Fleg	63
11. Les Raymond	63
13. Yasuo Oda	61
14. Ray Campbell	60
14. Chuck Nicholas	60
16. Greg Hogan	58
17. Joey Esposito	55
17. Noah Wood	55
17. Rick Mitchell	55
20. Paul Shouse	54
20. Ed Silverman	54
22. Luis Diaz	52
22. Craig Valentine	52
22. Roger Calvert	52

WOMEN (25 pts minimum)

1. Anna Demaree	60
2. Karen Young	59
3. Karen Shouse	48
4. Marsha Demaree	37
5. Jessica Esposito	30
6. Brenna O'Connor	29
6. Marquel Bowler	29
8. Melissa Tabor	28
9. Barbara Calvert	25

THE BIRTH OF A TRIATHLON

On Sunday, August 27, a field of 1249 women competed in the new Ryka Iron Girl Triathlon. The race consisted of a 1 km swim around Centennial Lake, a 17.5 mile bike out and back along Route 108 and Homewood Road, and a 3.3 mile run around Centennial Lake. Staged by the Columbia Triathlon Association, the Iron Girl seemed a smaller-scale version of the Columbia Triathlon, which takes place every May. Insofar as numbers pf participants, however, this race was as large as the May event. In fact, this Iron Girl was the largest of those so far staged.

At the front of the pack, pro-triathlete Margaret Shapiro of Annandale, VA, handily won the triathlon in 1:21:48. She easily beat the much-heralded Desiree Ficker of Austin, TX. Local triathlete Janelle McIntyre placed fifth overall (1:34:10) and was third amateur and first master overall. The top five finishers divided a cash purse of $5000.

Although the field attracted veteran triathletes, many of the women were novices and many had never done a tri before. Some of them raised funds for various charities, and some were proving they could and had overcome serious illnesses, while others were just trying to become fit. Whenever some one crossed the finish line, race director *Rob Vigorito* shouted "You're an Iron Girl!" And so were they all.

A number of Howard County Striders participated. *Maura Dunnigan* posted the fasted time (1:47:11) of all the Howard Countians. The mother of five also raised a thousand dollars for Women's Giving Circle, a local charity. After her double mastectomy, *Abby Glassberg* vowed to finish the Iron Girl, and she came roaring back to fulfill the vow. *Mary Brandenstein* and her daughter Catherine competed on the relay team "Back in Business" which finished 30th out of 35 teams. Tri-coach *Judi Carbary* surprised herself by placing first among the 55-59 women.

"Well, I'm no triathlete!" said *Vicki Lang*, a former Strider Runner of the Year. Although she found the swim the hardest part, she also thought jumping off the bike and then running 3.3 miles was rough, too.

The first wave enters the water at 6:55 am. (photo by Jim Carbary)

The race took place on a warm, muggy morning, typical for August in Maryland. Rain showers the evening before had made the atmosphere even more humid when the first wave started a little before 7 am. Luckily, cloudy skies kept the Sun from really roasting the participants.

In addition to the first class organization for which the Columbia Triathlon Association is known, the women also enjoyed some special perks. Each finisher received large, shiny medal as well as a digital picture of herself. Each bib prominently displayed the participant's first name, so onlookers could cheer each one individually. Finally, when they crossed the finish line, the Iron Girls could enter the cool, blissful rain room.

STRIDERS AT IRON GIRL TRIATHLON
Centennial Lake Park — August 27

Maura Dunnigan	1:47:11
Denise Tripp	1:52:33
Vicki Lang	1:55:11
Eileen Murphy	1:55:51
Chelsea Foong (1st, 16-17)	2:00:32
Margaret Dabney	2:04:56
Judi Carbary (1st, 55-59)	2:05:02
Jane Teranto	2:07:45
Denise Hannagan	2:09:10
Pam West	2:14:07
Susan Watson	2:14:12
Brooke Robbins	2:14:46
Terri Silverman	2:50:46
Nichole Leitner	2:54:31

In merely completing the race, Abby Glassberg overcame so much more than heat and humidity and distance. (photo by Jim Carbary

"I'm not doing this race if it's too hot!" Judi Carbary said months in advance of the Iron Girl. She won her age group. (photo by Jim Carbary).

Eric Kocay in Iraq. (photo by USMC)

A STRIDER IN IRAQ

By Maj. Megan McClurg, USMC

Eric Kocay, 55, a Howard County Strider, has missed a lot of group Bagel Runs this year, but that is just because he has been busy working as a Special Agent for the Special Inspector General for Iraq Reconstruction in the International Zone in Baghdad since July 2006. He has decided to lace up his shoes and begin a grueling training schedule despite the blinding dust storms and severe heat for his 31st marathon – a deployed running of the Marine Corps Marathon.

With 22,000 Marines deployed in Iraq, the Marine Corps Marathon is sponsoring the runners who are 6,000 miles east of Washington, DC. On October 29, more than 150 runners from across Iraq will meet at Al Asad Air Base in the Al Anbar province to compete in the 26.2 mile race.

The Marine Corps Marathon Forward will be Kocay's fourth running of the Marine Corps race, although he anticipates this course to be a little different than DC. "I will miss the scenery, cooler weather, and the crowds DC has to offer, but having an opportunity to race with the service members, contractors and civilians will make this a once in a life-time experience. I look forward to wearing my Strider singlet and getting back into some long runs with my fellow Striders when I come home!"

ROAD WARRIORS OF THE SUMMER

Global warming struck the Mid-Atlantic region hard this summer, but the Road Warriors are not weather wimps. They ran just as hard as ever. They sweated a little bit more, but they never stopped racing...

NATIONAL FAMILY RESILIENCY CENTER
4 MILER
Century Plaza, Columbia — June 10

2. Mike Dusenbery
3. John Chall
4. Noah Wood
6.Weems McFadden
Al Greuter

Striders received a specially reduced fee of $15 by indicating they were part of the "Strider Team." In its second year, the race also had some really nice random prizes ($150 gift certificates and more). John Chall received an umbrella in the goodie bag and a nice water bottle too.

SEASHORE STRIDERS 5k DASH
Rehoboth Beach, DE — June 10

3. Joe Hanle	(PR) 17:15
John Neal	29:21
Miles Weigold	32:38

Joe Hanle was excited to run a personal best on his day at the beach. 135 finished this convivial race.

LAWYERS HAVE HEART 10K
Washington, DC — June 10

Chris Chattin (2nd, 40-44M)	34:37
Mick Slonaker (1st, 55-59M)	38:30
Kyle Stanton (3rd, 19 & U M)	39:37
Robyn Humphrey (4th W)	39:42

Do lawyers have a heart? If they do, why ask the question? 2381 completed this popular event and every Strider who ran won something.

GBMC FATHER'S DAY 5k
Towson, MD — June 18

Joe Hanle	18:16
Bob Burns	19:19
Ronnie Wong (2nd, 55-59M)	20:06
Marc Burger (2nd, 30-34M)	20:37
Phil Heiliger	28:19
Melissa Tabor	39:49

Some of the runners weren't even fathers. Or mothers for that matter. 544 finished. And GBMC stands for Greater Baltimore Medical Center.

BALTIMORE WOMEN'S CLASSIC 5k
Baltimore, MD — June 25

Renee Martin	23:31
Kerin Thornton	24:54
Maureen Thornton	25:34
Heidi Savin	26:33
Dana Havlik	26:51
Pauline Chvilicek	27:38
Jessica Sleight	28:25
Cecelia Landa	31:28
Kathy Kvedar	33:25
Vicki Leonard	36:19
Joanne Davis	38:11
Beverly Byron	39:42

Billed as the "second oldest women's race in America, this event drew 531 finishers and a large number of Howard County Strider women.

DREADED DRUID HILLS 10k
Baltimore, MD — July 1

Karsten Brown	39:55
Lisa Fichman	48:32
Pat Wilkerson	48:34
Jim Grover	48:40
Jane Teranto	51:18
Debbie Grover	58:28

Former Howard County Junior Graham Bazell won this hilly race in 35:23. At least race time temperatures were in the 70's. 515 finished.

RACE FOR THE FAMILY 5k
Centennial Lake Park — July 1

3. Phil Lang	17:48
4. Ted Poulos	18:18
Noah Wood	21:13
Tiffany Lang (1st F)	21:53

A new Howard County race is born! They have to work a littler harder on the publicity, however. 34 finished this romp around Centennial Lake.

ARBUTUS FIRECRACKER 10k
Arbutus, MD — July 4

2. Dave Berardi	35:45
4. Chris Chattin	36:53
Joe Hanle	39:51
Ronnie Wong (1st, 50-59M)	42:54
Dean Siedlecki	50:15
Mike Baziz (3rd, 60+ M)	1:00:33
Steve Zelenak	1:01:38
Bill MacCormack	1:02:50
Robert Hall	1:06:27
John Wheatland	1:11:09

Always held on a steamy, July 4 morning, this race attracts high-class talent who vie for the cash prize. Others run this race because of its hilly challenging course and friendly, home-town atmosphere. During the race, runners charge through lawn sprinklers set out by friendly Arbutusians, and after the race, finishers enjoy all the watermelon they can eat.

DUNDALK HERITAGE 6k
Dundalk, MD — July 4

Bob Burns	23:07
Marc Burger	24:51
Art Morey	28:43
Glenn Scimonelli	31:56
Melissa Tabor	44:40

For the metrically-challenged, the six kilometer distance of this event translates to 3.72 miles. The times seem long for a 5k because 6k is longer than 5k. See? 328 finished.

SPIRIT OF GETTYSBURG 5k
Gettysburg, PA — July 8

10. Mark Gilmore (1st, 35-39M)	16:08
Chris Chattin (1st, 40-44M)	16:45
Joe Hanle (1st, 45-49M)	18:04
Mick Slonaker (1st, 55-59M)	18:23

All the fast guys showed up, especially the elite Howard Countians— every Strider who participated in this really fast 5k won his age group. Way to go guys!

ANNAPOLIS STRIDERS
WOMEN'S DISTANCE FESTIVAL 5k
Annapolis, MD — July 8

Renee Martin (1st, 30-34W)	22:37
Megan Henly	23:33
Christine Caravoulias	33:12
Julie Trapp	38:15

According to Julie, it was cooler for this race than for the WDF held in Columbia the next day. The Striderwomen also ran the next morning in Columbia. 240 finished.

BASTILLE DAY 4 MILER
Fletcher's Boat House, DC — July 14

Ted Poulos	23:13
Karsten Brown	24:22

136 finished this race, which took place on Friday. And just what *is* Bastille Day?

WESTMINSTER ROAD RUNNERS
WOMEN'S DISTANCE FESTIVAL 5k
Union Mills, MD — July 16

4. Ginger Rowley	24:48
Jeanne Larrison	28:01
Laurie Donnelly	34:39
Sandy Bannon	36:35
Julie Trapp	39:43
Anne Brooker-Grogan	48:42

WDF applications have a space for club affilication and *Jeanne Larrison* signed in her space "all of them!" 49 finished this edition of the Women's Distance Festival.

ROTARY TWILIGHTER 8k
Rockville, MD — July 15

19. Izzy Medmodovic*	26:11
Carlos Renjifo*	27:22
Dave Berardi (1st, 45-49M)	27:36
Kent Werner*	27:56
Jason Tripp	27:58
Chris Chattin (2nd, 40-44M)	28:23
Ted Poulos (3rd, 40-44M)	29:01
Sheldon Degenhardt	29:42
Eric Makovsky	29:47
Phil Lang	30:02
Greg Hogan	30:22
Karsten Brown	30:52
Brian Fleming	31:41
Greg Schuler	31:47
Mike Dusenbery	32:29
James Carbary (3rd, 55-59M)	32:56
Vicki Lang (3rd, 35-39F)*	33:02
Weems McFadden	33:14
Eric Schuler	35:12
Marc Burger	35:14
Katie Sacker*	35:18
Amelia Ingersoll	35:42
Dorothy Beckett	36:50
Sarah Lebro	36:50
Mike Fleming	40:44
Sarah Bluher	42:57

* Howard County Strider coed racing team

As always, this popular race took occurred on the warmest, steamiest night of the summer. No one expected PRs and they didn't get any. The Striders fielded a coed racing team that finished sixth out of 14. (Falls Road Running collected the team trophy with several ringers.) Lawn hoses and sprinklers cooled the sweltering runners as they ran looped the neighborhoods around Rockville's town center. Runners also enjoyed live music along the route, as well as a band at the finish. Every received a bottle of cold water at the finish line, where fire trucks hosed down everyone with more cold water. The refreshments, however, were pretty skimpy.

ORIOLE ADVOCATE 5k
Baltimore, MD — July 23

9. Sheldon Degenhardt (1st, 40-49M)	17:21
Phil Lang	17:38
Brian Fleming	18:09
Mick Slonaker (2nd, 50-59M)	18:28
Steve Meininger	18:46
Matt Bryden	19:09
Bob Burns	19:15
Vicki Lang (1st, 30-39F)	19:38
Chris Wunsch	19:48
Stephen Wunsch	20:16
Piriya Pinit (2nd, 60-69M)	20:25
Robyn Humphrey (3rd, 40-49F)	20:26
Marc Burger	20:39
Lisa Fichman	20:40
Yasuo Oda	21:05
Challice Bonifant	21:07
Keith Wunsch	21:08
Dorothy Beckett	21:36
Laura Cadiz	21:57
Jessica Sleight	22:04
Jim Grover	22:14
Tiffany Lang (1st, 12&UF)	22:26
Mike Fleming (3rd, 60+M)	23:12
Art Morey	24:01
Clint Henderson	25:31
Patrice Wunsch	25:35
Karen Harvey	26:05
Glenn Scimonelli	26:07
Debbie Grover	26:54
Ben Bryden	26:54
Jessica Wunsch	28:04

Even if they weren't fans of Baltimore Orioles' baseball, a large number of Howard Countians participated in this charity race that started and ended at Camden Yards. Runners finished inside the stadium, but they weren't allowed on the grass. Outback Steakhouse provided the post-race brunch on the flag court. There may have been real Baltimore Orioles somewhere, too. By this time of year, though, the team was far, far out of the pennant race.

RILEY'S RUMBLE HALF MARATHON
Potomac, MD — July 23

6. Jason Grimm (3rd, 20-29M)	1:22:09
Karsten Brown	1:31:57
Pat Wilkerson (2nd F)	1:33:18
Rick Mitchell	1:34:42
Michael Dusenbery	1:35:23

This half marathon is run on a very hilly course during very warm, humid conditions. Thanks to his Bagel Run experience, however, *Jason Grimm* had little difficulty breaking into the top 10. And masterwoman *Pat Wilkerson* placed even higher, finishing second overall among the females. Striders rock! 527 finished.

CHECK IT OUT CHALLENGE 6 MILE
Baltimore, MD — August 6

Keith Wunsch	41:40
Mike Baziz (1st, 60+ M)	50:02

CHECK IT OUT CHALLENGE 5K
Baltimore, MD — August 6

4. Bob Burns (1st, 50-59M)	19:15
6. Ronnie Wong (2nd, 50-59M)	20:24

They couldn't quite make it 6.2 miles (for 10k), so they renamed it a 6 miler. There aren't many of those. 89 ran the 6 miler; 157 did the 5k.

LOUDIN COUNTY YMCA 20K
Leesburg, VA — August 13

Karsten Brown	1:18:54
Robyn Humphrey (9th W)	1:25:05
Steve Grufferman	1:33:51

The Washington Running Report put a really swell picture on their website showing *Robyn* being beaten in this race by Nicola Elliott. 606 ran the 20k. *Mick Slonaker* won his age group (38:02) in the 10k that accompanied this race. The runners enjoyed some really cool temperatures for this time of year.

MISCELLANEOUS RACES

On July 23, *Ronnie Wong* won the 55-59M age group in 32:41 at the Bon Ton 5 Miler in York, PA. 313 finished this event, which was once a premiere race in the mid-Atlantic region.

On July 29, Howard County Junior Strider *Tiffany Lang* placed fourth overall in 21:51 at the Lady Distance Festival 5k at Rocky Gap State Park, MD.

On August 19, *Karsten Brown* placed fifth overall (out of 178) in 1:24:10 at the Lynchburg, VA, Half Marathon.

While vacationing at the beach, *Jason Tripp* placed second in 35:40 at the BooksandCoffee 10k in Dewey Beach, DE, on August 19. His wife *Denise* ran 25:35 in the accompanying 5k. Long-time Strider *John Neal*, 68 years young, also completed the 10k (1:04:58). 273 ran the 10k, while 204 did the 5k.

On August 20, while vacationing in Colorado with his family, *Jesse Leitner* ran the Pikes Peak Marathon in 6:38:42. This marathon climbs and descends Pikes Peak with the greatest trailhead-to-peak gain of ANY of the 14ers in Colorado! Jesse survived rocky trails and endless switchbacks, nearly broke his heart rate monitor, got an upset stomach, and faced hypothermia and altitude sickness. Jesse wore only a singlet; at the top, it was breezy and near freezing. Welcome to mountain racing!

The finish line of a real mountain race. (photo by wnlrnr)

BREAD— THE ATHLETE'S FRIEND OR FOE???

By Dr. Russel Antico, C.C.S.P., C.S.C.S.

Over the past few years most American's (including many athletes) were brain washed into thinking that carbohydrates, or more specifically breads, were the ultimate enemy. If you wanted to stay (or get) thin you must drastically decrease, if not eliminate this evil food from your diet.

Thankfully, many of us have returned to eating bread and other starchy foods. We've realized carbs are not fattening; rather, excess calories are fattening. Bread and other grain foods are rightfully re-establishing themselves as a substantial part of our daily diets.

Although I do not agree entirely with the government's dietary guidelines, they encourage us to eat 6 to 11 servings of breads and grain-foods each day— of which at least half should be made from whole grains (i.e., whole wheat, rye, oats, corn). Enjoying this many servings of grain-foods is an easy task for hungry athletes who commonly devour 6 servings at breakfast alone, such as a hefty bowl of cereal (4 servings) with an English muffin (2 servings).

Yet, confusion still exists regarding the role of bread in a sports diet. Some weight conscious athletes still fear bread as a fattening enemy. They ask "Can I really eat toast at breakfast and a sandwich at lunch— and not get fat?" Other athletes wonder if bread made from refined white flour is "evil." The purpose of this article is to replace some of the myths and misconceptions regarding bread and other grain foods and offer a grain of truth.

MYTH #1. WHITE BREAD IS WORTHLESS— IT HAS NO NUTRITIONAL VALUE.

False. Although the refined white flour used to make bread may have been stripped of fiber, magnesium, zinc and several other nutrients, at least five nutrients have been added back by enriching the flour with B vitamins (thiamin, niacin, riboflavin, folic acid) and iron. Some white breads offer more of these vitamins than whole wheat breads. But not all the lost nutrients are replaced, so the optimal sports diet includes primarily whole grain breads and cereals.

...the optimal sports diet includes primarily whole grain breads and cereals.

When reading the label on the bread wrapper, be forewarned that wheat flour is synonymous with refined white flour. Only breads labeled as "100% whole wheat" are indeed made from all whole wheat flour. Most breads are white-flour based, with a dash of whole wheat (or other grain) added. The fiber-content offers a tip-off: look for breads with at least 2 grams of fiber per slice.

Eating white bread will not hurt your health unless your whole diet focuses on refined white flour products (i.e., too many white bagels and pasta meals). You'd be wise to eat a variety of grain foods and consume a variety of nutrients. Hence, if you eat a bagel made from white flour at breakfast, choose rye bread at lunch and popcorn for a snack. Or, if you prefer white bread for a sandwich, enjoy whole grain Wheaties or oatmeal for breakfast and corn for dinner. Point is, preferring your pre-run PB&J on white bread is just fine, don't sweat it!

The key to an optimal diet is to balance out the highly processed foods with more wholesome products the rest of the day. No one food—not even white bread—can be classified as bad.

MYTH #2: WHOLE GRAIN BREAD IS A NUTRITIONAL POWERHOUSE.

False. Although whole wheat bread may have slightly more nutritional value than does white bread, it is still not a "nutrition powerhouse." Bread provides only the foundation of a healthy diet; the nutrient-dense fruits, vegetables, lean meats and low fat dairy foods eaten alongside bread are the stronger sources of vitamins and minerals. For example, two slices of bread (two ounces) has far less protein, calcium, riboflavin, potassium, Vitamin D and other vitamins

These carbohydrates are important for fueling muscles and helping enhance athletic performance.

and minerals than do two slices of (American) cheese.

While bread is only a fair source of vitamins and minerals, it is as an excellent source of carbohydrate (starch). These carbohydrates are important for fueling muscles and helping enhance athletic performance. Your sports diet should get 55 to 65% of the calories from carbohydrates; bread offers 65 to 75% of its calories from carbohydrates.

MYTH #3. BREAD IS FATTENING.

False. Plain bread is not fattening. Most of bread's calories are from carbohydrates. Remember, your body preferentially burns carbohydrates during exercise rather than stores them as body fat. However, bread can become fattening if you smother it with lots of butter, margarine or mayonnaise (or if you don't exercise). The fatty spreads that commonly adorn bread are, indeed, fattening.

If you are watching your weight, you can enjoy bread and bread products at each meal as long as you stay within a calorie budget that's appropriate for attaining your weight goals. Most sports active people can reduce body fat by eating 600 to 700 calories per meal (1,800-2,100 calories per day). Bread, with 70 to 100 calories per slice, can certainly fit within that budget. However, the pat of butter (50 calories) or tablespoon of mayonnaise spread (100 calories) on the bread quickly boosts caloric intake.

MYTH #4. DIET BREAD HELPS WITH WEIGHT LOSS.

False. Diet bread is filled with extra air and sometimes extra fiber. The slices are extra thin. All this results in a lower calorie product. Most diet breads have about 40 calories per slice, as compared to regular breads that tend to have 70 to 100 calories per slice. (One ounce of bread is generally 70 to 80 calories, regardless if it comes in the shape of a bagel, pita pocket, slice, wrap or sub roll.) The key to bread's calorie content is knowing the ounces per serving. The more bread, the more calories. Although dieters can save a few calories by eating diet bread, the real key to weight reduction is to reduce calories from fats, not from carbs. Weight-conscious athletes are better off skipping butter, not the bread.

COMPARING CALORIES
IN WHITE BREADS

The more bread you eat, the more calories you consume.

Bread Type	Weight	Calories
Wonder bread, 1 slice	1 oz	70
Pepperidge Farm, 1 slice	1.3 oz	95
English Muffin, Thomas'	2 oz	130
Bagel, Lenders small	2 oz	150
Bagel, Lenders Big Crusty	3 oz	210
Pita, 6" round	2 oz	160
Pita, 8" round	3 oz	240
Hotdog roll	1.5 oz	110
Hamburger roll	1.5 oz	110
Bulky roll	2 oz	150

Portions of this article were taken from:

Loafing Around: Bread & the Athlete
Sports dietitian Nancy Clark MS, RD

This doesn't have anything to do with bread, but here are some more really cool pictures from the Pikes Peak Marathon. Notice the snow on the rocks and how the runners are actually walking. (photo by wnlrnr)

FALL SCHEDULE

What a summer! Preliminary indications suggest that we set yet another record for temperatures. But you knew that. If you want global warming to end, stop driving your gasoline-powered vehicles. That will also lower gasoline prices and end the war in Iraq. Just run (or bike) to work.

The Striders' **Legends of the Fall Series** begins on September 10, well before the equinox on September 21. All Fall Series races begin at 2 pm on Sunday afternoons, just as the Ravens and Redskins start to play. Contact *Len Guralnick* (410-997-7544, lguralnick@striders. net) for information about the Fall Series.

In October, the Striders will once again host a waterstop near 10 miles at the Baltimore Marathon on Saturday, October 14. To help out at the stop, contact *Miles Weigold* (410-730-1849, weigold@comcast.net).

The wildly popular **Run Through the Grapevine 8k** takes place on Sunday, November 7, a week after Marine Corps. Start forming teams now! Contact *Jason Tripp* (410-963-0134, grapevine@paintedcup .com) for more information.

The **Metric Marathon** (16.4 miles) moves back to its old time slot, the first Sunday in December. Don't wimp out and to the accompanying 5k this year! For information, call *John Worley* (410-730-0749, wrun@ comcast.net)

Finally, sandwiched in between all these competitive runs is the **Turkey Trot Prediction 10k** on Thanksgiving Day. Start running anytime after 9:30 am and try to finish as close to 11 am as possible. Without timing devices. *Dave* and *Judy Tripp* direct this event (410-730-4499).

9/10 Fall Series #1 — 2m, 5m
2pm Burleigh Manor Middle School
Junior Strider benefit; all entries $1

9/17 Police Pace 5k, 1m
8am Centennial Lake Park
www.policepace.com

9/24 Airport 4 Miler + 2 mile walk
8:45a BWI Airport
Barbara Evans 410-765-4147

9/24 Fall Series #2 — 2m, 10k, 15k
2pm Longfellow Elementary School

10/1 Fall Series #3 — 1m, 5k
2pm Swansfield Elementary School

10/8 Fall Series #4 — 2m, 10k, 15k
2pm Jeffers Hill Neighborhood Center

10/14 Baltimore Marathon & Runfest
8am Water stop volunteers needed
contact Miles Weigold (410-730-1849)

10/15 Fall Series #5 — 2m, 5m
2pm Burleigh Manor Middle School

10/22 Fall Series #6 — 2m, 10k, 15k
2pm Thunder Hill Elementary School

10/29 USMC Marathon — 26.2m
8am Iwo Jima Memorial, Arlington, VA

11/5 **Run Through the Grapevine 8k**
10am Linganore Winery
Jason Tripp (410-963-0134)

11/12 Fall Series #7 — 1m, 5k
2pm Swansfield Elementary School
Scholarship Race, all entries $1

11/19 Fall Series #8 — 2m, 10k, 15k
2pm Longfellow Elementary School

11/23 **Turkey Trot Prediction 10k**
9:30am Dave & Judy Tripp (410-730-4499)

12/3 **Metric Marathon** (26.2k and 5k)
8:15am Columbia TownCenter
John Worley (410-730-0749)

12/10 Fall Series #9 — 2m, 10k, 15k
2pm Thunder Hill Elementary School

12/17 Fall Series Awards — 2m, 10k
2pm Lake Elkhorn

For information on these and other Strider events, check the website:
www.striders.net
or call the hotline:
410-964-1998

PRESIDENT'S LETTER

Great running weather is upon us! Thankfully, those dreadful hot summer days have become a distant memory. I see many of you out there, sometimes appearing as silhouettes in the pre-dawn hours, training for fall races. Good luck and success with your target races. Our hard training will pay off as long as we're running smart and keeping those injuries at bay.

The Women's Distance Festival, directed by *Tacy Feliciano* and *Dorothy Beckett*, Damien's Run for Recovery, directed by *Ralph Massella*, and the Volunteer Party, marked our summer as great successes!

Here's what's going on now. *Bev Byron* and *Melissa Tabor* have jumped from directing FIT to getting GIRL (**G**etting **I**nspired to **R**un for **L**ife) started. Rumor has it that the name of this program may change next year! The current name has been the subject of some lively debate. Next Step 5K training has concluded and the Next Step Marathon training program is in full swing. With a little help from their friends, coaches *Sandy Salazar* and *Mick Slonaker* are doing a great job leading this program.

Maggie Moraw is directing a brand new beginners running program for men called BURP (**B**eginning '**U**r **R**unning **P**rogram). See information about this elsewhere in this issue or check it out at www.striders.net. Assistant coach *Jordan Kelso* insists, with a name like BURP, beer has got to be involved. I don't know about that....

Run Through the Grapevine is coming up. Strider vice president *Jason Tripp* has been directing this event the last couple of years. Directors *Judy* and *Dave Tripp* are preparing for the Turkey Trot & New Years Day prediction runs. We have lots of fun at these races. Don't miss them! The Metric Marathon has moved to December 3 this year. Race director *John Worley* assures us that the weather will be perfect on race day!

"Ask Me About My Grandchildren!" Of course I'm way too young for that, but maybe you've seen this proclamation before on a bumper sticker. However, ask me about our members and I'll tell you some stories. There are way too many, but here are a few.

Ronnie Wong is proud to tell you about how he ran for 18 days logging 1177 miles around a one mile track in 1990 when he was 44 years old to win the event. The closest competitor was 200 miles behind. He slept a few hours per day in a tent by the track and ate while he ran. Ronnie has logged 169 marathons to date, and as he is approaching his 60th birthday, he is planning on running 8 marathons this fall at the rate of one per week.

Ray Campbell is 74 years old and doesn't run so fast anymore, but knocks out 10K's and is a frequent participant at the weekly races. Ray courteously starts a little early so he doesn't finish too late. You may be surprised to know that Ray has been running his entire life, and was once running side by side with celebrity Hal Higdon in the final heat of a 1500-meter national championship race in 1989. In 1982, he set PR's on 2 successive days (38:45 10K, 67:00 10M).

How do all those mile marks appear on the bagel run routes? Our own *Allan Field* has been doing this on his own, even during an extended period when he was injured and unable to run. When Allan commits to doing something, he takes the responsibility seriously.

Have you been to our website lately? *Brian Fleming*, new to the board this year, has done a great job keeping it updated and adding new items. Information appears on the bottom of the homepage about subscribing to the Strider e-list for sending and receiving running related news. Click on "About the Striders" to see the new Hall of Fame section, composed by Dave Tripp. Do you have questions about our club, your membership status, Junior Striders? Click on the contact button to email your questions directly to the proper person.

Lastly, we need you. If you or someone you know loves participating in Howard County Striders activities, and you're not a member, we'd like you to sign up. Rates haven't gone up (see next page). Lifetime memberships are available, too. Your membership dollars supports the club and affirms to us that you think we're doing things right.

Gotta' run,
Len Guralnick

Howard County Striders

Membership and Renewal Application

Please fully complete this section

[ ] New [ ] Renewal	[ ] Individual ($10) [ ] Family ($15) [ ] Student ($6) [ ] Lifetime Individual ($135) [ ] Lifetime Family ($235)

First Name	MI	Last Name	Gender [ ] M [ ] F	Birthdate

Address (Street, City)	State	Zip

Home Phone (Area code + number)	Business Phone (Area code + number)	Email

[ ] Check here to receive Newsletter on internet by email notification (default is regular mail)

Waiver — Please read and sign

I know that running and volunteering to work in club events are potentially hazardous activities. I should not enter and run in club activities unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to complete the run safely. I assume all risks associated with running and volunteering to work in club events including, but not limited to, falls, contact with other participants, the effects of weather, including high heat and/or humidity, the conditions of the road and traffic on the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your acceptance of my application for membership, I, for myself and anyone entitled to act on my behalf, waive and release the Road Runners Club of America, the American Association of Running Clubs, the Howard County Striders Inc., and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in club activities even though that liability may arise out of negligence or carelessness on the part of the persons named in the waiver. I grant permission to all of the foregoing to use photographs, motion pictures, recordings, or any other records of these events for any legitimate purpose. I understand that bicycles, skateboards, baby joggers, roller skates or blades, animals, and radio headsets are not allowed in the events and I will abide by this guideline.

Signature Date

Additional Family Members — All members must sign. If under 18, parent or guardian must sign

Name	Gender [ ] M [ ]F	Birthdate	Signature	Date
Name	Gender [ ] M [ ]F	Birthdate	Signature	Date
Name	Gender [ ] M [ ]F	Birthdate	Signature	Date
Name	Gender [ ] M [ ]F	Birthdate	Signature	Date
Name	Gender [ ] M [ ]F	Birthdate	Signature	Date

Please make check payable to: Howard County Striders, Inc.
Howard County Striders, P.O. Box 563, Columbia, MD 21045

2006 HOWARD COUNTY JUNIOR STRIDER XC TEAM

The program is for young men and women, ages 6 to 14 (Kindergarten through 8th grade).
The runners will have an opportunity to:

- participate in a healthy outdoor exercise,
- participate in weekly group practice sessions with knowledgeable and experienced coaches,
- compete in meets with other junior runners,
- qualify to compete at regional and national running competitions,
- become a member of the Howard County Striders & the RRCA,
- attend end of year pot luck awards party, and
- receive a team trophy (if they participate in at least two meets).

Practices will be held twice weekly, each Tuesday and Friday from September 5 to October 27, from 5:30pm to 6:30pm at Centennial High School. Practices will include a warm up, stretching, drills, workout based on age and ability and special fun running games. There will be practices on Saturday mornings in November for those competing at the AAU Junior Olympic National Championships.

The team will compete at several events during the season and runners are encouraged to be apart of the team and test their speed and stamina at these meets. Most of the meets are in Frederick County on Sunday afternoons with the first one scheduled for September 17.

Race distances are based on the runners age. Runners 6 and under will run a 1k (.62 miles). 7-8 year olds run a 2k (1.24 miles). 9-12 year olds run 3k (1.86 miles). 13-14 year olds run a 4k (2.48 miles). Races are typically on grass and dirt path trails at parks or on school grounds.

The team is planning to compete at AAU Junior Olympic association meet (Sunday November 5) attempting to qualify for the National Championship (Orlando – December 2). We will try to organize teams (between 5 and 8 runners) in one year age groups (determined by year of birth) for runners born in each year from 1992 to 1997.

Team uniforms (shorts and singlet) will be available for $35.

Transportation to and from practices, meets, regionals/nationals is parent's responsibility.

Joe Esposito will again be the Head Coach for the Cross-Country team.

Check out the Howard County Striders web site at www.striders.net.

BE A RUNNER AND JOIN THE HOWARD COUNTY JUNIOR STRIDERS CROSS COUNTRY TEAM. BE READY FOR NO TIME-OUTS, NO HALFTIMES AND NO SUBSTITUTIONS. EVERYONE GETS TO COMPETE ALL THE TIME.

Please come to the first practice on Tuesday September 5 or the second practice on Friday September 8 to register if you haven't already and to ask all the questions you have.

www.striders.net

HOWARD COUNTY JUNIOR STRIDERS APPLICATION
~ 2006 Cross-Country Team ~

Last Name _____

Street Address _____

City _____ Zip _____

Family Home Phone (_____)_____

Mother's Name _____ Mothers Cell # (_____)_____

Father's Name _____ Father's Cell # (_____)_____

Parent's Email _____

Child's First Name	Gender	Birthdate	Fee
1. _____	_____	_____	$40.00
2. _____	_____	_____	$30.00
3. _____	_____	_____	$25.00
4. _____	_____	_____	$25.00

Waiver/Release: I know that running and volunteering to work in club events are potentially hazardous activities. I should not enter and run in club activities unless I am medically able and properly trained. I agree to abide by any decision of a race official or coach relative to my ability to safely complete the run. I assume all risks associated with running in track and field meets, including, but not limited to falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic and surface conditions, all such risks being known and appreciated by me. Having read this waiver and knowing the facts in consideration of your accepting my membership, I, for myself and anyone entitled to act on my behalf, waive and release the Howard County Junior Striders, Howard County Striders, Inc., and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in these club activities even though that liability may arise out of the negligence or carelessness on the part of the persons named in this waiver. Further, I grant permission to all of the foregoing to use any photographs, motion pictures, or any other record of this season for any legitimate purpose. I understand that bicycles, skateboards, baby joggers, roller skates or blades, animals, and radio headsets are not allowed at races or at practices and I will abide by this guideline.

Signature of Parent/Guardian _____

Date _____

Mail application to HCJS c/o Phil Lang, 8507 Black Star Circle, Columbia, MD 21045.
Make checks payable to the HCJS.

B.U.R.P.

Beginning 'Ur Running Program

What – A beginners running program for men
Why – So beginners can safely learn to establish a habit of exercise and have the option of forming a lifestyle of running.
Who – Men of all ages, backgrounds, shapes and sizes. Whether you are able to walk around the track one time or you can run a mile or two – please join us!
When – The program begins Tuesday, September 26, 2006 at 6:30 pm. We will meet every Tuesday evening at 6:30 pm for 10 weeks.
Where – We will meet at Oakland Mills High School on September 26; the location for future work-outs will be announced at that time.
Contact – Maggie Moraw at 410-740-1680 or steimlem2000@yahoo.com

Sign-Up Now!

Please print off an application from the Striders website.
Go to www.striders.net - Click on Programs & Running Groups - Click on BURP
You can download the application from there.

Please note that you must first be a Strider member to participate, you can become a Strider at www.striders.net as well (the fee for Striders Membership is only $10, plus the $15 BURP program fee)

Run Through the Grapevine

13th Annual **8k Cross Country Run**

Official Use Only

Please Print All Information Clearly

Name _____ Age Race Day ____ Birth Date _____ Gender: M F

Street _____ City _____ State ____ Zip_____

Phone Number _____ Shirt Size: M L XL

Fill in only if a member of a team: Team Name _____, Team Captain _____

I know that running a road race is a potentially hazardous activity and I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to complete the run safely. I assume all risks associated with running in this event including, but not limited to : falls, contact with other participants, the effects of the weather, including high heat and/or humidity, the conditions of t he road and traffic on the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Howard County Striders, and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event of carelessness on the part of the persons named in this waiver. Further, I grant permission to all of the foregoing to use photographs, motion pictures, recordings, or any other records of these events for any legitimate purpose. I understand that bicycles, skateboards, baby joggers, roller skates or blades, animals and radio headsets are not allowed in the race and I will abide by this guideline.

Signature _____ Date _____
(Parent's Signature if under 18 years old)

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HOWARD COUNTY STRIDERS

30th Annual Columbia Metric Marathon & 5K

Sunday, December 3, 2006
8:15 a.m.

When: Sunday, December 3, 2006 at 8:15 am

Where: Little Patuxent Parkway between the Columbia Mall and the Columbia Lakefront, Columbia, Maryland (near the pedestrian overpass) Directions and map available at Striders website: www.striders.net

Registration: Online at Active.com (through midnight Tuesday, November 28), or mail entry form and check (payable to Howard County Striders), to: Metric Marathon, Feet First, Wilde Lake Village Green, Columbia, MD 21044

Packet Pick-up: At Feet First on Friday, December 1 from 12noon - 9:00pm; Saturday, December 2 from 10am - 6pm, and race day from 6am - 8am

Race Information: Feet First (410) 992-5800; Website: www.striders.net; Hotline (410) 964-1998; or Race Director: John Worley, (410) 730-0749 or email: metricmarathon@gmail.com.

Awards Ceremony: Immediately following race; food and refreshments plus random prizes; unclaimed awards can be picked up at Feet First.

T-Shirts: Long-sleeve T-shirts guaranteed to runners registered by November 21.

Results: Race results will be posted immediately after the race. Results will also be available on the Howard County Striders Home Page: www.striders.net. Runners must finish Metric Marathon in 3.5 hours.

26K (Metric Marathon)

26K Entry Fees: $25 (nonrefundable) through Thurs, November 30; $27 from December 1 (packet pick up), and $30 on race day. A portion of the proceeds goes to the Aaron Worley Scholarship fund

26K Awards: Top 3 overall male and female; and male/female age groups in the following categories (top 3 in each group) - 1-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, and 60+; also, Most Improved Runner (most improved from last year's time). All finishers receive running gloves.

5K

5K Entry Fees: $15 (nonrefundable) through Thursday, November 30; $17 from December 1 (packet pick up), and $20 on race day. A portion of the proceeds goes to the Aaron Worley Scholarship fund

5K Awards: Top overall male and female; and male/female age groups in the following categories (top 3 in each group) - 1-14, 15-19, 20-29, 30-39, 40-49, 50-59, and 60+

Metric Marathon & 5K Entry Form - Please print and complete all information.

FIRST NAME	MI	LAST NAME	EVENT ☐ 26.2K ☐ 5K	OFFICIAL USE ONLY
STREET ADDRESS		CITY	STATE	ZIP
AGE RACE DAY	BIRTHDATE *(mdy)*	GENDER ☐ M ☐ F	SHIRT SIZE ☐ S ☐ M ☐ L ☐ XL	HOME PHONE / WORK PHONE
E-MAIL ADDRESS		MD RRCA CLUB *(circle one)*: AS BRCC RASAC MCRRC FS PGRC WRRC QCS DCRR Other:		

Waiver - Please read and sign. If under 18, parent or guardian must sign.

I know that running a road race is a potentially hazardous activity and I should not enter and run unless I am medically able and properly trained. I agree to abide by the decision of a race official relative to my ability to complete the run safely. I assume all risks associated with running in this event, including, but not limited to, falls, contact with other participants, the effects of weather, including high heat, and/or humidity, the condition of the road and traffic on the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your acceptance of my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Howard County Striders, Inc., and all sponsors, their representatives, and successors, from all claims or liabilities of any kind arising out of my participation in this event or the carelessness on the part of the person named in this waiver. Further, I grant permission to all of the foregoing to use photographs, motion pictures, or recordings, or any other records of these events for any legitimate purposes. I understand that bicycles, skate-boards, baby joggers, roller skates, or blades, animals, and radio headsets are not allowed in the race, and I will abide by this guidance.

SIGNATURE DATE

Please make check payable to: "Howard County Striders"
and send with form to Metric Marathon, c/o Feet First, Wilde Lake Village Green, Columbia, MD 21044

Don't forget these Strider events this autumn:

Run Through the Grapevine 8k — Linganore Winery
Sunday, November 5, 10:00 am

Turkey Trot Prediction 10k — Jeffers Hill Neighborhood Center
Thanksgiving Day, Thursday. November 23, after 9:30 am

Metric Marathon and 5k — Columbia Town Center
Sunday, December 3, 8:15 am
(NEW DATE)

Return Address:
Howard County Striders
P.O. Box 563
Columbia, MD 21045

Non-Profit Organization
U.S. Postage
PAID
Columbia, MD 21045
Permit No. 129