

FOOTPRINTS

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



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

FROM THE EDITOR

Allan S. Field, managing editor



A hearty and well-deserved congratulations to all of the 2017 Strider award winners. I am particularly struck by how many of these awardees started from a base of zero, just like most of us, and have not only enjoyed individual successes and achievements with their running but also represent the emerging future leaders of the club. As a change of pace for this year, and in recognition of the awesome contributions all of these awardees make not only to our sport but also to the community, we have published a [separate supplement](#) to **FOOTPRINTS**

focused solely on these special folks.

Are race times slowing down? I really don't know but do find a few data points intriguing enough to report, reflect upon and maybe even generate some discussion. All feedback welcome – newsletter@striders.net.

First Data Point: At the 1976 Maryland Marathon, run from the old Memorial Stadium, out through the rolling hills of Loch Raven Reservoir and back, including running up the infamous Satyr Hill, 232 (25.8%) runners of 898 finishers completed the race in under 3 hours. At the 2017 Baltimore Marathon, 23 (1.1%) runners of 2,111 finishers ran under 3 hours. Second Data Point: As reported by Bob McCubbin, longtime BRRC member and friend, in 1972, 7 of 13 runners finished a BRRC 6-Miler in under a 6-minute pace. At the 2017 Bay Bridge 10K, 7 runners of 19,133 finishers (including walkers and sightseers) completed the event in under a 6-minute pace. Third Data Point: On a personal level, when I set my own PR in 1985 for the Half Marathon, I finished 37th of 158 finishers while in the 2017 Baltimore Half Marathon, my PR would have been good enough for 22nd place out of 6,937 finishers. As a self-proclaimed member of the Howard County Striders Broken Runner's Walking Club (OK, there is really no such thing except in my own aging fantasy world of a mind), I don't run any longer so acknowledge being out of the loop as to where USA racing currently is and is going. However, these cherry-picked, anecdotal data points paint an interesting and possibly dire picture. So let the feedback begin! I am sure there are as many opinions on this subject as there are club members!

At the Awards Dinner and Annual Meeting held on January 6, 2018, the membership elected the leadership for 2018 including four new members with one being a new director position – sponsorship. Brief bios and pictures of the new Board members follow and headshots of the entire 2018 Board are at the end of this edition.

It is hard to imagine Strider leadership without Paul Goldenberg any longer on the Board serving in one of the several capacities – Special Races Director this time...since 1993 – that he has been part of for so many years. Unless you joined the Striders before the late 80's, you probably don't remember a time when Paul was not involved in one way or another with the Club such as president or newsletter editor. But Paul's volunteer efforts for the community did not stop just at our door. For example, several of my grandsons know Paul from being part of the Cub and Boy Scout programs in Howard County. Paul is not only a member of the Striders Hall of Fame, but also has been recognized as a recipient of the RRCA National Volunteer Award (1994) and as an inductee in the Howard County Sports Hall of Fame (2011). The "man who just can't say no" is stepping down from the Board and leaving Hafiz with tough shoes to fill. When you next see Paul, please thank him for his service... and also ask him about our sailing trip together in early 1994!

Rene Alonso's regular column – *Profiles from the Pack* – continues. Please contact her or send an email to newsletter@striders.net if you or someone you know should be included in future editions. No special qualifications, other than being a Strider member, are required. *Reflections from the Next Step Program* by Coach Jennifer Storch is a much-welcomed article for this edition; we are grateful to Jennifer for taking the time to share her thoughts with the membership on this so highly valued Strider program. Susan Kim

returns with her regular column, *Where Are They Now*, featuring past Strider leaders, those whose shoulders we all stand on now. Miles Weigold, a past President and race director of the first Columbia Triathlon, and Jim Carbary, **FOOTPRINTS** past-editor extraordinaire, both grace this featured column in this edition.

Susan's wonderful idea of pictures from the days of the "ancients", as Jim Carbary would say, features Strider HOF members Arleen Dinneen and Martin Goode. Those of us who have the honor and pleasure of knowing Arleen for so many years all know what a wonderful person she is but I can't help but share reflections from Martin Goode about Arleen. *"It was Arleen that basically saved my life in August of '80. After a very hot Striders' 10k at Thunder Hill, I passed out from heat exhaustion. Admitted to HoCo in convulsions & 105 temp, given last rights. ...Many people have wonderful things to say about Arleen. I have the utmost love for her. She was extremely compassionate with my brother and I, as he battled his brain cancer. My million dollars of thoughts of a wonderful woman!"* Thanks Martin and be careful some of you other ancients out there as you may expect a call from Susan to share your picture in future editions!

Phil Lang and Caroline Bauer return with their regular columns on youth running and racing team updates respectively. Both write with such exuberance for their subject that it makes this editor want to lay down to the urge to finish this newsletter goes away and instead head out the door for a nice run!

Amanda Loudin, our very own professional freelance writer and **FOOTPRINTS** editor/contributor, returns with a reprint of an article first featured in The Washington Post, *Why Athletes Should Treat Their Brain Like A Muscle*. Reading Amanda's article leads me to borrow and slightly change (running instead of baseball) words from the late and great baseball sage Yogi Berra: Running is 90% mental and the other half is physical.

Following Amanda's article is a light-hearted share of Susan "Mrs. Santa Claus" Kim's experience participating in the 2017 Rudolph Run while wearing a Mrs. Claus fuzzy dress. Way to go Susan with the holiday spirit!

In the last quarter, **32** new members joined the Howard County Striders; welcome to all from all of us! A special thanks to Greg Lepore who is spending hours each quarter creating the out-of-town race results that we all enjoy reviewing. Greg could use some help with this project so any members with software development skills that could help make Greg's process so much more efficient are welcome to step up and contact Greg directly at greg@rhobard.com; thank you in advance for stepping up (hint, hint!).

John Bratiotis, our President and always-there-for-us presence, ends this edition with his reflections and on the past and the future of the Club but also another especially timely on staying safe out there.

Next issue due out April 1, 2018. Don't be shy about contributing to **FOOTPRINTS** as you can simply reach out to yours truly at newsletter@striders.net or any member of the Board of Directors. In the meantime, run safely, start out slow, taper off, and try not to do anything stupid in between!

MEET NEW BOARD MEMBERS FOR 2018



Hafiz Shaikh, Special Races Director - Hafiz started with the Striders in 2009 as a Next Step participant and eventually transitioned to coaching. He has coached the Next Step 10K/10M and Full/Half Marathon programs off and on from 2011 to 2016. He was the NS Full/Half Marathon coordinator in 2012. In addition to coaching he has volunteered at numerous Striders' races, typically helping to setup the start/finish lines, putting out cones and cleaning up after the race. Most recently he has started to take on race directing duties for the Turkey Trot prediction run and Penguin Pace 5K. He has been the race director of the non-Strider race Bagel to Beer Marathon since 2011. He completed the RRCA Coaching Certification course in 2013.

Lynda Allera, Membership Co-Director - I love to run! I was not very active during my youth and the years my children were growing up, but I always watched my kids' sports. When they were in High School I could not help but notice how much fun they were having running and swimming. Why should they have all the fun? I started training for runs and triathlons and have not stopped since. I have run countless 5K's, 10K's, Half Marathons and four Marathons. I have competed well in many triathlons, including the Half IronMan.



I have participated in the Next Step programs as a participant, coach and coordinator, making wonderful friends. I coach Girls on the Run and am a certified RRCA level 1 coach. I am training for a variety of races in 2018, the biggest of which is the Chicago Marathon.

I look forward to facing and overcoming a whole new set of challenges. *Editor Note's: Lynda will focus on member relations.*



Paula Stehle, Membership Co-Director - I began running in 2009 and haven't stopped since! I had always wanted to be a runner, but it took me a while to get started! After initially completing a goal of running in ten 5K races in one year, I gained the confidence and endurance to increase my distances to 10Ks, ten milers, half-marathons, and ultimately the Marine Corps Marathon. Recently, I have completed a few sprint triathlons and will attempt my first Olympic length triathlon this spring!

During the last eight years, I have participated in several Striders programs including FIT, GIRL, Next Step 10K/10M and Next Step Half/Full. I have also served as a coach or assistant coach for the NS 10K, 10 Mile and Half/Full programs. Not only has running been a great way to improve my level of fitness and reduce stress, I have also made some awesome friends through Striders! I am looking forward to more running fun in 2018! *Editor's Note: Paula will focus on social outreach.*



Kelli Shimabukuro, Sponsorship Director (new Board position for 2018) - I started running in my late 20's. I decided to start running with my cousin when we both lived in Manhattan in the late 80's. On our first day, she didn't show up, but I trained by myself by running around the reservoir in Central Park and ran my first 5K in 1989. I joined the New York Road Runners club later that year and continued with them until 1991 when I had my first child.

For nearly twenty years, I stopped running, with an occasional boot camp class here and there. But in 2010, I had had enough of being out of shape. After three tries, in 2010, I finally committed to the Next Step FIT program. I continued with

coaching the GIRL program that fall and continued running. From the spring of 2010 to the spring of 2011, I ran my first 5K, 10K, 10-miler, half marathon and marathon. I have run the Marine Corps Marathon twice since then, but 10 milers and half marathons are my sweet spot.

Striders helped me rediscover my joy of running and I gladly give back and pay it forward by coaching and coordinating Next Step programs since the fall of 2011.

PROFILES FROM THE PACK

Submitted by Rene Alonso



Eric Schuler - I started running with the Junior Striders back when I was nine years old and have kept going from there. After several years competing for UMBC's cross country and track teams, I joined the Striders racing team. Running has always been a big part of my life because of the fitness benefits and being able to compete as part of a team.

This year I started coaching with the Junior Striders program. I wanted to give back to the program where I started my running career and inspire these kids in the same way that my coaches inspired me. It was extremely rewarding and I hope to continue coaching with the program. I also often volunteer at packet pickups and I serve on the Striders board as the webmaster.



My favorite event is Clyde's 10K. It's a great course through downtown Columbia with the best post-race food you will find at a race. In terms of distance, my favorite is probably 10M or half marathon. I can usually be seen running either at the Wincopin trails or in the Lake Elkhorn area. I also enjoy the trails at Patapsco State Park.



Kate Cavanaugh - I have been running with the Striders since 2014! Running is important to me for so many reasons! It gives me an outlet for anxious days, and keeps me in shape. It's also a great way to catch up with your friends and make new ones too.

I love being a course marshal at races, usually near the end. One year, I saw the woman who won a race run back and then run in with her friend who was near the back. It's fun to cheer for runners as well while you're steering them in the right direction. I also like to leave water at Lake K on Saturdays (with extra fun snacks). I volunteer because I think it's just as important to give back to the running community as it is to be a part of it.

The Striders are not just fast elite runners! There are some of us middle to back of the pack people as well! It is an awesome community of people who really put their hearts into running and volunteering. Also, the training is affordable and is a great experience!

I love the Next Step Half Marathon/Marathon training program. You are running with people who are your pace and the coaches are fantastic and encouraging. It's challenging, but in the best way possible.

The BWC 5K is my favorite race. It's a women's race and many men volunteer. It's a first race for so many women. I feel like I have a different friend each year run as it is their first race ever. I try to be a running buddy for someone each year to support. I love staying at the finish and cheering for people heading into it. It's one of the most inspiring races.

I love what I call "the running of the lakes" - from Lake K to Wilde Lake and up to Centennial. I like that there's a paved trail most of the way. It helps me to appreciate the community where I live and say "good morning" to lots of people. For trails, I like the stillness of the waterfalls at Patapsco and running through the rivers and streams.

REFLECTIONS FROM THE NEXT STEP PROGRAM



Top left to right: Arlene Cahn, Coach Jennifer Storch, Coach Alyssa Mitchell, Amanda Idstein, Coach Kathy Baker.

Bottom row: Maria Ferrucci, Karen Jung, Barbara Boardman-Pavao & Ann Schofield

Reflections from Jennifer Storch - As I get older there are fewer “firsts” in my life. No first jobs, no first cars, no first international trips, or first houses. Fewer things to make you feel all bubbly inside. But try coaching the Next Step Half-Full Marathon Training for Howard County Striders for the first time. I get chills thinking about my participants standing at the starting

line of a 13.1-mile Half and 26.2-mile Full marathon!



Top left to right: Barbara Boardman-Pavao, Arlene Cahn, Coach Kathy Baker, Coach Jennifer Storch, Coach Alyssa Mitchell, Amanda Idstein.

Bottom left to right: Karen Jung, Maria Ferrucci.

Inset: Kathi Cover



they helped me become a better runner, making sure that I didn't get injured. Their sincere concern was obvious. Their deep level of support helped me build confidence and self-esteem. Their open arms inspired me to go beyond my comfort zone and self-perceived limits. They were tough on me, but I was glad. It pushed me and helped my endurance. For two years, they inspired me and guided me through my running career with their unwavering support. I love that I can

honor my past coaches and pay it forward my wonderful times. I'm thrilled to give back to HoCo Striders, the pillar of the running community. They are passionate about our runners and strive to help each individual grow. Some of the nicest people you will ever meet will be running alongside you with smiling faces and encouraging phrases! I love how they bring our community and our families together under one umbrella. Not only do they promote a healthy lifestyle, they mentor and guide volunteers to be leaders. I'm grateful for the privilege to be one of the 2017 Next Step Half-Full Marathon coaches! Even more, I'm excited for my first running participants in their first marathon!

"May every pathway you choose lead to that which is pure and good and lovely."

WHERE ARE THEY NOW

Submitted by Susan Kim

Where Are They Now?



As a club, the Howard County Striders stands on the shoulders of people who came first. In its early days, the club was small, close-knit and loosely organized.

In *FOOTPRINTS*, we'll be featuring some of the Striders' earliest founders, filling you in on where they are now, how they helped form the running club you enjoy today, and what they consider their fondest memories.

Miles Weigold: "These people looked like they were having a good time"

When Miles Weigold (pictured to the right wearing an ancient Strider singlet at the 1979 Maryland Marathon) and his wife, Pat, moved to Columbia from Gaithersburg in 1977, he joined the Howard County Striders after never having run in high school or college. "But these people looked like they were having a good time," he says. "Out of that was born a commitment to further the sport of running in Howard County."

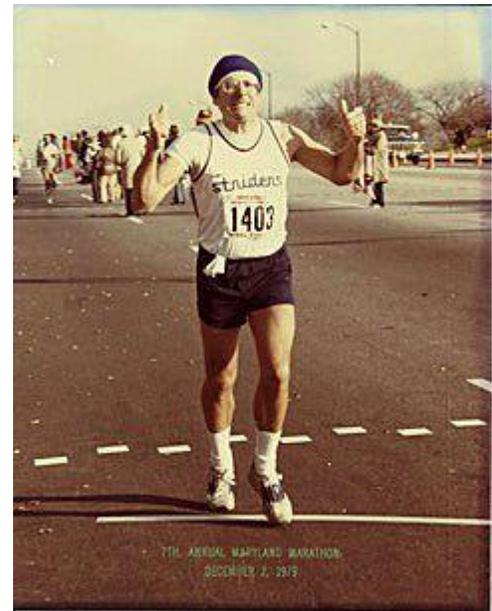
From a personal standpoint, Weigold says, he also "stayed in reasonable shape."

"I was never the fastest guy," he says. "I ran a whole lot of races and met a whole lot of people and enjoyed the camaraderie."

He jokes: "If you want to know where Miles finished in any race you'd save a lot of time if you start from the bottom up."

Club membership and running races evolved into becoming a member of the board of directors, then club president. He moved away in 2007, and now splits his time between Arizona and Delaware. Look back over his years with the Striders, he describes the time as "30 years worth of commitment and dedication to giving back."

In the beginning, the biggest challenge was figuring out how to handle the club's growing membership, recalls Weigold.



“We doubled in size very quickly just because of the popularity of running. We asked ourselves: How do we deal with all that? Do we have to limit the size of events? We worked closely with local police to plan routes and to keep runners separated from vehicles.”

The 1970s and 80s living in Columbia “was magic,” said Weigold. “When you look at the founding principles of Jim Rouse, the Howard County Striders was an athletic endeavor that reflected Jim Rouse. The people and the friendships certainly for me and hundreds of other current and former Strider members have lasted for the rest of our lives.”

And now for his top five memories...

Over 30 years, Weigold has enough memories to fill several editions of *Footprints*. We’ve narrowed it down to his top five...

5. Being known as “the voice of the Striders.” He recalls: “I somehow got to the point where I loved doing post-race awards ceremonies. At one point, people said: “Miles is a guy who never met a microphone he didn’t like.”

4. Timing “the old-school way.” Timing used to, well, take more time, says Weigold, and so did calibrating courses with a bicycle. “After the RRCA 10-mile Club Challenge, we would race home and do all the results. If everything worked correctly we’d make copies and deliver them to the club presidents before the end of their post-race meeting at Howard Community College.”

3. Running the 1979 Maryland Marathon. “If you don’t like the weather for that race, wait 15 minutes,” he says. “At the start, it was a clear crisp day that turned to snow, then a little rain and finally the weather broke and it was a bright sunny day at the finish line.”

2. Feet First at the beginning. The store, he says, “was the nucleus of the Howard County Striders for many, many years. It was almost like a sports bar with no alcohol. Warren Ohlrich and Dick Hipp were visionaries when they started that store. I know Feet First is still going strong but the sense of family that existed has changed an awful lot. It’s something that was an integral part of the Striders, the way the Bagel Run is still.”

1. The Columbia Triathlon is born! While Weigold was Howard County Striders president in 1984, Rob Vigorito asked him if the Striders would organize and conduct a triathlon in Columbia. Participants had to swim in the pools at the Swim Center - “no Centennial Lake yet,” says Weigold, so they reversed the order of events. Competitors ran, biked, and swam to spread themselves out. “One hundred ten athletes toed the line that first year,” says Weigold. “Thousands have competed in the Columbia Tri since. I’m proud to have been the first race director of an event that’s still going strong after 34 years.” [Editor’s Note: Miles is a member of the Striders Hall of Fame.]

Jim Carbery - An interview with the former *FOOTPRINTS* editor and Striders Hall of Fame member

Q: What are some of your most meaningful or funniest memories of the early Striders days?

My first Striders race was a weekly race at Turf Valley in spring 1978 (we don’t have that course any more). Kathy Heckman, who would run in the U.S. Olympic Marathon Trials, passed me at four miles. I didn’t know her at the time. Some course marshal yelled at me, “Don’t let that woman beat you!” She beat me. Not for the last time, either.

Q: We loved your newsletters. That’s not a question but want to comment?



I loved to write the newsletters, too. I took over from Paul Goldenberg in late 1988, and published four newsletters per year until 2013, when I moved to California. After 25 years of newsletters, though, most of the articles seemed to be repeating themselves. Time for new people to take over!

Q: How did you become a Junior Striders coach?

It's a common story— our kids get to that particular age and we feel compelled to get them involved in sports— soccer, baseball, whatever. Some of us become soccer coaches, baseball coaches. Judi and I realized early that Rachel was not destined for soccer or baseball, and we didn't want her to ride horses (!), so I volunteered to replace the Junior Striders coach who was stepping down, and Rachel joined the Junior Striders and became a runner, too. Bill Arbalaez was in a situation similar to mine, so I was able to drag him along as an assistant coach.

I confess, we didn't know what we were doing at first, and those early practices were just crazy and disorganized. But by the second year, we figured out we should keep the kids running as much as possible, and make practices as much fun as possible, and get the parents involved as much as possible — and then the kids couldn't get into trouble! I like to think that spirit still operates in the Junior Striders.

Yeah, and Rachel still runs *and* rides horses.

Q: How come you didn't like it when people cheered for you in Meet of the Miles? Or did you and I'm remembering that wrong?

I think that episode occurred when I got old and couldn't run very fast. I must have been at the back of the pack, and Ronnie Wong was about to lap me. I've always felt that when people cheer for you, you have an obligation to them to perform your best, and sometimes you just can't get it together and you let them down, so sometimes I've never responded well to cheering. Sorry.

Q: How did the club change over the years you were involved?

At the beginning, the Striders were just "let's go out and run together." Over the years, the emphasis seems to have evolved to "let's go out and coach other people to run." In the early days, we didn't have any coaches— we thought they were for the very elite runners only. Even if we had had coaches, we probably wouldn't have listened to them! Our running progress depended on word-of-mouth tips and running together in weekly races, bagel runs, etc. These days, it seems like everyone has a coach or is a coach. Mick Slonaker became the first RRCA-certified coach for the Striders, and it snowballed from there. When I took over the Junior Striders, Bill and I became RRCA-certified coaches.

Q: Who were some of your colleagues you want to remember?

Warren Ohlrich (moved to Colorado and climbed Pyramid Peak, which is tougher than a 2:40 marathon), Hubert Chadwick (he nick-named me "20k" for running a 10k in the morning and a 10k at the Strider weekly in the afternoon), Paul Sobus (when we ran 1-mile time trials, he'd say "What was that, 4:59?"), Martin Goode (my racing team buddy who said "To win the 10-mile challenge, we need a few more who run like Jim Carbary and me used to run"), Lisa Fichman (who cruised past me at 16 miles in the Metric with "Come on, Jim, let's go"), and Robyn Humphrey ("Ooooh, you're going to break 21 minutes!" she said as I neared the finish line of Damien's 5k that she'd already completed).

Q: What would you have done differently, looking back?

Definitely, climbed *more* mountains. You know, that's why I started running in the first place? I wanted to get in shape to climb Longs Peak (14,255ft) in Colorado. After I climbed that monster (1976), I kept on running. To date, I've finished over half of Colorado's 54 14ers, and now I'm working on the harder peaks — one at time.

Q: Are you involved with a running club now?

I'm a lifetime member of the Striders, so I guess I'm still involved with that club. I'm also a member of USAT, the US national triathlon organization. Most of the racing I do now is triathlons because my wife does triathlons and duathlons, and we go to races together. (I also help my wife with her little business of coaching youth triathletes, so I guess I'm still a kiddie coach.)

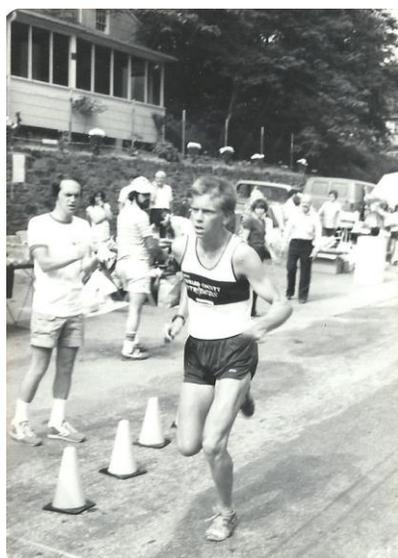
Q: What do you wish for the next generation of Striders?

More mountains, of course.

A RUN DOWN MEMORY LANE



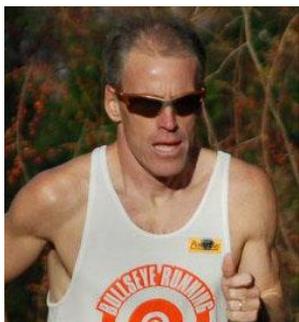
Strider Hall of Famer **Arleen Dinneen** – BWI Airport Run early 1980's; on the Centennial High School track in 2002 with **Miles Weigold**, daughter **Shelly Kvech** and sons **Tim** and **Brent Kvech**, celebrating 25 years of running for **Arleen** and **Tim** who both who ran their first mile on the same track when the school was built in 1977!



Strider Hall of Famer **C. Martin Goode** – Great Oella Foot Race 1981, Baltimore's Bagel Run 1983 and Boston Marathon 1992, proudly attired in Strider singlets (and his "Go Orioles" hat in "Red Sox Nation").

YOUTH RUNNING UPDATE

Submitted by Phil Lang



The youth programs assisted 601 kids in 2017 and the Howard County Striders and Bullseye Running partnership is excited to be renewed for 2018. So many coaches are involved to provide these opportunities to the kids and so many parents make time to get their kids to the practices and meets so thank you to all the adults for sharing this great sport with the next generation!

Permits have been put in for the Spring/Summer Track & Field programs and once they are approved we will open registration. There were about 300 kids involved between the two programs last year. Registration could open as early as February 1 for these programs with practices starting around April 1. There are two programs with one simple question that needs to be asked before the simple decision on which one to sign up for. It doesn't matter where you live, where the practice locations are, if the child is a beginner or very experienced or a boy or a girl or in elementary school or middle school or if they are a sprinter and a distance runner or if they don't know or if they are slow or fast. The one question is simply does the child want to compete at the meets on Sunday afternoons and will the parent bring them to some of the meets. If the answer is yes to the question about the meets then you will sign the child up for the Track Team Program. If the answer is no then you will sign up for the Running Program. Our home meet is scheduled to be at Reservoir High on Sunday April 29. If you have any interest in coaching, email coachlang@hotmail.com. Keep an eye out on the Howard County Striders and Bullseye Running websites on the youth page for all the details as they will be available as soon as the permits are approved.

The Fall XC program ended with a bang! 54 kids made their way to Charlotte, NC to compete in the AAU Junior Olympic National Championships on December 2, 2017. 14 kids earned medals for finishing 25th or better and 6 additional kids earned All-American status by finishing 8th or better. The honors did not stop with the individuals as the 7-8-year-old boys made it the podium by finishing as the 2nd place team and the 11-12-year-old girls team WON and now can call themselves National Champions!!! These kids and parents enjoyed each other, made the experience memorable and the coaches hope this will lead to even more people joining in for the road trip to Nationals next year!

RACING TEAM FALL UPDATES

Submitted by Caroline Bauer



The Fall racing season kicked off with a hot and humid start for the team at the *Army 10 Miler*. Usually a fast, PR course, the team and all runners were faced with the worst conditions the race has seen in years, even forcing it to be downgraded to a “recreational run” halfway through. That however did not stop team standout **Julia Roman-Duval** from podiuming with a 2nd place finish. **Caroline Bauer** rounded out the women’s top 10 with **Beth Hannon**, **Erin Chamberlin**, and **Kelly Westlake** finishing not far behind. On the men’s side, **Craig Lebro** took top spot for the team finishing under 60 minutes with **Conrad Orloff** finishing just seconds behind. **Ed Wilson** took 2nd in his age group and **Adam Wytko**, **Jason Tripp**, and **Yasuo Oda** all persevered with strong performances despite the weather. Toeing the line the same day but miles away were **Akintude Morakinyo**, **Noel McCracken**, and

Tammy Liu Hermstein at the *Chicago Marathon*. **Morakinyo** ran a phenomenal 3:03:04, **McCracken** set a PR in 3:10:14, and **Hermstein** continued her incredible consistency at the distance running 3:42:27.

The next big, local event for the team was the *Baltimore Running Festival*. **Westlake** ran the full marathon, taking 9th overall and winning the female master’s title in 3:22:21. **Hermstein** again ran the marathon just two weeks after *Chicago*, taking 2nd in her age group in 3:48:48. In the half marathon, **Eric Schuler** ran 1:17:20, just minutes after finishing the 5K in 17:18, placing in the top 10 in both events. Like Schuler, **McCracken** also

took on the double race challenge with strong results (1:36:32 HM and 20:51 5K). New racing team member **Stephanie Caporaletti** ran the half in 1:33:40. The 5K route changed this year, finally boasting a fast course allowing **Andrew Madison** to take the overall win in 16:17. **Mark Eagles** finished 4th in 17:18 and **Brian Shadrick** was right behind in 18:08 in 9th. The very next day, the *Marine Corps Marathon* was run and **Wilson** continued his master’s dominance, running a 2:57:19 and placing first in his age group.

The Strider’s cross-country *Run through the Grapevine* was run on a soggy course but that didn’t stop **Carlos Renjifo** from winning. Finishing in the top ten for the men were **Schuler** (2nd), **Eagles** (8th), and **Wytko** (9th). **Tripp** rounded out the team finishing 2nd in his age group. For the women, **Caporaletti** took 2nd overall and **Hermstein** won the master’s race. On the same day, **McCracken** ran her 2nd marathon for the season at the storied *New York City Marathon*, running 3:25:26 on the hilly course.

Also in November, **Madison** and **Morakinyo** traveled down to DC for the fast Veteran Day 10K running 32:57 and 38:44, respectively. Marathon season continued to roll with **Lebro** and **Yasuo Oda** running in *Philadelphia*. **Lebro** ran a stellar 2:39:36, running the fastest marathon for the team this year. Like **Hermstein**, **Oda** has demonstrated impressive consistency over the years in the marathon and ran a solid 3:37:04 in Philly.

According to Runner’s World, the Turkey Trot has become the “most popular race in America” and the racing team contributed to this, racing 5 different Turkey Trots in 5 different states on Thanksgiving with the following results:

- *Alexandria Turkey Trot 5M (VA)* – **Renjifo**, 25:45, 9th
- *Laurel Turkey Trot 5K (MD)* – **Schuler**, 17:02, 1st; **Deb Taylor**, 21:00, 3rd
- *PNC 5M Turkey Trot (PA)* – **Rachel Collins**, 35:28, 18th
- *81st Manchester Road Race 4.78M (CT)* - **Kevin Ford**, 26:07, 60th
- *Fort Collins Thanksgiving Day Run 4M (CO)* – **Mark Loeffler**, 23:05, 42nd

The *NCR Trail Marathon* is a popular local event providing a flat marathon course and many Boston Qualifiers. This year provided optimal cool marathon weather and **Kent Werner** and **Mark Landree** took advantage and ran the race in stellar times of 2:51:51 (4th) and 2:56:07 (7th) respectively, both with age group wins.

Finishing out the fall marathon season in December, **Ford**, **Roman-Duval**, and **Bauer** traveled to Sacramento to run the *California International Marathon*. **Ford** ran an impressive negative split on the course in 2:41:22. **Bauer** ran a PR of 2:47:03 and **Roman-Duval** qualified for her second *Olympic Marathon Team Trials* (to be run in 2020) in 2:44:07.

The final big race of the season for the team is the *Celtic Solstice 5 Miler* run in Baltimore in Druid Hill Park. Many team members enjoy racing this or using it as festive holiday tradition with running friends. **Roman-Duval** won for the women in an impressive 28:11 and **Renjifo** rounded out the men’s podium in 25:38. Full racing team results include:

Men’s Results			Women’s Results		
	Place	Time		Place	Time
Carlos Renjifo	3 rd	25:38	Julia Roman-Duval	1 st	28:11
Mark Landree	18 th	28:35	Julia Skinner	19 th	34:20
Jason Tripp	27 th	29:47	Deb Taylor	31 st	35:41
Ed Wilson	38 th	30:38			
Tunde Morakinyo	40 th	31:06			
John Chall	75 th	33:29			

In addition to the many marathons and local popular races, team members toed the line with impressive results at many other races both near and far. These results, as well as a compilation of the year can be found [here](#).

The team now turns to the cold, dark months of training for the spring season. Many will run rust busters at *Penguin Pace* and the *RRCA 10 Mile Challenge* in February!

Racing team members keep warm and show off age group results at the *Celtic Solstice 5-Miler*. Team members (L to R): John Chall, Tunde Morakinyo, Ed Wilson, Julia Roman-Duval, Mark Landree, Julia Skinner, and Carlos Renjifo. Photo Credit: Ed Wilson



Racing team members after the humid *Army 10 Miler*. Team members (RL to R): Caroline Bauer, Kent Werner, Adam Wytko, Yasuo Oda, Jason Tripp, Ed Wilson, Kelly Westlake, Julia Roman-Duval, Beth Hannon, and Erin Chamberlin. Photo Credit: Yasuo Oda

Julia Roman-Duval shows off her hardware following her 2nd place finish at the *Army 10-Miler* with fellow women's team members Kelly Westlake, Beth Hannon, Erin Camberlin, and Caroline Bauer. Photo Credit: Rene Alonso



WHY ATHLETES SHOULD TREAT THE BRAIN LIKE A MUSCLE

By: *Amanda Loudin (pictured), October 4, 2017, The Washington Post, with permission of the author*



After back surgery three years ago, 31-year-old environmental scientist Danielle Cemprola had become a frustrated runner, suffering from a sense that she might never return to her former level of performance. Having run 44 marathons pre-surgery and six after, she had all but given up on eking anything more from the physical side of training. That's when she decided to work on her mental game, something she says has

made all the difference as she preps for an upcoming marathon.

While elite athletes have long honed their mental skills, Cemprola, who lives in Greenville, S.C., is joining a growing number of amateurs delving into the power of the mind. These athletes are working on their confidence, motivation and the mind-body connection to overcome obstacles and reach new heights. "Finding the limit of your potential as an athlete involves proper mental training along with the physical," says Joanna Zeiger, former Olympic triathlete and author of a book on mental toughness called "The Champion Mindset."

Some of this increased focus on mental training stems from the fact that some amateur runners are approaching a finish line of sorts. "As athletes, we're at the point of marginal returns from physiological sports enhancement," says Brad Stulberg, journalist, columnist and co-author of the upcoming book "Peak Performance." "So the next legal [non-doping] frontier is the mind."

Upping the power of the brain

One of the areas where athletes struggle the most is negative self-talk, which can be a big hindrance to progress, says Denver-based sports psychologist Justin Ross. "I have clients keep a mental log along with their physical log," he says. "They record their state of mind during training, what they do when things get tough, and how these responses shape their behavior."

Armed with the awareness of their behavior, Ross can work with athletes to flip the negative chatter. "I have them come up with three positive 'I am' statements to begin the day," he says. "Then in the evening, they finish off with three gratitude statements specific to their training."

Zeiger says the consistent practice of repeating strong words or sentences can go a long way. "Write it down so that you can go back to it," she says. "Then whenever you hit a rough patch, pull those words out so that you can overcome any negativity you're experiencing."

Cemprola has tried a wide array of tools to boost her mind's role in her athletic success. "I have read sports psychology books, listened to motivational podcasts and worked on visualizing race day," she explains. "I even found a video of the marathon course on YouTube and watch it several times a week to familiarize myself with spots that might be difficult for me."

Zeiger is a fan of visualization. "It's important to spend time picturing positive outcomes, seeing yourself racing strong, crossing the finish line with your arms in the air and carrying out your race strategy to perfection," she says. "I also encourage athletes to practice disaster visualization — imagining hitting a rough spot and envisioning how they will get through it."

Another difficulty athletes encounter is tying success to external gratification. "Eventually, you run out of good races and if your whole self is tied up in those results, you're setting yourself up for disappointment," says Stulberg. "Instead you need to remind yourself what is real and what can't be taken away. That balances out what you can't control."

Sometimes this means stepping away from chasing a particular goal, says Zeiger. "When the pursuit becomes all-encompassing, everything you do is detrimental," she explains. "This is when you need to step back and switch focus — maybe try a new distance — so that you can gain back your confidence."

Positive messages

Mental training can also involve practicing your response to pushing hard in training for a better outcome in racing. "It doesn't feel good to go hard," says Ross. "But if you practice positive self-talk in these moments instead of negative, you can excel, and not beat yourself up afterward thinking you could have done better."

To get the most of your mind's power, it's important to treat it as a muscle, says Stulberg. "The mind gets tired just like the body and if it isn't given a break now and then, it can't function at its top level," he explains.

This means forgoing the temptation to focus on metrics every single time you head out to train. "You have to incorporate some meta-easy runs, leaving the watch at home and running by feel," Stulberg says.

Since putting her mental training plan into place, Cemprola has "negative split" her last three races — meaning she's run faster on the back half than the front — not an easy result to pull off. "I focus on finishing every run strong, training my brain to believe that I can be strong at the end of any run, even a marathon," she says.

JOINING IN THE REINDEER GAMES: 2017 RUDOLPH RUN

Submitted by Susan "Mrs. Santa Claus" Kim

The Bullseye Running 2017 Rudolph Run drew 138 individuals and 45 two-person relay teams. The annual race, held this year on December 23rd, is a 6K cross country course at Oakland Mills High School that draws kids and adults of all ages, many of them dressed in festive attire including reindeer antlers and jingle bells.

Santa Claus and Mrs. Claus made a special appearance as well.

Winners of the 6k were Benjamin Fleming (19:44) and Jennifer Fleming (23:13). The relay team winners were the cleverly named "Carol of the Bell Lap" men's team of Adam Sachs and Ted Terpos, the "grinch-y gang" women's team of Carly Albright and Brit Lang, and the "Racer X" co-ed team of Luke and Faith Meininger.

Winners received pies from SugarBakers Cakes in Catonsville and runners also enjoyed a pizza buffet from Tino's as well as reindeer-shaped medals.



Photo captions left to right: 1) Santa Claus joined in the 6K Rudolph Run. 2) Mrs. Claus proves it is not impossible to run a cross country 6K in a fuzzy dress. 3) Jake Hayden, Chloe Hayden and Makenna Cox celebrate after their successful races.

Photo Credit: Tracy Conway Hayden

WELCOME NEW MEMBERS

Submitted by Cecilia Carro Murach

Chris Bickhart
Nicole Bickhart
Julie Brown
Justin Carnahan
Kaitlyn Carr
Ryan Carr
Chelsea Dunn
Hussein Ezzeldin
Mariam Ezzeldin
Martin Flajnik
Erin Karara
Kareem Karara
Deanna Kucler
Greyson Kucler
Robert Kucler
Robin Kucler

Violet Kucler
Danny Mooney
William Moran
Benedetta Naglieri
Michelle Pelszynski
Rachel Ruo
Hala Salama
Patricia Sanders
Shannon Sentman
Ricardo Silva
Deb Taylor
Amy Tredway
Emily Turner
Trisha Vargo
Joseph Wensus
Xi "Jessie" Yang

OUT OF TOWN RACE RESULTS

Submitted by Greg Lepore



Looking for help with Strider race results - Strider results are pulled from various club websites and run through a computer program written in Python which compares first name, last name, and city of residence against a current list of Strider members. Occasionally the program misses names or nicknames (Steve vs. Steven). If you are a computer programmer and would like to help improve the process of pulling Strider race results, please contact greg@rhobard.com for more information.

Bachman Valley Half Marathon September 24, 2017 Westminster, MD

Lokesh Meena - 1:30:42
Matthew Jacobson - 1:33:37
Casey Richardson - 1:40:23
Faye Weaver - 1:43:33
Hafiz Shaikh - 1:46:40
Tammy Liu - 1:48:36
Christine Schauerman - 1:53:11
Dwight Mikulis - 1:55:09
Karsten Brown - 1:55:39
Cary Jacobson - 2:05:49
Ron Roff - 2:07:00
Alyssa Mitchell - 2:17:10
Carol Wesolowski - 2:17:14
Joanne Lee - 2:25:15
Evan Krozy - 2:40:19
Maria Ferrucci - 2:42:16
Karen Jung - 2:50:10

Chicago Marathon October 8, 2017 Chicago, IL

Richard Reinhardt - 2:58:44
Christopher Denno - 2:59:11
Akintunde Morakinyo - 3:03:04
Timothy Mcgee - 3:09:06
Mikhail Petrovskikh - 3:14:31
Franz Vergara - 3:23:23
Faye Weaver - 3:30:01
Julia Skinner - 3:35:46
Tammy Liu - 3:42:27
Anna Muench - 3:45:40
Janeth Scott - 3:50:24
Bethany Mcgee - 3:52:19
Wendy Turner - 3:58:23
Eric Malgieri - 4:39:27
Hallie Brokowsky - 4:40:07
Alana Harris - 5:22:38
Erica Malgieri - 6:03:36
Tamerill Faison - 6:09:32
Pattie Laun - 6:24:36

Baltimore Marathon October 21, 2017 Baltimore, MD

Patrick Sullivan - 3:06:02
Joshua Reid - 3:14:05
Kelly Westlake - 3:22:28
Rick Nelson - 3:24:26
Amanda An - 3:29:53
Akintunde Morakinyo - 3:33:51
Peter Ward - 3:42:12
Scott Matthews - 3:40:50
Tammy Liu - 3:49:08
Robert McDonald - 3:57:51
Vijay Poduval - 3:59:47
Michael Macdonald - 4:06:14
Jill May - 4:22:54
Roger Lin - 4:28:00
Audrey Moeser - 4:31:00
Dwight Mikulis - 4:31:00
Heather Stroble - 4:38:44
Michael Oliver - 4:52:26
Faye Weaver - 5:01:15
Leah Baker - 5:07:52
Ronnie Wong - 5:09:40
Randy Parsley - 5:30:03
Eric Katkow - 6:21:04

**Marine Corps Marathon
October 22, 2017
Washington, D. C.**

Ed Wilson - 2:57:19
Keith Levasseur - 3:04:40
Danny Mooney - 3:25:23
Lokesh Meena - 3:28:38
Deb Taylor - 3:45:05
Nadrat Siddique - 3:52:08
Catherine Kilday - 3:57:26
Evan Calvert - 4:03:52
Dylan Schoneweis - 4:04:01
Michael Macdonald - 4:12:39
Alan Mulindwa - 4:14:48
Dingming Xiong - 4:19:01
Pamela Cheung - 4:22:44
Thomas Green - 4:24:53
Jennifer Storch - 4:32:20
Carrie Anderson - 4:35:21
Howard Schwartz - 4:39:03
Catherine Scollick - 4:42:37
Vincent Devlin - 4:44:03
Kerrie Widell - 4:45:01
Ari Greenberg - 4:56:29
Kimberly Gillette - 5:04:06
Alyssa Mitchell - 5:09:48
Andrew Doyle - 5:14:13
Heather Stroble - 5:16:19
Sylvia Devlin - 5:17:15
April Kociolek - 5:21:58
Katherine Cavanaugh - 5:22:01
Rene Alonso - 5:33:48
Jade Marquart - 5:38:22
Christine Marquart - 5:38:23
Gary Landsman - 6:00:51
Amanda Idstein - 6:06:46
Douglas Kornreich - 6:09:05
Frank Sandor - 6:28:11
Kendra Smith - 6:32:56
Sharlene Deskins - 6:42:36

**NCR Marathon
November 25, 2017
Sparks Glencoe, MD**

Kent Werner - 2:51:33
Mark Landree - 2:56:07
Stephen Bohse - 3:14:40
Yuezhou Jing - 3:15:49
Mike Hasson - 3:39:37
Faye Weaver - 3:53:12
Dwight Mikulis - 3:53:14
Frank Volny - 3:56:57
Wade Gaasch - 4:14:38
Alan Tominack - 4:22:48
Sean Fao - 4:25:30
Ronnie Wong - 5:31:32

**NCR Half Marathon
November 25, 2017
Sparks Glencoe, MD**

Robert Cawood - 1:34:41
Greg Orlofsky - 1:38:58
Michael Bohse - 1:39:02
Catherine Kilday - 1:42:03
Gregory Lepore - 1:46:34
Christine Schauerman - 1:46:35
Larry Stern - 2:01:56

**Army 10 Miler
October 8, 2017
Washington, D. C.**

Julia Roman-Duval -59:17
Craig Lebro - 59:51
Conrad Orloff - 1:00:52
Caroline Bauer - 1:02:01
Ed Wilson - 1:03:57
Adam Wytko - 1:04:50
Jason Tripp - 1:05:10
Jicheng Liu - 1:07:10
Elizabeth Hannon - 1:08:33
Kelly Westlake - 1:10:30
Jeff Berger - 1:11:44
Alexander Zelinka - 1:12:07
Joshua Reid - 1:14:08
Lokesh Meena - 1:15:35
Yasuo Oda - 1:16:50
Dylan Schoneweis - 1:17:49
Chris Wilson - 1:21:34
Stephen Wells - 1:22:08
Pamela Jock - 1:24:48
Jennifer Dustin - 1:27:37
Bruce Gordon - 1:28:42
Hui Liu - 1:32:59
Jennifer Wall - 1:36:29
Ron Roff - 1:37:04
Ryan Brown - 1:37:42
Jade Marquart - 1:38:10
Kimberly Gillette - 1:40:19
Kerrie Widell - 1:40:59
Donna Phillips - 1:43:52
Jeffrey Cohen - 1:44:09
Melissa Kistler - 1:45:37
Christine Marquart - 1:47:16
April Kociolek - 1:50:51
Lavina Fathony - 1:53:54
Rachel Ruo - 1:53:55
Amanda Idstein - 1:55:28
Lucia Patrone - 1:55:40
Bruce Levine - 1:57:14
Trisha Vargo - 1:57:35
Katherine Cavanaugh - 1:58:25
Margaret Barry - 2:01:10
Rene Alonso - 2:04:19
Bill Wolf - 2:04:22
Todd Johnson - 2:09:25
Pamela Johnson - 2:09:34
Kelli Shimabukuro - 2:11:01
Kristen Evangelista - 2:12:49
Eileen Levitt - 2:13:23
James Hendershot - 2:13:33
Emily Smith - 2:15:35
Deanna Green - 2:39:33

The **Northern Central Trail Marathon** debuted a new half marathon and a new starting location for this year's race. Starting at the historic Oldfields School, the race featured a fast downhill start leading to an out-and-back on the NCR Trail with the finish on the Trail. The new half marathon attracted almost 300 runners, with another 285 running the full marathon, as well as a marathon relay.

Weather was nearly perfect for racing, with the temperature starting in the upper 30s and finishing near 50.

The Baltimore Road Runners Club managed the race. The new starting location caused some initial troubles, with many runners arriving before the volunteers, but once things got organized the event was well managed. Not enough portable toilets was the main issue for many of the runners, with over 50 runners still in line when the races started. The race director has already promised to get more bathrooms for next years' race.

The Striders were well represented, with nineteen runners racing either the half or the full marathon. Racing Team members **Kent Werner** (4th overall) and **Mark Landree** (7th overall) led the way in the full marathon, with **Landree** setting a PR. Former Strider President **Dwight Mikulis** achieved a Boston Marathon qualifying time, just days before his 60th birthday. In the half marathon, Strider **Chris Schauerman** won both her age group and the grandmaster award for the RRCA Championship series with a three and a half minute PR.



Frank Volny, Greg Lepore, Mark Landree, Faye Weaver, Kent Werner, Dwight Mikulis, Chris Schauerman, and Larry Stern

**Celtic Solstice 5-Miler
December 16, 2017
Baltimore, MD**

Carlos Renjifo	25:37	Aileen Linton	44:15
Julia Roman-Duval	28:10	Aggie Wojdon	44:17
Mark Landree	28:34	Judith Comiskey	44:39
Jason Tripp	29:45	Kelli Habicht	44:48
Edward Wilson	30:35	Scott Habicht	44:50
Akintunde Morakinyo	31:03	Donna Phillips	45:13
Danny Mooney	31:57	Edie Manney	45:15
Lochlann Boyle	32:11	Ralph Massella	45:17
John W. Chall	33:26	Lynn Sanetrik	45:32
Bram Arrington	33:27	Reginald Farmer	46:07
Dennis Albright	33:43	Matt Fichman	47:10
Julia Skinner	34:14	Barbara Walters	48:01
Faye Weaver	34:38	Amelia Mullican	48:03
Anna Muench	34:58	Lori Levine	49:08
Deb Taylor	34:59	Nancy Burns	50:54
Tammy Liu	36:46	Memory Morris	51:40
J. Scott Reider	37:27	Amanda Idstein	52:20
Lisa Fichman	37:54	Loretta Farb	52:34
Steve Sharpe	38:10	Sarah Beach	52:44
Bill Brown	38:42	Pamela Johnson	56:04
Chad Burger	38:46	Kelly Proctor	56:14
Alan Doss	38:59	Yvette Oquendo-Berruz	56:17
Jennifer Dustin	39:32	Susanne Goldstein	56:28
Tim Dietz	39:32	James Hendershot	56:28
Audrey Moeser	39:50	Martin Flajnik	57:13
Marc Burger	41:01	Craig Moyer	59:10
Hallie Brokowsky	41:06	Sophia Moyer	59:12
Natalie Beach	41:29	Seema Mathew	1:00:40
Edward Beach	41:34	Lynda Allera	1:01:40
Dwight Mikulis	41:56	Ana Aguado	1:01:45
Frank Volny	41:57	Sarah Nemser	1:01:46
Douglas Dixon	41:58	Jaime Grauel	1:02:04
Kimberly Gillette	42:26	Renee Padousis	1:03:00
Steven Muchnick	43:09	Julia Moyer	1:03:41
Pamela Jock	43:27	Vicki Moyer	1:03:41
Pamela Cheung	43:34	Meredith Bailey	1:08:52

Warfield Wins Turkey Trot, 11/23/2017

Submitted by Brian Fleming; photo credit Brian Fleming

Jerry Warfield cruised to an impeccable finishing time of 11:00:00.31 at the 2017 edition of the Howard County Striders Turkey Trot 10K Prediction Run, edging out 7-year-old Jack Coogan (who finished a shade early at 10:59:58.86). Unlike typical road races, this Striders' prediction run -- held annually on Thanksgiving Day since the early 1980's at the Jeffers Hill Neighborhood Center in Columbia, MD -- rewards pacing accuracy over speed. Nearly 300 runners signed up this time around to see who could strut their way to the finish line closest to 11:00am, without the aid of a watch (or oven timer). Despite participating in every Turkey Trot since its inception, 11:00am had proved elusive to Jerry, who has had an otherwise storied career as a member of the Howard County Striders since 1977, and is an inductee into their Hall of Fame. A long-time resident of the Jeffers Hill area, after the race Jerry remarked that he was glad to "finally have that monkey off of my back". Or did he say turkey?



Race Director Hafiz Shaikh and winner Jerry Warfield, hoisting high the coveted Brass Turkey.

PRESIDENT'S MESSAGE

By John Bratiotis



Just like we all do at the end of the year, now is a good time for us to look back on 2017 for the Striders and for the sport of running. There have been challenges this year for Strider Races. We unfortunately were not able to participate in the Police Pace 5K due to a scheduling conflict. We had to cancel the Metric Marathon this year due to the Route-29 Pedestrian Bridge closure. And the number of participants were down across our races due to several factors including the sheer number of competing races that have been added by other organizations that take advantage of the increasing popularity of the sport. We also changed the scoring methodology of the High School XC series which was challenging as it presented a learning curve we needed to surpass. On the other hand, it was a good year for our training programs where we had a fantastic number of participants taking advantage of one of our best programs. And we still have a strong base of volunteers. I can't thank all of the race directors, race coordinators and each and every person who helps us in any way enough. It truly shows how strong our community is. And as the running community worldwide also just keeps getting stronger, I have optimism for the year ahead. Our Board will be working on strategies for our racing future, we will continue to provide programs to help members get more involved, and we will continue to stay involved in the running community and provide a club for the hundreds of you who enjoy this sport the way we do.

In a few of my past letters I used this as an opportunity to highlight safety. There is one thing I'd like to highlight this quarter. On two occasions during the Saturday morning Bagel Run a vehicle has steered toward a group of runners as they were running down West Running Brook Road. The driver stopped on one occasion and proceeded to tell the runners that they were breaking the law by running on the road and needed to be on the sidewalk. The driver is correct, runners are supposed to be running on the sidewalk when sidewalks are present however, the driver is also wrong in the way she decided to communicate her knowledge of the law. Her actions are not justified by endangering the runners. I can only remind all runners to be aware of their environment and take the necessary steps to protect yourself while running. If you are running in a group on the road and a car approaches, form a single file line and get as close to the curb as possible to take up as little of the road as possible and make yourself visible to the driver of the vehicle. While 99% of other drivers respect and tolerate the presence of runners on the road, please keep in mind the other 1% and stay safe.

2018 STRIDERS LEADERSHIP Board of Directors



Top Row: President John Bratiotis; VP Cecilia Murach; Immediate Past-Prz Donnie Chapman; Newsletter Bill Arbelaez; Treasurer Rob Gettier.

Middle Row: Secretary Chris Schauerman; Special Programs Jessica Stern; Jr. Striders/Youth Programs Bobby Gessler; Technology/Website Eric Schuler; Volunteering Larry Stern; Racing Team Caroline Bauer.

Bottom Row: Racing Team Mark Buschman; Special Races Hafiz Shaikh; Membership (Member Relations) Lynda Allera; Communications Rene Alonso; Membership (Social Outreach) Paula Stehle; Sponsorship (new position for 2018) Kelli Shimabukuro.