

FOOTPRINTS

*THE NEWSLETTER OF THE HOWARD COUNTY STRIDERS
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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. Same photo to remind us that we will back together!



We are officially in the thick of summer! Under normal circumstances, most of us would be kicking off our fall training. The thick Maryland humidity is a gentle reminder of how tough we all are!

Running is not cancelled.

Our running community is far from getting back to normal, but I know we are still out there running. It looks different - from afar, with masks, at odd hours to avoid crowds – but we are still out there RUNNING!

Some Striders have shared what keeps them motivated to run. Some have found virtual races across states and even countries. Others have turned their backyards into a track. Some have discovered the joy of trail running. Others have headed to the track (now that they are reopened) for speedwork. Whatever keeps you motivated, please share with us by emailing newsletter@striders.net. Here is what Samantha Merkel sent in:

Hello Striders!

During quarantine, my little boy, James, and I have kept up running by running together! We moved to Columbia and he became old enough for the running stroller, so we've been off on many adventures together in the early morning hours ever since!

We can't wait for Bagel runs and training programs again, but we are having fun in the meantime and dreaming of running fast with others soon.

Samantha Merkel



Maryland Virtual 500k

Many Striders, and even other runners from as far away as New Hampshire, signed up for Bullseye's Maryland Virtual 500k! I had the pleasure of working with Phil on gathering mile submissions and encouraging runners virtually across Maryland. What an incredible experience to be involved with Phil and 300+ other runners making the trek from Deep Creek Lake to the Ocean City Fishing Pier! Although we all couldn't celebrate our tremendous accomplishment of running over 310 miles in 6 weeks, we followed each other virtually on the Facebook event page. Some shared pictures and stories!

Widening the Runner Community Net

While I am disappointed in the canceled races, missing our Tuesday evenings with Next Steppers, and the punctual Bagel Runs, there are so many other unique running groups around the world! The camaraderie of races, local and destination, have opened up a whole new world of running communities. The cancelled races have brought runners closer to one another even though they may be from all over. On the Facebook group of my big spring race, the Big Sur International Marathon, runners from all over the world kept encouraging one another to run a marathon from wherever they were and share photos. It was incredible seeing where people created their very own 26.2-mile route and their victory photos crossing their own finish line!

It's incredible and not at all surprising to me that the resilient spirit of the Runner pushes beyond just the desired finish line! You hear, "I'll never do that again," and just before the runner's high wears off, a sigh, and then, "When and where to next?"

We can do hard things. Keep on, keepin' on, Striders!

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.

ELITE RUNNERS DEAL WITH A PANDEMIC 'WALL' AS RACES ARE CANCELED, POSTPONED DUE TO COVID-19

Submitted by Amanda Loudin, The Washington Post, 6/27/20. Reprinted with permission of author.

Ann Marie Kirkpatrick had been on track to run a solid Boston Marathon in April. The same for Lou Serafini, who was not only training for Boston but also leading a high-performing group of runners with the same intent. Keira D'Amato was excited to line up at the World Athletics Half Marathon Championships in Poland at the end of March.

All three high-level runners, like people across the country, are now facing a much different scenario. Because of the covid-19 pandemic, races across the country and world have been canceled or postponed. For elite athletes who often spend nearly a year with their eyes on one big prize, this is a serious blow.

In this new reality, Kirkpatrick, Serafini, D'Amato and other elite runners must figure out a new path forward - with the mental-emotional part as significant as anything. Step one, says Denver-based sports psychologist Justin Ross, is allowing themselves to process the emotions that surround the loss of their "A" races.

"You have to give yourself permission to be sad," he says. "Any major loss connected to a personal goal will have a big emotional impact."

Justin Bosley, a board-certified sports medicine physician in the San Francisco Bay Area, concurs. "Whenever I work with high-level athletes, I remind them that when an unforeseen circumstance arises that forces a change in plans, it's OK to mourn," he says. "You can't move on until you process your emotions first."

D'Amato, 35, a real estate agent from Midlothian, Va., is hoping she will have a chance to compete at her race at its new rescheduled date in October. Still, she says that her knee-jerk reaction was to find another race near the original for which she could use her hard-earned fitness.

"I was excited for the opportunity and I was bummed when the situation changed," she admits. "As I tried to find a replacement race, all those were canceling as well."

In 38-year-old Kirkpatrick's case, the vaunted Boston race had become a big goal after she ran a disappointing Olympic marathon trials race in February.

"The trials were my 'A' race for a long time, but then I headed into them rundown and anemic," she says. "I missed key workouts and took awhile to bounce back. I handled myself surprisingly well during the trials and felt strong, so I had confidence heading into Boston."

Bosley recommends that once runners have a chance to process the loss of all racing prospects, they choose the next best target. It "doesn't have to be another race to be motivating," he says. "It can be measuring progress on a favorite route, for instance."

This is something D'Amato has put into place. Recently she set a personal best in a solo effort 5K on the track. "I'm focusing on the daily and the weekly instead of a race," she says.

Serafini, 28, the community manager at clothing brand Tracksmith who had been leading a training group preparing for Boston, has already changed his outlook. "The message I'm trying to convey to my group is that right now, running is one of the only constants in our lives," he says. "We can use it as meditation. I've come to enjoy the fact that I don't have to have the foot on the gas right now."

This approach is an emotionally healthy one, Ross says. "This is an opportunity to recognize that running provides so many other benefits beyond achieving race goals," he says. "It gives us freedom to explore the outdoors and connect back to the reasons it matters to us."

Kirkpatrick, who lives in Colorado with plenty of outdoor space around her, is doing just that. "I have no foreseeable races, so I'm just enjoying the beauty of Colorado and taking a break from structured training," she says. "I love running, so I don't necessarily need a race to get me out the door. Racing is icing on the cake."

Now is a good time to get more sleep, focus on nutrition and foster a recovery mind-set, too. "Athletes are very good at using the fight-or-flight mechanism for training and competition," Bosley says. "But it's important to cultivate a . . . rest and recovery cycle, too."

This might look like a string of easy runs, or one hard workout per week, for the time being. "Go slow, go fast, do whatever feels good right now, as long as it's off a regimen," Ross recommends. "It's an opportunity to find that 'flow state' with running that's not found when running for metrics."

The danger comes when athletes ignore that right now is a stressful time for all, and try to push through it with hard training. Stress is stress to the body - adding in hard training on top of that can lead to a drop in immunity.

Serafini, for his part, is going easier right now. "I want to maintain fitness but not go over the top," he says.

As summer progresses, along with the possibility of races getting rescheduled sometime in the future, Ross encourages athletes to take their temperature on enthusiasm.

"Don't race because you feel you must," he says. "Race because you are excited and have renewed purpose after this break."

For now, Kirkpatrick is considering signing up for December's California International Marathon, but she says she won't get her hopes up as she had for Boston. Instead, she'll focus on a sure bet: The local "Firecracker 5k," which will be an invitation-only, 20-person elite field (10 men/10 women).

"They're doing an individual time trials for each runner and film[ing] each person running the course," she says. "On July 4, they'll release the video and announce the winners, paying out prize money. It will be really fun."

DEAR FELLOW MARATHONER

Submitted by Coach Denise Sauriol, Run-for-Change.com, 6/25/20. Reprinted with permission of author.



Note: Coach Denise was supposed to run the Big Sur International Marathon in April. After having it rescheduled for November 15th, it was ultimately cancelled with expectations to return in April 2021. Denise shared this blog post in the Big Sur International Marathon Facebook Event page from her blog on [Run-for-change.com](https://www.run-for-change.com). Denise is also one of co-founders of the Chicago chapter of Girls On the Run.

I know this was not the training and racing season we signed up for when we hit submit on the race's website. I know some of you have rightfully thrown in the towel on training for a marathon that may or may not happen or has been moved to a virtual option for this year. After all, race day is the reward for all the training. It's the icing on the cake. The cherry on the sundae. These truly are unprecedented times and everything each of you is feeling (self-included) is completely normal. We have never been through something like this before. I feel your frustration, your disappointment, and your lack of motivation to name a few.

The latter is why I am writing this. I have been known to inspire my massage therapist, bank manager, Uber driver, Walgreens cashier, numerous colleagues that they too can do a marathon! Most recently, one of my friends shared my contact information with her friend who just wanted to start running. Maybe 6 weeks after training with me for her first half marathon (which she wasn't even planning on doing when she reached out to me as she just wanted to start

running)....BOOM...She not only said the word marathon but said she wants to run the Chicago Marathon next year! The Marathon Whisperer strikes again! If you are open to a little whispering, please read on.

Remember Your Why:

Go back to that day that you hit “submit.” What was and is your why? Are you running for a charity near and dear to your heart? Are you running as a 50th Birthday present to yourself? Are you running to see if you can get faster after bringing your training up a notch from last season? Are you running to see if you too can become a marathoner, etc.? Are you running to cross a bucket list item off your list? I bet your WHY is still within you. It has not mysteriously left your psyche. It just needs to be dusted off! In addition to your why fueling your fire to run the marathon, the journey to 26.2/42K also takes a lot of self-drive and discipline. These two traits cannot be coached. Even I cannot coach someone into being disciplined and driven. It is all you! So, while you are dusting off your why, also dust off your self-discipline and drive.

To all the first-time marathoners reading this, I am proud of you and I haven't even met you yet. It takes a HUGEEEEEE amount of courage to sign up for something that you have never done before. Courage that 99% of the population does not draw upon within themselves. Did your courage exit stage left? I do not think so. As Taylor Swift would say, "Shake it off!"

Be a part of the .5% Percent:

They say that once you run a marathon, you become part of the 1% club. As in, approximately 1% of the population completes a marathon. This is a membership that cannot be bought. It is only earned. However, in these trying times and with our races rightfully getting cancelled, postponed and or moved to virtual, I feel like the percentage of people that will still run their marathon on their own is an even smaller percentage. I am guessing maybe .5% of the population. This time that we are in right now will go down in history and when you look back on what you did in the year that chip mats, race expos, and official race photos were taken away from us, you can say that YOU RAN A FREACKIN' DO IT YOURSELF (DIY) MARATHON. More on my tips on how to do a DIY marathon below.

All the Feels and More

One of my favorite parts about race day is the emotional roller coaster we get buckled into once we cross that first chip mat. From start to finish, we experience a whole gamut of emotions. For example, most of my marathons follow this pattern. I start out out of the gate beyond excited and on the highest runners high. Five or Six miles in, legs fell great and I am feeling awesome. “Marathons Rock!” I make it to the halfway point. I tell myself. “I got this! I just double my time for my half and dang this is going to be a great race. The mile markers are really flying by.” About mile 16 or 17, the conversation in my head changes to “Why did I sign up for this?! I knew this was going to be hard!” Around mile 22 or 23, it feels like someone is playing tricks on me and moving the mile markers. “Why are they taking so long to appear and why do my legs feel like concrete with every foot strike?” At mile 25.5, “holy crap! To that spectator that told me I was almost there at mile 14, take note. This moment right here is where you can tell me I am almost there!” Then at mile 26.2, “I DID IT! THAT WAS AWESOME! WHEN CAN I DO IT AGAIN?”

If you think about it, rarely in our day to day life do we get to experience so many emotions in one day? Having completed 117 marathons (and counting), I have to say that every marathon has been its own unique roller coaster ride. I never know which emotions are going to come out when and nor do I know how intense each emotion will be. I love it!

Having completed my own DIY Boston (4/20), DIY Big Sur (4/26), DIY Strolling Jim (5/2), Virtual Sugar Badger 50 Miler (5/30) and Virtual Comrades Marathon (6/14), I have to admit that the emotional roller coaster still has an empty seat waiting for you to take.

More importantly, if you think about how accomplished you feel when you cross any finish line, I have to say from my own experience, when you complete a DIY race or Virtual race, you feel an even greater sense of accomplishment. I think this is because your race was all you. There was no parade helping to push you through. No pomp and circumstance.

Bling-O-Ling

Having run over 300 races to date, I have collected a lot of bling! To name a handful, I have earned 2 of the Abbott World Marathon Majors Six Star medals, a medal from the Mt. Everest and Antarctica marathons and even the Seven Continents Club medal. If you think about it, we rightfully and proudly wear our coveted medals on race day and then maybe the next day for #takeyourmedaltoworkday. Outside of those two days though, our medals rarely don our neckline again. For some of us, the medals will proudly be displayed on a wall at home, in our office or even left in a drawer, etc. What we do carry with us past race day though, is what we went through, who we may have met, the places that we saw, the discretionary free time that we sacrificed in training to cross the finish line.

"Medals are nice, but they are only Symbols" Emil Zatopek (Czechoslovak long-distance runner known for winning three gold medals at the 1952 Helsinki Summer Olympics)

Nothing new on race day!

One of the biggest and most common rules on race day is to not try anything new. I say, to throw this rule out the window when you are doing your own DIY/Virtual race! This is the best time to test drive whatever you have been itching to try such as a new pacing strategy, gear, hydration, nutrition, chaffing cream, etc. When I ran my DIY Comrades earlier in the month, I tried a new pacing strategy where I ran 3/4 of a one-mile loop course and then walked the remaining 1/4 of the course. This was a Thumbs Up! I tried a recommended diaper rash cream on my feet to help keep blisters away. Thumbs Down! Lastly, I tried "cooling" arm sleeves to protect my arms from the sun. I was afraid I would feel too hot having these on with my tank top. This was a Thumbs Up!

How to Run your DIY/Virtual Marathon

1. Comply with social distancing.
2. HAVE FUN!
3. Map out a short loop near your house that you can run over and over. This will provide you your own private bathroom and aid station.

4. Schedule a Video Conference Corral Start line for you and your friends to “start” your marathon together but apart.
5. Start the race at whatever time you want.
6. Play whatever music you want in your Corral while you are waiting to start.
7. Stock your aid stations with whatever you want.
8. Break the Tape (Make your own finish tape via toilet paper or painting tape) and win overall and your age group.
9. Cherish this HUGE sense of accomplishment!

Whatever route you take with your races, I support you! Coach Denise @MarathonWhisperer
#GoalsAreNotCancelled

MOTIVATION FROM LAZARUS LAKE

Submitted by Lazarus Lake, Race Director of The Great Virtual Race Across Tennessee, The Barkley Marathon, and more, 6/23/2020. Reprinted with permission of author.

Note: Lazarus “Laz” Lake, also known as Gary Cantrell, is the founder of the infamous Barkley Marathon. This gritty, tough, top secret (at one point), race that “eats its young” has become more well known after the self-titled documentary. As his Spring races began to be in jeopardy because of COVID-19, he decided to offer a virtual “Race Across Tennessee” – 500k or 635 miles to be precise. He expected maybe 200 runners. After nearly 20,000 registered from around the world, Laz handled it with grace, and just a few grunts. The Facebook Group has become a sacred place for RATs to feel socially connected, while physically distant. Laz posts almost daily, part poetic inspiration and part pessimistic prose. This post especially captured his humble nature and honesty that this race is not a sprint, but a marathon x24. Below is one of his motivating posts for runners and non-runners alike.

The best day of your life

During my transcon there were a couple of questions that seemed to come up all the time:

The first one was; "What is the strangest thing you have seen?" I always answered; "You." That seemed to leave people somewhat speechless.

The other one was a more serious question, and deserved a more serious answer; "What is the best day you have had on your journey?" And the answer was always the same; "Today!"

And it was the truth. It was the truth every day... Yesterday was done. It could never be changed. Tomorrow was not promised. Out there on the road, there was no way to know what tomorrow would bring. There was only one day that I could determine. I could make it the best day of my life. Or not. It was entirely up to me.

There was never a thought of quitting. How could I quit on the best day of my life. There was never a thought of taking a day off... How could I miss the best day of my life?

It really is not any different any day. Every day when we wake up, there is only one day we have the power to control. Today. The best day of our life.

We have an advantage over the dog runners. We can learn from the past, and we can plan for the future. But we turn it into a disadvantage. We regret the past and live for the future. The dog runner lives in a state of unmitigated joy., Every time you pick up their leash they are almost insane with joy. Why? because every day is the best day of their life.

I see a lot of people on here looking for motivation. When, really, they have all the motivation they need, Woody the dog finished yesterday. And that run was the best run of his race... just like the 50 runs that came before it. Just like the next run he will do tomorrow. That should be our runs, too. I know it will be great when I do that last run to reach 1000 km. The last run to reach 1000 miles. The last run on August 31, to get everything I can get and beat anyone left I can beat.

But, how can any of those be better than the run I will do today? When I woke up this morning, this was the only run I could control. When I go out the door, it will be the only run I can experience.

How would you run the last run you ever ran? Would you breathe deeper the air. Would you look at everything a little more closely. Would you drink in the sights and sounds and smells of the world around you? Would you look for animals in the clouds and stop to look at wildflowers in the ditch?

Would the aches and pains really just be a reminder that you are alive. Would the heat really just make your drink more satisfying, and the hunger make your meal taste better.

How could you need motivating to run the best run of your life? Try it today.

Wake up and hop out of bed. This is the best day of your life, and you don't want to waste a minute. Approach the whole day the same way. Yesterday is over. Tomorrow is not guaranteed. Today, though, today has infinite promise.

When you go out to put in your miles, look at them like the last miles you will ever run. It does not matter if it is a route you have run a thousand times. Today is different. Today is the best day of your life. Do you really want to sit on your ass, and miss the best run of your life? Do you really want to slog through it like an automaton? Do you really want to waste the once in a lifetime opportunity that is today?

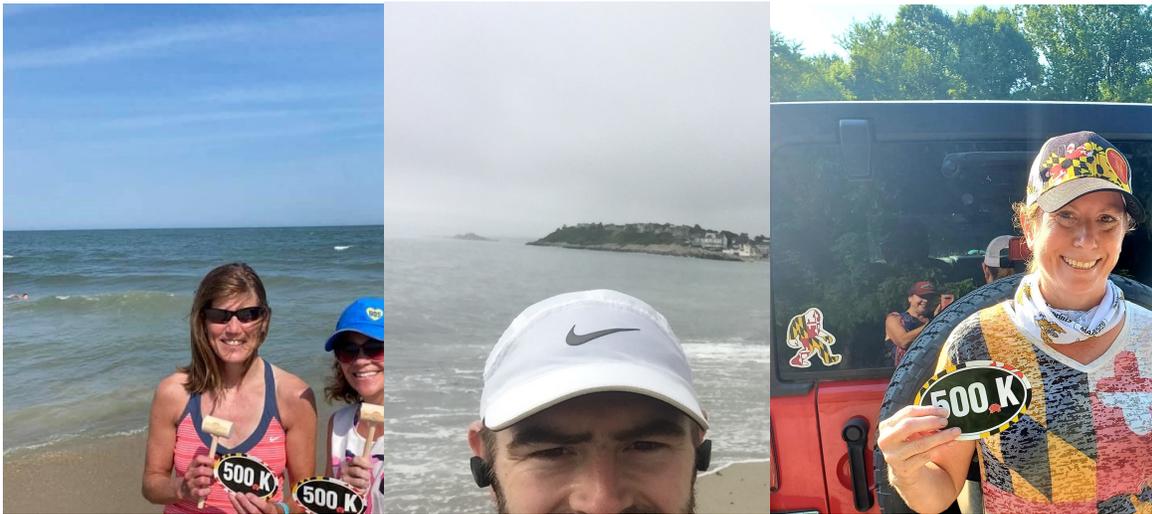
We let ourselves get old. And we let ourselves forget. We become trapped by inertia and dulled by repetition. We lose the wonder at the world that we had as children.

But, why? We can't help growing older. But there is no law that says we have to grow up. Go out there today with your eyes open. Suck all the living out of the day that it has to offer. This is the best day of your life. And you don't get another chance at it.

MARYLAND VIRTUAL 500K

Submitted by Phil Lang

I have had so many comments from the participants that have inspired me and made me feel good about what I try to do for the community! They have made me appreciate each and everyone just a little bit more through this. This has been a tough time for a lot of us with sickness all around, distance learning school, racial topics being addressed, political stuff, loss of jobs or at least changes in some way for just about everyone, even my little company being hacked by criminals to steal our participants information. Somehow having this goal, WITH A BUNCH OF YOU, to make our way through this great State of Maryland virtually has given me an extra purpose and excitement these last 6 weeks! Not going to lie, I am tired and did not want to run 7 or so miles a few of the last several hot and humid days. However, having that Ocean City Boardwalk virtually in view, kept me going and watching all of you reach the finish line was a very uplifting experience for me. I really, really, really wish I could have given each and everyone one of you a hug on that Boardwalk! Not sure if and/or when we will do something else, since I am really hoping we can at least have smaller races soon - I would much rather do that. I have thanked several of the participants for sharing their stories and/or pictures. It made me feel as though I have been along for their journey, and to give me suggestions, if in a month or so we still can't gather as we would like to for a group run or race. In case, I haven't thanked you, THANK YOU! Also, if you still need to pick up your magnet and mallet, please email me or drop in to Feet First.



(From Left: Team 2DCSC's, Jake W., and Barbara Smith Meely)

BACK TO THE FUTURE – OF RUNNING

Submitted by Rene Alonso



The past few months have no doubt been a challenge to everyone during the pandemic. In our last issue, we discussed our thoughts and ideas of how we dealt with the changes. We have evolved since then from solo running to venturing out with others, albeit with social distancing measures in place.

The question as we move forward is how will the sport of running evolve over the next few months. It is most probable that many of us may not see a race for the remainder of 2020. While there are still some races still on the calendar, we will have to watch and see how our leaders and officials react to the safety of everyone as our Nation moves to recover. Not to mention, how eager/cautious we all may be in returning to road races.

So, what will the future of running look like? How do we “get back to the future”? While there are many people that are turning to virtual races, virtual training and creating fun challenges – what are some things that folks are looking forward to in the future with goals?

A few of our race team members were there to help answer some of these questions with their thoughts -

As Rachel Collins suggests, “Races are great because they give us goals to reach for, but I also love running for so many more reasons. I have been changing up my routines and exploring routes more, that is so fun! This is sad but I didn’t realize I could run to Patapsco park from my house until the Pandemic. Finding trail running close to my house was so exciting! I was trying to make running fun but changing my routes up from my house and discovered so many awesome new areas to run. As for competitive racing most of the people that do so still continue, though perhaps pulling back a little to take a well- deserved break. The mental and physical toll can be exhausting if you have big race goals. Therefore, balancing those training schedules with breaks is a very healthy thing to do. Personally for me, it’s been fine taking a break but for others its harder. “

Mark Landree offers some thoughts, though he is currently battling a few injuries that don’t want to go away since April. Mark is currently working to do 1 mile repeats at threshold effort down to a 5:45 min/mile pace. Since his injury, his goal has changed to be able to do the threshold workout and not have pain the following day to be able to walk.

Regarding race team members, Mark says “Most of the race team members are extremely motivated individuals and don’t need an immediate event to keep training going. In fact, I think it is probably good for most race team members to dial it back a little and allow their bodies to recover more completely from workouts/runs and spend some time on the little things that seem to get pushed to the side when we all have commutes and other engagements. I bet the goal for most is to maintain a certain level of fitness and work on the things to keep the body healthy so that hard training can begin once racing starts back up. That’s not going to happen in any significant way until we have a vaccine administered to most of the population.”

Interestingly enough, as this article is being composed – The 2020 New York Marathon has just been cancelled and The Marine Corp Marathon is encouraging participants to defer to a virtual option. In fact, the Marine Corp Marathon has also develop a new time minimum of 12 min/mile for the full marathon. This is to reduce the filed of participants so that they may be able to conduct a live race in October.

When asked about returning to races in the future, Rachel states “For now, I would feel more comfortable starting with small races until things gets safer. I think races are great because they give us goals but I also love running for so many more reasons. If things change in the future, it will never take away my love for running. “

Mark believes that races will come back in a gradual phase in type of fashion. Perhaps no prerace gatherings or post-race parties to start. Maybe wave starts of 50 people or so, along with capping races at 250 people to begin with. (How close to the truth is that, what with Marine Corp Marathon already reducing the field for 2020 and creating 24 wave starts!)

However, Mark will not put a race before safety. “Large events are out for me. No way will I risk getting the virus and exposing my family. Plus, I’m over 50 and have hypertension, so I’m probably more high risk than I would like. I’ve always been a local racer, so once a vaccine is widely dispersed, I’ll continue local races starting with smaller ones and gradually entering larger ones, assuming I can get healthy enough to run fast again.”

To sum up, just as the pandemic has taken us all by surprise – so will the changes that we don’t yet see coming. As for me, I have never been a fast runner but I am a runner just the same. I have been lacing up every chance I can, but also nursing some ailments that seem to have creeped up in time. I am also a runner over 50, and while I enjoy running solo I throw caution to racing in large groups just yet. I love a small group for company, but believe that the large races will not be something that I will sign up for until we know it is safe.

For most of us, we wonder how things will develop but continue to lace up, get out there and just RUN. See you all out there!

YOUTH PROGRAM UPDATES

Submitted by Coach Phil Lang



Volunteers in last 3 months (basically June and July) have been/are Brian Shadrick, Chris Brewington, Jamila Brown, Zack Dickerson, Mack McLain, Courtney Mann, Tiffany Lang, Brittany Lang, Phil Rogers, Greg Orlofsky, Amanda Beal, Brian Sivitz, Nick Kohout, Debbie Ellinghaus, Jud Lincoln, Pam Mooring, Brian Murphy, Pat Huffman, Mark Gilmore, Alyson Tufano and Eric Schuler.

In early June the Howard County Recreation & Parks were given permission by the state and local officials to open their fields so they contacted us about our interest in permitting the track for youth practices since our permit for dates in March, April and May were withdrawn. We reached out to the coaches to see if they had interest in being a part of a mini program through July and a few agreed with the guidelines we came up with. Then we asked those that had registered back in February and March for the Spring program. Of course we were required to follow guidelines the Howard County Recreational & Parks had established following the CDC suggestions to stay safe. We confirmed with the RRCA Executive Director we could do this and we used a RRCA clubs group running operational preparedness guide for COVID19 and the Howard County Recreation & Parks guidelines to finalize our plan. It came together quickly but with a lot of thought and it was agreed that each of the 82 kids would be allowed to come to 2 practices per week. We limited the ages for this program to kids between 9 and 15. To provide those kids with this opportunity, while limiting the practice groups to 10 people (updated to 15 now), we

had to make 17 practice groups over 5 different nights each week and are using the campus at River Hill High. Per the Howard County Recreational & Parks plan only one of our practice groups at a time are allowed on the track so we rotate usage of the track and also use the parking lot and fields to ensure we are keeping our distance from each other. What a puzzle it was making sure siblings (and friends) were on the same nights and that the sprinters were together and those with similar abilities were in the same groups and so on. We started practices on June 11 and hope we have provided a safe environment for the kids to work out while enjoying each others company again. Other than having to cancel a couple times due to some Summer thunderstorms it seems like having this mini program is a decision everyone is happy with. The high school sprinters also have a small group working out together at Oakland Mills High now and the high school Summer Striders XC training group has started as well. Note: No Friday Night XC Series this year.



Submitted by Clarese Astrin, social@striders.net

Striders SOLOCIALS

With in-person social events being on hold, the Striders social committee had to get creative to find ways for our community to separately run together... Enter the weekly “Solocial” events: weekly challenges for Striders to do on their own, then share on social media! Since April, there have been 11 Solocials, ranging from scavenger hunts to sing-alongs. We’ve seen pictures of camels in the wild, mismatched neon running outfits, off-key singing of Tom Petty hits, and Striders showing their Strider pride. While it hasn’t been the same as getting together for a run and a cold one, it has been a fun way to stay in touch. We all look forward to when we can meet up in person again, and enjoy some fitness and socialization!





(From Left to Right: Briana Jones, Pamela Jock, Maria Ferrucci, Jason Tripp)



(SOME) VIRTUAL RACE RESULTS

Submitted by Greg Lepore

If there are virtual races that you are running and would like to share your time, or if your name is missing or time is inaccurate, let us know by emailing newsletter@striders.net Way to go, Striders!

Live Give Run Virtual Race Challenge 5k May 4, 2020	
Zach Valentine	17:02
Neta Ezer	19:29
Louise Valentine	19:54
Erin Karara	20:43
Jill May	22:11
Rachel Thompson	24:26
Juan Fernandez	26:20
Emily Schweich	28:30
Joshua Harrington	28:49
Jonathan Harrington	28:54
Stephanie Szewczyk	30:02
Briana Jones	30:27
Jessica Benjamin	30:47
Anne Rubin	31:57
Sherrill Cole	34:17
Jim Harrington	34:30
Maria Ferrucci	35:25
Melissa Garcia	35:25
Emily Smith	36:35
Joanne Harrington	41:25
Andrea Ohara	45:42
Amy Montgomery	48:00
Kathy Ryan	54:00

Live Give Run Virtual Race Challenge 10k May 4, 2020	
Patrick Sullivan	36:49
Neta Ezer	41:03
Louise Valentine	41:30
Erin Karara	46:16
Lori Levine	54:07
Emily Schweich	1:00:55
Charles Brown	1:01:16
Jessica Benjamin	1:03:24
Lucia Patrone	1:04:42
Andrea Ohara	1:07:36
Sue Hale	1:07:42
Jean Grady	1:09:36
Erica Malgieri	1:12:18
Ashley Moss	1:27:45

Charm City Run UNiverSOLE Virtual 10K June 3, 2020	
Karin Rodrick	1:05:02
Kerry Jimenez	1:06:12
Jean Grady	1:07:02
Jill Hartman	1:07:19

Live Give Run Virtual Race Challenge Half Marathon May 4, 2020	
Neta Ezer	1:33:28
Jill May	1:56:23
April Kopec	1:56:25
Stephanie Caporaletti	1:58:02
Melissa Kistler	2:19:42

Druid Hills Virtual 10k June 2020	
Lori Levine	57:11
Steven Muchnick	1:00:43
Lili Barouch	1:00:47
Lisa Dignazio	1:04:04
Erin Brodie	1:04:04
Christine Schauerman	1:06:15
Jessica Stern	1:07:23
Yvette Oquendo-Berruz	1:14:33

Charm City Run UNiverSOLE Virtual 5K June 3, 2020	
Louise Valentine	19:30
Donna Phillips	26:19
Stephanie Szewczyk	30:47
Susanne Goldstein	34:50
Laura Drummer	37:29
Deb Wilhelm	47:38

MedStar Health Baltimore Women's Classic Virtual 5K June 28, 2020			
Alyssa Mitchell	24:46	Amanda Perlman	37:57
Stephanie Spring	28:03	Elizabeth Carbonella	38:41
Claire Kim	32:42	Laura Miller	41:58
Jewel Devries	33:08	Jennifer Phillips	44:05
Sherrill Cole	35:00	Rebecca Jones	45:27
Becky Smith	35:22	Kim Williams	46:55
Dionne Thorne	36:51		

WELCOME 20 NEW MEMBERS SINCE 4/1/2020

Submitted by Lynda Allera, membership@striders.net

Kate Amara	Phillip Johnson
James Andersen	Ray Lischner
Rebecca Andersen	Audrey Moeser
Kathryn Andersen	Marissa Pena
Lisa Andersen	Katie Ramsey
Jeffrey Berger	Bradley Scott
Robert Boblitz	Shannon Sentman
Alexendra Dupont	Sadie Sentman
Neta Ezer	Atticus Sentman
Jeffrey Fairman	Rebecca Smith

WE OUR VOLUNTEERS!

Submitted by 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!](#)

	Youth Program	FOOTPRINTS
Lynda Allera		♥
Rene Alonso		♥
Clarese Astrin		♥
Amanda Beal	♥	
Chris Brewington	♥	
Bill Brown		♥
Jamila Brown	♥	
Zack Dickerson	♥	
Debbie Ellinghas	♥	
Mark Gilmore	♥	
Pat Huffman	♥	
Nick Kohout	♥	
Melinda Krummerich		♥
Mark Landree		♥
Brittany Lang	♥	
Phil Lang		♥
Tiffany Lang	♥	
Pattie Laun		♥
Gregory Lepore		♥

	Youth Program	FOOTPRINTS
Jud Lincoln	♥	
Amanda Loudin		♥
Mack McLain	♥	
Courtney Mann	♥	
Pam Mooring	♥	
Brian Murphy	♥	
Greg Orlofsky	♥	
Phil Rogers	♥	
Eric Schuler	♥	
Brian Shadrick	♥	
Brian Sivitz	♥	
Alyson Tufano	♥	
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—Second Quarter

As we continue running in the midst of a pandemic, your Board continues to meet as we work with a schedule that is constantly in flux. As the quarter began, so did the cancellation of programs, training and races. While we realized these difficult decisions needed to be made, we were all saddened by the reality that was unfolding. A highlight of this quarter was the news that the water fountain purchased in memory of Mike Fleming was installed in the new park constructed at Lake Kittamaqundi. As each month passes and we gather for another Zoom Board meeting, we have dealt with more cancelations, what our Summer training programs might look like and how we can remain connected as a club, even while we run solo. A task force was authorized and assembled to investigate how we could safely offer training later in the Summer and our Social Runs gain in popularity. As a Board we are continued to be impressed and excited by the creativity of the members of our Club.

PRESIDENT'S MESSAGE

By Cecilia Murach, president@striders.net



Dear Striders,

COVID-19 has had profound effects on our world – and the running community is no exception. With CDC recommendations for social distancing and government restrictions, gathering a group to run side by side for an extended period of time is definitely difficult and risky. Running USA estimates that over 7,600 events have either been canceled or postponed between March and Mid-April 2020. Contrast this to 2019, where 19 million people completed races in the US. Currently, there are only 4 marathons in the USA still scheduled for 2020 – Chicago, Detroit, MCM and Fargo – which, quite possibly, only means they have not been canceled yet.

This has been an unprecedented situation. Before the pandemic, only natural disasters could have such massive effects on event cancellations. Given the far-reaching impact of the pandemic, what might the running world look like in the future? I don't intend to come up with any answers here but just share some thoughts for consideration.

Racing

Many race directors have offered the option of virtual running instead of outright cancelling a race, and many runners have accepted the challenge. While it may offset some of the losses from completely cancelling an event, runners may lose the excitement of race day competition, affecting in some way the sense of community. Not to mention the opportunity to travel to destination races, check of your “one marathon in every state” list, etc. Even so, my prediction is that virtual running will continue after the pandemic – I think many events, especially large scale ones, will continue to offer that as an option. While I don't think it will replace in person events completely, especially until such a time as there is a vaccine and we are able to return to feeling comfortable with crowds of people, virtual races will continue. One plus side for large event race directors is that virtual events reduce overhead expenses such as paying for a police presence or shutting down streets. And while staggered starts and longer wait times between waves for larger gatherings may seem like a potential solution, most police permits have time limitations that would be far-exceeded by the wave starts required to keep everyone safe. Additionally, capping the numbers of participants would mean reduced income, which would require a much more stripped-down race experience for participants. The question here is: will people go to a no-premium event, or be okay without a medal? I am not referring to the club runner but the race participant at-large. For smaller scale events such as those put on by the Striders, my opinion is that the impact on reduced community from the loss of in-person racing is much greater than what can be “offset” by virtual events. Participating in Solocials has been a wonderful experience but for the Striders, but my hope is we will be able to return to some form of community gathering in time, socially and race-wise, and that we could have low-key, maybe no premium events with a capped race entry to keep things safe for everyone. The Board welcomes your suggestions and thoughts on this, as we continue to evaluate what is safe for our members and volunteers, once the county allows a return to larger group gatherings.

Training Programs

I believe one area of great potential for the future of club running will be training program. The Striders have decided to move forward with offering virtual training programs for adults to keep everyone safe and comply with government recommendations. The Board, under the suggestion of a Special Programs Working Group, has voted to begin offering virtual training later this summer and into the fall. We hopes that, in time, we will be able offer in person training that includes: smaller training group sizes, various locations to keep participants socially distant, added safety measures such as hand sanitizing before and after, health precautions including bring your own water, and of course health checks and clear expectations for participants who choose to sign up for the programs. Of interest to note here, and for further reading, are the recommendations by the RRCA and the Chicago Area Runners Association which include things such as:

- Physical contact: no handshakes, high fives, hugs, partner stretching, spitting, snot-rockets
- Bring your own personal items: hydration, fuel, supplies, water
- Face covering where it may be difficult to socially distance
- While running; single file running to keep distance, everyone runs the same route to reduce passing
- Clear limits placed on continued participation if not abiding by the expectations

You can find more here at [Cara Runs](#) and [RRCA's website](#).

Bagel Water

This is a club specific concern that we must think seriously about. I am not certain if it may be safe to return to providing water and aid stations for our bagel runs in the future. Any decision must be made with the safety of our members and our community in mind. Discussions must include feedback from individuals with knowledge of public health, and most likely any form of aid stations will require a vaccine be widely available.

One final thought

As club president, I fully agree with the RRCA recommendations that your club leaders, and by extension club members, should set an example by being responsible and promoting distancing as we return to group running and racing. We need to plan and continue to think creatively about the future. With that in mind, I welcome your thoughts and ideas and hope we can have an inclusive dialogue on moving forward as a club, safely, after this pandemic. Please share your thoughts with me by emailing presiden@striders.net I look forward to hearing from you and cannot wait to run together again

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 Orlofsky (Youth Programs). *Not pictured: Mark Buschman (Racing Team) and Eric Schuler (Website)*