

# FOOTPRINTS

*THE NEWSLETTER OF THE HOWARD COUNTY STRIDERS*  
*VOLUME 42, No. 1 — January 8, 2018*  
*Awards Supplement*



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



## 2017 Strider Award Winners

**Top Row, Left to Right** – Mark Landree, Ed Wilson, Carlos Renjifo, Tammy Liu Hermstein, Ryan Brown, Dylan Walker.

**Middle Row, Left to Right** – Steve Sharpe, David Morgan, Mary Gorsky, Chris Farmer, Megan Walker.

**Bottom Row, Left to Right** – Julia Skinner, Erin Chamberlin, Peter Keating, Brian Shadrick, Bill Brown, Surena King, Paula Stehle, Caroline Bauer.

**Photo Credit:** Mike Fleming

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## 2000 Hours Outstanding Volunteer Recognition Program

The success of the Road Runners Club of America (RRCA) and its member clubs and events is based on volunteerism. Since its inception in 1958, the RRCA has relied on the spirit of volunteers to carry out programs, find sponsors, hand out water, work finish lines, and perform many other important tasks. It is in recognition of these volunteers that the RRCA developed the *National 2000 Hours Outstanding Volunteer Recognition* program. The purpose of the RRCA program is to shine a spotlight on individuals who have volunteered over 2000 hours of their time over a period of time to the sport of running. We are pleased and proud to announce that **Paul Goldenberg** is a 2017 recipient of the *National 2000 Hours Outstanding Volunteer Recognition* award.



In 1984 in his mid-thirties, Paul joined the Striders as a promise to his wife to help him quit smoking. Not only did he quit smoking and pick up the running habit, but within one year he was elected to the Striders Board of Directors. A few years later in 1989 he started a 4-year term as president before deciding he wanted to do some *real* work for the Striders. Paul became the Director of Special Races, a position he has held since 1993. This means he has consistently received 4:00 AM race day wake-up calls to go to the Striders shed to start loading cones on a truck. He then spends 2 to 3 hours dropping cones along the race course, only to then spend the rest of the race picking up those cones. He has made countless calls and e-mails to other volunteer groups to make



sure water stops were staffed for races. He has spent numerous hours working with the Howard County Police to make sure our permits were filed correctly and on time. And he has made sure our events were always marshalled to the always evolving traffic standards. On top of all this, many hours were spent breaking in and training new Race Directors to bring them up to speed on the processes and procedures necessary to ensure Strider races go off seamlessly. We can't emphasize enough how much we appreciate his dedication to our organization and how priceless his devotion has been to us. We wish him all the best as he ends his tenure on the Board.

## Hall of Fame Inductees



**Peter Keating (pictured) and Bob Brown** - There are currently 40 members in the Howard County Striders Hall of Fame. Qualifications for induction include five years of membership in the club and significant contributions to running and/or the administrative side of running. Voters are former inductees into the Striders Hall of Fame. Two more members have now been added for 2017 - **Bob Brown**, representing a veteran Strider, and **Peter Keating**, a more recent Strider.

**Bob Brown**, who currently lives in Florida and could not be with us for the awards dinner and annual meeting held on January 6, 2018, history with the Striders dates back to 1974 when there were 8 or 9 members of the “group”, ultimately organized as the Howard County Striders. It was mostly a distance running group as there were seldom any races of less than five miles and more normally 10K. Bob was a pretty good distance runner, but also a true leader. He served as club President and as a Director but also concentrated on

membership and scoring of race series and their awards. In the mid-1980s, Bob bought an airplane and his running took a back seat to flying as he went on to become a certified Instructor. In the early 2000s, he started participating in triathlons and became a highly ranked age group competitor. Bob will be remembered for his contributions to building the club in the early years and also for his Striders singlets which he proudly wore through his races, even long after moving from the area.

**Peter Keating** resides in Columbia with his wife Eileen and three children - Joseph, Bridget and Peter. Originally from Lancaster, PA where he attended Lancaster Catholic H.S., he was a varsity runner and team captain for both the Cross Country and Track teams and competed in the State Championships. He graduated from Drexel University in 1989 but did not compete due to lack of a Cross Country or Track & Field program. Peter competed in road races throughout the years during and after college until 1995, posting PR's of 32:38 for the 10k, 52:31 at 10 miles, and 1:11:29 for the half marathon. He is a veteran of 16 marathons. After a 10-year hiatus from running or competing, Peter ran the 2005 Harrisburg Marathon with minimal training and finished 5th overall in 2:53:27. This lit the spark to get back into competitive running. “I began racing again in 2006 in the Master's division and was an active member of the Howard County Strider's Racing Team from 2008 to 2014 and have since posted Masters PRs of 16:20 5K, 33:59 10K, 56:52 10M, and 2:43:31 marathon. I was awarded the Howard County Master Runner of the Year in 2008 and 2012 and am a recipient of the USATF Gold Philippides Award in 2009 and 2011. Although competing is my passion, nothing is more fulfilling than to be able to share this passion and pass on years of experience to the youth. I am fortunate to have been a coach for the Jr. Strider's Cross Country and Track Program's for many years (2007 to 2015). I had the privilege of training and coaching the Jr. Elite runners in preparing them to compete at the highest levels of the AAU and USATF. It has been a joy to watch them compete and develop over the years and to see them thrive at the High School and collegiate level in later years. I continue to assist at the Jr. Strider's Track and Field meet as a finish line timer. Since 2011, I have been a coach for the Howard County Parks and Recreation Winter Running Program, in charge of introducing and developing kids ages 12+ to the fundamentals of middle distance running. The program focuses on the importance of stretching, drills and proper running mechanics. I plan on being an active member of the Howard County Striders and share my passion for running in the

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community for many years to come and, health permitting, possibly get back into racing in the Grand Masters division.”

Some highlights of Peter’s racing include:

- Clyde’s 10K, 3<sup>rd</sup> overall in 34:46 and 34:38 in 2011 and 2014 respectively.
- Cherry Blossom 10-Miler, 1<sup>st</sup> 45-49 in 56:45 in 2011.
- Baltimore Marathon, 1<sup>st</sup> 40-45 in 2:43:31 in 2008.
- Baltimore Half Marathon, 1<sup>st</sup> Master and 7<sup>th</sup> overall in 1:18:44 in 2015.
- Columbia Metric Marathon, 2<sup>nd</sup> overall in 1:38:52 and 1:37:23 in 2010 and 2011 respectively.
- Pikes Peak 10K, 1<sup>st</sup> Master in 34:17 in 2009 and 1<sup>st</sup> 40-44 in 33:59 in 2010.
- Remembrance 5K, 1<sup>st</sup> 40-49 in 16:53 in 2009 and again in 2014 in the same time.
- Police Pace 5K, 1<sup>st</sup> overall in 17:01 in 2013 and 1<sup>st</sup> 40-49 in 16:20 in 2009.

## 2017 Runners of the Year

**Caroline Bauer** - Caroline had an impressive year of running, winning events ranging from the 5k to the Marathon. She has consistently proven to be a very competitive runner, having had many strong race performances. A tremendous runner, athlete and teammate, she has improved her race times over the past few years and continues to race and place in the top overall females in major races like Cherry Blossom. Caroline recently finished the California International Marathon with a smoking 2:47:03. All these reasons make Caroline the 2017 Female Runner of the Year.



Key West Half Marathon, 1/15/2017, 1:23:01 - 2nd female

Penguin Pace 5k, 2/5/2017, 19:06 - 1st female

Kelly's Shamrock 5k, 3/12/2017, 17:37 - 3rd female

Anthem Shamrock Virginia Beach Half Marathon, 3/19/2017, 1:19:55 - 1st female

Pike's Peak 10K, 4/23/2017, 37:40 - 7th female

RRCA Club Challenge 10-Miler, 2/26/2017, 1:02:05 – 4th

Charlottesville Women's 4 Miler, 9/2/2017, 22:52 - 2nd

Cherry Blossom 10 Miler, 4/2/2017, 1:01

Army 10 Miler, 10/8/17, 1:02 - 3rd in age group, 11th overall



**Carlos Renjifo** - Throughout the years, Carlos has continued to perform and represent the Howard County Striders racing team in an impressive way. His speed and performances were uncontested, earning him the 2017 Male Runner of the Year award.

Cherry Blossom 10 Miler, 4/2/2017, 52:32 - 38th  
Kelly's Shamrock 5k, 3/12/2017, 15:25 - 2nd  
Pikes Peak 10k, 4/23/2017. 31:31 - 6th

### **2017 Volunteer of the Year**

**Surena King** - Surena King has jumped into volunteering in a big way this year. She started in the spring as a new coach for FIT, helping out with several of the "B" runner groups. Her sunny outlook was infectious, especially when coaxing her group up one last hill repeat. She followed up by having her hair salon participate in the Women's Distance Festival 5K in a big way, giving out goodie bags on race day, and offering free braiding before the race. It was a hit - women commented at subsequent WDF races how much fun Surena's crew was and how much they loved their race-day hairdos. Surena was also quick to offer her coaching skills to the fall Building to Bagel program. She has become a favorite among our 12-13 minute pace runners. She has also reached out to many of our runners, inviting them to join her on her early-morning runs.



## 2017 Coaches of the Year

This category had several nominations and it was so difficult for the committee to choose that they decided to nominate two Coaches of the Year.



**Paula Stehle** - Total commitment to her Next Step Group 8 participants. She went to both the Baltimore Running Festival and the Marine Corps Marathon to spectate/cheer on runners from Group 8. The participants love her for being supportive, encouraging and a most dedicated coach who continues to give her time year after year, program after program!

**Chris Farmer** - Chris coached group 4 for Next Step Fall 2017.

*Planner and Communicator* – “Every week he planned appropriate workouts. He communicated his workouts to the group a few days prior to our workout. Not only was the workout clearly communicated but also the purpose (such as strength, endurance, or speed) as stated. Logs were reviewed in a timely manner with helpful and positive advice.”

*Upbeat* – “Most importantly Chris was extremely upbeat during the workouts, making sure that while we were working hard we were enjoying ourselves.”

*Inclusive* – “He was very inclusive in his conversations with the runners so that there was cohesiveness and the group bond that will last beyond the program. No runner was left behind, each workout ended with every runner returning to the school together.”

*Informer* – “Advice on hydration, race strategy, and much more was conveyed to the captive group.”

Chris ensured that every group member had a positive experience!

As stated by one of Chris’ runners in his Next Step Group: “Among all the great running coaches from Howard County Striders, Chris offered exceptionally good experiences to participants in his

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half/full group this year. Chris has this talent of balancing "encouraging" versus "pushing", or being serious versus light-hearted about running. He cared about his entire group, harnessed us together in each run, and dominated the conversations with wits, lots of wits! All of these made my participation in his half/full group pleasant and memorable. Chris deserves to be the Coach of the Year. “

### **2017 Junior Striders Coach of the Year**

**Brian Shadrick** - Brian was a Junior Strider when he was a child and several years ago he returned as a coach. Most of the kids he has been working with are between 4th and 6th grade and a large percentage of those kids are competing regularly at the youth meets and many are qualifying for the Junior Olympic National meets. In December 2017, several of the girls in Brian's practice group were on the team that won the National XC Meet at the AAU Junior Olympics in Charlotte, NC.



### **2017 Master Runners of the Year (40 or above)**

**Erin Chamberlin** - Impressive, fast racing and solid performances.

RRCA 10 Mile Challenge, 2/26/2017, 1:08:22 - 1st 40-44 female  
London Marathon, 4/23/2017, 3:04:52 - 108th  
Army 10 Miler, 10/9/2017, 1:09:33 - 4th 40-44 female



**Mark Landree** - Mark has had a consistent year of racing and he is the 45-49 age group winner (with a perfect score) for the [Maryland Grand Prix series](#). He has improved in practically every distance and had strong Age Group performances.

Larry Noel 15K, 9/4/17, 1:00:36 - 4th  
Arbutus Firecracker 10K, 7/4/17, 37:54 - 8th  
Columbia 5.0, 7/2/17, 29:56 - 6th  
Germantown 5 Miler, 5/20/17, 29:03 - 9th  
Clyde's 10K, 4/9/17, 36:20 - 11th  
Cherry Pit 10 Miler, 4/2/2017, 1:01:03 - PR, 1st Master  
Penguin Pace 5k, 2/5/2017, 18:14 - 5th male, 2nd in age group



## 2017 Grand Master Runners of the Year (50 or above)

**Tammy Liu Hermstein** - Tammy dominated her age group and ran lots of marathons, demonstrating her strength as a runner with impressive performance results.

Penguin Pace 5k, 2/5/2017, 22:47 - 1st 50-59 female  
Kelly's Shamrock 5K, 3/12/2017, 21:28 - 1st 50-54 female  
Credit Union Cherry Blossom 10 Miler, 4/2/2017, 1:13:25 – PR, 7th 50-54 female  
Spring Hops 5k, 5/7/2017, 26:50 - 1st 50-54 female  
Columbia 5.0, 7/2/2017, 38:12 - 1st Master  
Hills of Milltown 5k, 5/14/2017, 24:21 - 3rd overall  
AFCEA 5K, 6/10/2017, 22:24 - 3rd overall  
Chicago Marathon, 10/8/2017, 3:42:27  
Meet of the Miles, 7/12/2017, 6:23  
Baltimore Marathon, 10/21/2017, 3:48:48 - 2nd 50-54 age group  
Run Through the Grapevine 8K, 11/5/2017, 42:11 - 1st Master





**Ed Wilson** - Ed had strong, consistent racing in 2017, under challenging race-day conditions. Excellent performance!

- Credit Union Cherry Blossom 10 Miler, 4/2/2017, 1:00:44 - 2nd 50-54 male
- Boston Marathon, 4/17/2017, 3:01:09
- Frederick Running Festival Half Marathon, 5/7/2017, 1:23:36 - 1st Master
- Army 10 Miler, 10/8/2017, 1:03:57 - 2nd 55-59 male
- Marine Corps Marathon, 10/22/2017, 2:57:19 - 1st 55-59 male
- RRCA Club Challenge 10 Miler, 2/26/2017, 1:04.44

## 2017 Senior Grand Master Runner of the Year (60 or above)



**Steve Sharpe** - Steve started serious running at age 60 and has improved every year since (he is now 65). This year, he attempted to run one race each month, completing 4-5ks, 4-10ks, 1-10 mile, 2-half marathons, and the Boston Marathon, receiving 6 age group first places (4 of those including 60-64 runners) and earning 4 PRs.

- Celtic Canter 5K, 3/11/2017, 23:31 - 33<sup>rd</sup> of 687; 1<sup>st</sup> in age group
- B&A Trail Half Marathon, 3/26/2017, 1:43:03 – PR, 93<sup>rd</sup> of 593; 1<sup>st</sup> in age group
- Boston Marathon, 4/17/2017, 4:07:34 – Boston Qualifier, 17,195<sup>th</sup> of 26,411; 124<sup>th</sup> of 426 in age group
- St. Michaels Half Marathon, 5/20/2017, 1:43:12 - 74<sup>th</sup> of 1,515; 1<sup>st</sup> in age group
- Across the Bay 10K, 11/5/2017, 48:21 - 466<sup>th</sup> of 19,130; 2<sup>nd</sup> in age group
- YMCA Turkey Trot 5k, 11/23/2017, 23:05 – 2<sup>nd</sup> in age group
- Celtic Solstice 5 Miler, 12/17/2017, 38:30 – 1<sup>st</sup> in age group

## 2017 Most Improved Runners of the Year

Both of these ladies had impressive nominations and it was hard to choose one. So, the committee elected to have two winners in this category.

**Julia Skinner** - It is very hard to win most improved when you are a good runner and have been running for years. Julia Skinner made substantial improvements this year. She had 3 PRs in certified courses including 2 marathon PRs just in this year. As a master runner, Julia continues to improve at all distances and taking Age Group awards at most events. She was 7th overall female at the Baltimore Running Festival 5k and took 2nd in her age group. Her performance on a hot and uncomfortable day at Chicago was also outstanding with a 3:35 finish! She then went on to PR at the Philadelphia Marathon one month later, with a 3:30:18 finish.



Chicago Marathon, 10/8/2017, 3:35:00 - PR (at the time)  
RRCA Club Challenge 10 Miler, 2/26/2017, 1:14:58 - PR  
Arbutus 10k, 7/4/2017, 48:33  
Baltimore Running Festival 5k, 10/21/2017, 20:11 - PR  
Boston Marathon, 4/12/2017, 3:54  
Parks 10K, 11/5/2017, 43:41 - PR  
Philadelphia Marathon, 11/19/2017, 3:30:18 - PR



**Amanda Beal** - Amanda is an extremely talented runner who works very hard and puts in a great deal of work into her sport, while remaining tremendously humble. She has had an amazing year of running with 5 PR's and 1st place finishes at 4 different races this year. Amanda is an amazing teammate who would do anything for anyone. She deserves to be recognized!

RRCA Club Challenge 10 Miler, 2/26/2017, 1:06:05 - PR (at the time), and helped score for Striders  
Bel Air Town Run 5K, 6/4/2017, 18:59 – PR, 2nd place finish  
Nashville Rock 'N Roll Marathon, 4/29/2017, 3:25:18 - 5th woman  
Dawson's Father's Day 10K, 5/1/2017, 40:11 – PR, 1<sup>st</sup> place  
Cherry Pit 10 Miler, 4/2/2017, 1:04:27 – PR, 1<sup>st</sup> place

**Bill Brown** - Bill had PRs at 2 miles, 5K, 5 miles, 10K, 10 miles, Half Marathon and Full Marathon, all in 2017.

B-10 (Baltimore 10 Miler), 6/3/2017, 1:24:50

Frederick Half Marathon, 5/7/2017, 1:56:58

Marine Corps Marathon, 10/22/2017, 4:39



### **2017 New Runners of the Year**

The New Runners of the Year for 2017 are a husband and wife team! These awards are for runners who began running in the last 2 years AND are new to the Striders.



**Megan Walker** - Megan began running with the Striders in the spring when she joined the FIT program. She participated in the RRCA Women's Distance Festival series, finishing most of those races with sub-30 minute times. This includes two sub-30 finishes in back-to-back races on July 8 and 9. She kept training for longer distances, showing up at a summer Bagel Run for a six-miler  
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with an 11-minute paced group. She has continued to work on her speed, using the Building to Bagel program for tempo runs at 9 minutes/mile and faster. She continues to join in the Bagel Run on Saturdays, either on her own or pushing her young son in a stroller. Meg has reached out for volunteer duties.

HCS Women's Distance Festival, 6/24/2017, 28:53  
Annapolis Women's Distance Festival, 7/8/2017, 28:55  
Westminster Road Runners Club Women's Distance Festival, 7/9/2017, 29:28  
Marine Corps 10K, 10/22/2017, 1:00:25

**Robert Dylan Walker** - Dylan is a new runner who put in a consistent effort throughout all of the Next Step programs this year, building in distance with each one. It paid off with rapid improvement over the year and a great performance at the Baltimore Half Marathon!

Clyde's 10K, 4/9/2017, 52:26 - Placed 177<sup>th</sup> of 626  
Legends of the Fall #2 5k, 9/10/2017, 22:38 - Placed 11<sup>th</sup> of 38  
Baltimore Half Marathon, 10/21/2017, 1:50:06 - Placed 666<sup>th</sup> of 8075

## 2017 Ultra Runner of the Year



**Ryan Brown** - Ryan is considered a rookie runner in the ultra-running community. In only his second year of running ultras, and new to the 100-mile distance, he completed two 100M events in the past 12 months, both on very challenging courses (one with icy conditions and the other with 10,250 ft +/- elevation change). This year, Ryan ran the Grindstone 100, a race with technical terrain and 23,000' of elevation gain, which he completed in under 29 hours. Ryan has also finished the impressive Beast Series, a series of 6 tough Ultras throughout Virginia (Holiday Lake 50k++, Terrapin Mountain 50k, Promise Land 50k, Grindstone 100m, Mountain Masochist Trail Run 50m, Hellgate 100k). In addition, Ryan has been incredibly gracious this year volunteering at the trail races he isn't running and has paced a number of runners in 100 milers. He commits hour after hour of volunteer work during ultra-events and additional hours of crewing and pacing other runners. He is also known to stick around to congratulate those back of the pack runners. He is

a Next Step Coach and a very dedicated 2017 Next Step Marathon / Half-Marathon Program Coordinator.

Grindstone 100 Miler, 10/6/ 2017, 28:27 – 79<sup>th</sup> overall  
Devil Dog 100 Miler, 12/17/ 2016, 28:23 – 18<sup>th</sup> overall  
OSS/CIA 50 Miler, 6/10/2017, 12:10 – 13<sup>th</sup> overall  
Catocin 50K, 7/15/2017, 6:58 – 29<sup>th</sup> overall  
Catherine's 50k, 7/22/2017, 6:39 – 29<sup>th</sup> overall  
Holy Cowan's Gap 50k, 6:43:00 – 8<sup>th</sup> overall 8

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## 2017 Next Step Runners of the Year



**“Team Devlin” (Sylvia and Vincent Devlin)** - Sylvia and Vincent Devlin both successfully completed their Marine Corps Marathon. A very unassuming and gentle team who give credit to the Next Step Programs. As a senior grandmaster, Vincent completed his first marathon this year at Marine Corps. Grandmaster runner Sylvia had a very difficult time getting in the miles due to an unusual pelvic fracture mid-season. However, with medical advice, she continued to improve with therapy and eventually returned to run with the group during the last few weeks to practice the “Sylvia shuffle.”

Vincent: Marine Corp Marathon, 10/21/2017, 4:44 - 93<sup>rd</sup> in age group  
Sylvia: Marine Corps Marathon, 10/21/2017, 5:17 – 379<sup>th</sup> in age group  
Vincent: Maryland Half Marathon, 5/13/2017, 2:09  
Sylvia: Clyde’s 10k, 4/9/2017, 51:21

## 2017 Junior Strider Runners of the Year

**Mary Gorsky** – Mary won 11 track races this past Spring as an 11-year-old. She then collected 3 medals at the AAU Junior Olympics National Meet by running 2:29 in the 800, 5:11 in the 1500 and anchoring the 4x800 relay team. The Fall XC season brought 3 more victories but her 11:27 3k effort, which is a 6:10 pace, and 10th place finish in the 11-12 race at the AAU Junior Olympics National Meet, ending up being super amazing as the team won. In addition to being an All-American, Mary and her teammates are also National Champions.



**David Morgan** – David is just 7 years old but already knows a lot about running. He started 2017 by winning 4 races in the Spring Track season and ran a personal best of 3:08 in the 800 to qualify for the AAU Track Junior Olympics National Meet. He picked up 4 second places during the Fall XC season and saved his best for the AAU Junior Olympics National Meet where he ran 8:36 for a 2k, which is sub 7 minute pace, and finished 23rd in the 8 and under race leading his team to a 2nd place podium finish.