FOOTPRINTS

NEWSLETTER OF THE HOWARD COUNTY STRIDERS
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At the very start of the Women's Distance Festival 5k, Howard County Strider Sari Stenholm briefly held the lead. (photo by Paul Shouse)

WOMEN GO THE DISTANCE

Hirut Mandefro liked winning Damien's 5k so much that she came back to Columbia a few weeks later and whipped up on the locals yet again. The Silver Spring resident beat outran the local hopefuls Denise Knickman and Sherry Stick. In the wake of such a devastating performance, the real competition lay between these two. Denise, recently turned master runner, outlasted Sherry for second place– but both finished over a minute behind Hirut. All three took home cash prizes for first, second, and third.

The top Howard County females– *Sari Stenholm* and *Julie Gessler*– also repeated their Damien's performances as well as their respective finishing positions. At the women's race, the 14-year-old Gessler was running slightly ahead of Ms. Stenhom going into the final mile. But with about a quarter mile to go, Sari went to afterburners and outleaned her familiar rival by a scant second. "I used to run the 400 meters," Sari confided, "so I feel very comfortable when I can see the finish line." Julie settled for a personal record of 20:16, but only second place in the 1-14 age

(contined, p. 2)

MOTHER-DAUGHTER TEAMS

Daughter 1-14

1. Hitchhikers	5 pts
Karen & Alyssa Shouse	
2. Heneghan-White	6 pts
Meghan Heneghan & Carol White	
3. Wii Fit	10 pts
Nicole & Sherry Dawson	
4. Kruus Control (tie)	17 pts
Kirsten & Lori Kruus	
4. Team Taylor (tie)	17 pts
Alyssa & Lee Taylor	
6. Team Dunshee	25 pts
Judli & Diane Dunshee	
7. Fraser Satellite	27 pts
Jennifer & Emily Elkonoh	
8. Dooleyberg	29 pts
Rachel Dooley & Leslie Nissenberg	
9. Dua Girls	35 pts
Abby & Beth Dua	

Daughter 15+

1. Team Griffin	3 pts
Sandra Griffin & Gloria Roberts	
2. Thornton	7 pts
Colleen & Kerin Thornton	
3. Solomon Girls	13 pts
Cindy & Samantha Solomon	
4. Beach Babes	15 pts
Natalie & Sarah Beach	
5. Lychenheim	17 pts
Sara & Elizabeth Lychenheim	
6. Turtle Pace	23 pts
Jennifer Emanuel & Nancy Gainer	

Alyssa Shouse (left) and her mother Karen placed first among mother/daughter teams in which the daughters were under 14. (photo by Christina Caravoulias)

STRIDERWOMEN AT WDF 5k

5. Sari Stenholm	20:15
6. Julie Gessler	(PR) 20:16.2
7. Ellie McManuels	20:16.4
9. Katie Sacker	20:24
10. Robyn Humphrey	20:44
Janelle McIntyre	20:52
Meghan Heneghan	21:38
Brittany Lang	21:50
Megan Yi	22:10
Karen Shouse	22:15
Meredith Mill	22:25
Margaret Moraw	22:45
Amy Gessler	23:00
Katie Gessler	23:17
Colleen Thornton	23:37
Kerin Thornton	23:46
Catie Fisher	23:55
Kellie Johnson	23:56
Becky Gessler	24:02
Rachel Cooper	24:20
Alyssa Shouse	24:32
Laura Triscoli	24:33
Pauline Chvilicek	24:34
Shirley Sameshima	24:54
Kassie Sandacz	24:59
Lauren Shelley	25:07
Cheryl Ford	25:15
Nicole Dawson	25:15
Anna Sandacz	25:25
Christine Josey	25:33
Ginger Rowley	26:04
Patricia Brooks	26:32
Lisa Dunn	26:34
Heidi Vecera	27:04
Kayla Kahl	27:06
Rebecca Holst	27:09
Carol White	27:17
Emily Howe	27:31
Sherry Dawson	27:31
Amelia Mullican	27:39
Elizabeth Bowlsbey	27:39
Jill Krause	27:48
Natalie Beach	27:49
Cindy Solomon	27:54
Lindsay Mill	28:00
Kimberly Damewood	28:01
Wendy Silver	28:01
Kristen Kruus	28:50
Jane Tripp	28:57
Megan Austin	29:01
Samantha Solomon	29:40
Nicole Pannullo	30:13

Beverly Byron (#2), one of the prime FIT coaches, shows her determination. (photo by Mike Fleming)

Arleen "The Fun Run Lady" Dinneen (#1) enjoying the race. (photo by Mike Fleming)

Jennifer Cooper	30:14
Kathy Raley	30:52
Mandy Gething	30:59
Susan Boswell	31:02
Julie Trapp	31:03
Sharonda Mann	31:06
Stephanie Alger	31:19
Debbie Lavine	31:36
Carla Styczynski	31:43
Laurie Sammis	31:46
Jessica Tzuker	31:51
Yvette Oquendo-Berruz	31:57
Sherie Haugh	32:13
Hope Duffy	32:14
Christina Caravoulias	32:43
Ashleigh Snell	32:49
Arleen Dinneen	33:04
Shelly Kvech	33:05
Helenor Mesias	33:47
April Orlofsky	33:48
Nicole Betancourt	33:54
Janice Orlik	34:02
Ellen Brown	34:04
Marianne Peterson	34:46
Michelle Norris	35:52
Lina Chauhan	35:33
Patricia Murphy	35:36
Julie Maione	35:39
Noella Bryden	35:40
Christina Sinz	35:40
Augusta Sharkazy	36:09
Trisha McLean	36:16
Tonya Gorham	36:18
Helena Solana	36:22
Beverly Byron	36:30
Dominique Lincoln	37:01
Theresa Preis	37:04
Sarah Beach	37:19
Debbie Wilhelm	37:33
Emily Elkonoh	38:03
Melissa Burger	38:07
Debi Collins	39:16
Josephine Pieper	40:22
Carla Apodaca	40:41
Anita Logan	41:08
Allison Maliszewski	41:32
Donna Maher	41:34
Joanne Cole	41:54
Debra Cole	41:56
Amy Johnson	42:25
Kathy O'Ferrall	43:09
Melina Krummerich	43:17
Jo Straub	46:00
Colleen Loftus	48:45
Tallese Johnson	52:01
Judy Coho	52:47
Melissa Buckler	52:48
Carol Fletez	56:58
Cherly Arney	57:20
Abby Dua	57:25

The 2008 Females in training group (or most of them) at the WDF. (photo by Mike Fleming)

Agosto Henry, Zelest
Albert, Michelle
Alger, Stephanie
Anderson, Paulette
Apodaca, Carla
Aragona, Elizabeth
Arney, Cheryl
Beach, Sarah
Becker, Diana
Bernard, Angela
Bernard, Laurentee
Bourkel, Abigail
Bradley, Karla
Bradley, Susan
Buckler, Melissa
Butler-Lapointe, T.
Cannon, Cheri
Cedano, Cynthia
Chase, Nancy
Chauhan, Lina
Chuk, Meredith
Chvilicek, Pauline
Cicala, Rosanne
Ciccone, Natalia
Coho, Judy
Cole, Debra
Cole, Joanne
Conrad, Amy
Csonka, Rebecca
Denmark, Karen
Desimone, Veronica
Doyle, Anne
Duffy, Hope
Dugas, Sally
Dusenbery, Lindsay
Dymond, Cynthia
Elkonoh, Jennifer
Elsawi, Tracy
Engelsman, Amy
Evans, Carol
Fadiora, Mide
Frommer, Liz
Gnadt, Myra
Gorham, Tonya
Haugh, Sherie
Henderson, Stacia
Hogue, Anna
Imhoff, Natalie
James, Regina
Johnson, Jennifer
Johnson, Tallese
Jones, Daphne
Juffer, Kris
Keller-James, Kelly
Koch, Diana
Koepke, Lisa
Kohl, Darlene
Kornreich, Leslie
Krummerich, Mel
Kuhl, Stacy
LaBrosse, Becky
LaPointe, Adriane
Leite, Olga
Loftus, Colleen
Logan, Anita
Loisel, Kimberly (Pearre)
Lwanga, Esther
Maher, Donna
Maliszewski, Allison
Manas, Caroline
Mann, Sharonda
Martineau, Laurelle
Maurer, Diana
McCormick, Judi
McLean, Trisha
Mize, Rubie
Mooney, Sarah
Moore, Nicole
Moy, Rita
Murphy, Patricia
Newman, Christina
O'Ferrall, Kathy
Orlofsky, April
Page, Robyn
Pannullo, Nicole
Peel, Deanna
Peel, Wykeeta
Pender, Melania
Peterson, Catherine
Peterson, Marianne
Pham, Karen
Price, Katie
Pries, Theresa
Quade, Yvonne
Raley, Kathryn
Robertson, Sheronda
Rollings, Simone
Ronning, Catherine
Satterfield, Jennifer
Sharkazy, Augusta
Sheedy, Kathleen
Shelley, Lauren
Sinz, Christina
Smith, Marnie
Solana, Helena
Stengel, Elaine
Stewart, Christie
Stewart, Linda
Sturgill, Kelly Ann
Thomas, Shirell
Titcomb, Leanne
Turner, Helena
Tzuker, Jessica
VandeVander, Terry
Wilhelm, Debbie
Williams, Paula
Veronica Williams
Windebank, Kara
Woods, Randi

KIDS TRI

The first-ever Columbia Kids' Triathlon took place at Clemens Crossing Pool on July 27. Over 100 kids aged 7 to 14 participated in an actual triathlon. Different ages did different distances. The 7-10 year olds swam 50 yards (2 pool lengths), biked two miles, and ran ½ mile, while the 11-12 year olds swam 100 yards (4 pool lengths), biked four miles, and ran one mile. The 13-14 year olds swam 200 yards (8 pool lengths), biked four miles, and ran one mile. The bike and run courses consisted of loops around the Clemens Crossing Neighborhood. The race proved so popular that it closed out at a maximum of 100 registants. Next year, an even higher number is anticipated.

Two Howard County Striders claimed first places in their age groups: *Devin McIntyre* and *John Travisano*. The daughter of noted Howard County triathletes *Keith* and *Janelle McIntyre*, Devin not only won the girls' 11-12 division, she also had the fastest time (20:46) for anyone in that age group.

Rob Vigorito directed the Columbia Kids' Triathlon, but the race originated with *Judi Carbary*, who obtained the necessary police permits, secured parking across the street, and arranged for pool use through the Columbia Association. Judi and Liz Flynn of TriUs Coaching also held a kids' triathlon camp two weeks before in which they trained over 50 youngsters in the fine art of triathlon and prepared them for the upcoming kids' tri. The camp was also very popular and will be held next year.

Ironman trathlete Liz Flynn (right) directed the swimming part of the kids' training camp. (photo by Natalie Smolyak)

Junior Strider Gary Smolyak placed second among the 13-14 boys. (photo by Natalie Smolyak)

STRIDERS AT THE KIDS' TRIATHLON
Clemons Crossing Pool – July 27

7-10 Girls	
Katie Murphy	20:28
7-10 Boys	
Cyrus Bird-Walker	16:03
Daniel Smolyak	16:04
Michael Travisano	17:58
Camden Gilmore	18:34
Joel Bernstein	25:01
11-12 Girls	
Devin McIntyre	20:46
Kirsten Kruus	32:21
11-12 Boys	
John Travisano	28:20
Anthony Petrillo	29:17
Brian Fieni	33:21
13-14 Boys	
Gary Smolyak	26:10
Shanon McIntyre	30:08

JUNIOR STRIDERS HIGHLIGHTS OF THE SUMMER

The Junior Striders track season did not end with the last practice session in June. A number of them continued working through the summer in preparation for the AAU National Junior Olympic Games. They first had to qualify for the Games at an AAU Regional Meet in Philadelphia on 28-29 June. Of the 23 who ran at the regionals, seven qualified for the nationals by finishing in the top three of their respective events.

Over 16,000 athletes and coaches and 35,000 family members from nearly all 50 states attended the AAU Junior Olympics, which took place at Eastern Michigan University in Detroit, MI. Just like the Beijing Olympics, the Junior Olympics were staged over a two-week period (July 23 to August 2). In addition to track and field events, the AAU Olympics included, for example, wrestling, weight lifting, and baton twirling. The competitions were divided by sex and age.

Sarah Kenney became the Striders' second national champion within a year by winning the Girls' 3000m intermediate race walk in 19:14. She also won the same event at the Regionals and completed the race-walk season undefeated. Sarah joins *Brittany Lang* (in Girls' Bantam Cross Country last December) as the second junior to earn a top national title in the past year.

In addition to Sarah, *Michael Wegner* finished fifth in to Boys' 3000m Midget race and he really like the swell medal he got. The aforemention Brittany place eighth among the bantam girls in the 1500m event. In the Girls' Intermediate 3000m *Julie Gessler* ran exactly the same time at the nationals as she did at the regionals (11:42) and also participated in with *Kahra* and *Caprice Kelty* and *Nicole Vanagas* in the 4x800 relay. With a time of 10:26, their Howard County Junior Striders "A" team placed seventh out of 18 teams.

The Junior Striders are coached by *Phil Lang* with the support of numerous dedicated coaches and enthusiastic parents.

JUNIOR STRIDERS AT
AAU 2A REGIONALS
Northeast High School,
Philadelphia, PA – June 28-29

Girls' 400m Primary
Megan Shouse 1:37

Girl's 800m Primary
Megan Shouse 3:35

Girls' 800m Bantam
Brittany Lang 2:42

Girls' 1500 Bantam
Brittany Lang 5:28

Girls' 400m Sub-youth
Sarah Brand 1:10

Girls' 800m Sub-Youth
Becky Gessler 2:37
Amy Gessler 2:46
Alyssa Shouse 2:49

Girls' 1500m Sub-Youth
Alyssa Shouse 5:33
Becky Gessler 5:34
Amy Gessler 5:41

Girls' 1500m Youth
Sarah Kenney 6:01
Gabby Jordan 6:12

Girl's 800m Intermediate
Kahra Kelty 2:34

Girl's 1500m Intermediate
Julie Gessler 5:17
Kahra Kelty 5:22

Girls 3000m Intermediate
3. Julie Gessler 11:42

Girls' 4x400m Youth Relay
Sarah Brand, Amy Gessler, Becky Gessler, Lea Mijia 4:46

Girls' 4x800m Youth Relay
Amy Gessler, Becky Gessler, Alyssa Shouse, Tiffany Lang 11:23

Girls' 4x800 Intermediate Relay
Julie Gessler, Caprice Kelty, Kahra Kelty, Nicole Vanagas 10:26

Girls' 3000m Race Walk
1. Sarah Kenney 19:14

Boys' 800m Primary
Anders Chattin 3:23

Boys' 100m Sub-Bantam
Jelani Dula (heat1) 15.41
Jelani Dula (heat2) 15.27

Boys' 200m Sub-Bantam
Jelani Dula (heat1) 31.47
Jelani Dula (heat2) 31.42

Boys' 1500m Bantam
Eric Haney 6:17
Kevin Wegner 7:08

Boys' 200m Sub-Midget
Benin Dula 30.63

Boys' 800m Sub-Midget
Brian Knoblett 2:54

Boys' 1500 Sub-Midget
Joseph Keating 5:29
Brian Knoblett 5:36

Boys' 3000m Sub-Midget
Joseph Keating 11:41

Boys' 1500m Midget
Michael Wegner 5:02

Boys' 3000m Midget
1. Michael Wegner 10:45

Boys' 1500m Sub-Youth
James Allen 5:35

Boys' 3000m Sub-Youth
James Allen 11:48

Boys' 4x800m Midget Relay
Benin Dula, Joseph Keating, Brian Knoblett, Michael Wegner 11:17

Michael Wenger blasts down the track at the AAU National Meet last August. (photo by Vikci Lang)

JUNIOR STRIDERS AT
AAU NATIONAL CHAMPIONSHIPS
Eastern Michigan University,
Detroit, MI – July 23-August 2

Girls' 1500m Bantam
Brittany Lang 5:28

Girls' 3000m Intermediate
Julie Gessler 11:42

Girls' 800m Intermediate Relay
Julie Gessler, Kahra Kelty, Caprice Kelty, Nicole Vanagas 10:26

Girls' 3000m Intermediate Race Walk
1. Sarah Kenney 19:14

Boys' 3000m Midget
Michael Wegner 10:45

NEW COURSE BUT NO RECORDS SET AT DAMIEN'S 5k

The 2008 Damien's 5k offered a cash bonus of $500 to anyone breaking the course records of 14:36.8 (men) and 16:37.9 (women), so Silver Spring residents Abiyot Abebe and Hirut Mandefro traveled up to the Columbia Gateway to take a crack at winning the prize. "There was not enough competition," Abiyot admitted through an interpreter after the race. And with a personal 5k best of 14:41, Mr. Abebe certainly had a good shot at the bonus prize. But after the first mile, he had established a quarter mile lead on *Tom Williams* and *Steve Moxey*, the core of the Strider men's racing team. "I came as close as possible to giving up," admitted Williams, who watched Abiyot shrinking smaller and smaller in the distance ahead. Moxey had a slightly different approach. "I just let him go and did my own thing," he said. In the end, Steve outsprinted Tom for second place in 16:27.

The story repeated itself in the women's competition. Mandefro seized the early lead over local favorites *Vanessa Cox* and *Sari Stenholm* and never looked back. She finished in 17:22, over 2½ minutes ahead of her nearest rival and seventh overall in the field of 311 men and women. Not really severe for this time of year in Howard County, the heat and humidity affected Ms. Stenholm, who recently moved from the northern Europe to Columbia, MD. "It isn't like this in Finland!" she said.

Damien's 5k moved to a new venue this year. Although the basic loop around the Columbia Gateway Industrial Park remained similar, the race began and ended at the COPT building on Columbia Gateway Drive near the Route 175 entrance. The runners also ran clockwise around the loop rather than counter-clockwise, "so we got the 'hill' out of the way at the beginning." A number of runners, the young ones under 40, found the new route favorable for personal records. *Greg Orlofsky* (18:18), *Greg Lepore* (20:23), *Julie Gessler* (20:23 and fourth woman) and her sisters *Amy* (23:49) and *Becky* (24:01) all ran personal 5-kilometer bests. And there may be others...

For a brief, glorious moment right at the start of the 5k, Tom Williams (far right) did have the lead over eventual winner Abiyot Abebe (far left). (Photo by Robyn Humphrey)

Damien's 5k raises funds for promoting awareness of drug abuse by teens, and to that end the event also featured a 1 mile "walk and talk" in which parents and kids could discuss personal issues. The race is directed by *Ralph Massella* and staged with the assistance of the Howard County Striders and the Howard County Police. A total of 320 completed the run this year, and most of them seemed to like the new course.

The overall winners may not have earned the $500 bonuses, but they did take home $200 cash prizes. Age group winners received fleece blankets, which might prove useful in December or maybe January, but we'll have to wait and see about this global warming thing. Damien's 5k provided a sumptuous post-race brunch including assorted fruits, pizza, cold-cut sandwiches, the obligatory bagels and bananas, lots of fresh watermelon, and three trays of simply magnificent home-made cookies, courtesy of *Judith Weber*, who did *not* stay up late the night before baking them.

The top three women– Vanessa Cox, Hirut Mandefro, and Sari Stenholm– share a quiet moment together after the race. (photo by Doug Hawkland)

DAMIEN'S 5K
Columbia Gateway Office Park – June 22

Overall Male
1. Abiyo Abebe (Silver Spring, MD) 14:56
2. Stephen Moxey (Columbia, MD) 16:27
3. Tom Williams (Columbia, MD) 16:28

Overall Female
1. Hirut Mandefro (Silver Spring, MD) 17:22
2. Vanessa Cox (Laurel, MD) 20:07
3. Sari Stenholm (Columbia, MD) 20:20

Masters Male
1. Dave Berardi (Baltimore, MD) 17:08
Masters Female
1. Karen Shouse (Hanover, MD) 22:20

1-9 Male
1. Daniel Smolyak (Clarksville, MD) 30:41
2. David Gries (Woodstock, MD) 31:46
3. Nathan Moore (Mt. Airy, MD) 33:02
4. Christan Duran (Columbia, MD) 34:13
1-9 Female
1. Morgan Grauel (Sykesville, MD) 28:06
2. Megan Shouse (Hanover, MD) 30:43
3. Jane Tripp (Ellicott City, MD) 31:04

10-14 Male
1. Ray Meiser (Annapolis, MD) 22:19
2. Seth Hoesman (Ellicott City, MD) 22:40
3. Daniel Rau (Ellicott City, MD) 24:31

14-year-old Julie Gessler finished fourth among all women with a personal best of 20:23. (photo by Dorothy Beckett)

10-14 Female
1. Julie Gessler (Ellicott City, MD) 20:23
2. Alyssa Shouse (Hanover, MD) 23:17
3. Amy Gessler (Ellicott City, MD) 23:49

15-19 Male
1. Eric Schuler (Laurel, MD) 18:30
2. Tyler Knight (Ellicott City, MD) 19:00
3. Conor Jennings (Clarksville, MD) 20:40
15-19 Female
1. Kristin Stromberg (Hampstead, MD) 20:50
2. Michele Stromberg (Hampstead, MD) 22:11
3. Keri Dickens (Ellicott City, MD) 22:16

20-29 Male
1. Ben Thomas, (Laurel, MD) 17:12
2. Philip Rogers, (Baltimore, MD) 17:42
3. Jonathan Winkler (Silver Spring, MD) 18:30
20-29 Female
1. Michelle Walsh (Columbia, MD) 23:18
2. Erin Foye (Ellicott City, MD) 25:06
3. Abbie Dawkins (Fort Meade, MD) 25:24

30-39 Male
1. Luis Diaz (Jessup, MD) 17:57
2. Greg Orlofsky (Columbia, MD) 18:18
3. Brian Keane (Ellicott City, MD) 18:36
30-39 Female
1. Debbie Young (Millersville, MD) 21:29
2. Kim Black (Richmond, VA) 22:22
3. Norah MacPhee (Columbia, MD) 22:52

That's Eric Schuler (1st, 15-19M) out-sprinting his father Greg at the finish. "It's getting to be quite common," Greg said. (photo by Dorothy Beckett)

40-49 Male

1. Christopher Blume (Summit, NJ)	17:18
2. S. Degenhardt (Marriottsville, MD)	17:43
3. Matt Wilson (Red Lion, PA)	17:45

40-49 Female

1. Karen Young (Boyds, MD)	22:28
2. Amy Liu (Columbia, MD)	22:36
3. Marsha Demaree (Marriottsville, MD)	22:48

50-59 Male

1. Steve Ruckert (Woodbine, MD)	19:05
2. Roland Rust (Bethesda, MD)	19:17
3. Bobby Gessler (Ellicott City, MD)	19:27

50-59 Female

1. Sandy Boys (Columbia, MD)	25:32
2. Norma Walker (Ellicott City, MD)	26:12
3. Patricia Brooks (Ellicott City, MD)	26:22

60-69 Female

1. Caroline Triplett (McLean, VA)	32:54
2. Arleen Dinneen (Ellicott City, MD)	33:58
3. Elizabeth Toth (Clarksville, MD)	35:48

60-69 Male

1. Ronnie Wong (Catonsville, MD)	20:31
2. Von Jennings (Clarksville, MD)	20:38
3. Jerry Warfield (Columbia, MD)	21:05

70-99 Male

1. Robert Gurtler (The Plains, VA)	31:23

STRIDERS AT DAMIEN'S 5k

2. Stephen Moxey	16:27
3. Tom Williams	16:28
4. Dave Berardi	17:08
5. Ben Thomas	17:12
9. Sheldon Degenhardt	17:43
10. Matt Wilson	17:45
Philip Lang	17:48
Luis Diaz	17:57
Greg Orlofsky	18:18
Eric Schuler	18:30.8
Greg Schuler	18:30.9
Noah Wood	18:38
Matthew Bryden	19:03
Michael Dusenbery	19:04
Peter Laanisto	19:10
John Way	19:26
Bobby Gessler	19:27
James Carbary	19:52
Oda Yasuo	20:01
Vanessa Cox	20:07
Sari Stenholm	20:20
Julie Gessler	20:23
Greg Lepore	20:27
Ronnie Wong	20:31
Mark Romiti	20:33
Mark Worley	20:36
Steve Radant	20:38
Von Jennings	20:38
Conor Jennings	20:40
Jerry Warfield	21:05
Kenneth Sevik	21:13
David Sandacz	21:19
Les Raymond	21:22
Wayne Martin	22:10
Ed Silverman	22:12
Fred Sandacz	22:13
Keri Dickens	22:16
Karen Shouse	22:20
Seth Hoesman	22:40
Marsha Demaree	22:48
Mike Fleming	22:53
Dave Orlik	23:00
Russ Owens	23:07
Lisa Lang	23:12
Alyssa Shouse	23:17
Chris Farmer	23:36
Jane Redmond	23:46
Amy Gessler	23:49
Becky Gessler	24:01
Rachel Cooper	24:17
Katie Gessler	24:26

Denise Tripp	24:52
Wendy Silver	24:58
Lili Barouch	25:00
Christopher Sanders	25:09
Pete Meoli	25:13
Jordan Kelso	25:15
Rebecca Holtz	25:23
Sandy Boys	25:32
Allen Wainger	25:40
Kayla Kahl	25:53
Cheryl Ford	25:55
George Cooper	25:57
Samantha Rau	26:09
Norma Walker	26:12
Anna Sandacz	26:17
Sue Ellen LaFountain	26:18
Marie Rau	26:20
Patricia Brooks	26:22
Cinnamon Curtis	26:30
Cathy Ronning	26:34
Marcia Martin	27:06
Gloria Serrao	27:09
John Steinecke	27:10
Joe Boys	27:13
Wayne Bryden	28:04
Terri Jones	28:21
Mark Young	28:30
Sharlene Deskins	28:51
Elisabeth Jubinski	29:13
Patricia Wilson	29:44
Daniel Smolyak	30:41
Megan Shouse	30:43
Judi McCormick	30:55
Jane Tripp	31:04
Jennifer Cooper	31:13
Yvette Oquendo-Berruz	32:45
Hope Duffy	33:07
Gary Smolyak	33:24
Marcy Del Grosso	33:27
Arleen Dinneen	33:58
Janice Orlik	34:09
William Tripp	34:14
Jason Tripp	34:15
Holly Ochall	34:36
Douglas Kornreich	35:19
Michelle Norris	35:20
Rob Ochall	37:16
Terri Silverman	37:37
Keith Lavasseur	44:21
Heather Federici	44:21

BOGAN'S HEROES
vs.
CHOCOLATEERS

We've had a great summer of volunteering for the bagel run water stops, thanks to the efforts of Bogan's Heroes, one of the unofficial "sub-groups" within Striders. These nine guys laid down a challenge to the rest of such groups to supply water for a period of time for the bagel runs. For nine weeks straight, the efforts of *Srini Rao*, *Doug Sullivan*, *Dwight Mikulis*, *Shane Bogan*, Kenny *Walker*, *Nick Del Grosso*, *Conrad Fernandes*, *Greg Lepore* and *Chad Boothe* made sure there was water at all three bagel run stops.

Not to be outdone, the "Run For Chocolate" girls are in the midst of a 10-week stint to supply water this fall. The chocolate ladies *Lisa Fichman*, *Pat Wilkerson*, *Dorothy Beckett*, *Tacy Feliciano*, *Jessica Sleight*, *Kathy Bernetti*, and (me) *Amanda Loudin* started putting water and cups out on August 30.

Who will be next????

Don't forget that supplying water for the bagel runs will get you entered into a raffle for a gift certificate to Feet First. The more you volunteer, the more chances you get to win.

For more information on helping out with the water at weekly bagel runs, contact Amanda Loudin at:

amandaloudin@comcast.net

Also concerning the water stops: we generate a lot of waste each week, much of which can be recycled. So if you are supplying water, we ask you to set out two bags– one marked "R" for recycle and the other marked "T" for trash. Runners, please try to place recyclables in the "R" bag.

Thanks to everyone for doing their part!

Timer in hand, Fun Run Lady Arleen Dinneen exhorts runners at the start of a Fun Run. (photo by Geoff Baker)

FUN RUN CELEBRATES 30 YEARS

The Centennial Fun Run observed its 30th Anniversary this summer. Since 1978, the series of one-mile races has served all manner of runners from sub-five-minute speedsters to 10-plus minute walkers, including hardened veterans and complete novices. A balloon arch over the start of the first race this summer commemorated the anniversary, and *Geoff Baker* of Oella Works produced a neat video about the event. (Check it out at the Strider website www.striders.net.)

Since 1979, *Arleen Dinneen* has organized and directed the Fun Run. She has obtained sponsors, timed the finishers, submitted the results. "A lot of people call me the Fun Run lady," she said. In addition to the Fun Run itself, each weekly event includes a special event. These had included ice cream nights, report card nights, etc. The crash test dummies ran the race once, and the Oriole Bird even showed up once (but didn't run).

The Fun Runs take place on Tuesday evenings from mid-June to early August, with appropriate breaks for holidays and vacations. This year the first 200 runners to complete at least two fun runs received a large canvas tote bag, courtesy of Howard County General Hospital, the chief sponsor of this year's Fun Run. Runners with the fastest times in age and gender groups earned trophies.

FUN RUN
SERIES AWARDS
(best times in series)

6-7 years female	
Mary Kate Shouse	8:18
Carolyn Frommer	9:41
6-7 years male	
Jack Swain	7:45
Adam Loudin	8:28
8-9 female	
Kirsten Wikner	7:23
Megan Shouse	8:12
8-9 male	
Kevin Wegner	7:50
Alex Kvech	7:50
10-11 female	
Brittany Lang	6:27
Anna Mitchell	8:22
10-11 male	
Michael Wegner	5:38
Marshall Demaree	6:19
12-13 female	
Alyssa Shouse	6:25
Amy Gessler	6:30
12-13 male	
Ted Terpos	7:46
Andrew Coleman	7:52
14-16 female	
Anna Demaree	5:29
Julie Gessler	6:01
14-16 male	
Eric Schuler	5:17
Andreas Mitchell	5:30
17-19 female	
Mary Nolte	6:24
Jessica Tabacca	7:16
17-19 male	
John Brown	5:06
Leland Righter	5:30
20-29 female	
Marquel Bowler	6:33
Maggie Moraw	8:39
20-29 male	
Mike Zaron	5:19
Rob Blanco	6:52

30-39 female	
Kelli Habicht	8:09
Jennifer Blanco	8:14
30-39 male	
Luis Diaz	5:09
Jason Tripp	5:18
40-49 female	
Karen Shouse	6:44
Kathleen Wegner	6:59
40-49 male	
Greg Schuler	5:29
Alan Murray	6:31
50-59 female	
Mary Dalnekoff	9:51
Karen Busso	10:36
50-59 male	
Bobby Gessler	5:44
Jim Carbary	6:25
60+ female	
Josephine Pieper	12:01
Dana Lowe	13:07
60+	
Bill MacCormack	9:03
Greg Curtis, Sr	9:53

PARTNERS' RELAY 2 x 1 MILE
August 12

comb. ages	team members	comb. times
20&U	Amy Gessler David George	15:33
21-40	Angeli Sivaraman Eric Feinstein	11:13
41-60	Brittany Lang Phil Lang	12:09
61-80	Marquel Bowler Dwight Bowler	14:13
81-100	Karen Shouse Bobby Gessler	12:35
101+	Barbara Calvert Roger Calvert	18:01

Runners line up at the start of the Fun Run, which is right in front of Arleen's house in the neighborhood across from Centennial High School. (photo by Geoff Baker)

Roger and Barbara Calvert placed first in the 101+ combined age group in the Partners' Relay, a 2x1 mile relay on the final night of the Fun Run. (photo by Geoff Baker)

MEET OF THE MILES

With thunderstorms looming in the distance, the Striders held their annual Meet of the Miles on Wednesday evening, July 23, at Oakland Mills Highs School. A total of 118 competed in the races, which included 100m and 400m heats for the youngsters.

Although last year's mile champions did not return to defend their titles, 7-year-old *Camden Gilmore* did return to once again win the 400m heat. A Junior Strider, Camden had little trouble dispatching the field and won by a 4-second margin. A pair of 4-year-olds, *Judson Lincoln*, Jr., and *Liana Mullican*, outraced their 100m competition, although at that age, no one was counting. We start them early in Howard County: some of the competitors were only two years only and could barely walk. All the kids received ribbons.

There were three one-mile heats. The first involved those males not quite fast enough to break 6 minutes, and none of them did. The second mile features the females. *Kehra Kelty* and *Julie Gessler* battled throughout the four laps, successively dropping close competitors such as *Marquel Bowler* and *Sari Stenholm*. In the end, Kehra outleaned Julie for the overall victory. They finished so close that *Dave Tripp* couldn't click the timer button fast enough.

Dave had plenty of time to clock the first and second finishers in the men's mile, which was the final heat of the meet. In that race, former University of Maryland trackster *Mike Fleg* bounded to an early lead and simply embarrassed the rest of the field. His 4:25 was 18 seconds ahead of second place *Pekka Stenholm*. Perhaps of more note than this discomfiture were the runs of first master *Sheldon Degenhardt* and first grand-master Ronny Wong. Sheldon *almost* broke five minutes, and Ronny *almost* broke six minutes.

Phil Lang directed the Meet of the Miles, and he had a lot of help from his wife *Vicki* and also from Dave Tripp.

The Mike Fleg and Kehra Kelty won trophies for being the two fastest milers, while the top three in each age group received blue, red, and white ribbons, respectively.

Judson Lincoln Jr. blew away his competition in the 100m. (photo by Mike Fleming)

MEET OF THE MILES
Oakland Mills High School
July 23

100 meter (5 & Under) Boys	
1. Judson Lincoln, Jr. 4	28.7
2. Evan Griffiths 5	29.5
3. Angelos Diaz 4	31.8
4. Daniel Walker 5	33.2
5. Ryan Werner 3	37.5
6. Seun Ojo 2	62.6
7. Jared Henriques 2	63.5
100 meter (5 & Under) Girls	
1. Liana Mullican 4	25.5
2. Audrey Loudin 3	33.7
3. Ashley Nibert 3	36.1
4. Kaylynn Walker 3	46.3
5. Lucy Howe 2	48.5
6. Sofie Hogue 2	52.4
7. Anna Griffiths 3	52.8
400 Meter (10 & Under)	
1. Camden Gilmore (M) 7	1:26.5
2. Greg Costello (M) 8	1:30.4
3. Bahar Lakeh (F) 10	1:41.4
4. Adam Loudin (M) 7	1:41.9
5. Justin Werner (M) 5	1:54.2
6. Jaiden Henriques (F) 6	2:02.5
7. Chloe Griffiths (F) 7	2:05.1
8. Chase Blanchette (M) 7	2:09.7
9. Alexa Mullican (F) 6	2:10.3
10. Aria Lakeh (M) 7	2:25.3
11. Seyi Ojo (M) 6	2:40.4
12. Tayo Ojo (M) 7	2:42.9

Julie Gessler and Kahra Kelty lead the women around the first turn. (photo by Jim Carbary)

Mile - Women

1. Kahra Kelty 16	5:50
2. Julie Gessler 15	5:50
3. Sari Stenholm 30	5:53
4. Marquel Bowler 20	6:12
5. Brittany Lang 10	6:21
6. Amy Gessler 12	6:22
7. Caprice Kelty 16	6:28
8. Becky Gessler 12	6:29
9. Katie Gessler 16	6:34
10. Dorothy Beckett 50 (1st GMF)	6:35
11. Kathleen Wegner 43 (1st MF)	6:39
12. Natalia Diaz 10	6:48
13. Marsha Demaree 43	6:50
14. Natalie Smolyak 39	6:51
15. Jessica Tabacca 19	6:52
16. Nicole Dawson 13	6:56
17. Kristen Clarkson 16	7:16
18. Judith Weber 48	7:22
19. Emily Howe 33	7:27
20. Anna Hogue 29	7:49
21. Amelia Mullican 43	7:51
22. Emily Steplowski 30	7:53
23. Madison Laudeman 10	7:57
24. Maya Jordan 15	8:02
25. Michelle Hu 41	8:08
26. Pat Brooks 57	8:09
27. Jeanne Larrison 53	8:43
28. Fran Kelty 45	9:11
29. Grace Laudeman	9 9:12
30. Farrah Lakeh 42	10:12
31. Bev Byron 54	11:01
32. Yom Sik Kim 59	11:27
33. Mary Brandenstein 71	13:01
34. Carol Fletez 62	18:12

Mile – Men

1. Mike Fleg 24	4:25
2. Pekka Stenholm 35	4:43
3. Philip Rogers 27	4:53
4. Andreas Mitchell 16	4:56
5. Kevin McCoy 19	5:00
6. Eric Schuler 15	5:01
7. Sheldon Degenhardt 43 (1st MM)	5:01
8. Brian Fleming 25	5:02
9. Greg Schuler 47	5:14
10. Eric Feinstein 17	5:15
11. Kenneth Clarkson 16	5:19
12. Luis Diaz 21	5:22
13. Mike Powers 18	5:27
14. John Chall 51 (1st GMM)	5:29
15. Michael Wegner 11	5:29
16. Bobby Gessler 51	5:31
17. Bill Farrell 47	5:40
18. Sean Costello 48	5:47
19. James Allen 12	5:52
20. Greg Lepore 37	5:53
21. Ronnie Wong 61	6:00
22. Chris Farmer 29	6:02
23. Tiago Ojo 13	6:08
24. Marc Burger 35	6:09
25. Gary Smolyak 13	6:10
26. Jim Carbary 57	6:12
27. Alex Nibert 42	6:18
28. Doug Hawkland 62	6:18
29. Michael Smolyak 40	6:22
30. Piriya Pinit 62	6:31
31. Andrew Mullican 42	6:36
32. Steve Anderson 43	6:37
33. Hans Meurer 49	6:38
34. Eric Johnston 44	6:38
35. Mike Fleming 62	6:42
36. Kenny Walker 40	6:47
37. Judson Lincoln 57	6:50
38. Richard Griffiths 43	6:53
39. Chuck Nicholas 46	7:02
40. Ron Weber 55	7:03
41. David Hogue 30	7:07
42. Kevin Wegner 10	7:14
43. James Koo 57	7:28
44. Phil Heiliger 55	7:46
45. Daniel Smolyak 10	8:16
46. Bill Brandenstein 69	8:28
47. Robert Faison 43	8:40
48. Matt Outland 17	8:41

SCORPIONS RUN AMOK

The annual Scorpion Crawl 5k and 3k cross country races took place on the sultry Friday evening of August 8. The 96 participants may have felt like they were crawling, too, on account of the meandering up-and-down they negotiated on the backside of the Oakland Mills course. The race featured a number of the top runners from local high schools as well as a few champions from past years. In the event, a past-champion Paul Hannsen outlegged a current champion Sean Kirby (of River Hill) to win the men's 5k in 17:18. The only woman to break 21 minutes, *Katie Sacker* outlasted *Sarah Lebro* to win the women's race.

In the shorter race, grandmaster Maurice Pointer came all the way from Baltimore to crush the men's competition. (He also ran the 5k!) *Brittany Lang*, fresh from the AAU Nationals, was the first female in the 3k.

The Scorpion Crawl was directed by *Phil Lang*, who enjoyed the support of numerous Strider volunteers. All finishers in the 3k race received gummy bears.

Paul Hannsen, eventual winner of the men's 5k, struggles up one of the switchback hills at Oakland Mills. (photo by Jim Carbary)

SCORPION CRAWL 5k
Oakland Mills High School – August 8

Males

1. Paul Hannsen (35M)	17:18
2. Sean Kirby (17M)	17:37
3. Mike Feore (18M)	18:01
4. Brian Pettit (20M)	18:03
5. Jason Tripp (36M)	18:08
6. Chris Chattin (44M)	18:13
7. Phil Lang (41M)	18:21
8. Brian Fleming (25M)	18:26
9. Patrick Perez (16M)	18:26
10. Grant Demaree (16M)	18:32
11. Majid Maheed (16M)	18:33
12. Eric Schuler (15M)	19:03
13. Maurice Pointer (52M)	19:06
14. Rylan King (15M)	19:20
15. Teddy Carney (17M)	19:32
16. Greg Schuler (47M)	19:39
17. Del'Vaughn Rooks (17M)	19:49
18. Cameron Kirby (16M)	20:06
19. John Way (43M)	20:19
20. Rex King (18M)	20:19
21. Justin Sevik (16M)	20:28
22. David Owen (17M)	20:38
23. John Thornton (19M)	20:43
24. Dan Johnson (17M)	21:01
25. Sean Costello (48M)	21:06
26. Mike Anderson (17M)	21:24
27. Greg Lepore (37M)	22:02
28. Marc Burger (35M)	22:28
29. Joe Fisher (55M)	22:29
30. Mark Eaton (43M)	22:31
31. Joseph Keating (11M)	22:34
32. Kirk Gordon (52M)	22:41
33. Zach Sivo (16M)	22:48
34. Joseph Batchik (14M)	22:54
35. Jacky Tian (14M)	23:06
36. Tanner Sharman (15M)	23:28
37. Chris Farmer (29M)	23:30
38. Nicholas Lampron (15M)	23:31
39. Kenneth Sevik (43M)	23:40
40. Alan Robson (51M)	23:53
41. James Allen (12M)	23:59
42. Peter Trout (14M)	24:08
43. John Mitchell (44M)	24:12
44. Seth Hoesman (14M)	24:26
45. Alex Wallack (13M)	24:56
46. John Thornton (55M)	25:04
47. Nathaniel Hancour (30M)	25:12
48. Mike Fleming (62M)	26:05
49. Barid King (50M)	26:15

Katie Sacker (left) and Greg Schuler race ahead of the pack in the early going in the Scorpion 5k. (photo by Anne Fleming)

Jason Tripp (front) beating Chris Chattin to the finish line in the 5k. (photo by Anne Fleming)

50. Michael Keller (16M)	27:01
51. Jimmy Batchik (12M)	27:36
52. Richard O'Connor (63M)	36:18
53. Matt Outland (17M)	39:28
Females	
1. Katie Sacker (18F)	20:43
2. Sarah Lebro (20F)	21:06
3. Anna Demaree (15F)	21:47
4. Brittney Rooks (14F)	22:27
5. Tiffany Lang (14F)	23:17
6. Karen Young (40F)	23:18
7. Liz Kimble (17F)	23:26
8. Dalyce Wilson (16F)	24:39
9. Mary Nolte (17F)	24:49
10. Louise Righter (16F)	25:15
11. Colleen Thornton (49F)	25:19
12. Christel de Colstoun (41F)	26:10
13. Caroline Chisolm (14F)	27:48
14. Rachel Shulder (16F)	28:04
15. Shirley Sameshima (41F)	28:38
16. Kate Chisolm (16F)	29:36
17. Shannon Hart (17F)	29:37
18. Jeanne Larrison (53F)	33:01

SCORPION CRAWL 3k
Oakland Mills High School – August 8

Males	
1. Maurice Pointer (52M)	11:24
2. Del'Vaughn Rooks (17M)	11:47
3. John Way (43M)	12:19
4. Mike Keane (17M)	12:39
5. Kyle Andrews (17M)	12:45
6. David Jun (24M)	13:53
7. Connor Jennings (18M)	13:55
8. Alan Murray (45M)	14:09
9. Kirk Gordon (52M)	14:31
10. Lance Rooks (13M)	14:59
11. Andres Chattin (8M)	15:16
12. Sam Andrews (12M)	15:34
13. Sundeep Patnaik (17M)	15:41
14. Jared King (11M)	17:41
15. Jack Elkonoh (8M)	21:31
16. Mike Elkonoh (47M)	21:32
Females	
1. Brittany Lang (10F)	12:32
2. Brittany Rooks (14F)	13:53
3. Jessica Tabacca (19F)	15:01
4. Emma Hoesman (12F)	15:38
5. Madeline Regal (12F)	16:26
6. Shirley Sameshima (41F)	17:23
7. Megan Shouse (8F)	18:41
8. Mary Kate Shouse (6F)	18:54
9. Karen Shouse (41F)	18:54

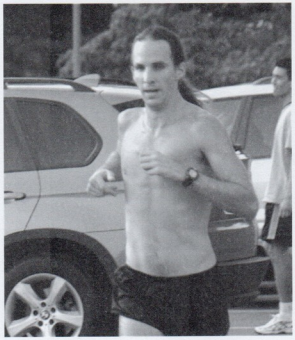
SUMMER SERIES

The Summer Series took place at various sites throughout Columbia and concluded in time for posting in the newsletter. The series consisted of seven races (short or long distance) in which participants accumulated points. *Karsten Brown* set some sort of series record (we think) by winning each race he ran.

The summer series thanks *Marc Burger* for compiling the results, *Chuck Nicholas* for bringing the water and equipment each week, and *Julie Trapp* for patiently recording names and times. (And *Amelia Mullican* does the schedule.)

MEN (60 pts needed)	
1. Karsten Brown	154 pts
2. Michael Dusenbery	143
3. Marc Burger	99
4. Ronnie Wong	98
5. Alex Nibert	91
6. Kirk Gordon	88
7. Eric Morin	81
8. Donnie Chapman	79
9. Alan Murray	79
10. Mike Fleming	77
11. Ed Silverman	75
12. Dave Hogue	73
12. Sean Costello	73
14. Rick Mitchell	69
15. Roger Calvert	66
16. Bill Stahr	66
17. Dylan Mitchell	63
18. Craig Valentine	62
19. James Koo	61

WOMEN (30 pts needed)	
1. Elizabeth Thompson	49
2. Karen Young	43
3. Marquel Bowler	38
4. Beverly Byron	35
5. Mary Claire Peroutka	34
5. Kirsten Kruus	34
7. Jessica Tabacca	31



In winning the summer series, Karsten Brown did not lose a single race. (photo by Mike Fleming)

Marc Burger not only kept score all summer long, he also nailed third place in the series standings. (photo by Mike Fleming)

CALL FOR VOLUNTEERS

The Striders need Volunteers for the upcoming 2008 races. Please consider donating your time for one of the following upcoming races:

Howard County High School Championships— Thursday, Oct. 23 (3:00 pm)

Howard Community College Invitational— Saturday, Oct. 25 (10:30 am)

Regional HS Championships— Thursday, Oct. 30 (3:00 pm)

Run Through the Grapevine —Sunday, Nov. 2 (10:00 am)

Turkey Trot Prediction Run —Thursday, Nov. 27 (9:30 am)

Metric Marathon and 5K — Sunday, Dec. 7 (8:15 am)

Please note that times posted are start times and are subject to change. Most positions require you to be at the race an hour before race start. Race Officials will provide you exact time to arrive, depending on your activity.

==========

Race Day Positions needed (note all positions will have a lead person)

>> Packet Pickup: Assist in collect new entries/ monies and handing out of race materials.

>> Water Stop: hand out water and cleanup.

>> Course Marshall: direct runners along course.

>> Timer: Click times as runners enter into chute.

>> Spindler: Collect bib tags as runners exit chute.

>> Chute Pusher: Keep runners in order and keep them moving through the chute.

>> Data Entry: Assist in entering runners into scoring database.

>> Race Scoring: Assist in bar code scanning of bibs and reconciling results.

Thanks for Volunteering!!! It's fun, rewarding, and a chance to be at race where you can skip the Port-a-Potties!

For information and to volunteer, please contact Maggie Moraw at:

steimlem2000@yahoo.com

This could be you— running the big clock, passing out water, ticking off (er, clicking in) the runners, etc.

NOMINATIONS NOTICE

Each year the Howard County Striders considers candidates for inclusion in the club's Hall of Fame and for various Awards of the Year. All club members should feel free to make nominations of male and/or female individuals for these honors. Candidates for the Hall of Fame should have been Strider members for at least five years and have demonstrated either high quality running performances and/or a substantial commitment to the club and the running community. Awards of the Year categories include Runner; Master Runner; Grand Master; Most Improved Runner; New Runner; and Volunteer. Submit your nomination(s), along with as much supporting data as you think pertinent, to Jason Tripp, Chairperson of Nominations and Selections, at tripp.jason@gmail.com.

ROAD WARRIORS OF THE SUMMER

Sure, the summer of '08 was hot, but that didn't prevent the Howard County Road Warriors from racing. They'll have plenty of exploits for their grandchildren. Among them are these–

BEL AIR TOWN 5k
Bel Air, MD – June 1

9. Peter Keating (2nd, MM)	17:18
Brian Fleming (1st, 25-29M)	17:36
Luis Diaz (3rd, 30-34M)	17:38
Martin Goode (1st, 45-49M)	18:19
Phil Lang	18:25
Weems McFadden (3rd, 50-54M)	19:30
Ronnie Wong (1st, 60-64M)	20:05
Joseph Keating (2nd, 9-11M)	20:21
Donnie Chapman	20:26
Von Jennings (3rd, 60-64M)	20:48
Kenneth Sevik	20:53
Tiffany Lang (3rd, 12-14F)	21:03
Marc Burger	21:11
Mike Fleming	21:59
Brittany Lang (1st, 9-11F)	22:01
Brett Jennings	22:04
Conor Jennings	22:05
Christina Caravoulias	32:50
Melissa Burger	41:00

964 finished.

ZOOMA HALF MARATHON
Annapolis, MD – June 1

Sarah Lebro (9th F)	1:36:56
Kellie Johnson	1:52:51
Veronica Galindo	2:03:48

612 women finished this race, and over 1300 participated. In spite of the warm, humid conditions, *Sarah Lebro* set a personal record and place ninth among the women. All finishers received a custom-designed silver necklace in a "neat little box with a bow" at the finish line. "ZOOMA" represents a series of six women's race staged throughout the country to promote women's fitness.

MATZOHBALL 5k
Centennial Lake Park – June 1

2. Joe Hanle	19:05
3. Greg Schuler	19:33
4. Mike Dusenbery	19:34
6. Eric Schuler	20:02
Greg Lepore	21:34
Meghan Heneghan	22:07
Anne Gonnella	22:39
Fred Sandacz	23:23
Dorothy Beckett	23:31
Bob Hemler	23:38
Adam Rutz	23:46
Lawrence Appel	23:48
Wendy Allen	24:12
Harry Colby	24:59
Dave Orlik	25:02
Matt Lurie	25:18
Chris Sandler	25:19
Curt Lurie	25:31
Robyn Page	36:28
Janice Orlik	37:07

212 completed this mad dash around Centennial Lake, which seems to have become a fixture on the local race calendar.

SURVIVOR HARBOR 7 MILER
Baltimore, MD – June 8

7. Dave Berardi (1st, 45-49M)	40:49
9. Pekka Stenholm (2nd, 35-39M)	41:34
10. Chris Chattin (2nd, 40-44M)	41:37
Lisa Fichman (1st, 45-49F)	52:04
Marc Burger	55:16
Jim Grover	56:58
Les Raymond	58:08
Chris Farmer	59:22
Hamid Janloo	1:07:01
Charlie Riesz	1:09:48
Debbie Grover	1:10:43
Nicole Dawson	1:11:10
Michael Reed	1:16:04
Sherry Dawson	1:16:41
Yvette Oquendo-Berruz	1:16:56
Rachel Ives	1:21:11
Jeff Swerin	1:30:27

1015 finished.

GBMC FATHER'S DAY 5K
Towson, MD – June 15

Martin Goode (2nd, 45-49M)	18:18
Bob Burns (1st, 55-59M)	19:56
Marc Burger	21:37
Chad Burger	23:30
Mike Baziz (2nd, 65-69M)	27:27

Martin Goode finished just *behind* the first woman. 586 finished.

DAWSON'S FATHER'S DAY 10K
Severna Park, MD – June 15

5. Dave Berardi (1st MM)	35:38
7. Doug Kuderna (1st, 40-49M)	36:20
Brian Fleming (2nd, 20-29M)	37:26
Joe Hanle (1st, 50-59M)	37:55
Luis Diaz	37:58
John Chall	40:19
Ronnie Wong (2nd, 60-69M)	41:38
Michael Dusenbery	41:53
Kirk Gordon	42:52
Donnie Chapman	43:51
Von Jennings	44:12
Connor Jennings	45:06
Kenneth Sevik	45:16
Brett Jennings	46:20
Chris Farmer	47:26
Mike Fleming	47:28
Ron Weber	52:15
Phyllis Sevik	56:00
Christina Caravoulias	1:10:18

This was #4 in the Maryland RRCA Grand Prix series. 367 finished.

Some of the boys at the Dawson's Day 10k in Severna Park. (photo by Christina Caravoulias)

BALTIMORE 10 MILER
Baltimore, MD – June 21

3 Joe Lamonte	57:00
5. Jason Tripp (1st, 35-39M)	57:48
6. Pekka Stenholm (2nd, 35-39M)	59:26
7. Mark Barela (3rd, 25-29M)	59:35
9. Keith McIntyre (1st, 45-49M)	1:01:04
Joe Hanle (2nd, 50-54M)	1:04:49
Peter Peterman (3rd, 45-49M)	1:06:07
Sylvain Ray	1:10:43
Ronnie Wong (1st, 60-64M)	1:10:51
Lisa Fichman (4th F/1st, 45-49F)	1:11:49
Mark Romiti	1:12:07
Janelle McIntyre (2nd, 40-44F)	1:13:32
Scott Steffen	1:13:49
Von Jennings (2nd, 60-64M)	1:14:17
Pat Wilkerson (3rd, 45-49F)	1:15:27
Anne Gonella	1:16:14
Ed Silverman	1:19:45
Marc Burger	1:20:04
Dena Brzezicki	1:20:10
Brett Jennings	1:21:04
Eric Walker	1:22:23
Elizabeth Thompson	1:22:35
Chad Burger	1:23:19
Jim Grover	1:23:42
Amanda Fleck	1:24:09
Jane Redmond	1:24:31
Pia Lind-Collins	1:25:22
Sean Dawson	1:26:04
Chris Farmer	1:26:24
Pete Meoli	1:33:31
William May	1:33:45
Melissa Simmens	1:34:03
Veronica Galinda-Ota	1:36:07
Jordan Kelso	1:37:17
Susan Riss	1:38:14
Marie-Anne Brudieu	1:38:27
Shelley Yore	1:38:57
Michael Joyce	1:39:47
Mike Andrews	1:41:44
Glenn Scimonelli	1:41:56
Debbie Grover	1:42:32
Lee Hysell	1:47:14
Janet Eveland	1:52:46
John Collins (3 rd, 65-69M)	1:54:51

Even though it was an inaugural event put on with short notice, the Baltimore 10-Miler drew a huge field of 1464. Many of the age-group winners were Howard County Striders.

WOMEN'S DISTANCE FESTIVAL 5k
Baltimore, MD – June 22

Anne Gonnella (3 rd, 35-39)	22:01
Pauline Chvilicek	25:34
Phyllis Sevik	26:06
Christine Josey	26:13
Heidi Vecera	28:30
Cindy Solomon	28:35
Stacey Kuhl	29:07
Samantha Solomon	29:10
Cecilia Land	30:30
Caroline Manas	30:43
Jean Evansmore (3 rd, 65-69)	35:34
Julie Maione	36:39
Beverly Byron	36:43
Stephanie Alger	38:03
Sheronda Robertson	40:09
Stacia Henderson	43:58
Carol Fletez	59:00

A whopping 977 finished the Baltimore edition of the WDF. Several of them were FIT ladies.

DREADED DRUID HILLS 10k
Baltimore, MD – June 28

1. Dave Berardi	37:18
Noah Wood	43:12
Yasuo Oda	44:36
Mark Romiti	47:21
Marc Burger	48:53
Jessica Sleight	50:23
Shane Bogan	57:54
Ginger Rowley	1:01:12

Hall of Fame member *Dave Berardi* won the whole enchilada at this competition. If the times seem slow, that's because it was a very hilly course. Of course, Dave didn't *dread* the hills in the least. 548 finished.

ARBUTUS FIRECRACKER 10k
Arbutus, MD – July 4

3. Chris Chattin	35:53
5. Dave Berardi	36:55
6. Keith McIntyre	37:25
7. Brian Fleming	37:27
8. Phil Lang	37:30
Joe Hanle	38:33
Martin Goode	39:39
Greg Schuler	40:45
Eric Schuler	41:54
Oda Yasuo	42:11
Mark Romiti	44:09
Ronnie Wong	44:39
Janelle McIntyre (8th F)	45:03
Katie Sacker	46:04
Marc Burger	46:25
Dorothy Beckett	46:40
Mike Fleming	48:39
Jim Grover	48:43
Ron Weber	51:34
Mitchell Krasnopoler	55:12
Mike Baziz	55:19
Patricia Brooks	55:32
Phil Heiliger	56:28
Eric Katkow	56:40
Heidi Vecera	57:32
Alfred Beigel	1:00:00
Debbie Grover	1:00:23
John Wheatland	1:06:10

It was hilly, and it was hot. Arbutus residents had the sprinklers turned on for the runners. Many Striders won cash awards and ate watermelon. 235 finished.

DUNDALK HERITAGE 6k
Dundalk, MD – July 4

Bob Burns	23:52
Pat Wilkerson (1st, 40-49F)	24:51
Traci Sariscak	30:34
Lindsay Burns	30:53
Dennis Fugate	31:20
Art Morey (2nd, 70+ M)	32:35

Remember, this was a 6k race, not a 5k. 466 finished.

WOMEN'S DISTANCE FESTIVAL 5k
Annapolis, MD – July 12

5. Pat Wilkerson	20:35
Christine Josey	24:59
Ceclia Landa	28:31
Julie Trapp	30:27
Jeanne Larrison	30:31
Christina Caravoulias	32:52
Sharyn Gordon	32:59
Beverly Byron	37:01
Carol Fletez	59:01

This was the Annapolis version of the WDF 5k. They had 195 finishers. After the women's race was the men's race, which had 74 participants including *Noah Wood* (7th overall, 18:50) and *Kirk Gordon* (20:15).

WOMEN'S DISTANCE FESTIVAL 5k
Westminster, MD – July 13

Ginger Rowley (2nd, 40-49)	25:40
Julie Trapp (3rd, 60-69)	31:25
Christina Caravoulias	32:56
Melissa Burger	39:33
Tracy Sinclair	45:42

This was not a large event, but still part of the RRCA celebration of women's running. 52 finished.

LADY DISTANCE FESTIVAL 5k
Rocky Gap State Park, MD – July 19

2. Patricia Keating	20:55
5. Pauline Chvilicek	24:18

This was Queen City Striders (Cumberland) version of the Women's Distance Festival. The race attracted only 29 women, but they enjoyed some fine western Maryland scenery including Lake Habib, Evitt's Mountain, and Rocky Gap Lodge. [P.S.– *Martin Goode* finished second (19:04) among the nine men who ran the 5k following the women.]

ROCKVILLE ROTARY 8k
Rockville, MD – July 19

Izzy Mehmedovic	27:02
Kent Werner*	27:06
Paul Bourg	27:11
Mark Barela	27:39
Pekka Stenholm* (2nd, 35-39M)	27:50
Mark Gilmore (2nd, 40-44M)	27:55
Ben Thomas	28:10
Jason Tripp* (3rd, 35-39M)	28:17
Karsten Brown	28:28
Doug Kuderna (3rd, 45-49M)	28:38
Chris Chattin (5th, 40-44M)	28:56
Seth Geoghegan	29:06
Phil Lang	29:19
Stephen Olenick	29:29
Shawn Young	30:16
Majid Waheed	31:03
Eric Schuler	31:16
Greg Schuler	32:39
Sari Stenholm* (3rd, 30-34F)	34:34
Michael Dusenbery	34:36
Sarah Lebro*	35:29
Marc Burger	36:08
Janeth Scott (3rd, 45-49F)	36:32
Dorothy Beckett (2nd, 50-54F)	37:30
William Veater	38:24
Christopher Sanders	40:46
Kerrie Olenick	41:38
Guillermo Choy-Leon	43:50
Christine Josey	44:39
Kristen Ferrell	46:36
Michael Reed	51:50
Janice Orlik	56:01
Julie Maione	1:01:20
Nikkia Powell	1:01:46
Ashleigh Snell	1:01:46
Grace Choy	1:02:43
Nicole Betancourt	1:08:55

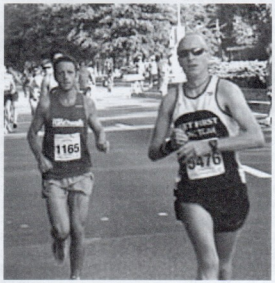
* Open coed racing team (5th)

It was another warm, muggy night in Rockville. The Striders scrambled to put together racing teams and could muster only one coed team in the open division. The team finished fifth out of 16 teams. There was a total field of 1988.

DOG DAYS 8k
Arnold, MD – August 5

Luiz Diaz	31:49
Noah Wood	32:33
John Chall	32:56
Ronnie Wong	34:29
Kirk Gordon	35:39

This was a cross country race on the Earl Scott Trail at Anne Arundel Community College. And even though it says "dog days," no pets were allowed. 288 finished.



Pekka Stenholm (right) won the men's 35-39 age group at Annapolis. (photo by Lainy Bernstein)

The camera caught Marc Burger (right, top) pounding past the first water stop. (photo by Lainey Bernstein)

STRIDERS AT ANNAPOLIS 10 MILER
Navy-Marine Stadium, Annapolis, MD
August 24, 2008
(chip times)

4. Kent Werner (1st, 25-29M)	56:31
8. Carlos Renjifo (3rd, 25-29M)	57:26
Pekka Stenholm (1st, 35-39M)	58:32
Mark Barela	58:53
Luis Diaz	1:04:42
Weems McFadden (1st, 55-59M)	1:04:49
Greg Schuler	1:05:17
Joe Hanle (2nd, 50-54M)	1:05:38
Steve Meininger	1:08:22
Bobby Gessler	1:08:34
Eric Schuler	1:08:54
Sari Stenholm (3rd, 30-34F)	1:09:03
Ronnie Wong (2nd, 60-64M)	1:09:08
James Gilmore	1:09:33
Conrad Fernandes	1:09:50
Peter Peterman	1:10:20
Phil Philips	1:10:34
John Chall	1:10:51
Mark Romiti	1:10:59
Elizabeth Blom	1:11:28
Douglas Eng	1:11:42
Yasuo Oda	1:12:18
Lisa Fichman	1:12:55
Daniel Sebring	1:13:21
Jim Carbary	1:13:40
Donnie Chapman	1:13:44
Paul Bunting	1:14:46
Brian Kass	1:15:06
Julie Thienel	1:16:05
Jonathan Wilson	1:16:08
Dorothy Beckett (3 rd, 50-54F)	1:16:47
Steven Grufferman	1:17:56
Janeth Scott	1:18:00
Russell Antico	1:18:06
Von Jennings	1:18:13
Greg Lepore	1:18:15
Alla Danilkovitch	1:18:42
Marc Burger	1:19:15
Sarah Cepeda	1:19:54
Thomas Finucane	1:20:04
Matt Augustin	1:20:18
Robert Hoesch	1:20:38
Larry Boodin	1:20:40
Julie Philips	1:21:14
Wayne Martin	1:21:29
Keith Levasseur	1:21:44
Byron Henry	1:21:50
Karen Hammel	1:21:56
John King	1:22:05

Kenneth Sevik	1:22:30
Chad Burger	1:22:28
Elizabeth Thompson	1:22:43
Scott Steffen	1:22:44
Jason Kaplan	1:23:02
Karen Lawrence	1:23:13
Wendy Allen	1:23:30
Gabriel Hiza	1:23:31
Rob Carlson	1:24:25
Carlos Castillon	1:24:28
Scott Maher	1:24:35
Dean Siedlecki	1:24:56
Amanda Fleck	1:25:31
Michael Paszkiewicz	1:26:21
Chris Farmer	1:27:22
David Hogan	1:27:31
Glenda Rodriguez	1:27:40
Andrew Stanton	1:27:41
Doug Sullivan	1:28:00
Chad Boothe	1:28:02
David Lazas	1:28:25
Heather Federici	1:28:51
Lisa Blodgett	1:28:51
Geoff McDonald	1:29:31
Patricia Huffman	1:29:34
Jill Calhoun	1:29:40
Sean Dawson	1:29:49
Karen Harvey	1:29:51
Angela Lavoie	1:29:54
Pete Filipowicz	1:29:54
Jon Atterbury	1:30:03
Elizabeth Nickle	1:30:30
Rob Weber	1:30:36
Dwight Mikulis	1:31:47
Rick Spedden	1:31:54
Phil Heiliger	1:32:12
Shane Bogan	1:32:27
Timothy May	1:32:41
Joe Sating	1:32:54
Robert Gettier	1:33:51
Mike Elkonoh	1:35:16
Kathleen Copsey	1:35:38
Hygeon Joo Lee	1:35:44
Jun Ahn	1:35:46
Susan Gleazer	1:36:01
Elizabeth Lipke	1:36:01
Srinivas Rao	1:36:46
Heidi Vecera	1:37:26
Ralph Massella	1:37:57
Talia Perry	1:38:08
Greg Kelly	1:38:17
Pamela Jock	1:38:39
Lesley Ahmuty	1:38:53
Mike Andrews	1:39:32
John Steinecke	1:40:15
Rebecca Holtz	1:40:48
Gregory Andrews	1:41:30
Jordan Kelso	1:41:54
Mitchell Krasnopoler	1:42:01
Craig Stout	1:42:36
Theresa Sachs	1:43:57
Tom Brown	1:44:02
Benjamin Bryden	1:44:48
Eric Walker	1:45:20
Stacy Kuhl	1:47:17
Corrie Harrison	1:47:28
Donald Gentile	1:48:50
John Wheatland	1:50:33
Doug Evers	1:52:18
Linda Alpern	1:54:16
Shyamal Nandi	1:56:33
John Collins	1:58:17
Kate Southerland	2:00:34
Christina Caravoulias	2:04:46

It was a hot and steamy morning, but not quite as bad as last year. A huge number of Striders ran the race. None of them said they set personal records. You had to finish the race to get the premium, a fine hooded running jacket. Look carefully at the A10 logo on the front of the jacket: an "N" is printed backwards. Sure to be a collector's item. There were 4454 finishers.

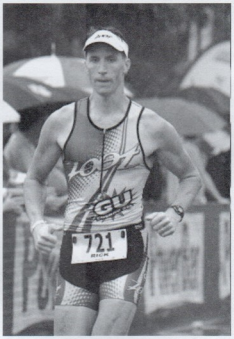
To ensure that your name did appears in the fabled lists of Road Warriors, send in your name, the race and date, and your time to;

James Carbary
Stupendous Editor
james.carbary @ jhuapl.edu

SPECIAL RECOGNITIONS

On Sunday, June 15, Howard County Strider *Jean Evansmore* completed her eighth marathon of the year. She ran a 6:44:18 and finished fifth in her age group. What do you mean not spectacular? The marathon was the Estes Park Marathon at 8000+ feet in heart of the Rocky Mountains, Ms. Evansmore is 67 years old, and seven days before Estes Park she ran the Casper Marathon in Wyoming (at 5300 feet altitude). Just remember Jean the next time you go out for your "long" run in Columbia (altitude 112 feet).

Although the Lake Placid Ironman Triathlon did not take place at high altitude (only 1800 feet), Strider *Rick Carter* did overcome some serious adversity in completing the 2.4 mile swim, 112 mile bike, and 26.2 mile run. His second IM, he had limited training and used a road bike (not a tri-bike), so it's surprising he even finished. In fact, anyone's finishing that race is surprising given the rain (often heavy) and 65F temperatures. And hills. Rick finished in 12:20:07, 884th out of 2345.



Rick Carter at the 2008 Lake Placid Ironman, a race that has already passed into triathon legend.

STRIDER REMEMBRANCES

Long-time Fun Run supporter *Dave Fitzpatrick* passed away this summer. Dave suffered a debilitating stroke some years back, but that did not prevent him from serving as a course marshall at the top of the first hill. Fun Run participants will remember Dave's encouraging them by waving his flag.

Howard County Strider *George Cooper* collapsed at the finish of the 2-mile weekly run on Wednesday, August 20, at Oakland Mills. Members administered CPR until an ambulance arrived, but George later died at the hospital. George was two days shy of his 56th birthday. George and his family often competed in Strider events. (See the President's Letter by Maggie Moraw.)

George Cooper shown running Damien's 5k in June. (photo by Anne Fleming).

RUN THROUGH THE GRAPEVINE
— ONLINE REGISTRATION ONLY —

Date: Sunday, November 02, 2008

Time: 10:00 AM

Venue: Linganore Winecellars

Address: 13601 Glissans Mill Road, Mt. Airy, MD 21771

Fees: $20 through October 19th; $25.00 from October 20 to November 1; $30.00 at race

Online Registration Closes: 10/30/09 03:00 PM

Website: http://www.striders.net/

Packet Pick-up Saturday November 1, 10 AM to 3 PM, at Feet First, Wilde Lake Village Green, Columbia, MD. Race day pickup at the winery 8:45 AM to 9:30 AM.

T-shirt Long sleeve mock turtle neck shirts guaranteed to first 350 entries, if picked up before 9:30 AM race day.

Individual Awards Awards will be given to the top five male and female runners overall and the top three male and female runners in each age group. The age groups are as follows: under 20, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70 and over.

Post-Race Activities Upon finishing assorted refreshments will be available for the runners. Awards will be presented as soon as possible with WINE TASTING to follow. Picnic tables are available for those who would like to bring a picnic lunch.

Course 8 kilometer (4.97 miles) VERY challenging course run entirely on the property of Linganore Winecellars.

Directions From I-70: Take Exit 62 New Market. North on MD 75 (4.5 miles). Turn right just before concrete bridge onto Glissans Mill Rd. (3.7 miles to winery).

Team Awards Awards will be given to the top two teams in each category and a 3rd award will be given if 5 or more teams finish.

Team Categories OPEN (Male, Female, Coed), MASTERS (Male, Female, Coed), and FAMILY categories. NOTE: Coed teams must have at least one person of each sex count in the scoring. A FAMILY consists of any relative (blood, step, half,...).

MARYLAND RRCA SERIES

Five races in the Maryland RRCA series still remain. You can support your club by participating in them and registering as a Howard County Strider.

6. Bachmann Valley Half Marathon will be run Sunday 9/21/08 - 8:00 AM.

7. Frederick Mile will be run Saturday 10/04/08* - 8:00 AM.

8. Rockville 10K (8th race of the Maryland RRCA State Championship Series) will be run Sunday 11/02/08 - 8:30 AM.

9. Northern Central Trail Marathon will be run Saturday 11/29/08 - 9:30 AM.

10. Celtic Solstice 5M will be run Saturday 12/20/08 - 8:30 AM.

For more information about the series, check the Strider website www.striders.net.

GREAT GRANDMASTER (GGM) SERIES

If you are 50 or over, the Striders have a series for you. A few races remain in which to make your running heard:

21-Sep-08, 2:00pm, 15K Fall Series #2, Longfellow Elementary School.

02-Nov-08, 10:00am, 8K cross country, Run Through the Grapevine

07-Dec-08, 8:15am, 26.2K, Metric Marathon

An individual must complete five races, and these are the last three in the series. Awards in five-year age and gender groups will be given at the Annual Banquet in early January. Check the Strider website www.striders.net for more information as well as the standings as of September 1.

FALL SCHEDULE

The Legends of the Fall weekly series starts on September 14 a week before the autumnal equinox, actually, and concludes on December 14, about a week before the Solstice, when the witches and warlocks celebrate with bonfires on the hill tops. Each week on Sunday, you can run either a short race (1mi or 2 mi) or a longer race (5km, 5mi, 10km, 15km), so you don't really have any excuse. Contact Len Guralnick for more information on the weeklies (lguralnick@striders.net).

The Striders feature three "A" races in the Fall– the Run Through the Grapevine 8k on November 2 (see website for registration), the wildly popular Turkey Trot 10k on Thanksgiving, and the Metric Marathon (26.2 km) on December 7, which is also Pearl Harbor Day. If you can't run in any of these races, please consider helping out.

8/21- **Getting Inspired to Run for Life**
Nov 6 Thursdays, Centennial High School
6:30P Melissa Burger taborml@yahoo.com
Bev Byron bbyron167@aol.com

9/4- **JUNIOR STRIDERS XC PGM**
10/30 Mondays and Thursdays
6:00P Centennial High School
Phil Lang coachlang@hotmail.com

9/7 **Police Pace**
9:00A Centennial Park www.policepace.com

9/14 **Fall Series Race 1** – 1M, 5K
2:00P Swansfield Elementary School
Jr. Striders Benefit - Entries $1

9/21 **Fall Series Race 2** – 2M, 10K, 15K
2:00P Longfellow Elementary School
GGM Race 15K

9/28 **Fall Series Race 3** – 2M, 10K
2:00P Elkhorn-Savage

10/5 **Fall Series Race 4** – 2M, 10K, 15K
2:00P Jeffers Hill Neighborhood Center

10/11 **Baltimore Running Festival**
Marathon, ½ Marathon, 5k
www.thebaltimoremarathon.com

10/12 **Fall Series Race 5** – 5K
2:00P Atholton High School

10/19 **Fall Series Race 6** – 2M, 10K, 15K
2:00P Longfellow Elementary School

10/26 **Marine Corps Marathon**
8:00A Iwo Jima Memorial, Arlington, VA

11/2 **Run Through the Grapevine** - 8K
10:00A Linganore Winecellars – GGM Race
Jason Tripp 410-963-0134
grapevine@paintedcup.net

11/9 **Fall Series Race 7**– 2M, 10K
2:00P Jeffers Hill Neighborhood Center
Scholarship Race – Entries $1

11/16 **Fall Series Race 8** – 2M, 6M
2:00P Oakland Mills Middle School

11/23 **Fall Series Race 9** – 1M, 5K
2:00P Swansfield Elementary School

11/27 **Thanksgiving Turkey Trot**
9:30A **Prediction Run** – 10K
Jeffers Hill Neighborhood Center
(closest finish to 11am wins)
Len Guralnick 410-997-7544
lguralnick@striders.net

11/30 **Fall Series Race 10** – 2M, 10K, 15K
2:00P Longfellow Elementary School

12/7 **Metric Marathon** – 26.2K, 5K
8:15A American City Bldg (GGM race)
John Worley
metricmarathon@gmail.com

12/14 **Fall Series Awards** – 2M, 10K
2:00P Elkhorn-Savage

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

PRESIDENT'S LETTER

I had this President's Letter mostly completed by the third week of August. It was filled with high energy and an expression of pure glee from my Strider summer reflections. Comments on WDF, Fun Runs, the boom of our Special Programs and a wonderful Volunteer Picnic were all included. The summer had surely left me with a "runners-high."

However, on Wednesday, August 20, tragedy struck. After he finished the 2-mile Weekly Series Race, we lost one of a fellow Striders, *George Cooper*. At the age of 55, George finished the 2-mile race, collapsed, and passed from this world, leaving us with feelings of sadness and disbelief. To my knowledge, this is the first time in 35 years this has occurred at a Howard County Striders event.

George has been running off and on for most of his adult life. In the past few years his love for running appeared to be at an all time high. In 2007 *a few* of the races he participated in include: the Miami ING Half Marathon, the First Carolina State Bank Half Marathon, the Marine Corps 10K, Damien's Recovery Run 5K, and he placed first in his age group at the Catonsville Fall Into Fitness 5K. In 2008 George has run the Charlottesville Half Marathon, the Frederick Half Marathon, Musical Madness 5K, the Rotary Remembrance Run 5K, and Damien's Recovery Run 5K. He also often attended the Summer Sizzler Weekly Series races with his daughter Jennifer while she was home from college.

When looking at the involvement of most of our club members, George fits the mold of many of our members. He enjoyed being a part of the running community and the Striders. Like for so many of us, running offered George a healthy outlet to do something he loved. George may not have been the fastest or most involved runner in our club, but that makes him even easier for most to relate to. He was our "typical Strider." He saw that the Howard County Striders offered an avenue for his passion, joined the club, and found a fun way to share that passion with all of you. Whether you knew him or not, we all feel connected to George and sad for the loss his family is experiencing. We can find some solace in knowing he led a fulfilling life, on and off of the roads. As his wife stated "his last moments were spent doing something he loved."

Though August 20 was a tragic and traumatic experience, please know your fellow Striders responded to the situation at Oakland Mills Middle School efficiently and appropriately. Various Striders took on different and important roles to deal with the situation at hand and all reacted admirably. George and his daughter were immediately cared for, emergency personnel were immediately alerted, and young children and other runners were brought away from the situation. You can be proud to know that your Strider friends gave completely of themselves in this difficult situation. My thoughts, prayers and heart go all to everyone who was involved in the situation.

Stride Forward,

Maggie Moraw

2008 BOARD OF DIRECTORS

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Len Guralnick (PP) lguralnick@comcast.net

PR= president, VP=vice president, TR= treasurer, SEC= secretary, YC= youth chairman, RT= racing team, NL= newsletter, WB= webmaster, SP= special events, PP= past president (also weekly series chairman)

Howard County Striders

Membership and Renewal Application

Please fully complete this section

[ ] New [ ] Renewal	[ ] Individual ($15) [ ] Family ($25) [ ] 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

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

2008 HOWARD COUNTY JUNIOR STRIDER XC PROGRAM

The program is for runners in 1ST GRADE THROUGH 8th GRADE.
*** This cross-country program is for beginners and experienced runners but to be fair to everyone we will ask you to make sure your runner can run this far without stopping before they join the program (1 lap around a high school track for those in 1st and 2nd grade, 2 laps for 3rd and 4th graders, 3 laps for 5th and 6th graders and 4 laps for the 7th and 8th graders). Please buy special running shoes for runners in middle school; you will receive a 10% discount if you buy them at Feet First in the Wilde Lake Village Center or Road Runner Sports in the gateway overlook shopping center.

We have lowered the cost of the program as this program will not include the Junior Olympic events. If you want to be a part of the team that competes in the Junior Olympic events we encourage you to do this program and then sign up for the team going to the Junior Olympics later in the season.

The runners will have an opportunity to DO SOME OF OR ALL OF THESE:
- 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,
- attend end of year pot luck awards party, and
- receive an award medal (not a trophy this year).

Practices will be held twice weekly, each MONDAY and THURSDAY from September 4 to October 30, from 6:00pm to 7:15pm at Centennial High School. Practices will include a warm up, stretching, drills, and a workout based on age and ability.

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 21.

Race distances are based on the runners age as of 12/31/08; not their age the day of the race. 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 Junior Striders will offer another cross-country program in addition to this one for those wanting to compete at the AAU and/or USATF Junior Olympic meets in November and December. There are additional fees to join those national organizations plus race entry and travel fees. Be aware that the runners will need to qualify at meets to move on and compete at the next meet. Please make sure Phil and Vicki Lang are aware that you want to compete in these events. The AAU district meet is scheduled for Saturday November 1 and the national meet in Alabama on Saturday December 6. The USATF district meet is scheduled for Saturday November 15, the regional meet near Richmond on Saturday November 22 and nationals near Richmond on Saturday December 13. We will likely compete in the USATF meets for sure and possibly the AAU meets for those that want to do that or both if you want.
Please mail in registrations before the first practice; registrations will be accepted at practices but mail is preferred.

HOWARD COUNTY JUNIOR STRIDERS APPLICATION ~ 2008 Cross-Country Team ~

Please mail in registrations before the first practice; registrations will be accepted at practices but mail is preferred.

Last Name ONLY _____

Street Address _____

City _____ Zip _____

Family Home Phone (_____)_____

Mother and Father's First Name's _____ Cell # (_____)_____

Parent's Email _____

*** Can all the children listed here run the required distances listed on the other page of this registration form? _____

We have lowered the cost of the program as this program will not include the Junior Olympic events. If you want to be apart of the team that competes in the Junior Olympic events we encourage you to do this program and then sign up for the team going to the Junior Olympics.

We are giving you the choice to purchase several different pieces of Junior Strider apparel for the children as well as for the parents so complete the cost section and list the sizes accurately as applies by September 15.

*** Parents can order sweatshirts and/or t-shirts also**

Child's First Name ONLY	Gender M or F	Birth Date M/D/YR	Cost (Add up as many that apply):	Sizes(Adult or youth, sm., med., lg. or XL)
1. _____	_____	_____	How many children in program _____ x $25 = $_____	
			How many uniform singlets _____ x $15 = $_____	( )
2. _____	_____	_____	How many windbreakers _____ x $30 = $_____	( )
3. _____	_____	_____	How many hoodie sweatshirts _____ x $30 = $_____	( )
4. _____	_____	_____	How many t-shirts _____ x $10 = $_____	( )

Orders for apparel need to be made by September 15 **TOTAL AMOUNT ENCLOSED:$_____**

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 _____ **Make checks payable to HCJS**

Send the registration form and check to HCJS c/o Phil Lang, 5412 Thunder Hill Road, Columbia, MD 21045.

When: Sunday December 7, 2008 at 8:15 A.M.

Where: Little Patuxent Parkway between the Columbia Mall and the Columbia Lakefront, Columbia, Maryland (near the pedestrian overpass). 10227 Wincopin Cir, Columbia, MD 21044-3406. Directions and map at www.striders.net.

Registration: Online registration is available at www.active.com through Tuesday December 2 or by check payable to Howard County Striders to: Metric Marathon, c/o John Worley, 6041 Watch Chain Way, Columbia, MD 21044 (When available *ACTIVE will always be less expensive than manual registration)* ***(All fees non-refundable)***

Packet Pick-up: At Feet First on Friday December 5th from 12:00 - 8:00 P.M.; Saturday December 6th from 10:00 A.M to 6:00 P.M.; and race day 6:00 to 8:00 A.M.

For Race Information: Striders website at www.striders.net. Feet First (410) 992-5800; Striders Hotline (410) 964-1998 or the race director John Worley metricmarathon@gmail.com.

Awards Ceremony: immediately following the race; food and refreshments plus random prizes; unclaimed awards can be claimed at Feet First. Complete list of awards for each race is shown on the next page.

T-Shirts: Long sleeve T-shirt to all registered runners.

Results: Race results will be posted shortly after the race and will be available at www.striders.net. (also past results)

Bib Numbers: will be posted on www.striders.net. Having your bib number will expedite packet pick-up.

Volunteer Opportunity: we need a lot of volunteers. To volunteer contact metricmarathon@gmail.com or the Striders website.

26.2K - 16.2 Miles

26K entry fees: through Dec 2 is $25 on ACTIVE and $35 paper registration; Dec 3-Dec 6 is $40, Race day is $45.

26K Awards: Top 3 overall male and female; and age group awards in the following categories (top 3 in each age group) 1-19; 20-24; 25-29; 30-34; 35-39; 40-45; 50-54; 55-59; and 60+. All finishers receive running gloves.

Registration will close at 450 participants. Course closes after 3 1/2 hours.

5K - 3.1 Miles

5K entry fees: through Dec 2 is $15 on ACTIVE, and paper registration is $20; Dec 3-6 is $25; Race day is $30

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

Registration will close at 250 participants

Columbia Metric Marathon & 5K Entry Form - Please print clearly

First Name	Last Name	Event 26 K 5 K	Amt. enclosed $_____
Street Address	City	State	Zip

Age (on race day)	Date of Birth (mm/dd/yy)	Gender: (M) (F)	Home Phone
E-Mail	Cell phone		Official Use Only

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 checks payable to: **Howard County Striders**

and send with application to Metric Marathon, c/o John Worley, 6041 Watch Chain Way, Columbia, MD 21044

Don't forget these Strider events this Fall:

Run Through the Grapevine 8k – Linganore Winery
Sunday, November 2, 10:00 AM

Turkey Trot Prediction 10k — Jeffers Hill Neighborhood Center
Thanksgiving Day, November 27, *after* 9:30 AM

Metric Marathon and 5k — American City Building, Columbia
Sunday, December 7, 8:15 AM

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

Judith Carbary
5913 Bright Flow Mews
Clarksville, MD 21029