

FOOTPRINTS

THE NEWSLETTER OF THE HOWARD COUNTY STRIDERS
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Awards Supplement



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

2019 Strider Award Winners



Hall of Fame Inductees

Ed Wilson

Ed began running on the Cross Country team at Dulaney High School in Baltimore County where he was co-captain of the 1979 State Championship squad. He was also an All-Metro selection for Cross Country and two-time Maryland State Indoor Track medalist in the 2 mile run. He ran for three years at the U.S. Naval Academy.

In the decades following Ed became a fixture at Striders races (as well as Marine Corps and Boston marathons). It wasn't until Ed and Eileen's four daughters started growing up that Ed dramatically increased his commitment to running and the Striders.

During his last two years in the Navy in 1990-91, Ed helped coach the Centennial High School Cross Country and Outdoor Track teams. As a Strider Ed has coached Next Step and as a member of the racing team Ed has been a mentor to us youngsters. Ed has run the Boston marathon nine years in a row and each year he has organized a post-race get together for as many Striders as he can track down. He has organized a biennial racing team Earth Day cleanup of the stream valley in Wilde Lake at the end of the Bagel Run course.



But there is no doubt that Ed has earned his position in the Hall of Fame by his dominance of the age group podiums.

Ed was Grand Master runner of the year in 2015 and 2017. In 2017 set the racing team record for over 50 in the 10-mile with a 60:44 time at Cherry Blossom. At age 56, Ed ran 2:55:08 to win his age group at the Marine Corps Marathon, capping off a 2018 where he won his age group at the Frederick Half, the Charles Street 12 miler, the Army Ten Miler and was twelfth at Boston.

Following Boston this year, Ed limped into knee surgery. The surgery was successful to the extent that he was told, with rehabilitation, he would be able to run again, though sadly not at the elite level.

Ed ignored the prognosis and recently Ed won his age group at the Baltimore Half Marathon, finished fourth overall (top grandmaster) at the Zaching 10k and won the Grandmaster prize at the Celtic Solstice 5 mile.

Bill Arbelaez

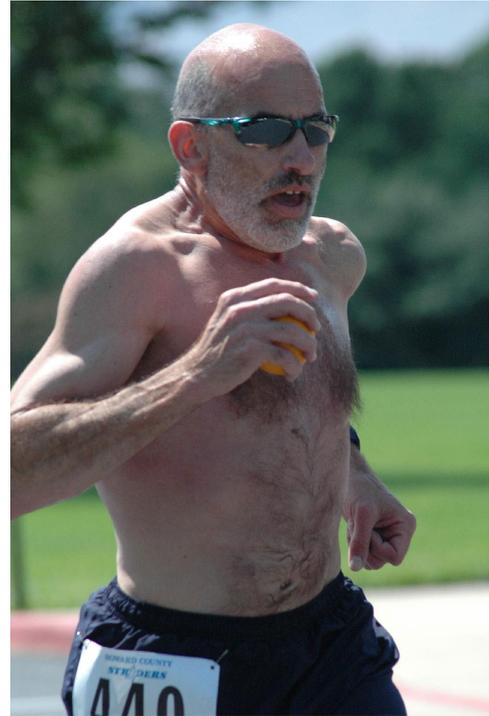
“I was unaware of my BQ for another year. I knew it was a pretty good time, but I merely thought it was just a good race!”

The Beginning:

Bill Arbelaez had been a solo runner for almost twenty years, and enjoyed it, but after running several Strider-produced races over the years, including Clyde's and The Columbus Chase, he started running some of the weekly races, and got to know a number of the regulars. He joined the HC Striders in 1997, thinking he might be able to help out, and looking forward to a long association, decided to sign up for the Lifetime Membership offer.

Bill's Proudest Running Moments:

Bill's proudest running moments were about running with or coaching other runners. Starting with the Junior Striders, when his sons were involved, progressing to the Next Step programs, as a coach or coordinator, he had always been the proudest of the runners who embraced their own challenge, and succeeded in their efforts. In 2006, Bill was asked to take the RRCA Coaching Training Course, so he could be certified, and help the club. He was honored by the request.



As for his own efforts, qualifying for, and running in the Boston Marathon, was a humbling and memorable experience. Running unexpected PR's was also quite rewarding. As for other moments, running the sixth leg of the first American Odyssey, which included a relentless climb on the backside of a mountain. Running with a team, and helping their effort, Bill's proud of that experience. He ran the American Odyssey six more times, because of the comraderie and the experience it offers.

Best Races of a Lifetime:

April 26, 1992

Clyde's 10K - 39:35. A PR, breaking 40 minutes. Cool and wet; a great day for a race!

July 4, 1997

Meade Fest 5K - 18:13. A hot, humid morning, resulting in a PR. Totally unexpected!

April 8, 2001

Cherry Blossom Ten-Miler - 68:22. A huge PR, on a cool, wet, perfect day!

At the age of 44, Bill decided that running a marathon might be possible, the first Baltimore Marathon was his second effort at that distance, but it seemed like a perfect fit.

October 20, 2001

Inaugural Baltimore Marathon - 3:30:35(chip) extra hills, Northern Pkwy, and all... - A gorgeous day, and fantastic event. Bill was unaware of his BQ for another year. He knew it was a pretty good time, but he merely thought it was just a good race!

March 20, 2010

Charlottesville Ten-Miler - 71:12 – Bill's first really good race, post his spinal fusion. This course is in a beautiful town, that happens to include a lot of hills. He had run this race the year before, but this was an improvement of almost 8 minutes. This was one he really worked for, and it showed!

Volunteer Extraordinaire:

Bill's major goal for joining the Striders was to find ways to help out, and carry on a pre-existing tradition. Within the first year of Bill joining, he was marking the courses for the weekly races in Jeffers Hill, and the summer races in Oakland Mills. This continued for the next fifteen years. In 1998 he started helping the Junior Striders, as a coach with the Cross Country program, as his own sons started to run. He also helped with the spring track program, starting the following year. In 2000-2001 Bill worked with Jim Carbary as lead coach and coordinators for the spring and fall Junior Striders programs.

2004-2006: Served as Membership Chair on the Striders Board.

June 2006: Took the 2-day RRCA Coaches Training Course, in Rockville, along with Jim Carbary.

Fall 2006: Began coaching with the Striders Next Step program.

2006 – 2017: Bill has either coached and/or coordinated every single training program offered by the Striders, with the exception of F.I.T. This includes, Next Step Zero to Weekly (Coordinator 2016, and coach), Building to Bagel (coach), Hibernation to 5K (coach, Coordinator 2014-today/continuing), NS 10K/previously also 10 Mile (coach each session since 2006, unless injured, Coordinator multiple times, including the past three years, and continuing), NS Half/Full Marathon (Coordinator several times, and a coach, from its inception).

2010: Bill was asked to serve as Vice President of the Striders, starting in January, 2011

2011 – 2013: Vice President, Howard County Striders

2013 – 2015: President, Howard County Striders

2014 – 2017: Race Director, Clyde's 10K

2015 – Present: Board member, Howard County Striders. First as Immediate Past President, then as Newsletter liaison.

The tenure of a HCS President usually involves unexpected situations and a couple examples show that Bill's was no exception. Supporting a Towson teacher severely injured during the Boston Marathon bombing, on short notice the Striders hosted an emotional 4.09 mile fund raiser race. This drew hundreds of participants including the teacher's family members. Also, Bill deftly handled media interviews after local runners were harassed while running on trails.

Bill has lead and/or served on several committees over the years, including The Tripp Scholarship Committee, and the annual awards committee. He continues to share his years of experience on these committees.

Bill exhibits the attributes of the ideal Howard County Strider – a dedicated runner; a volunteer who devotes time to almost every club activity; the ability to help other runners meet their goals; and, a compassion for people, making him a steadfast friend to so many.

Ben Mathews

“It’s 7 o’clock, let’s go!”

Those are the words that Ben Mathews used every Saturday morning during the 1980s to start the Bagel Run! Ben’s Saturday mornings actually started much earlier since he drove the course to put out the water every week.

Right after Ben started the “race”, uh run, he took off running at the front of the group. Ben was one of those runners who treated the Bagel Run as a competitive opportunity.

Ben has been a Strider since 1983. He completed 108 marathons, with at least 50 of them under 3 hours. He was the Master of the Year Strider in 1986. Ben served as a Strider Board Member. He was the Masters Champion at the Washington’s Birthday Marathon in 1989. He won the Metric Marathon in Columbia in 1992 as Master. He won the Striders Club Championship series for 1986 where you competed based on performances in the Marathon (Marine Corps), a half marathon, 10K, 5k and the Metric Marathon. Ben completed five Grandfather Mountain marathons, and in 1986 finished 5th overall. He won the Master Title in the Tampa Bay Marathon. In the inaugural Disney marathon in 1994 he was second in his age group with a time of 3:03. While a Strider, Ben ran a 2:50 in the Marine Corps Marathon. Ben’s marathon PR is 2:48 in 1982.



2019 Runners of the Year

Hannah Cocchiaro

Hannah had a break-out year in 2019. She found herself on the podium in a number of local races, at different distances.

Celtic Solstice 5 Mile (December, 2018) 30:25 – 2nd Place Female
Rehoboth Marathon (December, 2018), 2:52:30 – 1st Place Female
Shamrock 5K (March) 17:16 – 1st Place Female
Pike's Peek 10K (April) 35:46 – 2nd Place Female
Army 10 Mile (October) 56:30 – 2nd Place Female



Kevin Ford

After spending much of the year injured, Kevin had a tremendous fall racing season, getting several PR's.

Charles Street 12 Mile (August) 1:07:40 (PR) – 3rd Place

Kensington 8K (September) 27:35

Richmond Half Marathon (November) 1:12:58 (PR) – 25th Overall



2019 Volunteers of the Year

Megan and Dylan Walker, and Greg Lepore



Megan & Dylan Walker

This husband/wife team has brought “unselfish and dedicated service to the running community.” Between the two, they have coached with several training programs, and coordinated others. They even found time to work as Race Directors for The Turkey Trot.

Greg Lepore

Greg has helped out in many capacities, over the years. As a coach, and supporting multiple races. This past year, he did a huge amount of archival work for the Striders, locating and digitally saving much of the organization’s history. Many tedious hours of documentation for all to use and benefit from.



2019 Coaches of the Year

Melinda Krummerich

In addition to coaching in several training programs, Melinda coordinates the Building to Bagel program. As with most coaches, Melinda is quite flexible, and this year, she introduced intervals to the B2B program which truly impressed her nominator.



Yasuo Oda (2)

Coach of Group 3, in the Half/Full Marathon program, some of the faster runners. Yasuo was injured at the start of the program, but instead of taking time off, he monitored the group on his bicycle! In addition to focusing on form and posture, he reinforced his ideas with video feedback. EVERY one of his Group 3 runners hit PR's this fall!



Faye Weaver

Faye coordinated the 10 Mile program, and then came back to coach Group 1, the fastest runners, in the Half/Full Marathon Program. Faye is “the most supportive, and encouraging coach”, who is “always taking part in Strider events.”



2019 Junior Striders Coach of the Year
Greg Orlofsky

2019 Master Runner of the Year (40 or above)

Jicheng (Jason) Liu



Jason had a very consistent year, with several PR efforts.

NCR Marathon (November, 2018) 2:56:36(PR)
Coolest Mile on Main Street (July) 5:14 – 2nd Place
Endless Summer 6-Hour Run (August) 41.12 miles (PR) – 1st Place
Parks Half Marathon (September) 1:23:40 (PR)
Army 10-Miler (October) 61:06(PR) – 6th AG
Baltimore Running Festival 5K (October) – 17:27(PR) – 1st AG, 14th Overall

2019 Grand Master Runners of the Year (50 or above)



Tammy Liu

Tammy had a rock-solid year on the roads, consistently placing in local races.
Pike's Peek 10K (April) 49th Female/2nd AG
Arbutus Firecracker 10K (July) 35th Female/3rd AG
Ellicott City 10K (August) 4th Female/1st AG
Savage 7K (October) 2nd Female
Zaching For Cancer 10K (November) 5th Female/ 2nd AG

Mark Landree

Mark ran as a Master much of the year, only to step up strongly to the Grandmaster category. He set a new 5K AG standard for the Striders Racing Team. Age suits him well!

Pike's Peek 10K (April) 35:27(PR)
Donate Life 5K 16:37 (PR), Racing Team Record
Baltimore Running Festival Half Marathon (October) 1:21:07 (PR) 3rd Overall
Down's Park 5-Mile(November) 27:48 4th Overall/1st AG



2019 Senior Grand Master Runner of the Year (60 or above)

Matt Bevan



Matt worked hard at adjusting his stride, in 2019, and it paid great dividends!
Cherry Blossom 10-Mile 1:20:02(PR). A 90-second improvement from 2012.
Pike's Peek 10K(April) 46:57(PR). Almost a 1-minute improvement, from 2017.
Parks Half Marathon(September) 1:45:20. A 2-minute drop from Parks 2015.
Baltimore Running Festival 5K(October) 21:41(PR). Previous PR was 23:04.

2019 Most Improved Runners of the Year

Joanne Lee



Although Joanne improved her times from previous years, most of these dramatic improvements were just within this year alone!

5K - WDF, 2018 – 26:48/Shamrock 5K(March) – 24:46

10K -Clyde's 10K(April) – 57:58/ Pike's Peek 10K(April) -56:10

10 Mile Cherry Pit(April) – 1:33:53/Annapolis(August) – 1:29:53

Half Marathon – Wineglass, 2018 – 1:59:26/B&A(March) – 1:56:22

Marathon – Richmond 4:21:32/Chicago(November) – 4:18:21

Dirty German 25K 2:59(PR)

Lindsay Pickett



Lindsay PR'd at 5 different distances this year!
Baltimore Running Festival 5K(October) 19:30, a 1-minute PR. 3:27:04(PR)
Pike's Peek 10K(April) 40:59, over a 2-minute PR.
Cherry Blossom Ten Mile(April) 68:00, over a 3-minute PR.
Great Allegheny 15K 61:00, over a 5-minute PR.
Parks Half Marathon(September) 1:35:41, better than 3-minute PR.

Frank Bahus



Frank ran three particular races with significant improvements over earlier efforts.
Boston Marathon(April) 3:43:59, more than 11 minutes faster than 2017.
Charles Street 12 Mile(August) 1:25:51, 7 minutes faster than 2018.
New York Marathon(November) 3:27:04(PR) 4th in AG(65-69), 17 minutes faster than 2018.

2019 Next Step Runners of the Year

Kate Cavanaugh

“tackled NS with joy, confidence, and determination”, with a focus on Rosaryville 50K. But only after she ran The Chicago Marathon. A busy fall season!



April Kociolek

Also had miles and lofty goals, like her buddy, Kate. April had a 45-minute PR at Wineglass Marathon, only to be followed up by the Marine Corps Marathon 50K, in October!



Lifeng Pu

Lifeng took part in the NS Half/Full Marathon program, which led him to finish first in the Bagel to Beer Marathon, to an 18:43 PR, at Parks Half Marathon, and to a 44th overall finish in The Marine Corps Marathon, and a new PR by 18:08 minutes!



2019 New Runners of the Year

Hufei Chen

Hufei joined the Striders at the end of 2018, and has become a consistent runner. She ran The Seneca Greenway 50K, in 6:25:05, the Ellicott City 10K in 53:57, finishing 2nd in her AG, followed by the Bachman Valley Half, in 1:57:32, and 2nd place, female. Hufei finished the year with The Richmond Marathon, in November, where she ran it in 3:30:43, and qualified for Boston!

Selvi Rajagopal

Selvi started running over the last few years, and, like a few young, talented runners, she skipped the Developmental Team, and went straight to the Striders Racing Team! Some of the year's highlights included, Sole of the City 10K, in April, finishing in 37:58, for 2nd place, Female, Parks Half Marathon, at 1:20:45(PR), and 3rd place, Female. She capped the year off with The Marine Corps Marathon, where she finished as 3rd Female, with another PR, in 2:50:42



Qiang Tian

Qiang started running with his son, on weekends, in 2017. Now he even “likes bagel runs”!

His year included The Maryland Half Marathon, where he ran a 1:31, a 10-minute improvement from the year before. He ran Parks Half Marathon in 1:26, a NYC Marathon qualifier, and The Richmond Marathon, in 3:02, a qualifier for both Boston and New York.



2019 Junior Striders of the Year

Gabrielle Shord



Evan Quinn



2019 Presidents Awards

Sari Chapman



Allan Field



2020 STRIDERS BOARD OF DIRECTORS



Top Row: Cecilia Murach (President), Bill Arbelaez (Vice President), Carrie Anderson (Treasurer), Caroline Bauer (Racing Team) Clarese Astrin (Social), Melinda Krummerich (Weekly Series), Hafiz Shaikh (Special Races), Pattie Laun (Volunteering), Lynda Allera (Membership), Rene Alonso (Communications), Bill Brown (Secretary), Rachel Sanborn (Special Programs), Greg Orlofsky (Youth Programs). *Not pictured:* Mark Buschman (Racing Team) and Eric Schuler (Website)