



Howard County Striders
Official Press Release
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www.striders.net

Howard County Striders (HCS), a non-profit organization dedicated to promoting lifetime fitness through running, is honored to announce that Columbia and Howard County, Maryland have been selected by the Road Runners Club of America (RRCA) as a RRCA Runner Friendly Community. Under this program, the RRCA believes that the Columbia and Howard County community efforts allow for safe recreation and promotes wellness through running, making it worthy of the prestigious national recognition. Columbia and Howard County will retain the Road Runners Club of America Runner Friendly Community Designation ® for a period of five years beginning 2018. HCS strives to uphold the commitment by providing and creating a healthy lifestyle through running and wherever its athletes are representing.

Howard County is home to nationally-recognized parks and recreational facilities, 145 miles of pathways and nearly 1,000 miles of sidewalks. County government has established WalkHoward and BikeHoward to ensure that pedestrian-friendly decisions are made. Resources and funds are committed to the safety and infrastructure of pedestrian networks through programs like Police Pathway Patrol and recent major improvements connecting neighborhoods across Downtown Columbia.

HCS boasts a membership of more than 1,200 members across all ages and abilities, and is the second largest running club in the State of Maryland. HCS is consistently one of the most active running groups in the Mid-Atlantic Region, with members participating in countless events and races throughout Maryland. There are over a dozen training programs for adults and youth, from beginners to elite level runners.

HCS also boast a variety of races year-round which range in distance from 5K and up. Larger races include premiums for registrants, post-race food and activities, and top local competition. These races include, but are not limited to: Penguin Pace 5K, RRCA 10 Mile Club Challenge, Clyde's 10K, Spring Hops 5K, Women's Distance Festival 5K, and Run Through the Grapevine.

In addition to the larger races, HCS also hosts several smaller no-frills events. These low-key races are intended to be fun and unique, including the New Year's Day Resolution Run 8K, All Fruit Relay and Meet of Miles, seasonal cross country series and a one-mile family race. Entry fees are nominal. Club members also meet every Saturday morning for the Bagel Run, a run that has met weekly for over 2,000 consecutive Saturdays since 1978, no matter the weather conditions.

HCS partners with the Howard County Public School System, as well as businesses and community non-profits to encourage the development of student athletes by providing volunteers, resources and support.

For all these reasons, Columbia and Howard County, Maryland have received the Runner Friendly Community Designation ® by the RRCA. To learn more about the selection criteria, please visit <http://www.rrca.org/our-programs-services/programs/runner-friendly-community>. For more information about the Howard County Striders or to join our membership, please visit www.striders.net or follow us on social media.