

FOOTPRINTS

*THE NEWSLETTER OF THE HOWARD COUNTY STRIDERS
VOLUME 45, No. 2 — April 2020*



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.



The Striders at the 2020 RRCA Club Challenge 10M

FROM THE EDITOR

Michelle Pelszynski, managing editor, newsletter@striders.net

Cover Photo: 151 Striders represented the club on February 23rd at this year's RRCA Club Challenge 10-miler.



Putting together this opening letter has not been easy. I've struggled with how to begin our April Footprints in such unprecedented times.

As you know, this newsletter is a chronicle of our running community's history, serving as a time capsule of our Striders. Right now, that means our stories are different. We are in a pandemic. We are forced to be physically distant. Most of us are home juggling multiple roles and responsibilities, and those on the frontlines are risking their lives to save others. Our vacations, social gatherings, celebrations, and goals are on hold – indefinitely. These are challenging times for all of us, but we will persevere.

And so, the chapters that are being written in our future history texts of this period will be bleak. However, that doesn't mean that the stories in our Striders newsletter have to be. We are a driven, goal-oriented, supportive community, and we are the silver lining. We are the lucky ones. Our exercise keeps us together and healthy, and encourages others to do the same, whether we are physically together or not, as we are a socially-inspiring community of runners.

The proof of this are the stories here, the Facebook posts I read, the videos being shared, the text messages between runners, the emails of positive encouragement, the solo challenges on Strava, and the "Congratulations!" spread through comments and responses. We are Striders Strong!!!

It's Never Wrong to Ask For Help, Especially During a Global Pandemic

Races, training groups, weekly race series, THE BAGEL RUN have all been cancelled since the statewide "stay at home" orders were issued. There isn't anything I can do or say to alleviate the feelings of disappointment for those who were training for PRs; to BQ; to support a cause, family member or friend; to go to the Olympics. It stinks. Personally, it has been hard to explain this disappointment to non-running family and friends. It seems insignificant in the big picture; at least we are healthy, we have a lot of other things to be worried about and grateful for.

This may be true, but I know it hurts, Striders. If this is any time we need our fellow community for "running therapy," it is now. I encourage each and every one of you to reach out to each other, and for the help you may need now more than you have ever needed it. There are fantastic support options right here in our community – such as such as psychologists, licensed clinical social workers, ministers, mental health professionals and crisis hotlines – who can help and be a listening ear. It's ok to feel down, anxious, depressed – just please, please ask for help.

Spring Training is Not For Nothin'

How can I possibly turn this around and offer some glimmers of hope? I didn't have to. If you are connected to our Striders' virtual community, you can't miss our strength. Here are some ways that we have stayed Striders Strong:

- **Solo Challenges:** Lots of Striders have taken on personal running challenges to put all of their Spring training to use. Whether it be finding a flat 10-mile course to PR in place of the Cherry Blossom 10-miler, running a marathon in your own backyard or treadmill, or going out for a 6-hour endurance run with checkpoints at home to refuel, our Striders have gotten creative!
- **Virtual Racing:** So many race organizations have created virtual races. You pick the course, the time of day - an added bonus to avoid bad weather - and RUN! Your t-shirt, medal and other swag is sent to you in the mail.
- **Scavenger Hunts:** With little plans and a lot of time on our hands, this is a really creative way to seek some adventure. Gather a list of sights and things to spot (check out Striders Facebook page for an upcoming Solocial Scavenger Hunt). The beauty of this is you can even have your family members join for all or part of it.
- **Funny Pictures of Running Routes:** Several runners have found it to be fun to create images of their running routes via maps on Strava or other running apps.
- **#KaraokeRunning:** Our local chapter of She Runs This Town (formerly known as Moms Run This Town) was featured in the national chapter's newsletter for starting a trend of recording yourself singing a song while running and posting it to the group's page. It's not nearly as easy as it sounds, but it sure is fun and creative seeing some of your friends belt out their favorite tunes.
- **Coronathon:** For extra motivation to get outside to exercise each day, some runners started a running streak back in March. Running, jogging, or walking at least a mile day is a great reminder that exercise does wonders for the body, mind and soul.
- **Running Challenges with Friends:** Some groups have created a series of running challenges that are to be done within the week. They are awarded a certain number of points for completion, time, or number of miles. Some examples included running a 2-mile loop several times and trying to cut 10 seconds from each loop; running up a challenging hill a few times within the week; running a common segment faster than you have done before; etc.

Some are staying motivated to run, despite cancelled races and physical distancing restrictions. If you are not, that is ok too. Everyone is handling this situation differently. Your Striders Community are here for you, whether you are running or taking some time off to focus on other important parts of your life. **Running will be here for you when you are ready to get back to it.**

Thank you for doing your best in these challenging times. I'm forever grateful to be a part of our Striders Strong Community!! Please feel free to share what you are doing to stay motivated – physically, mentally, socially, and emotionally on our Striders Facebook page or by emailing newsletter@striders.net.

Stay healthy, and be kind - to others and, more importantly, yourself!

Michelle P.

Next issue of FOOTPRINTS scheduled for July 1,2020. Til then, breathe deep and run light.

WHAT WE KNOW ABOUT RUNNING'S IMPACT ON MENTAL HEALTH

Submitted by Amanda Loudin, REI Co-Op Journal, 2/13/20. Reprinted with permission of author.

A growing body of research suggests running may benefit your mental health.

Scott Douglas started running at age 15, right around the same time he began noticing a chronic, low-level state of depression, though he didn't have a name for it at the time. While he couldn't articulate it, he noticed that running had a positive impact on how he felt emotionally. The sport gave him something to look forward to, lifted his spirits while he was out there and left him feeling better after.

Today, at age 55, the freelance writer and author of several books—including *Running is My Therapy*—knows there are real connections between running and happiness. But it took some time to come to that realization, especially since when he was younger, there wasn't nearly as much attention given to mental illness and the impact that exercise can have on it.

"In college, I joined the cross-country team as a freshman but was the slowest one on the team, and I quit to go find myself," he said. "But even though I wasn't racing, I recognized that I wanted to continue to run, chiefly because of how it made me feel."

Finally seeing a psychiatrist in the '90s, Douglas received a diagnosis of a specific kind of depression called dysthymia. By luck, his psychiatrist was also a runner who could appreciate the benefits Douglas experienced through the sport. Douglas takes medication for his depression, but running has had a major impact on his mental health over the years. "Running helps me to get away from the negative thoughts and that carries over into all areas of my life in a positive way," he said.

Like Douglas, Kerri Dellisanti, 44, sees a big difference in her mood when she's running consistently. In the winter when conditions are particularly dark and dreary, Dellisanti—who lives in Washington state—credits running with keeping her afloat emotionally. "I get out several times a week, even if it's raining and I don't necessarily want to go out the door," she said. "I come home feeling much more ready to face my day."

A mother of three, Dellisanti took breaks from consistent training after delivering each child. That's when she really began to appreciate the mind-body connection running provides. "I realized I felt very low without regular running," she said. "I need that outlet or I struggle. I'm shorter with my kids and down in the dumps."

While her preference is to head out in the morning, Dellisanti's family schedule sometimes prevents that. In those cases, lunchtime is her chance to run. "I look forward to it all morning and when I come back, I'm more productive and ready to handle the rest of the day," she said.

Hunting and gathering

Douglas and Dellisanti's experiences with the therapeutic benefits of running are backed by burgeoning research on the subject. Subject matter experts, of course, advise working with your doctor to come up with a medical treatment plan that works for you. But, in some cases of low-level

depression, in fact, exercise has been proven as effective as medication. In a country where one in 10 adults struggle with depression, this is a key finding. Running, in particular, may hit that sweet spot that brings on the feel-good neurotransmitters—leading to the so-called “runner’s high”—to bring on measurable differences.

But what is it about running that serves up the right dose of mood-boosting chemicals? Some of it may be tied to evolution. Runner and University of Arizona anthropologist David Raichlen hypothesized and tested his theory that humans are wired to be an active, long-distance species. “We looked at runners, dogs and ferrets,” he said. “The humans and dogs, who have evolved to run distances, produced endocannabinoids in their brains. The ferrets did not.”

Not unlike the cannabinoids in marijuana, those endocannabinoids our brain produces generate both a reduction in pain and a mood-boosting response. “Its adaptive purpose is as a motivator,” said Raichlen. “It makes you feel good so that you want to do it. The underlying result is that it leads to feelings of well-being in most people.”

Figuring out the right “dosage” of running to improve mood and mental health is somewhat individualized and dependent on your fitness level. “The duration and frequency needed is unclear,” said Raichlen. “The fitter you are, the longer it may take.”

The right intensity level, however, is likely right in the moderate range. A 2012 German study of the impact of ultrarunning on the brain revealed that the athletes in the 3,000-mile TransEurope Footrace experienced a reduction in gray matter—neural tissue that helps promote connections in the brain—of 6 percent following the effort. Even with that extreme effort, however, the participants’ brains returned to normal after eight months.

For the rest of the running world, finding a middle ground on intensity and duration likely provides the most success. “We found that moderate intensity elicited positive response, but low and high intensities do not,” said Raichlen.

Other research has shown that just 30 minutes of running can improve “executive function” in the brain. This is the brain’s ability to focus and tune out distractions. This can be valuable in quieting the brain’s “default mode” of mind wandering and negative self-generated thoughts, which has potential links to clinical depression.

Raichlen also studied how running impacts the brain compared to meditation—fairly similarly, it turns out. As you move along on a run, you begin to tune into the present, shutting out that default mode and becoming more mindful. As with meditation, the payoff here is that stress goes down as your body clears itself of enzymes that are linked to mental health challenges.

In writing his book, Douglas also found that there’s a cumulative positive effect to running regularly. “When we go out and run, we feel better,” he said. “But what’s not talked about is that over time, running will lead to structural changes in the brain in the form of hippocampus growth.” This is beneficial because research has shown that the hippocampus plays a role in mood; a smaller hippocampus may be tied to depressive symptoms and a larger one can have the opposite effect.

Reaping the benefits

While the links between running and mental health are increasingly clear, it is uncertain if you need to be outside versus, say, on a treadmill to reap the benefits. “On an anecdotal level, I know the only way I personally get satisfaction on the treadmill is if I do high-intensity work aimed at achieving a goal,” said Raichlen. “But our studies were conducted on treadmills, so that would suggest there is benefit either way.”

Still, there are bodies of research that support “nature therapy,” the value of being outside and in natural surroundings. A 2019 study out of New Zealand, in fact, showed that running on trails can be superior to running on roads in this regard. It found that off-road running “is a physically skilled, back-to-nature activity, that is useful for managing the pressures of modern life and the unnaturalness of built environments.”

Dellisanti added that running on trails makes a difference for her. “Getting out into the woods is helpful for me,” she said.

In spite of all the good news about running and emotional well-being, Raichlen and Douglas caution that it shouldn’t be considered a panacea in most cases. “In our society, we want to find the silver bullet, and that’s not reality,” said Raichlen. “Mental health hedges on a combination of factors, including genetics and environment.”

From a public health standpoint, Raichlen is a fan of running. “One of the best things people can do for their mental health is exercise,” he said. “We know it has benefits and fewer side effects than medication.” Douglas agreed. “I want to eagerly encourage people to run for many reasons,” he said. “Mental health being one of the biggest.”

OLYMPIC TRIALS

Submitted by Jason Tripp

It’s 7am on a Saturday morning in January so naturally Caroline Bauer and Hannah Cocchiaro are out running. This morning isn’t your typical Bagel Run, though. Caroline is the Striders racing team coordinator so she has planned a workout on the RRCA Club Challenge Course. A dozen or so runners have shown up in the bitterly cold rain to run 1 mile on/1 mile off over the 10 mile route. That’s not enough of a workout for Caroline and Hannah though. They started at 5:45 and have already covered 10 miles. They won’t be joining the Striders for the Club Challenge. Their race will be a week later in the U.S. Olympic Trials Marathon.

Held on February 29th in Atlanta, Georgia, the 2020 U.S. Olympic Marathon Trials were unlike previous trials events. The 2016 event was held in Los Angeles with 246 women competing for the three team spots. In Atlanta, the number of qualifiers more than doubled to 457. In 2016 the Striders sent one woman, Julia Roman-Duval, who managed a last-minute qualifying time in December preceding the race and a last-second US citizenship approval in the weeks before the event.

Soon after the 2020 qualifying window opened, Julia ran a 2:36 to set the stage for a return trip. This time she hoped to be joined by Caroline Bauer who had already twice narrowly missed the 2:45

standard. Caroline's running would have to take a backseat for most of 2018 because she was pregnant with her second child. With Julia's help, Caroline and Hannah Cocchiaro spent the summer of 2019 training together to prepare for fall marathons. With the trials looming, they would only have time for one shot at making the standard.

To Julia, the obvious place to go for the standard would be the Chicago Marathon. She and Caroline applied for the American Distance Project entry which let them toe the line with the other elites preparing for the trials. Unfortunately, the organizers abruptly closed the program before Hannah could be admitted. For Julia and Caroline though, the race went perfectly. Despite some strong second-half winds, Julia improved her PR to 2:35 and Caroline became the second Striders trials qualifier with a 2:44.

Hannah decided to race the Richmond Marathon in November. She and Caroline had been trained all summer with the assumption that they would need 6:15 pace to have a shot at the 2:45 standard. When Hannah went through 20 miles in 2:03 (6:09 pace) it looked like she was ahead of schedule and would just need to wrap things up in a more modest 6:40 pace to qualify. Instead Hannah switched gears into sub-6 pace for a jaw-dropping 36:37 over the last 10k. Her 2:40:08 made her the third fastest Strider marathoner of the year of any gender.

That same day in Richmond, Julia Roman-Duval had a breakthrough half marathon. Her 1:14 time suddenly put her in contention to make the French national team for the World Championships. Her best shot at making that team would be running a top-ranking performance at the Paris Half Marathon. Unfortunately, that event was planned for March 1 which meant that she would miss the U.S. Trials.

The top seeds in the women's race were Jordan Hasay, Sara Hall, and Emily Sisson. Caroline and Hannah weren't fast enough to put them in contention to make the Olympic team. It would have been easy for them to feel like qualifying was the victory and that they could relax, have fun, and treat the trials as a victory lap. But anyone who has been on a Bagel Run with Caroline and Hannah knew that "taking it easy" wasn't going to happen.

The athletes preparing for the Olympic trials knew that a marathon at noon in Atlanta could mean hot conditions. U.S. officials justified this by pointing to the temperatures athletes would face at the Olympics in Tokyo. Unlike the Olympic course though, the initial trials route featured relentless hills. After months of complaints from athletes, the Atlanta Track Club released a revised map that included "only" 1300 feet of climbing. Hannah and Caroline knew that even with tons of Columbia hill training they were bound to lose some time compared to the flat Chicago and Richmond courses. Hannah in particular worried about the heat. Before Julia and Caroline coaxed her outside, Hannah liked to stay on the treadmill during hot summer runs. The winter in Maryland had been mild this year but there had been nothing to prepare her for the southern temperatures she might face.

In the week leading up to the race, it looked like the conditions race day would be in the low 40's, better than anyone could have hoped. Hannah and Caroline flew to Atlanta and their family and friends came along to cheer and support them. The event organizers treated all of the qualifiers like royalty and the Striders got to hang out with all of the top names in American distance running. Julia had put Hannah and Caroline in touch with the Tracksmith running apparel company who were providing racing kits to qualifiers. Since the Howard County Strider Racing Team uniforms

were considered non-compliant with USATF standards, runners who wanted could wear the snazzy red and blue outfits. Hannah and Caroline had worn Tracksmith gear in the past so they felt confident that they would be comfortable on race day. Hannah decided to take a bigger gamble though by trying a brand-new pair of Nike Alphafly NEXT% racing flats.

The Atlanta Track Club lit the Olympic torch in the park for the first time since the 1996 Summer Games. Race morning dawned with two pieces of bad news. Julia Roman-Duval was returning from packet pickup in Paris when she learned that the Paris Half Marathon had been canceled due to COVID-19 concerns. No Paris Half meant no World Championships. She would miss the Olympic Trials for nothing. Back in Atlanta, runners were finding out that, despite the ideal temperatures, the afternoon would feature high winds reaching up to 20mph.

For Hannah and Caroline it would have seemed to make sense to try conservative efforts given the wind and hills. Instead, they both took their races out at PR pace, with Hannah crossing halfway in 1:19:28 and Caroline in 1:21:43. As the race went on their paces slowed but they continued to pass their competitors. They finished one loop of the course...two loops...three loops. All that remained was a new three-mile loop out and back and into Olympic Park. But three miles at the end of a marathon can feel like an eternity and these three miles featured a whole new set of hills for the runners to face. Caroline recalls, “the hills were relentless. The wind would knock you off your feet.”

Centennial High School star and David Tripp Scholarship winner Brian Harvey represented Howard County in the men’s trials. He qualified for the trials with a blazing 2:17 time, but that’s not the kind of time that’s easy to repeat against a headwind and rolling hills. Nonetheless he managed an average pace of 5:36 for 2:26:37. The easiest way to assess his performance was to look at his bib number. Number 152 meant that Brian had the 152nd fastest qualifier time in the field. His overall place was 116, meaning he had over-performed by 36 spots.

By that standard, the race favorites did not over-perform. Jordan Hasay finished in 26th place and Sisson and Hall both dropped out. The three qualifying spots were claimed by Aliphine Tuliamuk, Molly Seidel, and Sally Kipyego. The 2016 Olympian Des Linden finished a heart-breaking fourth place, missing the team by seconds.

The racers finally crested the last hill at the 26-mile mark and had only a last quarter-mile downhill into Olympic Park. At this point the fans that had been lining the course had turned into a screaming crowd. As Hannah and then Caroline raced by there was no sign of the agony they had just pushed through. Instead the two flashed big smiles, waves, and thumbs-up.

Hannah crossed the line in 2:42:02 for 61st place (she was seeded 110th). Caroline followed in 2:49:20 for 210th place (seeded 345th).

Hannah would post to Strava, “Hardest race of my life but also the most fun.” Caroline’s message on Facebook seemed to perfectly capture the moment: “Sharing this experience with Hannah was the icing on the cake...so, here’s to the next four years. To getting even faster and for dreaming to toe the line at the next one.”

STRIDERS STRONG – COPING DURING COVID-19

Submitted by Rene Alonso



The last few weeks have left us all with mixed emotions, learning to cope with a sudden new way of life. For some, it may be more difficult than for others. We all find our own way in learning to deal with what is happening, in our own time and in our own unique ways.

In some of my own solo runs, I encounter people on my path. I find that a smile, a nod or an encouraging word or two to the travelers in my path really brightens my own day. For my own selfish reasons, I try to connect with almost everyone in my path. I hope that a kind word or gesture will help someone in their day.

Here are some ways that a few of our Striders have been coping during this time:

Taking time each day to go outside, expose my face to the sun, see nature and express gratitude for my blessings is medicine for my soul. ~ V James

I'm talking on the phone with friends while taking a brisk walk. Maybe I can't run with them now, but this is the next best thing! ~ Debbie

It's ok to feel sad, it's ok to feel overwhelmed, and it's ok to feel unsure. Allow yourself the space to breathe and process, and when all this is over, go have fun! ~ Ana A.

The sentence that has kept me going at this time is: 'It is important to keep the body strong, particularly the lungs!' This is the one thing my mother has said consistently when I debate about going for a run or not. ~Amanda Idstein

Since Spring races have been cancelled/postponed, I no longer have the pressure of following a rigid training plan. Taking advantage of this time to focus on the basics during my solo runs - form, breathing, heart rate, cadence. This will help me stay conditioned get me ready for fall training. Also, easy runs help clear the mind and keep you in shape. Don't worry about time, pace, distance...you get benefits from any type of activity. Just keep running! ~ Alyssa M.

There are some really spectacular people in this world that will inspire us all to get through these difficult times. Eileen Levitt was kind enough to share a story about her son, a 19-year old college student at the University of Delaware that was inspired to walk an ultramarathon. Here is what Eileen had to say about it:

My 19 year old son attends University of Delaware as a nutrition and exercise science major . Like most college students, he had an extended spring break awaiting online classes to start. He has taken up power lifting and had competition scheduled (now postponed) for the end of this month. Sadly, he also hasn't been able to train, but he wanted to create a stretch physical goal for himself. I also had been trained up for a few half marathons that as we know were cancelled.

What did he do? He decided to set a goal of walking 100,000 steps in one day. In addition, I said that I would walk a number of those steps with him, which I did.

So on March 19, he woke up at 0 dark 30 and started walking and filming his journey. He started walking around 6:30am and finished at 11pm and he did it! Not that we had any doubt. We are pretty proud of him. He learned a lot about his body, nutrition and will likely turn it into something for school, he just doesn't know what yet.

And me? I walked 49,600 of those steps. Hubby did the last 20,000 with him at the track. I know, I should have walked 400 more, but I'm not 19.

Here are some pictures from the day, including our home "water and aid station," just after sunrise, sunset, and his Garmin watch.



There is even a [YouTube video that he did to record his journey.](#)

Whatever it is that works for you, find a way to get through this! We will all see each other soon! Keep Running!

~Eileen Levitt

For me, I'm still getting out for a quick run to feel the open air and get my legs moving, which is just enough to clear my mind. I often will do what I can for others in the simplest form possible. Sometimes, I will bake a cake for a friend, FaceTime my sweet Grandson, or call a friend I haven't spoken to in a while. What are you doing to cope? Feel free to share your stories to inspire and motivate others! We may have to be physically distant from our fellow Striders, but we can still stay connected!

COACHES CORNER

Submitted by Coach Phil Lang



(Editor: Coach Lang will be contributing to each quarter. With his wife Vicki 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, is the volunteer distance coach at University of Maryland, and has RRCA and USATF Level 1 coaching certifications.)

In this COVID-19 Quarantine status, there are more and more people out walking, hiking and running since it is about the only thing we are allowed to do. Please follow the guidelines in your area and please respect others that you see out there while you are doing your exercise. Running is a great stress reliever and, in this time, a more and more needed outlet.

A few suggestions in this unique time:

- As suggested by the RRCA and from the local, state and national officials, run alone or with members of your household 😊.
- If increasing your mileage, as I know many are without the other normal things in our lives making us so busy, please don't do too much too soon. *Progression* has been a key word in my coaches corner discussions and it needs to be added here. If you have the time and want to increase your weekly mileage, please do but just a little bit this week and a little bit the next week, so the body can deal with the additional stress and strengthen itself while doing so. Of course, this is the best way to avoid injury which always leads to time off and pain and no one wants either of those right now.
- Do what I will call a *virtual run* with a friend, meaning run at different locations but at the same time and chat on the phone with them as if you were together on your normal weekly runs together. I have done this a couple times now and have these AirPods which make it so easy. I have enjoyed it and really never ever thought about running with headphones or music or anything like that before. Running for me has always been a social thing and I love running with others so this is a way to do that during this Quarantine status.
- The high school track facilities are closed to help us from gathering in crowds, as are the Howard County Rec & Parks facilities, so keep this in mind. You can exercise but please avoid the areas that are typically crowded. With that being said, maybe it is time to be creative and find some new routes for yourself.

- Many of us have some additional time on our hands without a commute and some without a job at all unfortunately. If that time is available then maybe it is time to improve your maintenance routine by stretching more or better, using the foam roller and other tools to stay healthy. I prefer the hot tub (hehe).
- Don't forget to make sure your shoes aren't worn out. Feet First is closed but we are allowed to take orders via email and phone and we will ship or deliver the goods to you. Email brentffs@outlook.com or call 410-992-5800 between 11 a.m. and 3 p.m. weekdays to order anything. We could really use your support.

YOUTH PROGRAM UPDATES

Submitted by Coach Phil Lang



A total of 133 kids participated in the Winter Indoor Program at the Meadowbrook Facility that the Striders, Bullseye and Howard County Rec & Parks partner together on. The program has Saturday evening practices in January and February and sells out early every year. It is a great way for kids to see their friends and coaches a little bit over the winter, while getting in a little bit of safe running even though the weather and lack of daylight make it hard to do so. Many parents take advantage of this time slot to grab a bite and quick date together 😊.

A bunch of the youth runners joined in on the Sunday Weekly Races, as well this Winter as some of the kids ask for extra opportunities between seasons to keep working out with their teammates. They also join in on some workouts under the lights at Oakland Mills High School since the Striders support the community by paying to have the lights on providing a safe place to run.

The two Spring programs were about to begin before COVID-19 stopped us from gathering. We all are wondering what the future holds in many ways. The coaches and kids sure hope we can be together as a team again soon. For now we have started the Quarantine Marathon Challenge to support the kids since we can't gather and run together. The kids have been challenged to run 26.2 miles between April 6 and May 3 and they will earn a medal if they do so. The challenge is free for them, and just \$15 for all of us as we join in to add up our running logs to total 26.2 miles and earn a medal while supporting them. I love supporting the next generation and honestly, like having a little challenge for myself as well. As this is being written almost 100 kids have accepted the challenge and over 150 others have signed up as well. The Facebook event page Quarantine Marathon Challenge has the registration info as does the Bullseye website so join us and support the kids!!!



Submitted by *Clarese Astrin*, social@striders.net

Reminiscing of Social Events Before COVID-19

Striders have been getting social lately! In February, we got together at Feet First to enjoy the crazy, fun documentary “The Barkley Marathons: The Race that Eats Its Young.” Consensus was that none of the attendees will be signing up for that race any time soon!

(From Left to Right: Denise Licha, Carol Ernst, Paula Templin Stehle, Clarese Astrin, Barbara Boardman-Pavao, Jennifer Storch, Faye Carter Weaver)



(From Left to Right: Lisa Chang, Pamela Cheung, Jess Hecke, Sarah Ringerud, Clarese Astrin, April Kociolek, Denise Licha, Instructors Charlotte and Becca.)

In March, we learned about ways to stay safe while out running with a women’s self-defense seminar at Recharge Gym. Not only did participants learn skills to escape tricky situations, they also left with Nathans pocket sirens to carry during runs! The social committee is working on some fun solo events that will help us be virtually social while practicing safe personal distancing, including themed runs and a scavenger hunt.

WELCOME 85 NEW MEMBERS SINCE 12/31/2019

Submitted by Lynda Allera, membership@striders.net

Babatunde Adedapo	Alden Gibbs	Vivienne Miller
Lorna Alvarez Martir	Makayla Gifford	Hari Nair
Ethan Andreas	Keith Gifford	David Nitkin
Rijul Bahety	Katelin Hare	Elysse Ornelas
Melissa Barall	Brent Hare	Toluleke Oyeyemi
Angela Barney	Thomas Hare	Olubukola Oyeyemi
Erin Brodie	Kathryn Hare	Jesusseyi Oyeyemi
Robert Byrum	Karla Holm	Jesuseye Oyeyemi
Tessa Byrum	Su Huang	Jesuseun Oyeyemi
Noah Byrum	Rajiv Jain	Jesuseyanu Oyeyemi
Sadie Byrum	Barry Johnson	John Pillart
John Byrum	Briana Jones	Pooja Regmi
Kayla Campasino	Tricia Katebini	Roni Richardson
Shuvon Campbell	Jennifer Kinloch	Andrew Ryan
Angela Chadwick	Sean Kinloch	Jaelyn Serpico
Andrew Chesterfield	Jonathan Kinloch	Nicholas Sfida
Christina Chesterfield	Jessica Koman	Elizabeth Shaw
Jackson Chesterfield	Tim Kuonen	Julia Marie Simpson
Jasper Chesterfield	Larissa Kuonen	Shelley Smith
Kim DeGracia	Karina Kuonen	Betty Toussaint
Daniel Delgado	Anne Kuonen	Zheng Tu
TJ Dillard	Iris Mars	Camille Turner
Paul Dorweiler	Kimberli Maultsby	Pamela Wade
Ruth Downer	Michael Maultsby	Kelsey Walsh
Angelo Flores	Isabella Maultsby	Mark Wendell
Carlos Flores	Lisa McReynolds	Jennifer Williams
Yessica Gagliuffi	Hannah Menendez	Rhonda Workman
Soojin Ghim	Todd Merrill	Kevin Yant
		Xiaoyan Zhang

RACING TEAM REPORT

Submitted by Mark Landree



The weather may have been hot, then cold, then hot, and cold again, but your Howard County Striders Racing Team have been hot, hot, HOT all winter long. With zero days of training impacted by frozen white stuff, training and racing have been better than ever for the last few months and many have taken advantage.

Conrad Orloff ran an excellent 37:00 10K in the muddy USATF Club Cross Country National Championships finishing 92nd in the country as a 49 year old.

Tammy Liu Hermstein took 2nd on New Year's Eve at the Running Out of Time 10K in 47:48 finishing off 2019 in style.

The first race of 2020 for the team was the DCRRRC Al Lewis 10 Miler, a very flat course but not what I would call a PR course. The area is very exposed, usually windy, and you have to repeat a 2.5 mile section of road four times--that means 3 hairpin turns to eat a bunch of time. Apparently Hannah Cocchario didn't get that memo as she broke the tape 56:21 to set the open female race team record and personal record. Not far behind was Julia Roman-Duval in 57:08 taking 2nd, and Caroline Bauer in 59:45 taking 3rd place—SWEEP! Kevin Ford was in the mix as well, crossing the line 56:30 taking 3rd place on the men's side. (Pictured from Left to Right: Hannah Cocchario, Julia Roman-Duval, Caroline Bauer, Kevin Ford)



They say you can take the girl out of Texas, but you can't take the Texas out of the girl. That must be true for Lindsay Pickett and Rachel Collins as they both set PRs at the Austin 3M Half Marathon in 1:31:39 (73rd) and 1:35:16 (114th), respectively. Now that would make any Texan proud.

Closer to home, Eric Schuler continues his winning streak at the Little Patuxent River Run with a time of 40:07 for the 10K (this year) while James Blackwood (1:29:53, 6th) and Deb Taylor (1:54:06, 17th) each won their age group at the half marathon distance.

Keeping it on the muddy side, Tammy Liu Hermstein ventured over to the Super Bowl Trail Race 8 Miler taking 2nd place for F50-55 in a time of 1:21:20.

Warm, humid, and a little windy—it's a swamp thing. Kevin Ford took on the Rock n Roll New Orleans Marathon coming in 4th overall with a time of 2:44:21 to cross yet another state off the sub 2:50 project list.

The 2020 RRCA Club Challenge saw perfect weather and another great turn out as the areas fastest runners in mid-Atlantic clubs sought to obtain bragging rights for the year. Our ladies did just that taking the 'female under 40' win. Congratulations to Selvi Rajagopal, Kayla Campasino, Amanda Beal, Callie Betman, Lindsay Pickett, and Xi Yang. Our coed overall, female overall, and female masters teams each took 3rd place while the male and female grandmasters teams both placed 2nd place. On the individual side of things, Adam Sachs and Brian Shadrick set personal records for the distance while Mark Landree rewrote the grandmaster race team record—I guess these guys didn't get the memo either--this isn't a PR course. Job well done to all the HC Striders for making this day a priority to shine for our club.

Individual results for the Club Challenge on the men's side, we saw Carlos Renjifo (53:35 19th), Kevin Ford (56:05 37th), Adam Sachs (56:16 39th PR), Andrew Madison (56:23 41st), Eric Schuler (56:37 45th), Mark Buschman (58:35 66th), Jason Tripp (58:48 70th), Mark Landree (1:00:27 89th GM RTR), James Blackwood (1:00:50 93rd), Ed Wilson (1:05:19 154th), Tunde Morakinyo (1:07:21 204th), Brian Shadrick (1:09:42 246th PR), Dave Berardi (1:41:41 321st).

Individual results for the women's side, we saw Selvi Rajagopal (1:00:34 1st), Amanda Beal (1:06:18 17th), Callie Betman (1:07:19 21st), Lindsay Pickett (1:09:27 32nd), Louise Valentine (1:12:14 45th), Faye Weaver (1:15:28), Julia Skinner (1:16:13), Deb Taylor (1:17:17), Carol Ernst (1:17:44), Debbie Cohen (1:31:21).

Please read Jason Tripp's retelling of our two superstar's account of the 2020 US Olympic Marathon Trials in Atlanta, Georgia. Hannah Cocchario ran 2:42:02 to place 61st, and Caroline Bauer posted a 2:49:20 to come in 210th IN THE NATION!!! We couldn't be prouder of these two standouts.

So many highs, followed by an ever unfolding low which is the COVID-19 pandemic. It appears all spring races will be canceled and group runs will no longer be allowed if more than 10 runners in size. Social distancing is the new norm, but if you have it in you to reach out to a race director and thank them for their efforts, both past and present, then hopefully they will be willing to perform their selfless duties in the future. While we may not be able to race now, we all need to do what we can to be able to race in the future.

CONGRATULATIONS, LEGENDS OF THE FALL WINNERS!

Submitted by Melinda Krummerich



On February 9th we celebrated the winners of the Legends of the Fall weekly race series. Forty-two (42) Striders received a set of warm, tech-compatible gloves!

Although our runs are cancelled right now, the low-key races and series shall return! Stay tuned! If you have questions, email weeklyseries@striders.net.



VOLUNTEER INCENTIVE PROGRAM UPDATE

Submitted by Pattie Laun



We're well underway with our new Volunteer Incentive Program, with 6 people already having 2 credits towards their 3-credit requirement for a club incentive. If you remember from past notices about the VIP, those incentives can be a discount of either an upcoming race or upcoming training. After the Spring Hops, I'm sure we'll have some VIP discount recipients!

Keeping track of the volunteers at races, and other tasks during our races, has prompted me to ask for some help. The Striders By-Laws allow each Board position to have the support of a committee if needed. I am formally asking if any of you might be interested in helping with volunteer duties at races as part of a Volunteer Committee. If you want to be involved, please contact me at hcstriders.volunteer@gmail.com Thanks for considering this!

STRIDERS TAKE THE TRAILS

Submitted by Pattie Laun

We've been running all over the place these past several months as the Striders Trail Runners. In January, it was Wincopin Trails (white, red, blue/green). February had us running from the new parking lot at the Middle Patuxent Environmental Area off Trotter Road. March is seeing us at the newly opened WoodMar trail (Woodstock -> Marriottsville) for a 7-mile out and back. Of course our second run in March was cancelled (and all runs cancelled for the time being). We'll resume as soon as it is safe to do so.

When running trails, be sure to step several feet (6+) off trail as you encounter others walking or running the trail. As you come up behind other, call out "6 feet on your left" to warn them of your approach. If the 6 feet distance is impossible, call out to the other party. Maybe 3 feet each on either side will work. And, if you see so many people on the trail that this becomes cumbersome... return to the car and go home!

OUT OF TOWN/NON-STRIDER RACE RESULTS

Submitted by Greg Lepore



If your name is missing or time is inaccurate, let us know by emailing newsletter@striders.net Way to go, Striders!

New Year's Day 5k	
January 01, 2020	
Gaithersburg, MD	
Alvin Yew	18:39
Edi Turco	19:08
John Way	23:04
Mark Ringerud	24:52
Sarah Ringerud	27:09
Lynne Powers	28:14
Nick Del Grosso	35:11
Christina Caravoulas	56:22

New Year's Day Resolution Run	
Baltimore 5K Run	
January 01, 2020	
Baltimore, MD	
Barbara Lyons	25:03
Nadrat Siddique	25:16
Juan Fernandez	25:45
Ronnie Wong	26:21
Bob Hemler	26:56
Marco Ribeiro	29:16
Joe Clark	41:30
Jeanette A Novak	44:51
Lawrence Freeman	45:33
Beverly Graham	48:28

Super Bowl 8 Miler	
February 2, 2020	
Loch Raven, MD	
Gregg Ford	1:02:44
Phil Lang	1:03:33
Bram Arrington	1:09:47
Sarah Capostagno	1:21:17
Tammy Liu	1:21:20
Marc Burger	1:24:29
Carol Wesolowski	1:37:45
Kimberly Gillette	1:42:20
Ronnie Wong	1:45:32

Country Road Run	
January 26, 2020	
Olney, MD	
Edi Turco	30:56
Ted Poulos	34:25
John Way	37:33
Janeth Scott	41:17
Todd Pearsall	41:59
Eric Johnston	43:02
Lynne Powers	46:22
Mary Niland	52:19
Sharlene Deskins	1:01:56
Jeanette A Novak	1:11:19
Christina Caravoulas	1:35:55

Frozen Finger 5 Miler	
January 11, 2020	
Chase, MD	
Mikhail Petrovskikh	33:21
Bob Burns	36:12
Eric Johnston	42:48
Rebecca Thering	44:08
Marc Burger	44:57
Pamela Yao	45:34

Valentine's 5K Run	
February 8, 2020	
Severna Park, MD	
Karsten Brown	19:52
Casey Richardson	20:02
Michael Bohse	20:08
Stephanie Spring	25:11
Nadrat Siddique	25:42
Carol Wesolowski	28:30
Christopher Puin	33:27
Sharlene Deskins	35:42
Lawrence Freeman	37:20
Christina Caravoulas	54:38

Little Patuxent River 10K					
February 2, 2020					
Columbia MD					
Eric Schuler	40:07	Marie Pejic	56:55	Aggie Wojdon	1:03:09
Jeffrey Berger	45:25	Dorothy Beckett	59:08	Denise Drenning	1:04:38
Dustin Yourstone	46:25	Theodis Hill	59:11	Wendy Turner	1:04:41
Lochlan Boyle	47:50	Pamela Cheung	59:41	Pattie Laun	1:05:34
Ed Montgomery	54:20	Lisa Schober	1:00:35	Kim Williams	1:05:40
Morgan Pietryka	56:33	Erik Peterson	1:02:31	Wiebke Hannigan	1:05:50

Little Patuxent River 10K**February 2, 2020****Columbia MD**

Michael Willis	1:06:46	Melissa Kistler	1:14:59	Debra Buczkowski	1:21:06
Aileen Linton	1:10:22	Jeff Weatherholtz	1:15:12	Emily Elkonoh	1:21:11
Leah Baker	1:10:47	Amy Weatherholtz	1:15:13	Ashley Moss	1:22:07
Ana Aguado	1:10:54	Karina Carr	1:15:28	Erica Gates	1:22:41
Kenneth Reading	1:10:55	Ashley Marks	1:15:28	Fay Carroll	1:22:44
Claire Kim	1:11:37	Jessica Benjamin	1:15:28	Pamela Peseux	1:23:03
Steven Buczkowski	1:11:43	Kelly Green	1:15:29	Kelly Proctor	1:25:02
Bud Hunt	1:12:04	Ginny Olson	1:16:32	Aleida Velasquez	1:25:51
Kathy Tuckey	1:12:34	Jennifer Phillips	1:16:51	April Arnold	1:25:58
Joanne Lee	1:13:04	Judith Comiskey	1:17:10	Donna Hyatt	1:25:58
Stephanie Szewczyk	1:14:15	Emily Howe	1:17:12	Liam Schmidt	1:26:48
Susan Michel	1:14:16	Surena King	1:17:14	Erin Harkleroad	1:28:08
Lynne Powers	1:14:16	Lisa Garcez	1:18:01	Anne Wood	1:30:31
April Kociolek	1:14:27	Paula Stehle	1:18:58	Linda Martin	1:31:10
Katherine Cavanaugh	1:14:32	Michael Maultsby	1:19:41	Barbara Boardman-Pavao	1:31:41
Brian Lawton	1:14:39	Suki Lee	1:20:24	Michael Elkonoh	1:32:34

Little Patuxent River Half-Marathon**February 2, 2020****Columbia MD**

Joshua Speich	1:27:39	Yan Zhang	1:57:45
James Blackwood	1:29:53	Feng Li	1:58:27
Aaron Ellison	1:31:50	William Moran	1:58:49
Richard Reinhardt	1:32:49	Danielle Crump	2:03:24
Lifeng Pu	1:32:50	Hussein Jirdeh	2:04:56
Emily Magoon	1:42:04	Joseph Wensus	2:05:53
Haley Kappey	1:42:13	Bob Hemler	2:06:32
Theo Muench	1:43:09	Quana Frost	2:06:55
Sara Brenner	1:45:23	Linglei Ma	2:07:27
Xi (Jessie) Yang	1:46:37	Kelli Berg	2:11:58
Xuesong Wang	1:49:03	Chun Chen	2:13:23
Emma Williams	1:49:31	Lyle Rawlings	2:18:05
Steve Knoll	1:50:46	Lili Barouch	2:21:31
Russell Owens	1:52:12	Yin Guo	2:35:24
Robert Cawood	1:52:39	Evan Krozy	2:37:05
Deb Taylor	1:54:06	Michael Gelinis	2:45:27
		Arleen Matelock	3:36:02

The Cupid Crush 5-miler**February 9, 2020****Baltimore, MD**

Aaron Ellison	32:00
Ronnie Wong	45:43
Pamela Yao	47:11
Kelli Berg	47:20
Scott Habicht	47:20
Janee Spruill	48:08
Michael Willis	48:36
Carol Wesolowski	49:20

Mid Maryland Ultra 50K	
February 15, 2020	
Elkridge, MD	
Zach Valentine	4:28:28
Tim Buzby	4:30:01
Mike Hasson	4:50:25
John Schlehr	4:52:04
Michael Gelinias	4:56:20
Akintunde Morakinyo	5:06:37
Sigurd Knippenberg	5:36:21
Pamela Jock	5:52:17
Pamela Cheung	5:52:33
Jill Snodgrass	5:52:33
Jennifer Dress	6:49:16
Pattie Laun	6:51:45
Juan Fernandez	7:22:47
Heather Ordonez	7:50:42

Kemp Mill Chill 10K	
February 16, 2020	
Silver Spring, MD	
Edi Turco	40:37
John Chall	44:44
John Way	46:39
Janeth Scott	51:51
Marc Burger	54:37
Eric Johnston	57:38
Pamela Yao	58:48
Sharlene Deskins	1:19:41
Wendy Hall	1:24:10
Jeanette A Novak	1:30:47

Bigfoot 10-Miler	
March 1, 2020	
Elkridge, MD	
John Brun	1:11:40
Sara Brenner	1:24:06
Xi (Jessie) Yang	1:25:34
April Kopec	1:30:34
Chris Martin	1:31:46
Kevin O'Shea	1:35:48
Danielle Crump	1:36:38
Juan Fernandez	1:43:01
Lynne Powers	1:46:44
Tim Dietz	1:48:49
Joshua Brunner	1:48:56
Claire Kim	1:53:49
Virginia Olson	1:56:12
Erik Peterson	2:02:48
Wiebke Hannigan	2:04:32
April Kociolek	2:09:16
Katherine Cavanaugh	2:13:02
Kelly Proctor	2:19:02

Bigfoot 5-Miler			
March 1, 2020			
Elkridge, MD			
Richard Reinhardt	34:21	Karina Carr	1:00:20
Kiley Mann	39:18	Kelly Green	1:00:21
Harry Rowell	40:43	Ginny Olson	1:00:35
Jake Hayden	40:46	Ronald Lewis	1:01:38
Jen Tayabji	44:12	Todd O'Brien	1:02:30
Michael Willis	51:31	Paula Stehle	1:03:17
Amy Weatherholtz	51:43	Krista White	1:03:24
Lisa Dignazio	51:54	Sherrill Cole	1:04:11
Amy Eschman	52:55	Kristen Evangelista	1:05:23
Derek Boyd	53:49	Donna Hyatt	1:09:03
Douglas Dixon	54:02	Michael Elkonoh	1:11:28
Jessica Benjamin	55:36	Yajing Li	1:12:04
Jeff Weatherholtz	56:21	David Dushkin	1:12:59
Vonda Orders	56:32	Barbara Boardman-Pavao	1:13:49
Efrem Perry	56:36	Arlene Feldman	1:16:46
Stephanie Szewczyk	59:22	Jessica Koman	1:24:27
Susan Michel	59:29	Stephanie Bowie	1:41:11
Liam Schmidt	59:39		

WE  OUR VOLUNTEERS – ALL **151** SINCE 1/1/2020!

Submitted by Pattie Laun and Phil Lang

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!](#)

	Bagel Water	Annual Banquet	Winter Weekly Races	Winter Weekly Awards	RRCA Club Challenge	Youth Program	FOOTPRINTS
Ana Aguado					♥		
Lynda Allera		♥	♥	♥			♥
Rene Alonso		♥		♥	♥		♥
Bill Arbelaez			♥				
Clarese Astrin							♥
Catherine Badger					♥		
Eric Baker					♥		
Amanda Beal					♥	♥	
Monica Beck		♥					
Brian Beck					♥		
Dinny Bedard					♥		
Janice Bernache					♥		
Matt Bevan	♥						
Shane Bogan					♥		
Sharon Bollers					♥		
Silvana Bowker					♥		
John Bratiotis	♥				♥		
Owen Brewer					♥		
Liz Brock					♥		
Bill Brown					♥		♥
Melissa Burger			♥♥	♥	♥		
Marc Burger			♥♥				
Chad Burger					♥		
Bryn Burkholder					♥		
Bob Burns					♥		
Lindley Campbell					♥		
Stephanie Caporaletti					♥		
Roland Catalano					♥		
Ben Cerkovnik					♥		

	Bagel Water	Annual Banquet	Winter Weekly Races	Winter Weekly Awards	RRCA Club Challenge	Youth Program	FOOTPRINTS
Joan Chall			♥♥♥	♥			
Cathy Chen					♥		
Pamela Cheung					♥		
Guillermo Choyleon	♥						
Eva Coale					♥		
Hannah Cocchiaro					♥		
Jason Cox						♥	
Amanda Cranfill					♥		
Marie Delaney					♥		
Marsha Demaree		♥					
Sharlene Deskins					♥		
Jewel Devries			♥				
Arleen Dinneen					♥		
Bill Dooley					♥		
Miranda Edo					♥		
Sharlene Eskins				♥			
Loretta Farb					♥		
Chris Farmer	♥						
Yan Fiorini					♥		
Nathan Gears					♥		
Paul Goldenberg					♥		
Aimee Goldman					♥		
Robin Goodwin					♥		
Anthony Graber					♥		
Maria Grafov						♥	
Prasad Gullapalli					♥		
Tom Haard						♥	
Kathleen Hanson					♥		
Jim Harrington			♥				
Joanne Harrington			♥				
Bob Hemler					♥		
Jess Hencke					♥		
Kevin Hencke					♥		
James Hendershot					♥		
Kathy Hennes					♥		
Greg Howard			♥				
Margaret Hunt					♥		
Mark Hyatt					♥		

	Bagel Water	Annual Banquet	Winter Weekly Races	Winter Weekly Awards	RRCA Club Challenge	Youth Program	FOOTPRINTS
Amanda Idstein			♥♥♥	♥			
Veronica James					♥		
Kathy Jimenez					♥		
Pamela Jock					♥		
Eric Johnston			♥				
Jennifer Kargus					♥		
Pete Keating						♥	
Samantha Kieley					♥		
Eric Kieley					♥		
Denise Knickman					♥		
Doug Kornreich					♥		
Melinda Krummerich			♥♥♥	♥	♥		♥
Sabra Kurth					♥		
Kari Lamont					♥		
Mark Landree					♥		♥
Phil Lang							♥
Annette Lanham			♥				
Pattie Laun		♥	♥				♥
Craig Lebro					♥		
Gavin LeBrun					♥		
Joanne Lee		♥					
Gregory Lepore					♥		♥
Monica Levandosky					♥		
Jud Lincoln						♥	
Aileen Linton					♥		
Tammy Liu			♥				
Jicheng Liu					♥		
Amanda Loudin							♥
Hussein Magdy	♥						
Shikha Manandhar					♥		
David Mann			♥				
Marnie Mann			♥				
Scott Matthews					♥		
Clara Mclean					♥		
Cindy McMillen					♥		
Lisa McReynolds					♥		
Christine Merenda			♥				
Dwight Mikulis	♥						

	Bagel Water	Annual Banquet	Winter Weekly Races	Winter Weekly Awards	RRCA Club Challenge	Youth Program	FOOTPRINTS
Pam Mooring						♥	
Memory Morris					♥		
Steve Muchnick					♥		
Vicky Mundt					♥		
Cecilia Murach					♥		
Brian Murphy						♥	
Jeanine Murphy-Morris					♥		
Christina Mary Nichols					♥		
Mary Niland					♥		
Leland Nola					♥		
Greg Orlofsky						♥	
Mikhail Petrovskikh					♥		
Lifeng Pu					♥		
Mark E Ramstrom					♥		
Dave Roeder					♥		
Rachel Sanborn		♥					
Rachel Sanborn					♥		
Chris Schauerman	♥						
Yulonda Cheeks Simpson					♥		
Wanda Sims					♥		
Brian Sivitz						♥	
Julia Skinner	♥						
Rachel Slusher					♥		
Kendra Smith			♥♥♥	♥			
Joanne Smith					♥		
Sheila Gail Sockwell-Thompson					♥		
Paula Stehle		♥			♥		
Jessica Stern	♥						
David Stevenson					♥		
Jennifer Storch					♥		
Theresa Symonds					♥		
Greg Thomas			♥♥	♥	♥		
Alan Tominack	♥				♥		
Arnat Vale					♥		
Louise Valentine					♥		
Frank Volny		♥					
Christa Wagner					♥		
Faye Weaver	♥					♥	

	Bagel Water	Annual Banquet	Winter Weekly Races	Winter Weekly Awards	RRCA Club Challenge	Youth Program	FOOTPRINTS
Michele Weaver						♥	
Derek Wendel					♥		
Ryan Werner						♥	
Lisa White					♥		
Joel Williams					♥		
Eileen Wilson					♥		
Weiqun Zhou					♥		
Danielle Zhu					♥	♥	

BOARD BLATHER

Submitted by Bill Brown, 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.

2020—First Quarter

As your new secretary I realize I have some very big shoes to fill, following Chris Schauerman. Thank you, Chris, for your hard work and dedication to the Howard County Striders. I appreciate your help in getting me started and providing me all the tools I need to be able to fulfill my duties.

The first quarter started relatively normally, with a successful Banquet and awards ceremony, congratulations to all the award recipients. We received a number of good suggestions from the “One Good Idea” comment cards, thank you for your input. We also welcomed several new Board members: Rachel Sanborn (Special Programs), Greg Orlofsky (Youth Programs), Clarese Astrin (Social) and myself included.

In addition to our usual activities, like the Club Challenge, we have also added some extra incentives, like our Volunteer Incentive Program, as well as, a Club Photographer. We had a very successful Club Challenge again this year, thank you to our Race Director, Special Races director and all of the volunteers.

March 9th was our final “regular” meeting as the world turned upside down with the Coronavirus. Your Board stepped into “emergency mode” and began meeting via Zoom to make decisions about training programs, races, Weekly Series and the Bagel Runs. Out of an abundance of caution the Board made the difficult, but necessary decision to cancel everything, including cautioning our runners about continuing group runs and practicing social-distancing while running. These are challenging times, but the Board endeavors to ensure everyone’s safety.

PRESIDENT'S MESSAGE

By Cecilia Murach, president@striders.net



Dear Striders,

Who would have thought at the end of the 10-Mile Club Challenge a short few weeks ago that our lives would change so much, so quickly. The COVID-19 pandemic has hit our area hard, with social distancing restrictions and the Maryland Governor's stay-at-home order impacting our training programs, social events, races and group runs.

As you know by now, the Board of Directors has decided to cancel all activities for the foreseeable future, until restrictions are lifted by the government and public health authorities deem it is safe to return to larger gatherings of people. Training program participants and race registrants have been notified by email about decisions affecting programs or races to which they were registered.

I have stated this before but it bears repeating: it is painful for your club leaders to have to cancel events and programming that are dear to all of us, and important club traditions. And while running outdoors is not banned in any way by the government, as your running club leaders, the Board of Directors must discourage all our members from running in groups. As club President, I would personally like to ask you to please be very mindful of the impact of your decisions to leave your home. Please do your part to minimize even the possibility of contact with others and the chance of spread. With so much of this disease out of our control, this is something YOU can control. Running is wonderful for our mental health and physical wellbeing, but as the President of an organization that promotes health and wellbeing in our community, I must also remind you that this is a time that requires us all to sacrifice for the health and wellbeing of our community at large. The sooner we do this, the sooner we will be able to get back to running together.

Having said all of this, I DO want to encourage our members in this time to **focus on what you CAN do**. There are many ways to help your community, and our club. The impact of canceled programs and races will hurt us financially this year. I would like to humbly ask for your extra support if you can afford it in this time. I specifically would like to ask you to think about our graduating high school seniors who are missing out on such a great time in their life due to this pandemic. If you are able, please support our Dave Tripp Scholar Athlete Fund. Your generous donations will make a difference, especially this year. Learn more on the [Striders donations page](#). I will also reiterate my call to give generously to those in need in our area. Donate to the Food Bank, or donate blood if you are able. And of course, please stay healthy and keep those around you healthy.

There are [additional guidelines and advice from the RRCA](#) for all of us that are definitely worth reading from RRCA Director of Coaching Education Randy Accetta and Tia Accetta. This guide contains great advice for all of us as runners in this unprecedented time. Please be smart. Stay safe and healthy. We WILL run together when all this is over. As always, I am only an email away at president@striders.net I thank you for your continued support.

Cecilia Murach, President
Howard County Striders

2020 STRIDERS LEADERSHIP 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 Orlofksy (Youth Programs). *Not pictured:* Mark Buschman (Racing Team) and Eric Schuler (Website)