

FOOTPRINTS

*THE NEWSLETTER OF THE HOWARD COUNTY STRIDERS
VOLUME 43, No. 2 — April 1, 2019*



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.



FROM THE EDITOR

Allan S. Field, managing editor, newsletter@striders.net



Cover Photo: Ms. Penguin has been attending the Penguin Pace run for the last three or four years. You will hear a bit more about her later in **Mark Landree's** Racing Team report and about the race in **Susan Kim's** article. Ms. Penguin is a volunteer on the Bain Center Council where she goes by the alias **Athena Dalrymple**. While not a runner herself, her support of the Bain Center and obvious enthusiasm for the annual Penguin Pace run speaks volumes to what this event is all about – a fun time followed by carbs! Thanks Athena!

Each year, the Striders Board of Directors allocates funds and support for charitable contributions. Two such organizations are Girls on the Run and Let Me Run. **Michelle Pelszynski** catches up with GOTR Executive Director Jessamine Duvall and LMR Regional Director Dara Glenn to share with all of us why these organizations are so worthy of support from the Howard County Striders.

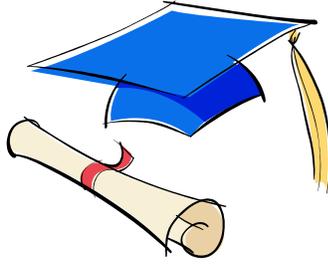
Please note on page 3 the flyer regarding the David Tripp Scholar/Athlete Awards for 2019. The deadline for application is fast approaching and if you snooze, you may lose with recommending your favorite student athlete/scholar for this award. **Application deadline is April 10, 2019.**

Not much has crossed my desk lately regarding Volvo woman on West Running Brook and her aggressiveness towards the Saturday morning Bagel Runners. Hopefully this is because she has stopped doing so or maybe because the group is taking the club's recommendation to stay off WRB. But sadly, Volvo woman is not the only person in our community who gets her kicks out of terrorizing runners. Just recently, a high school runner on Vollmerhausen Road, running with his school team and about to enter the trail that goes to Lake Elkhorn, was shot twice with a BB gun by someone in a car. Situational awareness is so critical at all times; it's just so sad that this is so...

It was never the intent of your current newsletter staff to create a magazine out of **FOOTPRINTS!** Rather, the intent was just to try and get members involved in submitting interesting content and to send a message that the Striders is a place for your pace, a place for every pace. With especially this issue, we hit the first goal and one need only read **Rene Alonso's** quarterly "Profiles From The Pack" contribution to know that we are hitting the second! So many have stepped up over the past year or so that **FOOTPRINTS** is looking more and more like a magazine...but don't look for it anytime soon at your newsstand (if those things are even still around...). Seriously though, thanks so much to all who have stepped up – 39 contributors in just this issue alone - to make this such a better product. And for those who have not yet contributed, we just haven't met you yet!

And while we are on numbers – how many volunteers does it take to create some of the Strider programs just in the last quarter? Challenge Race 129, Banquet 52, Penguin Pace 29, Next Step programs 25, Bagel water 22, Resolution Run 21, and the weekly races and youth programs 14 each. None of this happens without our wonderful volunteers!

Next issue of FOOTPRINTS scheduled for July 1, 2019. In the meantime, run safely, start out slow, taper off, and try not to do anything stupid in between!

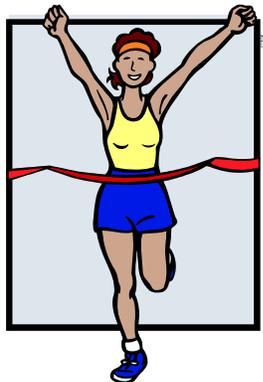


The Howard County Striders' David Tripp Scholar/Athlete Awards for 2019

*****TIME SENSITIVE*****

Application forms are now being accepted for the Howard County Striders' David Tripp Scholar/Athlete Awards. These awards totaled \$6,500 in 2018. They are merit (not need) based, and only Howard County residents, who are graduating seniors from a high school in Howard County, are eligible. The intention is to recognize both males and females as award winners, provided that there are deserving candidates.

The criteria for consideration include outstanding achievement in the classroom and as a runner in cross country, track and/or road races. Copies of the Application, and the Suggestions and Guidelines, are available [here](#). If you think you may qualify, you are encouraged to apply. There are no restrictions on the number who can win awards from any single high school. The deadline for receipt of applications is **Wednesday, April 10, 2019**. If you have questions or have difficulty accessing the website, please contact Dave Tripp at davetripp1@gmail.com or 443-745-3493.



LEGEND OF PALs, aka “RUNNING BUDDIES”

Submitted by *Michelle Pelszynski*



Some of you may have heard, seen or even run alongside one or many of the 180-member PALs running group. I bet you all did not know how intricately-woven they are to the Howard County Striders and Howard County community. PALs, or Patuxent Athletic League of striders or Patuxent Awesome Legs or simply "running buddies" (in Chinese "pal" and "run" are homophones), formed in early 2015. They are a group of runners primarily from the Chinese American community of Howard County.

Over the past four years they organize group runs twice a week to introduce family and friends to the joy of running. They plan seminars to educate the members of PALs on running forms and race strategies. In the summer, they host a kids running summer camp to inspire the next generation of runners. There are many speedy PALs, yet they maintain a humble demeanor. However, they do have a yearly challenge with the Montgomery County Chinese running group. It helps extend and build friendships and offers low-key races for beginner runners to help them develop self-confidence.

Over the last two years, PALs has participated in the Susan G. Komen Race for the Cure 5k. They run and fundraise to help raise awareness of breast cancer in the Chinese running community. They also participate each year in the Maryland Half Marathon and 5k organized by the University of Maryland Cancer Center to support cancer research. In the local Striders community, you will see them at the weekly Bagel Run - not only running it but also volunteering regularly for the water stops. We all know the Bagel Run wouldn't be possible without generous volunteers, such as PALs, to keep runners hydrated.

Here are a few PALs memorable moments with the Striders:

"The first time I ran with the Striders was a Saturday morning in January 2015. I was hoping to run 14 miles on the Bagel Run, but unfortunately got lost after 10 miles. Luckily, I asked a group of people ahead of me about the 14-mile route, and the Bagel Run announcer was kind enough to invite me to run with them. They even modified their 17-mile route to lead me to Lake K where I knew how to get back. It may have seemed a tiny thing to others, but it was a big thing to me." ~**Yan Zhang**

"I loved my Next Step training group. I learned about the program from PALs and decided to give it a try in the summer of 2018. **Coaches Frank, Bill, Faye, Scott and Hannah** were awesome! They not only guided me through the trainings, but also shared their running and race experiences which helped me understand running, the training plan and race preparation." ~**Jessie Yang**

"I really enjoy all of the events that HCS organized in the past one and a half years. The weekly Bagel Runs helped me build endurance and confidence, so I began to join all kinds of races in 2018. I joined 2 Next Step training programs - the 10-mile and half/full marathon trainings. Thanks a lot to **Coaches Frank, Bill, Faye, Hannah and Coach Scott!** They are excellent coaches! I made a lot of progress through these 2 programs - successfully losing 30 pounds and even qualified for the Boston Marathon at the Marine Corps Marathon!" ~**Xuesong Wang**

"I started running around September 2015. Once I found out about the Striders and their Bagel Runs from fellow PALs, I have been in love with this community-oriented organization and its people ever since. I have enjoyed all aspects of Striders activities - I am a regular Bagel Run participant; Next Step trainee in the half/full marathon training program in 2017 and 2018; volunteer as course marshal, race packet pickup and set-up; and, Bagel Run water stop support. While participating in Striders' activities one thing is certain: you will gain friendships, inspiration and support along the way." ~**Yihua Zheng**

Be sure to visit [知足常跑\(PALs\) – Patuxent Athletic League of Striders, Maryland.](#) to learn more.



Pictured left to right: Yan Zhang, Hong Hu, Dongmei Xing, Zhen Zhang, Yan Sa, Yihua Zheng, Jingjun Sun, Qiang Tian, Yi Duan, Yin Guo, Jinming Liu, and Youlin Qi.

LET ME RUN: ENCOURAGING BOYS TO BE FIT IN BODY, MIND AND SPIRIT

Submitted by Michelle Pelszynski



In 2016, **Dara Glenn** heard about the organization Let Me Run. Her initial reaction was that it was just a running club for boys. Dara having 3 sons found this especially intriguing as Girls on the Run had really grown over the past few years here in Howard County. One of Dara's sons participated in the program and she realized it was much, much more than "just" a running program. Now Dara serves as Let Me Run's Howard County Regional Director. The program now serves 10 elementary and middle schools across the county.

"I see Let Me Run as a transformational program for both our boys and our coaches," explained Dara. "Let Me Run uses running and a curriculum to develop physical, social and emotional health in our boys. No longer is the 'boys will be boys' approach an excuse for poor behavior or habits. We help our boys learn to hold themselves and their peers accountable, as well as giving them permission to be their authentic selves."

Not only has violence in schools across America become an epidemic, but so has the amount of stress put on our children. Let Me Run has a huge impact on the community and Howard County specifically.

"When we improve the mental and physical health of our boys, we see improvements in attitudes and behaviors, reduction of screen time on school days, and an increase in social competence," said Dara. "Our Let Me Run boys are less likely to be engaged in fights and are more likely to express their emotions in a healthy way."

Dara is very grateful for the Striders for not only creating a positive community of runners, but also their support of the organization. Several of the Striders members volunteered as Course Marshalls for the 1st Howard County Let Me Run 5k last year. Several of the community coaches are members of the Howard County Striders. The boys in the program and Dara are very grateful to have experienced and passionate runners as coaches and mentors.

"Our boys like to hear the stories of a runner's journey and are inspired by perseverance and dedication. We know many of our boys that join our teams never realized their potential to be runners. We love to see their enthusiasm for running bloom with hopes to send them over to be Junior Striders."

To learn more about Let Me Run, including how to volunteer, coach, and donate, visit <http://www.letmerun.org/region/howard-county-maryland>

Pictured to right: Coach David Glenn and a young charge.



THE RISE OF WOMEN'S FASTEST KNOWN TIMES

Submitted by Amanda Loudin, From REI Blog of February 22, 2019 and reprinted with permission of the author



When it comes to FKTs, women ultrarunners have announced they are here to stay.

In the span of several days back in November 2018, three women made separate attempts at breaking the women's fastest known time (FKT) for the iconic **Rim-to-Rim-to-Rim (R2R2R)** run in the Grand Canyon. Spanning 42 miles, and gaining 4,500 feet elevation, the route usually involves running

from the south rim to the north and back again, and is among the most well-known and sought after FKTs. Sandi Nypaver, Ida Nilsson and Taylor Nowlin all broke the standing record established by **Cat Bradley** in 2017, and for the moment, the record stands at seven hours, 25 minutes and 58 seconds, set by upstart Nowlin. "For the moment" being the key words.

Women ultrarunners are setting the FKT world ablaze these days. The Co-op Journal analyzed data from **Fastest Known Time** for **15 notable, often-contested routes** across the United States. Including the supported, unsupported and self-supported categories, all but six of the 45 FKTs set by women on those routes have occurred within the last 10 years. In 2018 alone, there were a total of seven women's FKTs—the most of any other year, the analysis showed. Five were supported, one was unsupported and one was self-supported. These strong and determined runners are blazing trails, encouraging and inspiring each other to reach ever faster times on some of the world's most iconic routes.

Buzz Burrell, who co-founded the Fastest Known Time website, serves as the official record keeper for the many routes runners pursue. He's noticed the uptick in attempts by women at FKTs. "We're seeing big record after big record fall. I think these runners see what their peers are doing and are inspired to try bettering it."



Patagonia pro runner Clare Gallagher (pictured to left on The Zion Traverse, which stretches 48 miles through Utah’s Zion National Park; photo credit Brendan Davis) echoes this sentiment: “I think as we see what we can do out there, we’re pushing each other to new limits,” she says. “We’re also cheering one another on.”

Whatever the case, women ultrarunners are announcing their presence in the world of FKTs and the world is watching.

A brief history of the FKT

Burrell and fellow runner Peter Bakwin coined the FKT term back in 2000 when the two men ran 223 miles on the John Muir Trail in the Sierra Nevada in four days and 14-plus hours. Noticing a void in record keeping for these types of attempts, they launched the FKT website. The site catalogs stats on routes, times, athletes and more.

They use the following **criteria**, among others, to classify an FKT:

- The route can be of any distance or time duration
- The route must be notable and distinct enough so that others might be interested in repeating it
- FKTs cannot be set during official races
- At least 50 percent of elapsed time during the FKT attempt must be spent running and/or hiking

In order to receive a validated time, Burrell and Bakwin ask that athletes submit, if possible, the original data file from their GPS device, a link to an activity report from a platform like Garmin Connect, a link to a trip report, photos, and for renowned attempts like the R2R2R, an announcement of intent and real-time tracking.

FKT attempts can be supported, self-supported or unsupported. Supported means a crew meets the athlete along the way to provide things like food and water or to run alongside them. In a self-supported attempt, the athlete doesn’t have prearranged support from a crew but might stash clothing or food along the way. Unsupported means having no external support of any kind. The athlete carries everything they need from start to finish, except water.

Just like official races, Burrell and Bakwin established different record categories for men and women. Regardless, of the 11 FKTs set by women nominated for the site’s 2018 FKT of the Year Awards, two were overall FKTs—**Annie Weiss** on Wisconsin’s **Ice Age Trail**, and **Alicia Woodside** and **Tara Berry** on the Howe Sound Crest Trail in British Columbia, Canada.

Crushing it

During the five-day span from November 16 to 21 that involved the multiple R2R2R records, Gallagher was in nearby Zion National Park setting an FKT of her own. She, like the women of the Grand Canyon, had initially planned to run The North Face Endurance Challenge Championship 50-

mile race in Sausalito, California, and had invested months of training into the event. Organizers canceled the race after smoke from the nearby Camp Fire—the most destructive and deadliest wildfire in the state’s history—degraded the air quality. Not wanting to lay waste to that mileage, she made a few phone calls and then headed west from her Colorado home to Zion.

“I briefly considered R2R2R, but then checked in with [fellow ultrarunner] Hayden Hawks, who set the male FKT at Zion,” she says. “He gave me all the information and support I needed to make the attempt.”

In November 2018, Clare Gallagher (picture to right) set the women's supported FKT on the Zion Traverse at 8:01:24. (Photo Credit: Brendan Davis.) The Zion Traverse stretches 48 miles through the red sandstone park. Enlisting Hawks and a few others as her pacers, Gallagher went for the supported FKT, reeling it in with 25 minutes to spare at 8:01:24, besting Joelle Vaught’s 2016 record.

Her experience included moments with plenty of company from tourists and good chunks of solo time as well. Reflecting back on her first go at a supported FKT, Gallagher couldn’t be more pleased. “The combination of honing in on maps, learning the history of the park and the camaraderie of my crew made it a complex, beautiful adventure,” she says. “It makes me want to try another FKT in the future.”

Gallagher’s efforts earned her fifth place in this year’s Fastest Known Time of the Year awards, an informal acknowledgment from the ultrarunning community, sponsored by Burrell’s [FKT website](#). The awards are in their third year.



at the FKT on the JMT, her 2015 supported attempt ending 42 miles in. “I hastily went after my first attempt, and I quickly realized that I was away from my daughter with no way to contact anyone if needed,” she says. “So, I regrouped, ran some sections of the trail and knew that I’d want to try again.”

Darcy Piceu (pictured left at the Javelina 100, Photo courtesy HOKA ONE ONE) is another accomplished ultrarunner who has set six total FKTs since 2010, including the 85-mile Cordillera Huayhuash Circuit in Peru, and most recently, a supported record on the John Muir Trail (JMT). It was her second go



When she returned to the trail, she set a record of three days, seven hours and 57 minutes. “The JMT is so beautiful, full of granite peaks and waterfalls,” she says. “I was motivated to experience that and by the fact that [Sue Johnston](#) had previously proven that it was doable.”

This push—or inspiration—from other women runners setting FKTs has much to do with why runners like Gallagher and Piceu are taking on these objectives at a notable rate. “Women are feeling empowered by one another to make these attempts,” says Piceu. “If you look at the R2R2R record set by Cat [Bradley] in 2017, it was solid. But now it seems like everyone has a crew ready to go. There’s something in the air.”

Most of the FKTs being set by women are in the supported category. “When you look at most of the big FKTs from 2018, only one was a solo attempt,” he says. “But that’s why we have three categories and supported efforts are no less impressive.”

David Roche, coach of many top ultrarunners and co-author of *The Happy Runner*, echoes Gallagher and Piceu, saying that athletes are feeding off each other right now. “When someone shows that a breakthrough is possible, it opens up the door for the next person, and then the next,” he says. “It’s all about courageous athletes supporting each other and not being afraid to come up short.”

He also points to the hard work women are putting in behind the scenes. “The women setting FKTs seem like superheroes,” he says. “But people like Clare Gallagher and Cat Bradley get their superpowers from hard work, grit and toughness.”

Looking ahead

Burrell anticipates the rising trend of FKT attempts by women will continue. “I think we’ll not only see more women out there, but more taking on solo attempts like Darcy, and more trying really technical routes,” he says.

Burrell points to [Kate Hale](#), who set an FKT on the technically challenging North Face route on Colorado’s Longs Peak, and [Patricia Franco](#), who tackled the FKT on Mount Whitney’s Mountaineer’s Route, both unsupported last summer.

Roche agrees: “These women are fearless, and that fearlessness means that the times will probably continue dropping, not just in this generation, but in the next,” he says. “My guess is that women continue to push each other to accomplish things that might seem a bit unthinkable now, including setting FKTs that men might not be able to touch.”

Piceu is uncertain if she’ll personally go after more FKTs, citing concern about the clarity of the rules surrounding attempts and the fact that the routes are getting more crowded. “There was some debate surrounding my JMT record and it kind of sucked the joy out of it,” she admits. “But it’s cool that so many women are doing this right now.”

Gallagher remains enthusiastic about her experience and hopes to take on more in the future. “I’d like to try R2R2R sometime,” she says, “or maybe one in Colorado since it’s my backyard. I think women have learned that we can do this, and now we’re emboldened to go after it.”

THE LIMITLESS POTENTIAL OF GIRLS ON THE RUN

Submitted by *Michelle Pelszynski*



One of the many organizations that Howard County Striders have supported over the years is Girls on the Run of Central Maryland. For those of you whom have not heard of the program that has 200+ councils in all 50 states, here is a little background.

About Girls on the Run

Girls on the Run was started in 1996 by Molly Barker in Charlotte, NC. Molly believed that running could positively transform the lives of girls. By building curriculum around expressing "joy, optimism and gratitude through [our] words, thoughts, and actions," GOTR is more than just training for a 5k. The after-school program brings together girls who may not be in the same social circle, which allows them to embrace one another's differences and form bonds based on conversations they may not have had otherwise. Many of the lessons address tough issues such as self-esteem, bullying, emotional health, and intentional decision making. GOTR creates a safe space for sharing personal experiences while addressing these issues.

The first season of GOTR in Charlotte began with 13 girls. By 2015, it had served 185,000 girls with over 100,000 volunteers. Girls on the Run of Howard County formed in 2010 and later evolved into serving nearly every elementary and middle school in both Howard and Carroll County, becoming known as Girls On the Run of Central Maryland. As a member of the Striders community, I'd be shocked if you hadn't met someone who had a daughter in the program or who had volunteered at one of the previous eighteen 5k races or a coach at one of the schools.

Having had the opportunity to talk to the extremely passionate Executive Director, Jessamine Duvall, it's clear to see why the Howard County Striders have formed a close relationship with GOTR:

Q: What does Girls on the Run mean to you?

A: Girls on the Run is so much more than a running program. The lessons taught in our program prepare young girls to succeed in a society where they are constantly being bombarded with mixed messages about who they should be. Did you know that girls as young as age 6 are worried about their weight and appearance? Our program combats the drop in girls' self-esteem that typically begins around age 9 or 10 and often continues into adulthood. Girls on the Run is filling a gap in girls' lives by providing a safe space for them to learn about themselves, talk about things that matter to them, and build their confidence by training for and completing a 5K run.

Q: What spoke to you the most about Girls on the Run?

A: The mission of Girls on the Run resonated with me the first time I heard about the program. I was a devoted runner from the time I was in high school until about 3 years ago, when I was forced to stop due to osteoarthritis in my knee. Running was such an amazing physical and mental outlet for me for so many years. I was never very fast and really ran for fun and exercise, so I was never confident enough to compete on my school cross country team or even participate in a 5K. I first learned about Girls on the Run through my daughter when they introduced the program at her elementary school. I was immediately hooked! The lessons in physical and mental health, self-confidence, managing emotions, and setting goals are so important for young girls and they aren't being taught anywhere else.

Q: What do you believe GOTR's impact is on this community specifically?

A: Each GOTR team (3rd-5th grade) completes a Community Impact Project during the 10-week season. The school community or a local non-profit organization is typically the beneficiary of this project. Teams of girls have weeded flower beds, provided lunch for school personnel, held bake sales for charity, or collected items for local shelters. After the season's end, girls continue to use the skills they have learned in GOTR at home, at school, and with their friends. The result is a ripple effect in the community - the actions of a small group of girls can improve their peer and family relationships, the school's culture, and the community at large.

Q: How have the Striders contributed to the GOTR beyond the financial donation?

A: So many Striders have helped Girls on the Run over the years. Some of the most valuable help we have received is from women who have served as volunteer coaches at our sites. Coaches are the backbone of our organization. The Striders also handled all the coning on our 5K course for many years.

Q: What are you most excited about with this partnership?

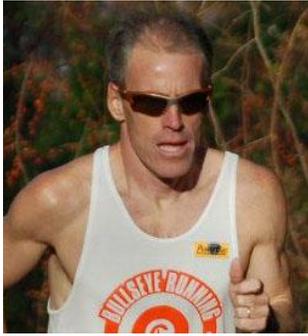
A: I think that Girls on the Run's partnership with the Howard County Striders can help both organizations grow. I want to see GOTR alumni becoming members of the Striders as they enter high school, female buddy runners training for the 5K through the F.I.T. Program, more Striders members serving as volunteer coaches and SoleMates (runners who fundraise as they train for an event), and both organizations co-marketing each other's programs and events to get more kids and families running for fun and exercise!

To learn more about Girls on the Run of Central Maryland, visit gotrcentralmd.org. If you'd like to volunteer, coach, or get involved in other ways, feel free to reach out to Jess.



COACHES CORNER

Submitted by Coach Phil Lang



(Editor: Coaches Corner is a new feature that Coach Lang will be contributing to each quarter. With his wife Vickie and others, Phil coached high school cross country and track at Oakland Mills High School from 1995 to 2018, has served as the Howard County Junior Striders/Bullseye Running youth programs coordinator since 2002, and has RRCA and USATF Level 1 coaching certifications.)

As we begin this Coaches Corner section in the newsletter, I am very aware that many of us just run to feel better, or to lose weight, or as a stress reliever, or a numerous list of other reasons, but if you are running to challenge yourself a bit more than that, I hope this chat can provide some things for you to think about.

One important note I must make, and probably will make in every article, is that adults and kids have different focuses and although it is awesome, truly amazing, to run with your kids, please don't have them train as an adult. It is my belief, after a lot of research and discussions with people of all levels around the country, that kids should be focused on running faster, not further. The longest race any high school kid could ever run for their school is a 5k. With progression as a main focus of every training plan, short term or long term, that I have ever seen or worked with, it makes sense to me that elementary and middle school age kids certainly don't need to have a focus on racing longer than a 5k. Of course, they can do a longer run from time to time but please help them focus on the goal of running faster not further. As they get older, they can run further and challenge themselves that way if they want but speed, to the best of the ability, is the name of the game for the kids. As an example, a mile PR (personal record) should be much more rewarding than completing in a half-marathon for a child. If possible, have kids run with kids while adults run with adults.

Of course, we also need to focus on the 'why' are we running a race question so that we can determine how and what kind of training should be done. I will leave out all the medical terms and avoid the comparisons to the Olympians and super stars since most of us can't understand or comprehend that side of it.

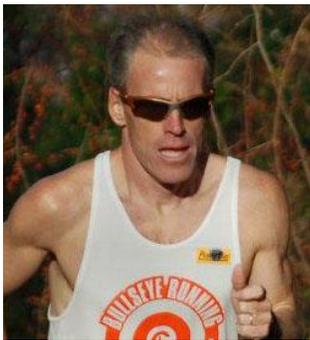
Now let's get back to the "why" are we running a race. "Why", meaning are we trying to go faster than we have before or we did last year or the last time we did that distance, or are we trying to go further than we have before or are we doing a tougher course than we have before. Of course, there are many other reasons "why" we are running a race but let's focus on the challenging part of "why" we are doing the race since this is the coach's corner. Training plans for either of these reasons "why" should still start easy so that the body does not get beat as we get going. Too many get excited about the new goal when they pick a race and start training hard due to their excitement. Patience is our friend! If you train too hard too soon, you will need to take a break to recover from the aches and pains and then the progression plan takes a negative hit. Stay healthy and slowly progress. A few more miles each week or an extra mile or two on the long run each week or an extra repeat when doing your hill repeats or speed sessions or maybe a slightly faster pace for your speed session or up-tempo run. A few weeks of this kind of training should then allow you to start

moving toward those goals of either running faster or running further. Jumping in a race just to be with your friends or to get your miles or workout in along the way is always encouraged, in my opinion. Experience is everyone's friend so get comfortable with the whole race day logistics and enjoy the journey. Finding out where you are along the way can help to guide you with your training and to set or adjust your goals to make them realistic which refines your focus.

Next time we will go into the faster for those that are going there and to the further for those that are going there!

YOUTH PROGRAM UPDATES

Submitted by Phil Lang



The Howard County Rec & Parks partnered with the Howard County Striders and Bullseye Running again this Winter to provide the kids a safe environment during the Winter to get some running in. A youth running program has taken place with a sold-out crowd of 130 kids over the last several Winters on Saturday evenings at the Meadowbrook Indoor Facility. It seems like it is always dark in the Winter and certainly the weather can also make it dangerous, or at least uninviting, to be outside running and especially if you are a child. What a great community we have here in Howard County where we all work together for the better

of the whole.

The 2019 AAU Junior Olympics Indoor Track & Field National Championship was held here in Maryland again from March 8th to 10th. Since several of the kids continued training over the Winter in small groups we decided to participate in the meet. Thirty kids representing the HoCo Striders/Bullseye Running team made their presence felt as they stormed out with 35 medals including two individual National Champs (**Ava Carr** and **Gregory Whitfield** in the high jump), two 4x800 relay team National Champs (**Mary Gorsky**, **Frankie Moore**, **Kiley Mann**, **Gabrielle Shord** and **Colin Carter**, **Will Sakowicz**, **Dylan Jock**, **Connor Croft**) and a meet record by **Mr. Whitfield** (he high jumped 5 feet as a 12 year old!!!).

The youth programs go into high gear in April! There are over 150 kids signed up to compete on the track & field team this Spring/Summer with the home meet at Reservoir High scheduled for April 28th all day. We would love for you to come check it out and/or volunteer as there will be over 600 kids there testing their limits. The second Spring program is the fitness running program and although they won't compete, unless they want to come to our home meet, they will exercise and become healthier in this fine activity we all love so much. Over 110 kids are currently signed up for this program.

*[Editor: **Mary Gorsky** was the female 2017 Junior Strider of the Year.]*



Submitted by Paula Stehle; Photo Credit: Joanne Lee



The year is off to a busy and exciting start! Please email Paula at social@striders.net with ideas for future social events to bring our running community together in fun and informative ways! Here is a brief summary of our 2019 events thus far:

January: The *Striders Award Banquet* was held on January 6th at the Bain Center in Columbia. Everyone pitched in to make this annual dinner an enjoyable and successful event for all! Heartfelt thanks to our amazing volunteers!

February: *Pizza/Movie Night at Feet First* - On February 21st, approximately 25 people gathered to view the inspiring documentary “Breaking2” in a relaxed setting. A big thank you to **Brent** at Feet First running store for providing the venue and the pizza for the participants. The group enjoyed the camaraderie, film and refreshments so much that we will plan on scheduling a similar event in the future!

March: *Talk/Happy Hour with Dr. Chris Johnson at Recharge Gym* –This event took place on March 15th and was conducted in a “town hall” format with a Q & A session after the talk. **Dr. Johnson**, a well-known physical therapist from Seattle, engaged the audience with informative running topics and even got participants down on the floor to try out some new exercises! Thanks to **Dr. Ryan Smith** at Recharge gym for hosting and providing some tasty adult beverages!

April: *Women’s Running Self-Defense Class at Recharge Gym*. On April 6th, our Striders women will have the opportunity to attend a self-defense workshop that will cover the most common scenarios that female runners encounter. Information will be shared about self-protection in order to run in peace and confidence. You must be a Howard County Striders member to sign up. The discounted rate is \$15.00 plus \$2.19 for [registration on GMR](#). Ladies, come dressed in workout clothes and bring water.

May/June – Stay tuned for information about a *Spring Pub Run!*

Pizza/Movie Night at Feet First



Talk/Happy Hour with Dr. Chris Johnson at Recharge Gym



WELCOME 104 NEW MEMBERS SINCE 12/17/2018

Submitted by Lynda Allera

Jeffrey Agnor	Leah Georgandellis	Erik Olson
Jane Andrews	Aaron Gifford	Lucy Orozco
Ben Apple	Jennifer Gifford	Nick Pakulla
Samuel Barnett	Keith Gifford	Utkal Pandya
Brian Beck	Makayla Gifford	Caroline Pecker
Callie Betman	Hiruy Hadgu	Elaine Persons
Celine Blanchette	Hyesoo Han	Erik Peterson
Chase Blanchette	Wiebke Hannigan	Jessica Petro
Jeffrey Blanchette	Jim Harrington	Shanna Pitter
Megan Bolcar	Joanne Harrington	Monica Rinaudo
Stephanie Bowie	Jill Hartman	Theresa Rodgers
John Brun	Heidi Herschbach	Kailash Sahu
Anna Burkett	Michael Herschbach	Aubrey Samuels
Melissa Cahill	Robert Herschbach	Catherine Sartor
Margarita Cardona	Kathleen Hill	Claire Sartor
Huifei Chen	Hong Hu	Neve Schulmeyer
Eva Coale	Sheri Keller	Quinn Schulmeyer
Dandrea Colbert	Kimberly Kerry	Sean Schulmeyer
Amber Coleman	April Kopec	Patrick Sheplee
Aminah Coleman	Linda Kuligowski	Michael Sheppard
Brent Coleman	Gavin LeBrun	Enid Smith
Patrick Combley	Norm Lee	Jang Suh
Alexander Crume	Suzanne Leicht	Jingjun Sun
Jolene Danielson	Kevin Levi-Goerlich	Caryssa Thomas
Tejal Desai	Michael Maultsby	CT Tsai
Jewel DeVries	Joshua Mayoral	Terry Tsai
Matthew Dycus	Heather McAleer	Kelsey Tyson
Gina Embley	Stephen McKenzie	Jill Wadsworth
Matthew Ervin	Lisa Meeder	Beth Webb
Amy Eschman	Matthew Meixner	Kelley Winter
Martin Flajnik	Alyssa Mello	Dongmei Xing
Brent Frissora	Ammara Muddesser	Xu Zhang
Eva Frissora	Branden Mueller	Zhen Zhang
Quana Frost	Ann Nicholson	Helen Zimmerman
Ryan Garvis	Bareng Nonyane Magnus	

PROFILES FROM THE PACK

Submitted by Rene Alonso



With each issue of **FOOTPRINTS**, I will be seeking Strider profiles and “selfies”. To be included in a future issue, please forward to [me](#) a picture and either use the following questions for a guide or feel free to tell your own story!

1. What got you started with running and how long have you been running with the Striders?
2. What are some of the benefits that the Striders program have for you as a runner? Which is your favorite program and how often do you run with the Striders?
3. What is your favorite race and why?
4. Do you have any goals? What would you say to a fellow runner, or a new runner to keep them motivated to continue the sport?

5. In what ways do you bring back to the running community with your acts of volunteering, and why is it important for others to follow suit as well?

Denise Lichaa - I started running 9 years ago. It began while I was in a boot camp class that started with a 1-mile run. My run started as a walk/ jog then finally moved up to a complete run! It wasn't until April 2018 that I finally joined the Striders.

The first program I joined was the 10-miler training, then did the half-marathon training, and am currently in the 10K training. I have truly enjoyed all of the Strider's programs. The people are amazing, the volunteer coaches are full of great advice and encouragement, and I am getting faster! The social activities, like watching Breaking 2, and fantastic speakers have been so fun.

The Striders community has helped me form some wonderful friendships. I enjoy doing the bagel runs at least twice a month.

Picking my favorite race is a very tough call. I have enjoyed so many races for different reasons, but I think the Montreal Rock n Roll Half is going to be the winner. You start the race on a bridge and the view is incredible. You run through the beautiful city of Montreal and it such a wonderful experience! The bonus is getting to explore the city before and after the race, great places to uncover.

My main goal is to feel as good as possible while running and when I am done. If I can shave a few seconds off my time, it's a plus!

One way to stay motivated is to find people to run with. I run with two of my best friends, Clarese and Carol, who help push me and keep me accountable. Finding a running group, like the Striders, is also great because there are people of all running levels.

Having a race to work towards is a great way to stay motivated. Distance doesn't matter, even more fun if it is a destination race, as the anticipation of an upcoming race is good motivation.

I love volunteering at the races. Working a water stop or as a course marshal, encouraging and cheering on other runners, is so rewarding. Those races couldn't go on without the volunteers; they are always in demand!





Bill Brown - I got started running because of sibling rivalry. In October of 2011 my eldest brother called and asked if I would run in the 2012 Marine Corps Marathon. He was a former Marine and a runner and wanted all four of the brothers to do this together. My mind said NO, but the word YES came out of my mouth. At that time, I couldn't run a mile so I began a Couch to 5k training on my own. In January 2012 I ran my first 5k and then my first B10 in June of 2012. This entire time I was training on my own. When my friend, **Marsha Demaree**, heard I was training for the MCM, she told me about the Howard County Striders and the Next Steps Half/Full Training Program. I joined the Striders and signed up for the program, getting in under the wire. I landed in Group 10 with **Bill Arbelaez, Andrea Aldrich** and **Christine Merenda** as my Coaches. I've been a Strider ever since.

The greatest benefit of being a Strider are the friends I've made. Not a week goes by that I don't run with fellow Striders. My best friends are in the program. We run together, eat together, laugh together and even have weddings. All of them push me to be a better runner, they have taught me so much and helped me improve. It is hard to say which is my favorite program, I've participated and/or Coached in all of the Next Steps and have even Coordinated 10k and Half/Full. I think Hibernation to 5k is probably

my favorite because of the new runners that come out and how we have the opportunity to hook them on the greatest pastime and sport ever.

You always remember your first race, so I have to say the Hair of the Dog 5k, my very first running race ever, is a favorite. My all-time favorite, however, is the Marine Corps Marathon because I have run it the most and it was my first full.

My current goal is to run a sub 4-hour marathon. What keeps me motivated is running with friends. Having people run with helps keep me going.

Of course, I wish I could volunteer more, but I do what I can. I've supplied water for Bagel Runs, been a Course Marshal for a Weekly Series, and have routinely Coached or Coordinated in all of the Next Step Programs. I run today because someone took the time to Coach me, so I pay it forward. As I travel around the country to run, and I mention that I am a Strider, people are familiar with our club because of the great work we do and the quality runners we have. This is due to the strength of our volunteers.

Anne Wood and Kevin Wiechelt - Like most exercise programs, what you get out of running is what you put into it. Since the Howard County Striders group is so large, you will always find someone your speed going somewhere near the distance you have set out to run. Get your blood flowing, your heart pumping, and hopefully make a friend.

We signed up for our first Striders program in the fall of 2013. We were looking for guidance and a way to improve our training and feel better about our running ability. We wanted to find a way to increase our mileage and stumbled across the Building to Bagel program. **Ed Beach** coached us, solo I believe. He was so nice, relaxed, and positive. We completed the program, celebrated with a bagel and



warm coffee and learned about all the Next Step programs. Since we had just graduated to 6 miles, we figured the 10K NS make complete sense the following spring. As a couple we started running our way up the mileage chart through the NS programs, because what is another 3 miles, all the way to the Half/Full program. Kevin got hurt but Anne completed her first half marathon in 2014, doing the Baltimore half and the Philly half that year. Kevin completed his first half marathon the following year before hiking the Grand Canyon Rim to Rim with Anne.

Our favorite races are a toss-up ... for similar reasons. They are annual races that celebrate the seasons. Clyde's 10K welcomes spring and the promise of more time outdoors and warmer weather. The Celtic Solstice race keeps us moving through turkey season and celebrates the coming Christmas and New Year holidays.

Anne chooses to give back by coaching with the Striders and coaching a Cancer to 5K group for the past 5 years. Kevin is more of a solo runner and gives back by quietly helping in the background and course marshaling when he is not racing. As a couple we enjoy many sports, but our one big goal was to race a Half Iron Man. We accomplished this goal last September in Niagara Falls. It was not our fastest race, but probably the most memorable. Kevin was having leg cramps which allowed Anne to catch him on the 13.1 mile run. As a couple we muscled through the run and got to cross the finish line together. The training was tough, but we always did it together and getting to finish the race together was just icing on the cake.



Bill Sciannella pictured left with guide **Zohreh “Z” Ghaffarian** at the 2019 Resolution Run – **Rene Alonso**: “Bill has been a Howard County Strider regular for many years now. You will often see him on group runs and Striders training programs, but most normally at the Saturday morning bagel runs. He is Howard County Striders only low vision runner and enjoys the sport tremendously.”

I started running in 1995 when my first child was born. I started running because I wanted to be in better shape as she grew older in order to keep up with her activities. I met a Strider soon after that and he invited me to the bagel runs and I have been running with the Striders ever since. I did take off long runs between 1998 and 2001 as we had two small children at home but have been a regular since 2001.

The biggest benefit of the Striders is the company, the friendships, the camaraderie. The Saturday morning bagel runs to train for a marathon have been invaluable as they put out water at water stops and you don't have to carry your own. They have marked distances to train so you never have to worry about where/how you can do a long run. They have runners at every speed, 6-minute milers and 14-minute milers so it's easy to find someone your speed. I absolutely love the Saturday morning runs.

I have a blind running friend named Jayne who runs in the UK. She invited me over to run a half marathon that her running group sponsored last September. I told her that I would love to but not sure I could find a guide to go. She said her running group has several blind/low vision runners and has a group of guides on standby, so I signed up. I went a week early and ran with my guide Becky for three 5-mile runs before running with her for the half. It was an awesome experience. My goal is to be running into my seventies. I have several years to go but I would still like to run in my seventies and even eighties. I would tell a new runner to find a partner, that speed is not the most important element of running, and to enjoy it, make friends, and realize running is a social

event. Consistency is what makes you stronger. It is much easier to be consistent with friends running with you.

The Marine Corps Marathon is my favorite marathon. I have done it eight times and plan #9 later this year. I love to see the wounded warriors who come out to run/chair 26.2 miles; very inspirational. I also love seeing all the Services running and to experience mile 12 (the blue mile) where it is silent and pictures/tributes to fallen warriors decorate the landscape.

I coach Strider programs. I have coached the half/full training groups and the 10k training groups. I give back because when I started as a runner people gave to me. On my very first marathon I got dehydrated and got bad cramps at mile 20. Someone who I never met before stuck with me for that last 6.2 and made sure I finished. I never forgot that. I have run 20 marathons, twelve of them were for me and eight were pacing others doing their first marathon or trying to get a PR. I also pace people in half marathons. For me, pacing someone to a PR is as fulfilling as getting a PR myself.

Becoming a blind guide runner takes much less than what people would think. Willingness to guide is the biggest qualification. Most blind and low vision runners have pretty good self-awareness of surroundings and just need to be warned of things like large obstacles, ice, traffic upcoming etc., things that as a runner you notice and self-process. It's usually good to practice some short runs before you try a long one but it's really a lot easier than people think.

Guides don't always have to be faster than the blind runner. I often run with slower guides just because I enjoy their company or because I am actually pacing them even as they are guiding me. Two of our prominent women runners in the Striders, **Monica Beck** and **Susie Montoya**, both asked me to pace them in the Outer Banks Marathon. It was Monica's first marathon and Suzie had never broken 5 hours for a time. I got both of them in well under 5 hours and both set their PR's. Monica (who is much faster now) and I actually coach a 10K training team together and we run together, her guiding me during our practices. This means doing hill repeats, fast intervals and track workouts together

I have a lot of interesting running stories, but two in particular that are noteworthy. One story that has gone viral is the story of **Dr. Eric Katkow** and the pole. Eric has been a long-time guide and does a superb job. But one day we are just in animated conversation and carrying on, and there was a pole in the middle of the path. We weren't going terribly fast, but I brushed up against it a little hard. It didn't stop us from finishing the run or anything, but I had a small mark where I hit it. Eric is a dentist and one of his patients goes to my church, so I mentioned to him to ask his dentist about running someone into a pole the next time he goes for a cleaning. Well, from there the story just kept on expanding both in scope and severity and ten years later people still ask Eric about the pole. It's one of our laughs for those who guide me. Eric laughingly tells new guides to not worry about cars or trucks, just avoid the poles!

Another story is that I minored in geography in college. I know all the area paths well and have a great sense of direction. Sometimes new guides falsely assume that because I am low vision, I am directionally challenged... and I am not. We got lost on a run once because my guide insisted they knew the path and I knew they were way astray but they didn't trust my direction skills so I just let them go until they admitted they were hopelessly lost. Then I calmly directed us back on course and we made it home safely but with a couple of extra miles we didn't plan on.

I am trying to qualify for Boston 2020. The time differs for my qualification because of my disability. I need a 5-hour qualifying time. Since I usually run a 4:30 to 4:40 time when my guide is as fast or faster than me, I am not too worried about the time. I always wanted to do Boston but my issues for not doing it before were twofold. Finding running guides to do long runs in the dark cold of late winter and early spring is a huge challenge. Finding someone to run the race with me was the

second challenge. **Linda Alms**, who is running Boston this year, offered to be my guide next year. I have done some of my training runs with her to get ready for my qualifying run which will be the Washington Potomac River Marathon on May 5. However, Linda will be tapering in April so I will need to find guides to help me do a couple of twenty-mile training runs in April. This could be done by two people volunteering to run ten each and the second meeting me at the end of the first ten miles. I have always wanted to do Boston. That is the highlight and goal of almost every marathoner I know. It's like playing in the World Series for a baseball player or playing in the Super Bowl for a football player. My training pace is somewhere between 10 and 11 minute miles.

Any runners who are interested in blind guide running can contact me easily. The best way is to contact me via the Striders or to just come up and ask. I have a new guide named Linda now who is making me faster if she doesn't wear me out first. I met Linda because she just walked up to me after the Striders New Year's Day race and asked how she could become a guide for me. Honestly, we are in need of guides. I run about 1700 to 2000 miles a year so that takes several guides and I believe there are other blind/low vision runners that would join the Striders if they knew guides were available. Contacting the Striders or me directly is the best way to get more info.

Susie Montoya - I started running when I needed to fulfill a requirement in college – probably around 1990. Thought it would get me into shape. When I got married, I moved from California and didn't have any friends or extra-curricular activities. So, I signed up for the Susan B. Komen Cancer 5k in Baltimore, MD. I continued to sign-up for local races then I decided to sign-up for my first Marathon – Marine Corps. I knew I needed help, since none of the people I met at work (Ahem... **Julia Skinner**) ran and thought I was crazy to run at 6 AM with the Athletic Club's Boot Camp program. So, I found the Howard County Striders and learned they had a marathon program called Next Step. I was sold and terrified, but I've come to love running so much and I've made the most wonderful, inspiring and life-long friends



One of the greatest benefits is that the Striders accepted me as I was and have truly cared about my success. It's a group of people I can talk to about running when others get so sick of it (non-runners) and turn around and walk away. We never get tired of talking about what works for each other and we are constantly encouraging one another and celebrate each other's success. They also understand and support you when you're having a hard time or working through an injury. This gang of people understand you and support you through tough times. Often most tough times relate to running, but sometimes it's the death of a family member, a hard time you're having at work, an illness, etc. We share our lives during a run in ways that we may not share if we were staring at one another in a restaurant. Emotions run wild during a run and make the miles fly by.

I've participated in and coached all of the Next Step programs, so it's hard for me to choose one program as my favorite. But my gut says it's F.I.T. Getting started in running is hard enough, but when you feel like you're not good enough or will never be an elite runner weighing 103 pounds, the sport can be very intimidating. I love F.I.T. because it's such a supportive group of women of all speeds, paces and ages coming together for the love of the sport. And honestly, some may not love it when they start, but it grows on them. ☺ It

grows on them because we have AMAZING coaches. We encourage ladies to show up, even if they are having a bad day or need to drop into a slow group for a week or two due to injury or just had the worst day ever at work. There is a lot of running, but a lot of laughter and legit information on running that female runners may not be comfortable talking about. You know, like chafing, peeing in the woods, wearing the right bra that supports your girls, etc., etc. I have no problem calling a F.I.T. participant out if it's time for them to shop for the right bra. (Then we hug it out.) It's the ultimate runner girl-power-shut-up-legs type of group and you definitely get your money's worth. I can't recommend it enough for woman looking to get into the sport, need some solid girlfriends, need an hour away from their kids and need a little accountability.

My favorite race is the Marine Corps Marathon – for sure. I'm going back for my fifth one this year.

My goal in 2019 is a road 50k race so I signed up for the inaugural MCM 50k! I also have a goal to pick up my knees so I stop falling and scarring my knees. (But I doubt that will ever happen.) But my most FUN goal will be to complete the Paris Marathon on April 14.



To keep a fellow runner or new runner motivated to continue the sport, I'd tell them that you get out of it what you put in to it. Stick to a plan and you'll succeed. Success doesn't always mean a PR or sometimes finishing a race. Success is often just showing up and doing your best. I also encourage runners to be patient with themselves and don't compare themselves to others. This is your race. Remind yourself of that by writing that down all over your house and on your hand, forehead, underwear, notebooks at work. RUN YOUR RACE. If you don't, it's no longer fun. And if it's no longer fun, you'll quit. And we didn't raise you to be a quitter. So run your race. Lastly, I encourage runners to run alone sometimes and without music or headset. That is HARD. But mental toughness is key. It makes race day easier I promise.

I volunteer whenever I can for any of the Next Step programs. I love giving back because I will never forget all the Next Step coaches in 2001 and how they supported me. I was always the last person on the track and often in the dark. I wouldn't leave until I'd do the same workout my group completed. And my coaches would never leave until I was done. They'd clap and cheer for me and that meant the world to me. I felt so alone during that season of my life and for those insane coaches hanging out to watch me finish meant the world to me. So giving back is a no-brainer to me. I've also served on the Board as Communications Coordinator and have been the Bagel Run Ambassador (I answer all the questions visitors send me) via our web page. I understand the importance of needing course marshals so I always keep an eye out to make sure we have enough for our Striders races. And if there is a shortage, I show up ... sometimes playing music from my car...sometimes dressed as a banana. You never know what you get... because I never know what's in the trunk of my car. Oh, and I naturally offer tons of advice, even when I'm not asked. Yeah, I'm bossy, yet adorable, that way.

I tell everyone I come across who asks me about Striders that while we have some wicked-fast runners in the club, the majority of us are just average speed. And several of us do it because we enjoy it and the camaraderie. I'm usually towards the back of the pack most of the time, and I'm okay with that.

RAS AL KHAIMAH (RAK)

Submitted by Larry Stern, Strider UAE Chief Correspondent

Ras Al Khaimah (RAK) is the northern most emirates in the UAE. Each winter in the month of February, runners from all around gather for its annual half-marathon. This year, over 2500 runners toed the line in what is touted as “the fastest half-marathon in the world”. I was one of these runners taking on a course that from an aerial view appears to be right out of the 90s adventure puzzle computer game of Myst. Run on Al Marjan Island in RAK, this series of four connected man-made islands extends 4.5 kilometers (everything is metric in this country and it’s hard to get used to) into the Arabian Sea (or Persian Gulf to some) and covers 4.5 million square meters (that’s a lot).



This year’s race had fabulous weather for this area, pushing the mercury to 56 degrees at the gun. A vast group of elite women started the race at 6:45 AM with the elite men starting at 7:00 AM along with the mass start of everyone else. A group of four Ethiopian ladies finished first with the top finisher, Senbere Teferi, crossing with a time of 1:05:45, tying the #10 fastest in the world (1:04:51). Not long after, the men’s top finisher, Stephen Kiprop of Kenya, crossed the finish with a time of 58:42 which beat Ethiopia’s Abadi Hadis by 2 seconds. Kiprop’s time tied him for the 6th fastest finish in the world (58:18).



I was not as speedy as these top finishers, having just come back from injury and not getting in a long run over 10 miles for three weeks. That said, and taking into account the lack of conditioning and training, I held my own and ran a good 10 miles before the tank ran out of gas, finishing with a time of 2:25:17. Obviously, not my best, but not my worst finish either.

Support along the course was pretty good and was located about every 2.5k. Bottled water is what everyone drinks in the UAE so each runner was handed a small bottle as they came through the water stop. Each kilometer was marked which means 21 in all. Mentally, this messes with my head so I keep my watch on miles because 13.1 miles is much easier to run than 21.1k.

After running my second half marathon in the UAE, I find that these races are very well organized. Bib numbers are assigned upon signing up for the race and race pictures are sent to you minutes after you cross the finish line. Not only that, but you don’t have to pay to download the pictures so there isn’t a large logo superimposed across your face. This race had your packet shipped to you via UPS that included a race shirt along with your bib. Once you finished, you were handed a medal that weighed about 5 pounds and a “finishers bag” which included a nice towel (the second race I received a towel) and a race branded coffee cup.

The racing season here will soon be wrapping up as, come April, the temperatures will begin to rise along with the humidity. It is not unheard of for the temperatures to top out around 110-120 degrees. Even early morning temperatures will be uncomfortable with the humidity but at least the sun won’t be beating down on you. Here is to hoping I will survive the UAE summer.

[Editor: While Larry laments not running his best race, he did manage to finish first in the Howard County Striders division.]

PENGUIN PACE WARMS OUR HEARTS IN BLEAK WINTER

Submitted by Susan Kim



The 318 people who ran the Penguin Pace on February 3 celebrated the race's 23rd year of warming our hearts - and our legs - smack in the middle of wintertime.

Did you know **Arleen Dinneen** started the Penguin Pace in 1996 with her staff when she was director of the Bain Center in Columbia? She started running the course as a workout during her work day, then turned it into a race loosely based on the Frostbite Race held at Western Maryland College (now McDaniel College).

Back then, **Dinneen** said, "there was always so much to do I never ran it." But after she retired in 2009, she has run every Penguin Pace since. And she's not tired of it yet.

"I like everything about the Penguin Pace. I had a very creative staff and we tried to make this race unique and fun."

That sense of fun is still going strong, as the race attracts both longstanding and new Striders members.

Jeff Agnor and his wife, **Kim** (pictured right), ran the Penguin Pace this year for the second time. "It's a chilly early morning run for sure, but no one cares," said **Agnor**. "Everyone is so upbeat and friendly. They welcome runners of all ages and abilities. And there is a ton of great food at the after party."



After this year's Penguin Pace, the **Agnors** joined the Striders. Welcome! See you next year!

2019 MD-DC RRCA 10—MILE CLUB CHALLENGE

Submitted by Brad Murach (Race Director) and Mark Landree (Racing Team)



The 2019 edition of this annual event brought its fair share of challenges and excitement. The event sold out against its cap of 1,000 runners two weeks prior to the registration deadline, causing many runners to wonder if something was wrong with the registration portal. Nope, we always warn – "You snooze, you lose!" Fourteen different RRCA member clubs were represented, stretching from the Pennsylvania border to the corn fields of Salisbury to the marinas of Kent Island and Annapolis to the trails of DC and back to the hills of Frederick. When all was said and done, 990 runners were cleared to run

this restricted entry, unique, cross country scored event! Montgomery County Road Runners set a new club attendance record with 301 runners qualified at the close of the registration – one club bringing an army of almost one-third of the race entrants!

As if the rolling hills of the course aren't enough challenge for 10 miles in late February, Mother Nature decided to ratchet up the intensity. Temps on race morning were in the upper 30's with an on/off cold rain and some solid wind. A light drizzle preceded the start, keeping most runners indoors to use every minute of the dry warm air at the Howard Community College Athletics

Building. The rain broke just as everyone headed to the start line, lifting all spirits. Nearly 800 dedicated athletes toed the line and were giving their all for the glory of their clubs when the gun went off at 8:00 AM. Thirty minutes into the race, the skies opened again, pounding the runners in a heavy, cold rain before tapering off again just as the first runner came around the final bend for the finish.

Chris Sloane, of Gaithersburg MD (representing the Montgomery County Road Runners Club), set an unofficial new course record with a blazing time of 52:07, nearly catching the finish line off guard! Howard County Strider's own **Julia Roman-Duval** was 53rd across the line as the top woman in this year's event, hitting the finish mat in 59:30, nearly two and a half minutes before the next female racer would be seen! Runners were cold, red skinned, and wet, but still cheering each other on and watching for their teammates rounding the bend and crossing the line.

Welcomed warmth came from the Dunkin coffee served at the finish and the dry finisher gloves which are a hallmark of this annual event. First male for Howard County Striders was **Carlos Renjifo**, coming in 11th with a still hard-to-believe time of 54:41. Runners are getting faster and faster on this course every year as they test their limits at the end of winter training.

The very cold, very wet, very windy weather nearly froze our dedicated scoring team as they worked feverishly-quick to turn out the team results for each bracket. Unfortunately, a small software glitch forced them to have to restart and execute this extensive process all over again, causing a miss for awards while runners were present. Undeterred, the scoring team stuck with it and just before freezing into a popsicle themselves, were able to share the results in-time for the Race Director to hand out the trophies at the President's meeting that follows the event.

This year's race required over 160 volunteers to make it happen, including 57 course marshals, 20 water station volunteers, 15 packet pickup volunteers, 4 course marking volunteers, 8 bike marshals, and a host of others. Half of the participating clubs were represented by two or more volunteers in the event, showing just how much this is a community showcase of runner camaraderie, something more and more rare in today's for-profit running world.

For those of us a bit removed from high school cross country meets and how that unique scoring operates, a small refresher before we summarize the results. A runner's score equals their finish position, i.e., the 1st place runner receiving 1 point and the 99th place runner receiving 99 points. The displacer runner causes everyone after them to have a place/score 1 point higher/worse, with the lowest scoring team declared the winner. The overall team winner has the lowest score with their first 9 men and 6 women finishers.

The Challenge Race scores the nine following categories:

1. **Overall Coed Team:** 9 male + 6 female scorers, 3 male + 2 female displacers with Falls Road Running taking the win with 674 points and the Howard County Striders right on their heels in second place with 741 points.
2. **Overall Female Team:** 6 female scorers + 2 female displacers with Georgetown Running Club taking the win with 55 points and the Howard County Striders in second with 110 points.
3. **Overall Male Team:** 9 male + 3 male displacers with Falls Road Running taking the win with 71 points and the Howard County Striders right behind in second place with 185 points.
4. **Under 40 Female Team:** 6 female scorers + 2 female displacers with Georgetown Running Club taking the win with 44 points and the Howard County Striders in second with 89 points.

5. **Under 40 Male Team**: 9 male + 3 displacers with Falls Road Running taking the win with 71 points and the Howard County Striders in second place with 176 points.
6. **Masters Female Team**: 4 female scorers + 2 female displacers with Montgomery County Road Runners Club taking the win with 27 points and the Frederick Steeplechaser Running Club taking second with 46 points, just edging out the Howard County Striders in third with 48 points.
7. **Masters Male Team**: 4 male + 2 male displacers with Montgomery County Road Runners taking the win with 17 points and the Howard County Striders right behind in second with 33 points.
8. **Grandmasters Female Team**: 4 female scorers + 2 female displacers with Montgomery County Road Runners taking the win with 14 points and the Howard County Striders in second with 59 points.
9. **Grandmasters Male Team**: 4 male scorers + 2 male displacers with Montgomery County Road Runners taking the win with 27 points, narrowly beating the Howard County Striders in second with 34 points.

Fast runners, both male and female, are important but no less so than displacers. And it is little wonder that this race is so difficult to score, especially in such awful conditions as existed this year. Kudos to the HCS crack scoring team and all the volunteers who make this event possible!

Full 2019 individual and team results available [here](#) on the Howard County Striders website.



Striders Accepting the Challenge!

Photo credit: Cecilia Murach

TOKYO MARATHON 2019 – RACE REPORT

Submitted by Erin Chamberlin



One of my main running goals has been a years-long quest to earn my “six stars” by completing the six World Marathon Majors - Berlin, Boston, Chicago, London, New York, and Tokyo. This March, my husband and I traveled to Tokyo with the goal of earning my fifth star at the Tokyo Marathon.

What an incredible experience! The trip itself was logistically challenging, with the 14-hour flight and 14-hour time difference in Tokyo, but it’s surreal to be in a city with 13-million people that is pristinely clean, incredibly safe, and unbelievably calm. And of course, there’s the sushi. And the ramen.

The race is incredibly difficult to enter, with more than 300,000 runners applying for 36,000 spots, so we utilized Marathon Tours to secure my race entry, our hotel, and a few other perks. The tour operator had about 100 runners and their supporters in the race, and the tour group was very educated on the particulars of the Tokyo Marathon, which increased convenience and ease of traveling. Also, it meant our hotel was full of fellow runners, which added to the festive

feel - though perhaps the non-runners staying there disagreed, especially when it came time to find carbs anywhere nearby.

The race starts with a blast of confetti and a dense group of runners taking off on the relatively narrow streets of Tokyo. The course is mostly flat (some overpasses, but nothing for Howard County runners!), pretty fast, and stays within the confines of the city, hitting some scenic spots and some not-quite-as scenic spots as well. It’s a bit crowded at the beginning, but it thins out and was easy to navigate.

I have never seen so many volunteers at a race, and the crowds were great (albeit generally quieter than most majors) despite the pouring rain and 40-degree temps. My husband was able to get around the city to spectate, and easily spotted me as I sported a long, wide and very bright pink hooded poncho for most of the race! I had intended for the poncho to be for the corral only, but I couldn’t shake the cold, so I wore it through about 30k. Not aerodynamic in the least, but I fit right in with the many costumed runners of Tokyo.

The race was of course well-organized, but hydration was spaced further apart than most large US races, and featured Pocari Sweat as the sport drink on course. The name Pocari Sweat didn’t inspire a ton of confidence in the drink’s flavor profile, and I was not pleasantly surprised. But when in Tokyo...

One of the unique aspects of the course are the several “out and back” sections where you can see other runners heading in the opposite direction. It was fun to see some of the elites throughout, though I admit to cursing the setup by the end. When you’re at 33k and are still running AWAY from the finish line, but can see people running TOWARD it, you begin to question your life choices. Out loud.

The long-awaited finish was located at the scenic Imperial Palace.



Unfortunately, the walk back to pick up bags is verrrrrrrry long, but there are so many volunteers and they are SO NICE so when you arrive at the bag pickup location (which is magically indoors) the long walk is forgotten. Plus, they have acupuncture and foot baths in addition to the usual post-race massage.

The travel time, jet lag, and my lack of proper training made for a more challenging than typical marathon experience but earning that fifth star made it worth the extra effort. As did being in Tokyo to celebrate post-race with sushi, ramen, and maybe at least one Asahi.

RACING TEAM REPORT

Submitted by Mark Landree

The Howard County Striders Racing Team has come out of hibernation and started the year off chasing penguins at the 24th annual Penguin Pace 5K, sweeping the podium with **Adam Wytko** leading the charge in 18:07, followed by **Mark Landree** in 18:12, and **Mark Eagles** in 3rd at 18:32. **Adam** took off like a shot from the start and led the race from gun to tape while **Landree** followed **Eagles** until the final hill on Hesperus. In the end, we all caught **Ms. Penguin**.

Pictured left to right: Ms. Penguin, Mark Landree, Adam Wytko and Mark Eagles; Photo Credit: Faye Weaver.



Later that morning, **Eric Schuler** won the snowshoe contest over at the Little Patuxent River Trail Half Marathon for the second year in a row with a time of 1:24:34 while **Ed Montgomery** took the M50-59 age group win in the 10K with a time of 54:30. OK, so it wasn't really a snowshoe run, but their shoes saw a ton of snow on that course this year.

Faye Weaver was seen playing in the mud while taking 3rd Female Master at the Mid-Maryland 50K in 5:40:24.

February racing wraps up with everyone's favorite: the RRCA 10 Mile Club Challenge. Our race team members made up the bulk of the scorers and displacers in every category with nearly every team placing second in their respective categories. Individually, the team saw remarkable times for a cold wet day from the men: **Carlos Renjifo** 54:40 (10th), **Andrew Madison** 55:56 (13th), **Mark Buschman** 56:28 (16th), **Eric Schuler** 56:36 (19th), **Adam Sachs** 56:41 (20th, PR, who does that on this course?), **Jason Tripp** 58:04 (29th, wait--how old is this guy?), **Craig Lebro** 59:06 (34th), **Mark Landree** 1:01:15, **James Blackwood** 1:01:47, **Ed Wilson** 1:04:02, **Akintunde Morakinyo** 1:07:43, and **Dave Berardi**, 1:07:56. The women did not disappoint either as we saw: **Julia Roman-Duval** 59:29 (1st), **Hannah Cocchario** 1:00:54 (2nd, PR with a really strong finish), **Amanda Beal** 1:09:25 (28th), **Faye Weaver** 1:11:29 (37th, PR), **Rachel Collins** 1:16:15, **Tammy Liu Hermstein** 1:20:22, **Stephanie Caporaletti** 1:20:26, and **Deborah Cohen** 1:31:07.

Winning the 'traveled furthest from home to race' award is **Erin Chamberlin** taking on her fifth Abbott World Marathon Majors at the Tokyo Marathon with a respectable 3:06:50 wearing what has to be the most fashionable poncho/glove combination we've seen in quite some time.

Not to be outdone by **Erin Chamberlin's** World Marathon Majors quest, **Kevin Ford** is on a massive journey of his own. Tackling the Tobacco Road Marathon, **Kevin** clocked a 2:54:11 to take 2nd place overall and checks another state off his 'sub 3 hour in 50 states' project. Keep grinding **Kevin!**

Penguin Pace has hills, Club Challenge has more hills, and the Rock 'n' Roll DC Half Marathon has a massive hill climb that nearly stopped **Julia Roman-Duval** in her tracks. Well, not really, she may have slowed a tad on that climb, but still crushed the field and the course, winning with a new PR of 1:16:33.



Enough of these hills, exclaimed most of the team, as they headed to the Kelley Shamrock 5K in Baltimore's Inner Harbor. The ladies found the pot of gold at the end of the rainbow on the day with three personal records (PR) and the overall win. **Hannah Cocchiaro** won the race in a PR of 17:16 (1st), followed by her sister (newest team member) **Callie Betman** with a PR in 18:47 (5th overall, 1st F25-29), **Amanda Beal** in 19:17 (10th, 3rd F35-39), **Rachel Collins** with a PR in 20:14 (19th), **Faye Weaver** in 20:20 (21st, 1st Female Master), and **Julia Skinner** in

21:02 (28th, 1st F40-44). For the men, **Andrew Madison** led the way in 15:51 (6th overall, 1st M30-34), followed by **Eric Schuler** in 16:00 (8th), **Kevin Ford** in 16:29 (10th, 2nd M30-34), **Jason Tripp** (1 minute 3 seconds faster than last year) in 16:32 (11th, 1st Male Master), **Craig Lebroin** 16:39 (15th), **James Blackwood** in 17:20 (20th), **Akintunde Morakinyo** in 18:23 (36th, 1st M55-59), **Dave Berardi** in 19:16 (59th, 3rd M55-59), **John Chall** in 19:59 (87th, 1st M60-64), **Jicheng Liu** in 20:22 (107th), and **Ed Montgomery** in 20:55 (131st). Wicked fast times and lots of green--clothing and awards that is. Congratulations to all award winners for representing your club well. *Back row: Jason Meilke, Dave Berardi, Marsha Demaree, Akintunde Morakinyo, Dwight Mikulis, Frank Volny. Front row: James Blackwood, Amanda Beal, Callie Betman, Hannah Cocchiaro, Faye Weaver, Julia Skinner, Chris Schauerman, Jason Tripp, Yasuo Oda, Amy Montgomery.*

Please welcome our newest developmental race team member, **Callie Betman**--congratulations, and we look forward to sharing miles and watching your inevitable progression.

As you can see, old man winter was kind to the Howard County Striders Racing Team, a strong base has been built over the winter months with cold yet favorable running conditions laying the groundwork for the spring racing season. We look forward to many outstanding performances at some of the region's biggest races with the Cherry Blossom 10 miler, the Boston Marathon, the London Marathon, and Pike's Peek 10K on the horizon.

OUT OF TOWN/NON-STRIDER RACE RESULTS

Submitted by Greg Lepore and Jim Mahoney



**Rudolph Run
Columbia, MD
December 16, 2018**

Mark Eagles 22:20
Jack Pazin 23:01
Anders Chattin 23:52
Gregg Ford 24:33
Brian Shadrick 24:41
John Brun 25:11
Kendra Smith 28:04
Dennis Albright 28:41
Terri Wytko 28:51
Tim Jock 28:55
Arnav Gowda 29:47
John Schlehr 30:17
Pamela Jock 33:33
Samantha Kieley 33:44

**Resolution Run 5k
January 1, 2019
Baltimore, MD**

Nadrat Siddique 23:57
Ronnie Wong 24:52
Amanda Cranfill 30:22
Lesley Sasnett 31:36
Jeanette A Novak 43:28
Lawrence Freeman 46:32

**Country Road 5 Miler
Olney, MD
January 27, 2019**

Richard Griffiths 33:27
Ted Poulos 33:35
John Way 36:25
Alan Mulindwa 42:48
Pamela Yao 44:23
Eric Johnston 47:53
Mary Niland 50:51
Nick Del Grosso 51:36
Lynne Powers 53:39
Sharlene Deskins 1:02:42
Jeanette Novak 1:12:25

**2019 BRRRC GPS 8
Miler
Loch Raven, Md
January 20, 2019**

Gregg Ford 53:17
Evan Griffiths 53:26
Richard Griffiths 54:16
John Way 1:02:31
Pamela Yao 1:14:28

**Valentine's 5K Run
Severna Park, Md
February 9, 2019**

Stephen Bohse 19:10
Karsten Brown 19:23
Michael Bohse 21:01
Dwight Mikulis 23:21
Christine Schauerman 24:14
Nadrat Siddique 24:29
Marsha Demaree 25:13
Pamela Yao 25:43
Stephanie Spring 27:01
Jane McKenzie 27:48
Carol Wesolowski 27:58
Stephen McKenzie 31:44
Christopher Puin 34:11

**MCRRC New Year's
Day 5K
Gaithersburg, MD
January 1, 2019**

Alvin Yew 17:23
Evan Griffiths 18:33
Richard Griffiths 19:29
John Way 21:58
Lynne Powers 28:41
Chun Chen 28:45

**Kelly Shamrock 5K
Marcy 10, 2019
Baltimore, MD**

Andrew Madison 15:51
Eric Schuler 15:58
Kevin Ford 16:27
Jason Tripp 16:32
Craig Lebro 16:38
Hannah Cocchiaro 17:16
James Blackwood 17:18
Christopher Denno 17:43
Frank Volny 18:18
Akintunde Morakinyo 18:21
Hussein Ezzeldin 18:23
Gregg Ford 18:34
Callie Betman 18:47
Joshua Mayoral 18:47
Stuart Pineo 18:57
Dave Berardi 19:14
Amanda Beal 19:17
Gavin Lebrun 19:32
Dennis Albright 19:48
Jason Mielke 19:49
John Chall 19:59
Rachel Collins 20:14
Louise Valentine 20:14
Faye Weaver 20:20
Anna Muench 20:21
Jicheng Liu 20:22
Lindsay Pickett 20:38
Ed Montgomery 20:55
Julia Skinner 21:02
Yasuo Oda 21:03
April Kopec 21:13
Eugene Myers 22:04
Dwight Mikulis 22:13
Ashley Moss 22:41
Christine Schauerman 22:54
Ella Werdell 22:58
Nadrat Siddique 23:08

Brett Pusateri 23:15
Hallie Brokowsky 23:19
Adam Kramer 23:38
Marsha Demaree 23:44
Wendy Turner 24:11
Kelly Brennan 24:15
Tim Dietz 24:17
Michael Drummond 24:20
Joanne Lee 24:46
Erin Romero 25:08
John Collins 25:28
Ronnie Wong 25:32
Grace Martin 25:36
Ana Aguado 26:25
Eric Malgieri 26:33
Amy Montgomery 26:49
Scott Ortel 27:24
Megan Cossa 27:36
Evan Krozy 27:40
Karina Carr 27:45
Emily Stransky 28:10
Jessica Benjamin 28:16
Sydney Lebrun 28:18
Lisa Dignazio 28:22
Branden Mueller 28:31
Colleen Wilson 28:50
Eileen Wilson 28:50
Pamela Johnson 29:00
Andrea Ohara 29:14
Amanda Weeks 29:39
Sue Hale 29:47
Brian Lawton 30:13
Ginny Olson 30:42
Amanda Cranfill 30:44
Alex Jeffrey 30:49
Emily Smith 30:52
Sarah Malgieri 31:03

Shaun Malgieri 31:06
Carol Bianchini 31:06
Efrem Perry 31:12
Lynda Allera 31:18
Loretta Farb 31:31
Erica Malgieri 31:33
Cameron Olin 32:25
Krista White 32:55
Anne Rubin 33:05
Anthony Malgieri 33:40
Mary Windham 34:21
Crystal Ferrari-Smith 35:11
Erik Peterson 35:25
Susanne Goldstein 35:27
Arlene Feldman 35:33
Jerille Lowe 36:05
Todd Pearsall 36:47
Scott Habicht 37:18
Sandy Wen 37:37
Warren Pitts 37:39
David Keelan 37:57
Laura Pitts 37:57
Lisa Garcez 39:04
Stacey Bisnette 39:06
Anastasiya Babkova 39:23
Andrea McCants 39:26
Meg Ortel 40:09
Laura Augustine 41:09
Meredith Bailey 41:10
Ryan Carr 41:40
Trisha Vargo 41:40
Helene Myers 42:45
Jeanette A Novak 46:42
Sandra Jordan 47:10
Grace Martin 48:40

**Mid Maryland Ultra 50K and Relay
Elkridge, MD
February 16, 2019**

Anna Muench 4:49:09	Bok Jung 5:58:36
Tim Buzby 4:52:55	Pamela Jock 6:28:34
Mike Hasson 5:14:09	Samantha Kieley 6:29:53
Steve Turner 5:26:21	Joanne Lee 6:35:17
Stephanie Evans 5:32:11	Kathy Proebstle 6:48:33
Faye Weaver 5:40:24	Jennifer Storch 7:16:40
Dennis Albright 5:43:13	Juan Fernandez 7:17:02
Heeyoung Weddington 5:47:27	Todd Johnson 7:50:45
Bram Arrington 5:54:34	

**Kemp Mill (C)Hills
5K/10K
Olney, MD
February 17, 2019**

Ted Poulos 22:36
Eric Johnston 27:36
Pamela Yao 29:14
Melinda Krummerich 35:40
Jeanette Novak 46:58

WE  OUR VOLUNTEERS – ALL 245 SINCE 1/1/2019!

Submitted by Patti Laun, Phil Lang and Bill Arbelaez

It DOES take a village! We hope to see your name added to this Wall of Gratitude in the next issue!

We recognize that not all volunteers listed below are Strider members but we love you nonetheless! And if we inadvertently missed you in this issue, please [let us know!](#)

Volunteer	Bagel Water	Resolution Run	Penguin Pace	Club Challenge	Banquet	Weekly Races	Youth Programs	Next Step Coaching	FOOTPRINTS
Joseph Abell				♥					
Ann Aguada								♥	
Apoorva Ajith				♥					
Umut Ali			♥						
Lynda Allera		♥	♥	♥	♥			♥	♥
Rene Alonso				♥	♥	♥		♥♥	♥
Ivan Alvarado				♥					
Carrie Anderson						♥			♥
Ed Aramayo				♥					
Bill Arbelaez		♥				♥		♥♥	♥
Clarese Astrin				♥					
Jack Ault				♥					
Curtis Bailey				♥					
Lili Barouch			♥		♥				
Caroline Bauer									♥
Jen Bauer				♥					
Kathy Bayer			♥	♥					
Ed Beach					♥				

Volunteer	Bagel Water	Resolution Run	Penguin Pace	Club Challenge	Banquet	Weekly Races	Youth Programs	Next Step Coaching	FOOTPRINTS
Sarah Beach					♥				
Amanda Beal				♥					
Monica Beck								♥	
Dorothy Beckett				♥					
Eric Bell					♥				
Richard Bernstein					♥				
Matt Bevan	♥							♥	
Armaan Bhasin				♥					
Chris Bieberich				♥					
James Blackwood					♥				
Robert Boblitz					♥				
Marianne Bogan	♥								
Shane Bogan	♥								
Elizabeth Boorstein				♥					
John Bratiotis	♥					♥♥♥♥			
Jana Bregman				♥					
Julie Brown			♥						
Bill Brown	♥							♥♥	♥
John Brun				♥			♥		
Melissa Burger			♥	♥	♥	♥♥♥♥♥♥			
Chad Burger		♥							
Bob Burns				♥					
Mark Buschman				♥					♥
Bev Byron				♥					
Jill M Cameron				♥					
Andrew Cantor				♥					
Stephanie Caporaletti				♥	♥				
Connor Carpenter				♥					
Roland Catalano				♥					
Katie Cavanaugh								♥	
Joan Chall				♥		♥♥♥♥			
Joelle Chall				♥					
John Chall				♥	♥	♥			
Erin Chamberlin				♥					♥
Donnie Chapman	♥								
Sari Chapman	♥								
Gabby Chavez				♥					
Carlos Ciafuentes							♥		
Delna Clark				♥					
Hannah Cocchiaro			♥	♥					
Cindy Cohen					♥				

Volunteer	Bagel Water	Resolution Run	Penguin Pace	Club Challenge	Banquet	Weekly Races	Youth Programs	Next Step Coaching	FOOTPRINTS
Debbie Cohen					♥				
Amanda Cohoon			♥						
Rachel Green Collins				♥					
Judy Comisky								♥	
Laura Costa				♥					
Jason Cox							♥		
Athena Dalrymple							♥		♥
Michael Davies				♥					
Nick Del Grosso				♥					
Marie Delaney				♥					
Marsha Demaree				♥	♥	♥		♥	
Richard E. Dix				♥					
Jessamine Duvall				♥					♥
Ethan Edmondson					♥				
Jack Edwards				♥					
Debbie Ellinghaus							♥		
Safiya Elmi				♥					
Manuel Evangelista		♥			♥				
Hussein Ezz ElDin	♥			♥	♥			♥	
Loretta Farb		♥		♥					
Chris Farmer	♥	♥							
Allan Field									♥
Marjorie Fioravante				♥					
Brian Fleming		♥							
Kevin Ford				♥					
Grace Fritz				♥					
Bobby Gessler									♥
Dara Glenn									♥
Ian Goh				♥					
Sharon Goldsmith				♥					
Robin Goodwin				♥					
Tom Haard							♥		
Hyesoo Han			♥						
Brice Handel				♥					
Robert Hemler				♥					
Kevin Hencke		♥							
Marc Hermstein		♥				♥			
Tammy Liu Hermstein					♥	♥♥♥♥♥			
Riley Hill				♥					
Clare Hinds				♥					

Volunteer	Bagel Water	Resolution Run	Penguin Pace	Club Challenge	Banquet	Weekly Races	Youth Programs	Next Step Coaching	FOOTPRINTS
Markeith Hogan					♥				
David Horrocks				♥					
Jonathan Horrocks				♥					
Emily Howe		♥	♥					♥♥	
Deb Howe				♥					
Valerie Hsieh				♥					
Bud Hunt		♥						♥	
Margaret Hunt				♥					
Amanda Idstein		♥			♥	♥♥			
Clare Imholtz				♥					
Cary Jacobson				♥					
Andrew Ji				♥					
Eric Johnston						♥♥			
Jennifer Kargus				♥			♥		
Pete Keating									
David Keelan			♥						
Victor Keelan			♥						
Sydney Kelley				♥					
Bernard Kelly				♥					
Susan Kemen				♥					
Dianna Kilgalen				♥					
Susan Kim									♥
Surena King					♥				
Denise Knickman				♥					
Doug Kornreich					♥			♥♥	
LeRoy Krapfl			♥						
Melinda Krummerich				♥	♥				♥
Glenn Kuenzig								♥	
Mark Landree				♥					♥
Phil Lang									♥
Pattie Laun		♥			♥	♥			♥
Joanne Lee		♥			♥			♥	♥
Greg Lepore									♥
Keith Levasseur					♥				
Eileen Levitt				♥				♥	
Denise Lichaa				♥					♥
Soo Lim				♥					
Domnique Lincoln							♥		
Jud Lincoln							♥		
Jicheng Liu		♥		♥					
Andrew Louden				♥					

Volunteer	Bagel Water	Resolution Run	Penguin Pace	Club Challenge	Banquet	Weekly Races	Youth Programs	Next Step Coaching	FOOTPRINTS
Jennifer Louden				♥					
Amanda Loudin									♥
Michelle Luo					♥				
May Ma				♥					
Tim Ma				♥					
Jim Mahoney									♥
Deborah Margraff				♥					
Rebecca Martinek				♥					
Will Martinez				♥					
Noel McCracken				♥					
Lauren McNamara				♥					
Lisa McReynolds				♥					
Katie Meixner					♥				
Dwight Mikulis	♥				♥			♥	
Jon Miller				♥					
Ed Montgomery				♥	♥				
Susie Montoya				♥				♥	♥
Pam Mooring							♥		
Akintunde Morakinyo			♥						
Steve Muchnick			♥		♥				
Brad Murach		♥		♥					♥
Cecelia Murach	♥				♥				♥
Brian Murphy							♥		
Yvette Murphy				♥					
Eugene Myers					♥				
Helene Myers					♥				
Rick Nelson			♥						
Christina Mary Nichols				♥					
Leslie Nissenberg				♥					
Jeanette A Novak					♥				
Kaitlyn Oaksmith				♥					
Andrea O'Hara					♥				
Ginny Olson		♥			♥				
Greg Orlofsky					♥		♥		
Crystal Owens				♥					
Gregory Owens				♥					
Jackson Owens				♥					
Lisa Palenik				♥					
Michelle Pelszynski					♥				♥
Mikhail Petrovskikh				♥					

Volunteer	Bagel Water	Resolution Run	Penguin Pace	Club Challenge	Banquet	Weekly Races	Youth Programs	Next Step Coaching	FOOTPRINTS
Lindsay Pickett				♥					
Michael Piorunski				♥					
Christopher Puin				♥					
Mark E. Ramstrom				♥					
Neil Reimenschneider									♥
Jim Roberts				♥					
Kristine Rogers				♥					
Julia Roman-Duval					♥				
Adam Sachs			♥		♥				
Rachel Sanborn		♥			♥				
Lynn Sanetrik			♥	♥				♥♥	
Bill Sciannella			♥	♥				♥	♥
Chris Schauerman	♥								♥
Mark Schmid			♥						
Eric Schuler									♥
Brian Shadrick							♥		
Hafiz Shaikh	♥	♥	♥	♥					♥
Steve Sharpe			♥		♥				
Julia Skinner	♥			♥					
Kendra Smith		♥	♥			♥♥			
Sheila Gail Sockwell-Thompson				♥					
Paula Stehle			♥	♥	♥			♥	♥
Larry Stern	♥								♥
Jessica Stern									♥
Earl Stevens				♥					
Jen Storch								♥♥	
Danielle Sweatt			♥						
Theresa Symonds				♥					
Deb Taylor					♥				
Alan Tominack	♥								
Michael Tracton				♥					
Carla Trevizo				♥					
David Tripp					♥				♥
Jason Tripp					♥				
Jesse Tubb				♥					
Al Tufano				♥					
Stephen Turner	♥				♥				
Caroline Underwood				♥					
Grace Underwood				♥					

Volunteer	Bagel Water	Resolution Run	Penguin Pace	Club Challenge	Banquet	Weekly Races	Youth Programs	Next Step Coaching	FOOTPRINTS
Binderiya Undrakhbold				♥					
Isaac Uy				♥					
Arnat Vale				♥					
Frank Volny	♥							♥♥	
Christa Wagner				♥					
Dylan Walker								♥♥	
Xuesong Wang					♥				
Peter Ward				♥					
John Way			♥						
Faye Weaver	♥		♥	♥	♥		♥	♥	
Michelle Weaver			♥	♥			♥		♥
Judith Weber	♥								
Christina Weikert				♥					
Jie Bai Wen	♥								
Kent Werner							♥		
Steve Whalen				♥					
Ginn White				♥					
Kevin Wiechelt				♥					♥
Celina Wong				♥					
Anne Wood				♥					♥
Xiaoshan Xu				♥					
Jessie Yang	♥	♥			♥				
Yan Zhang			♥						
Yihua Zheng			♥						
Zeyu Zhong				♥					

STRIDER HISTORY – BLASTS FROM THE PAST

MORE ON BEING OVERTRAINED

by Neil Riemenschneider in FOOTPRINTS, Volume 11, No. 2, Summer 1991

You know you're over-raced when:

1. You go to the bakery, they give you a number, and you pin it on your shirt.
2. Your kids ask if you want to play croquet and you ask, "What are the age groups?"
3. You register for a professional conference and you ask, "What color are the t-shirts?"
4. A car backfires and you start running.

You know you're over-trained when:

1. You go out to dinner at a fancy restaurant and you get upset when they don't have Gatorade®.
2. You play baseball with the family and you time how long it takes to run from first to second base.
3. You go to a lengthy board meeting with your water bottle filled with Exceed to get you through the tough last half of the meeting.
4. You eat a Power Bar right before a long family gathering.
5. You go for a one-mile jog with your six-year-old and you enter it in your running log complete with pace, weather conditions, weight, and how you felt.

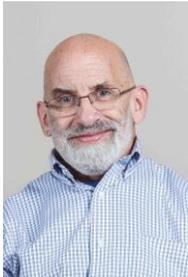
MEET THE 2019 STRIDERS BOARD OF DIRECTORS

Cecilia Murach, President - Cecilia is a runner & triathlete who began running consistently in 2008 as a way to maintain her fitness. Most of her running was on her own until she met someone at the end of a local 5K in 2010 who encouraged her to join the Howard County Striders. She signed up to participate in the Next Step Half/Full training program in 2010, and never looked back. "I have met some of my best friends through the Howard County Striders, who have become my family. In addition, the Striders have given me the opportunity to grow not only as a runner but as a leader - and find a tremendously supportive community ready to give back and volunteer. I am proud to serve on the Board of Directors and humbled to have been given the opportunity to represent the club as President."



In her running career, Cecilia has raced distances ranging from the 50K, marathon, half-marathon, 10k and 5K. She has completed triathlons from sprint to half-ironman distance and she is currently training for her first full Ironman race in Canada in July! Cecilia loves to swim in the open water, having finished the Chesapeake Bay Swim in June of 2015.

Please do not hesitate to contact her at president@striders.net with your thoughts, ideas, questions and feedback.



Bill Arbelaez, Vice President - After running regularly for over 40 years, I still look forward to an almost daily time outside on the roads and trails. I've run races of multiple distances up to the marathon, including several Ragnar and American Odyssey relays. I've been part of the Howard County Striders for almost 30 years, helping with The Junior Striders, coaching and coordinating multiple Next Step training programs, and have served on the Striders Board in different capacities and currently as Vice President.



John Bratiotis, Immediate Past President - I joined the Striders in 2010 because I had been doing a lot of strength training and I needed to start doing more cardio. My old college roommate, **Greg Orlofsky**, suggested the Striders was a good way to get into running and to meet new people. I originally signed up for a Couch-to-5K program only to have it postponed due to lack of participants or lack of suitable running areas due to a recent blizzard or a lack of participants because of the recent blizzard. Eventually the program was held and from there I made my way into the Next Step: 10K/10M program. One day while I was recovering from an injury at Next Step, **Dwight Mikulis**, then Vice President of the Striders, talked me into being an assistant coach with him for the Next Step: Half/Full program. After a few years of volunteering at different Strider races and Next Step programs, I decided to get more involved and joined the Board of Directors as Director of the Weekly Series, then I moved on to Vice President, then President and now Immediate Past President. I look forward to continuing to volunteer with The Striders, but just in much less visible roles.

Chris Schauerman, Secretary - Chris joined the Board in 2013 for a two-year stint as Secretary. Six years and four Presidents later, she is still enjoying her time volunteering for the Howard County Striders. Having run sporadically since high school, Chris did not start running regularly until 2006, when she decided to train for the Yakima Canyon Marathon in Yakima, Washington, where she was living at the time. Her first thought upon crossing the finish line was, "I can run faster." She was hooked.



Returning to the Baltimore area after ten years away, Chris signed up for the Next Step 10K/10M and Half Marathon/Marathon programs. Under the tutelage of **Coach Pain**, Chris ran her first 50-mile week, had PRs in the 10 Mile, Half and Marathon, and was Striders Most Improved Runner in 2011. In 2013, Chris qualified for Boston for the first time.

Having fully embraced the running dogma, Chris has completed 24 marathons and 20 ultras to date. When not running, Chris works as an accountant, and enjoys reading, cooking, and traveling to new places.

Carrie Anderson, Treasurer - Carrie Anderson is the new Treasurer for the Howard County Striders, beginning in 2019. She has been an active club member since first participating in bagel runs and Next Step programs in 2011. After participating for a year or so, she started coaching Next Steps Programs as well. Carrie loves the club for the many programs it offers and the friendships that it helps build out on the roads and trails. Carrie works in Not-for-Profit Healthcare Finance and Accounting and holds an active CPA license. As Treasurer, Carrie provides financial accounting and reporting to the club, processes payments, and maintains the banking relationships of the club. While Carrie does not run nearly as many miles as she did before she had children, she looks forward to being able to stay active in the HCS by serving as Treasurer.



Hafiz Shaikh, Special Races - Hafiz started running 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. He completed the RRCA Level 1 Coaching Certification course in 2013. 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. In 2017, he started to take on race directing duties for the Turkey Trot prediction run and Penguin Pace 5K. In 2018, he took over Special Races Coordinator for the Striders and currently manages all Striders races.



Lynda Allera, Membership Member Relations -

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 five 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 also enjoy running with the strong women of the Howard County Chapter of Mothers Run This Town.

I have coached Girls on the Run and am a certified RRCA level 1 coach. I am training for a variety of races in 2019

I look forward enjoying the company of good friends as I face and overcome a whole new set of challenges.

Rene Alonso, Communications -

I have been serving on the Howard County Striders Board for two years as the Communications Director and am entering into my third year. To say that it has been a pleasure would be an understatement! I have been running for years, and over time have had my own ups and downs with distances and performance but the sheer joy of being able to get out and experience the world on foot is what continues to motivate me. While I have never had any real speed, I find that there are many different ways that the sport gives back. Continuing to push your body to levels that you do not think possible, or having the ability to do so in order to work out stress, are some of the major benefits of the love of running. I have made many friends over the years that come from all walks of life and learn so much from those on many runs! Also, to be able to give back in the form of volunteering is a different level of personal fulfillment that is inspiring on so many levels. As a coach, a program coordinator, a course marshal, a board member, or supplying water for the bagel runs - volunteering helps make the Club what it is!



Caroline Bauer, Racing Team -

Caroline began running after college in 2010 as a way to meet friends and stay in shape. She quickly realized that she could be competitive with the right training and fell in love with the long runs and marathon distance. After a two year hiatus following the birth of her first child, Caroline re-joined the Striders Racing Team and became a major competitor in the regional running scene. In 2016 Caroline ran 59:21 to place as the fifth American in the Cherry Blossom 10 miler. She also set the Striders Racing Team record for the 50-mile distance at the Stone Mill 50 Miler. Caroline joined the Striders Board of Directors where she has led the Striders Racing Team. Caroline has won races around the region, including the Penguin Pace, Clyde's 10k, The Annapolis 10 Mile, and the Shamrock Virginia Beach Half Marathon. She has twice run 2:47 at the marathon

distance and has the goal of running 2:45 to qualify for the US Olympic Trials following the recent birth of her second child. Along the way, she has met some great friends that she's run through the night and over the mountains with and had fun racing experiences both near and far.

Jessica Stern, Special Programs - Jess has been involved with the Striders since 2008 as a participant in Next Step GIRL. She was a coach and coordinator for both NS FIT and NS GIRL from 2009 through 2012. Jess was also a participant in Next Step 10k/10mi and NS Half/Full Marathon. Since January of 2013, she has worked as the Special Programs Coordinator for the Striders. During this time Special Programs has added two training groups - Next Step Zero to Weekly and Next Step Building to Bagel. While not the fastest runner in the world herself, Jess works hard trying to make sure the Striders provide programs that can help all runners achieve their goals to be the best runner possible.



Pattie Laun, Volunteering - As the Volunteer Coordinator, I have loved being introduced to the nuts and bolts of the Bagel Water schedule and some of the finer points of assisting race directors with volunteers for our races. I've been a member of the Striders for 5 years and have been running for almost 12 years. I have participated in several of the Next Step training programs as a trainee and was always so impressed by the level of expertise of our coaches. While most of my races have been half-marathons, 10-milers, and 10Ks, I managed to get through 2 full marathons in the last couple of years. This winter, I fell "in love" with trail running and can't wait to see where the trails will lead me. Retiring from teaching biology in June 2018 has given me more time to run, enjoy my grandchildren, and hang out with my husband, Jim, and our kitties, Samantha and Tabitha. In addition to running, I love to travel, read, and cook.

Eric Schuler, Technology/Website - Eric began running when he was nine years old. His first race was the Police Pace 5K in 2002, hosted by the Howard County Striders. Shortly after he began to participate in the Howard County Junior Striders program. Eric ran cross country and track for Reservoir High School in Fulton, MD. Throughout high school, he collected multiple school records, county, and state championships. He was recruited to run cross country and track for UMBC. Eric had a successful four years of collegiate running, setting multiple PRs and competing in 12 America East Conference Championships. Now that he has graduated college, he is back to road racing and strives to lower his PRs in the longer distances. He has also returned to the Junior Striders program as a coach.



Paula Stehle, Membership Social Outreach - This is my second year serving on the Striders Board as Social Chair. I have had loads of fun planning events that bring runners together to learn, run, collaborate and enjoy each other's company! 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, half-marathons, and ultimately the Marine Corp Marathon. In recent years, I have even completed a few triathlons! During the last ten years, I have participated in and



coached for several Striders programs including FIT, GIRL, Hibernation to 5K, Next Step 10K/10M and Next Step Half/Full. I have also enjoyed volunteering at our local races. Running has been a great way to improve my level of fitness, plus I have made some awesome friends through Striders!

Bobby Gessler, Youth Running - Doctor Bobby Gessler started running after he finished his residency at Brown University in 1988. He has represented the Striders both as a runner and as a coach. He has served on the Howard County Striders Board of Directors as a representative for the Howard County Junior Striders for whom he has been a coach for more than fifteen years. (His four daughters have run as Junior Striders and as Striders.)



In 2012, Bobby received the Goodsports Coach of the Year Award from the Howard County Department of Parks and Recreation for his coaching efforts as part of the Junior Striders program. The award recognizes “the coach’s commitment, dedication, preparation, respect for officials, teaching skills, emphasis on teamwork, team ethics, leadership, motivation, sportsmanship and patience in their work with youth and adult sports.” In addition to his Junior Striders coaching, since the fall of 2009, he has voluntarily coached a training group that runs track workouts and tempo runs on Tuesday and Thursday mornings.

Currently, he is a Head Coach for Cross Country and Track and Field at Reservoir High School in Fulton, Maryland. He says: "I love being at this school and working with the High Schoolers and watching them accomplish goals that they never imagined that they could attain. It's a coach's dream. "

Beyond his coaching duties, Bobby is an age group running competitor and a member of the Strider's Racing Team and Hall of Fame.

Another example of Bobby’s commitment is that he was instrumental in developing the Striders' Automated External Defibrillator program and serves as its Medical Director.

In late 2014, Bobby was notified that he had passed his level 3 (USATF) and level 5 (IAAF) courses and is now qualified as an “elite coach.” To quote from the USATF/IAAF course description, “... a coach not only highly experienced, but (who) has the knowledge to coach or instruct at the highest levels of the track and field profession.”



Mark Buschman, Racing Team - Mark first began running competitively in high school where he ran for Liberty High School’s track and cross-country teams. After four years and earning the title of “Cross Country Most Valuable Runner” in his senior year, Mark decided to hang up the running shoes while attending the University of Maryland. He resumed his training in the Fall of 2008 to prepare for his first marathon, while also joining the Howard County Striders. In 2009, he earned the HCS Most Improved Runner Award and Runner of the Year in 2011. He has been the co-coordinator of the Racing Team since 2010 and plans to continue supporting the Racing Team and HCS until he can no longer walk. Mark has some impressive PR’s including 5K of 15:25, 5M of 25:50, 10K of 31:33, 10M of 52:29, Half-Marathon of 70:17 and a 2:33:23 for the marathon.



Melinda Krummerich, Sponsorship - Melinda began running with the Striders in the spring of 2007 when she signed up for Females In Training. Since then, she has participated in or coached for almost every training program the Striders offer. She has also helped develop two new training programs (Zero to Weekly, a couch-to-5K style class, and Building to Bagel, a 5K to 10K program that ends with a Bagel Run, and co-directed the Women's Distance Festival 5K for the last five years. Melinda looks forward to working with the race directors and training coordinators and creating new community partnerships.

BOARD BLATHER

Submitted by Chris Schauerman, secretary@striders.net



The HCS Board meets once a month to discuss club business. What exactly is club business? The newsletter's latest addition, *Board Blather*, is a quarterly recap intended to answer that very question.

2019—First Quarter

Though the Board tries to meet monthly, Mother Nature did her best to disrupt the winter schedule. Due to harsh winter weather and closures, the Board held a delayed meeting at the President's house in late January, a virtual meeting in February, and returned to its regularly scheduled meeting in March.

Winter was a busy time for the Board as the club hosted several races: Resolution Run in January, Penguin Pace in early February, and the Ten Mile Challenge in late February. To prepare for these events, the Board ensured races had police approval; insurance was secured; permits were filed; and that volunteers were recruited for coning, course marshaling, and aid stations.

The Board continued its efforts to plan for the year ahead. Ideas were collected at the Banquet, discussed, and, if possible, implemented. Many of our social events began as a submission to the One Good Idea program at the Banquet. The Next Step programs were planned out; program dates were aligned with goal races and the yet-to-be-filled openings for coaches and coordinators were identified. Club races were planned for the year so as not to overlap with local events or other clubs' races.

Even the best laid plans can sometimes go awry, as the Board discovered upon losing Clyde's this quarter (see the email from the HCS President to all Striders from 1/23/19). In addition, the Board said goodbye to a member who resigned to pursue an exciting job opportunity.

But everything happens for a reason, and the HCS Board is excited to welcome **Melinda Krummerich** as its newest board member. Melinda holds the Sponsorship Chair and can be reached at sponsorship@striders.net.

TREASURER'S REPORT
Howard County Striders
2018 Income Statement
and
2019 Operating Budget

	2018 Actual	2019 Budget
Income		
Membership Dues	\$ 13,860	\$ 13,500
JS Licensing Fees	\$ 5,250	\$ 5,250
Donations	\$ 4,565	\$ 1,000
Revenue Released from Restriction	\$ -	\$ 6,500
Equipment/Race Management	\$ 940	\$ 900
Interest	\$ 75	\$ 50
Next Step Programs	\$ 24,886	\$ 25,000
Races	<u>\$ 45,317</u>	<u>\$ 41,920</u>
Total Income	\$ 94,893	\$ 94,120
Expenses		
Next Step Programs	\$ 12,915	\$ 13,500
Races	\$ 28,421	\$ 31,180
Charitable Donations	\$ 5,000	\$ 5,060
Club Management	\$ 17,542	\$ 23,080
Equipment	\$ 573	\$ 500
Events	\$ 7,899	\$ 8,500
General Race Expenses	\$ 629	\$ 800
Racing Team	\$ 2,415	\$ 5,000
Scholarships	\$ 6,500	\$ 6,500
Total Expenses	<u>\$ 81,894</u>	<u>\$ 94,120</u>
Net Operating Income	\$ 12,999	\$ -

PRESIDENT'S MESSAGE

By Cecilia Murach



As I sit down to write this letter, it is 40 degrees and raining outside, and all I can think of is “Where is Spring?” Hopefully it will arrive soon and we can all begin to enjoy the milder temperatures.

As this is my first President’s message, I just want to take some time to thank everyone for their support of the Club. I am overwhelmed with the many messages I received after the difficult Clyde’s announcement. Thanks to all who took the time to send a note of encouragement to me and the Board of Directors.

The support didn’t end there, however. More impressively, many of you followed that up with a tremendous outpouring of volunteerism and participation in our races and events. This year’s Club Challenge was the best attended since I have been a member – never before did we actually sell-out the event before registration closed! And, participation from all the MD & DC clubs made this year truly memorable. So many have also come out to support our Weekly Series races, including with entire families, keeping this unique component of our Club alive and well. Excitement continues to grow for our social events: both happy hours at Feet First (thank you **Brent Smith!**) and Recharge Gym (thank you **Dr. Ryan Smith!**) were very well attended, informative, and a lot of fun.

I also want to thank the leadership, your Striders Board of Directors. While our Board Members do not do this job for the accolades, I really must acknowledge their efforts as I could not be a good President to the Striders without them. Each and every one of them contributes countless hours to research ideas, support and continue to develop the Club’s mission and vision, plan events, create and oversee coaching programs, execute races, promote our mission in the community, and (soon!) join with sponsors to empower us to serve the membership better. They give up precious time with their families on the weekends and evenings for Club business and meetings, and many extra hours to produce what you see. I am very excited to announce that we have filled the vacant position of Sponsorship Director with **Melinda Krummerich** and are in the process of creating and implementing a sponsorship plan. If you have ideas or suggestions, please send them to sponsorship@striders.net.

Last but not least, a huge thank you to our newsletter team. The dedication of **Allan Field** to keeping *FOOTPRINTS* alive is tremendous and such an asset to our Club. He and his team of editors and contributors provide us with a magazine that rivals subscription publications. That said, this is your newsletter so please do not be shy with helping to provide material, race reports, ideas, photos, running book reviews ... if you like to write or take photos, there are many opportunities for you to contribute! Send Allan an email at newsletter@striders.net with your ideas.

I am really encouraged and excited for what is to come in 2019. As an RRCA Runner Friendly Community, I am looking forward to becoming more engaged with other Howard County organizations to partner in reaching common goals.

Thank you for your confidence in allowing me to lead the Howard County Striders and for your continued support of our Club!

2019 STRIDERS LEADERSHIP Board of Directors



Top Row: President Cecilia Murach; Vice President Bill Arbelaez; Immediate Past-President John Bratiotis; Secretary Chris Schauerman; Treasurer Carrie Anderson; Special Races Hafiz Shaikh.

Middle Row: Special Programs Jessica Stern; Communications Rene Alonso; Jr. Striders/Youth Programs Bobby Gessler; Racing Team Mark Buschman; Racing Team Caroline Bauer; Membership (Member Relations) Lynda Allera; Volunteering Pattie Laun.

Bottom Row: Technology/Website Eric Schuler; Membership (Social Outreach) Paula Stehle; Sponsorship Melinda Krummerich.

Vacant: Weekly Races.