



FOOTPRINTS



HOWARD COUNTY STRIDERS VOLUME 33, No. 3 — WINTER 2014

Brrr, it's cold! We're at the end of February and it's been snowing and really cold for way too long. Not to mention Punxsutawney the groundhog didn't see his shadow and is predicting *another* six weeks of winter. As I sit looking out my window, winter looks pretty, but that's not what I'm really thinking about. What I'm thinking is will there be more snow to get through this winter? More days off from work? That's great every now and again, but what I'm concerned about is how well the roads and trails will be cleared should we have more bad weather. Will the ice make it impossible to safely get out and about? And last but certainly not least, will I get my run in without landing on my tail? As I drive down the road, will I notice icy spots to avoid? Ahhh... the pleasures of winter running! As great as it is to get out there, it's a tricky proposition. I need the miles, but I also need to have all of my parts working well so I can keep getting out there to "enjoy" the single-digit temperatures we've been experiencing. Therefore, be safe, be careful, but if possible - get outside and enjoy the cold temperatures and the satisfaction of braving the elements.

Obviously, Howard County Striders' 2013 Runners of the Year Kelly Westlake and Kyle Stanton, did an incredible job of managing last year's winter and establishing a strong base for their performances over several races in 2013. With that said, a very impressive group of runners were recognized at this year's Annual Meeting. If you didn't make it to the event, read about all our award winners here. Thanks to Susie Montoya, and a growing group of editors and contributors, we are working to get back on track with our newsletter and updates to keep you informed.



RRCA 10 Mile Challenge start line on February 23, 2014

If you haven't signed up for Clyde's 10k & Fun Run yet, registration is open and we could use your help. Look for additional information in this newsletter. It's hard to believe that the 10 Mile Club Challenge was just this past weekend. I was pleased to see so many of you out there! Enjoy this season, as it is special, and the heat will be back! I look forward to seeing you, always, out on the road.

Bill Arbelaez
Howard County Strider – President



2013 Howard County Strider Annual Awards	
Award Category	Award Winner
Junior Runner of the Year Female	Karli Smiraglia
Junior Runner of the Year Male	Cory Hamilton
Junior Strider Coach of the Year - Female	Carina Chattin
Junior Strider Coach of the Year - Male	Jud Lincoln
Coach of the Year Female	Susie Montoya
Coach of the Year Male	Bobby Gessler
Master Runner of the Year - Female	Robyn Humphrey
Master Runner of the Year - Male	Conrad Fernandes
Grandmaster Runner of the Year - Female	Dorothy Beckett
Grandmaster Runner of the Year - Male	Maurice Pointer
Grandmaster Runner of the Year - Male	Mick Slonaker
Ultra Runner of the Year Female	Grace Tran
Ultra Runner of the Year Male	Donnie Chapman
New Runner of the Year Female	Rene Alonso
New Runner of the Year Female	Linda Lou O'Connor
New Runner of the Year Male	Stephen Mang
Most Improved Runner of the Year – Female	Tiffany Hevner
Most Improved Runner of the Year – Male	Dwight Mikulis
Most Improved Runner of the Year – Male	Dennis Boucher
Runner of the Year Female	Kelly Westlake
Runner of the Year Male	Kyle Stanton
Volunteer of the Year Family	Weaver Family
Volunteer of the Year	Brad Murach



Check out more pictures from the Annual Awards Banquet & General Meeting at striders.net/media

WE NEED YOU!

That's right, in order put out some great races and great running programs, we need your support through volunteering! If you've benefited from the affordable races and training programs we've provided over the years – or just want to have fun while helping out (no long term commitment we swear) please reach out to

Shalynn Howard at volunteer@striders.net.

You can bet she will be providing more information on how you can get involved!
Stay tuned for more from Shalynn.

The Howard County Striders Annual Awards Banquet & General Meeting

Howard County Striders members, family and friends outgrew the Florence Bain Center this year, so the decision was made to hold the Annual Awards Banquet & General Meeting at the beautiful Gary Arthur Community Center in Glenwood, MD on Saturday, January 4.

Not only was the food plentiful, but the company was delightful and it was great to hang out with nearly 180 non-sweaty and grimy friends. Many clean up well, so thank you for that.

Special recognition was paid to the Howard County Police Department for their continued partnership with the Striders to ensure the safety of our runners during numerous HCS supported races. We also honored Jeff and Karen Cohen – former owners of Feet First Sports for their support and friendship over the years. We wish them much happiness, health, and peace as they move into the next exciting phase of their lives (as we envision them basking on a hot beach). This was also a great opportunity to thank the HCS Board and the hundreds of volunteers of the year that has helped to make our running club one to be envied!

Huge thanks to everyone who brought a delicious dish to share...even if it was from a local pizza shop.

10K/10M Next Step Program is 90%

The Next Step 10K/10M training program that begins in April to prepare runners for a summer 10K or 10 mile race is 90% filled already. At the bargain of the century or at least this decade, \$55 + registration fee, the program is less than half the cost of other training programs with double the coaches. (And triple the fun.) The program has 32 coaches and will have 10 different pace groups to help you achieve your spring running goals! The program 'runs' on Tuesday evenings at 6:30 at River Hill HS.

On our website, go to Training, then select the 10K/10M Program for more details and to register before it sells out!

We want to see you sweat this spring!

Thank you

Chris, Paula and Dwight
Next Step 10K/10M Coordinators

NEWSLETTER REVAMP

We've mentioned recently that we're in the process of revamping the newsletter to provide you with more timely information in a more easy-to-digest format!

Thank you to those that have offered to help Director of Communications Susie Montoya.

If you have ideas of your own of what you'd like to see included in future newsletters (i.e. tips to become a stronger runner, spotlight a HCS member, cool races, advice from experts in their field – chiropractic, massage therapy, nutrition) please send your ideas to Susie Montoya at Communications@striders.net.

All ideas are welcomed and encouraged! We will try to implement as many as we can – just don't hate if we can't squeeze them all in.



CLYDE'S 10K & FUN RUN Sunday, April 13, 2014 - 8:15 a.m.

Registration for the 36th annual Clyde's 10k in the heart of downtown Columbia, MD race is now open! The huge turnout and delicious and fun lakefront brunch never disappoints!

Registration is **\$45** through March 31
Late registration is **\$50** April 1 – 9

Price includes gender specific tech shirts!

Navigate here to register:
striders.net/races/clydes/2014

**REGISTRATION CLOSING APRIL 9
NO RACE DAY REGISTRATION**

**Bill Arbelaez & George Kroeker
Race Directors**

Howard County Striders Around Town!

Mondays/Wednesdays Need to get some track work done but it's just too dark after work? Take advantage of the lit track at Oakland Mills High School every Monday and Wednesday evening from 6:30 – 7:30 pm. Consider it another GREAT perk of being a Howard County Striders member!

Thursdays Feet First Fun Runs – A friendly bunch of Striders and friends run from Feet First Sports located in the Hickory Ridge Village Center every Thursday at 6:30 pm sharp. Paces range from 8 – 12 minute. Distances vary from 3 – 10ish miles! Don't forget to ask them about your Howard County Strider discount!

Saturdays Bagel Bin runs – Get there early if you're new and get paired off with someone running your pace! We leave at 7:00 am sharp! Even in the coldest of days of the winter, we've been there! Water stops along the way, paces vary, fun always exists, and new friendships formed weekly! But don't rush home – have a bagel and chat!

Sundays Weekly Series Races – These weekly Strider organized runs currently take place from local schools in the Howard County area at 2pm. Check out our website for all the details.