

FOOTPRINTS

THE NEWSLETTER OF THE HOWARD COUNTY STRIDERS

VOLUME 40, No. 2 — September 1, 2016



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.

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40TH ANNIVERSARY EDITION



FROM THE EDITOR

By Allan Field, managing editor

Happy Anniversary Howard County Striders – 40 years and going so strong! In compiling this latest edition of **FOOTPRINTS** and talking with Dave Tripp, one of the original founders of the Club and who “looks back” in the article following, and reviewing past Club newsletters for a compilation of some highlights of the Club’s history, we were particularly struck by how many Club events enjoy such an extended shelf life - Metric Marathon since 1977; Clydes since 1979 with the same sponsor today (how many races can claim such tenure with the same sponsor?); WDF since 1980; Turkey Trot and Resolution runs since 1981; and FIT and Police Pace since 1992 – for examples. HCS members, you have much to be proud of and deserve to celebrate this **Ruby Anniversary** with gusto...or at least a good run!

In this issue of **FOOTPRINTS**, your newsletter committee is happy to report commitments from several Strider members for regular columns. Phil Lang will update each issue with news from the XC and Junior Strider programs. Jen and Emily Elkonoh introduce the “Selfies” column, a feature we expect over time will introduce many of our members to each other and do away with the sense of some area runners that one must either run fast or run far – or both – to enjoy Strider membership. “Where Are They Now” will be a regular column reporting on past awardees of the Dave Tripp Scholar/Athlete Award program. The first update features Brian Harvey, a most impressive young man, one who surely be a hard act to follow, but is a perfect metaphor for the value of such a Club program. Caroline Bauer steps in as a regular columnist for Jessica Ivy as the reporter for the Racing Team as Jess leaves Howard County, bound for Nashville-land.

Susan Kim has authored an excellent piece on the continuing recovery from a horrific accident of the ever-amazing Tom Green. Complaining about my assorted aches and pains is hard to rationalize after following what Tom has gone through and will continue to go through on his unrelenting journey back to running with the joy that always defined his approach and passion for something that was such a big part of his life. Tom’s story is truly inspiring for all of us and makes me proud to know that I also can call him a friend. We also seek an article for each issue that speaks to what running is all about. “How neuroscientists explain the mind-clearing magic of running”, shared with me from a running friend from WA State, is such an article for this issue. While there should not be many surprises for most of us from the findings, validation is always nice.

In pulling together this second issue of **FOOTPRINTS** that I have assisted with, I also was reminded once again what an incredible editor Jim Carbary was and what an impossible act to follow he will be, at least by yours truly! Jim’s writing style was unique – funny, self-deprecating, intuitive, penetrating, philosophical when appropriate, a delightful dry wit, and always a joy to read. Rest assured this editor will never rise to the level of Jim. However...surely someone out there in Strider-land can come close to Jim’s style and is just looking for an opportunity to display such talents. Accept the challenge and [contact me](#) immediately to begin your new volunteer career as a writer for **FOOTPRINTS**! Seriously, this is your newsletter so even if you don’t wish to step up as a writer, surely you have ideas for future columns and/or features that are always welcome; send them along!

Since I can't say it any better than Jim, the following I borrow from Jim from a time in the distant past of the Ancients when he addressed the same challenges for newsletter material. Thanks Jim and all please enjoy this issue! Next issue in January immediately following the Awards Dinner.

“As the new editor of your newsletter (Editor – this was written in 1989), I desire to provide you with general guidelines concerning how you can submit articles, announcements, photographs, or even drawings to this publication. Any member of the Howard County Striders, young or old, fast or slow, drunk or sober, should feel free to contribute one to two page articles relevant to the running experience. I do not intend to alter these articles except in the cases of flagrant grammatical violations. I will consult with the author(s) in matters concerning excessive length of manuscript or clarity of expression. Also, I ask that contributing authors submit only prose (after all, this is a not a literary magazine and I cannot judge poetry). The authors will be acknowledged by name or pseudo-name (if they desire). Finally, authors should be advised that this newsletter is not copyright protected.

To help potential contributors, I have prepared a list of possible topics of interest for the newsletter:

- *running shoe evaluation*
- *running clothes evaluation*
- *recent races or runs*
- *new courses*
- *recipes for aerobic athletes*
- *announcements photographs from runs/races interviews of known runners*
- *quotations of known runners*
- *running with dogs*
- *critique of races*
- *critique of running books*
- *How to beat (fill in name)*
- *How to avoid (fill in injury)*
- *Running trivia*
- *Social running events such as picnics, parties, etc.*

Of course, some topics are not appropriate for submission, and potential writers should not consider submitting articles on topics such as:

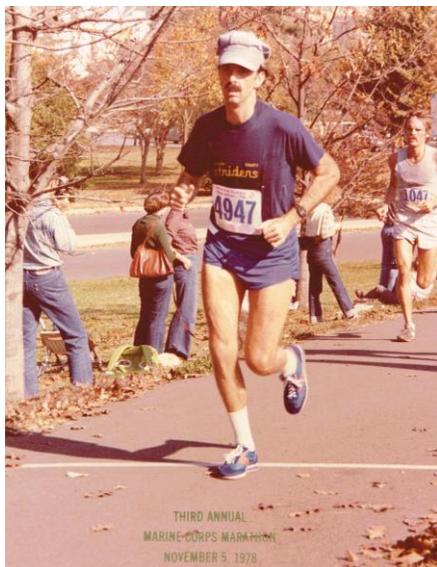
- *Little Mary's summer camp*
- *How to pick up chicks or dudes*
- *Marxist interpretation of Moby Dick.*
- *Best restaurants in Columbia*
- *Recent Supreme Court decisions*
- *Fishing along the Continental Divide*
- *Anything to do with automobiles*

Remember, this is your newsletter and I want you to contribute.”

FEATURE

A Former President of the Howard County Striders Looks Back

By Dave Tripp



What Was I Thinking?

While in college, I weighed more than 220 pounds and smoked three packs of unfiltered Camels per day. Then, in 1977, I ran in the Columbia Birthday Classic (three miles, not the six miler or the first Metric Marathon), my first race – ever. Two years later, in 1979, I was elected President of the Howard County Striders – a bunch of about 50 guys and Kathy Heckman. To say we were a disorganized group would be a substantial understatement. I only agreed to stand for election because the then President, Don Heinicke, a nationally recognized runner (United States Olympic team member in the marathon), promised me that I would be encouraged and supported in making substantial changes.

What did we accomplish?

By 1980, the club had: been incorporated; drafted by-laws; received IRS approval as a 501(C)3 non-profit; and joined the Road Runners Clubs of America (giving us access to liability insurance). My partners, Warren Ohlrich and my wife Judy, helped tremendously in this transformative and creative process. Over the next few years, Warren was head of Special Races; Treasurer; organizer of Bagel Runs; and owner of our unofficial headquarters, Feet First. Judy was Secretary; newsletter publisher and editor; publicist; meeting hostess, and the one who “cleaned up” after me. I took on most administrative duties; director of weekly races; membership (with son Jason’s help on the computer); and ultimately, with Judy, youth activities (Junior Striders and high school cross country and track and field support). I retired as President after five years (returning to the Board a couple of years later as Treasurer for seven more years).

Did we have a strategic plan?

In the early to mid-1980s, the club experienced substantial increases in membership (to close to 1,000), and made significant progress towards our goal of contributing to the physical and mental health of the local community. Looking back, I can say there were some important decisions coupled with some fortuitous happenings. I decided early on that I would resist any attempts to form other RRCA chapters or “special” clubs in our geographic area. The DC Road Runners and Baltimore Road Runners were fragmented by groups like the “GNATs” (masters men only), RUNhers (females only) and RASAC (elite racers). We encouraged individuals to form those kinds of support groups, but under the Striders’ umbrella. We also agreed to try to limit the number of special races put on by the Striders. We could see that almost every charitable organization viewed holding a road race as a path to easy fund-raising, but since we were a volunteer organization, those demands would be many times greater than we could support. Plus, we tried to focus on doing a top-notch job on any race to which we attached our name. We stressed quality over quantity. The weekly races were extremely important in building membership. Participation was encouraged, publicity was excellent, and many, many individuals developed from couch potatoes to joggers to runners and even some into superb competitors. We always stressed participation though, even over helping during races.

In the rear view mirror ...

Looking back, I'm pleased and amazed at how much was accomplished. I would never have forecast the scope and impact that the Striders have had. We were frequently way ahead of most other RRCA chapters that often limited their efforts to a few special races. The Striders currently have six races that have each been held continuously for more than 35 years: the Resolution Run; the RRCA 10 Mile Challenge; Clyde's; the Women's Distance Festival; the Metric Marathon; and the Turkey Trot. While our total membership may not approach the numbers for some of the large urban clubs, our membership penetration (the number of members relative to the population of the area) is unparalleled. The Junior Striders are recognized and competitive nationally. Howard County's high school track and cross country are among the beneficiaries of the Junior Striders programs. Local schools and runners have won disproportionate numbers of state championships, while encouraging huge turnouts of participants. Many of the club's most involved runner/volunteers were/are parents "sucked into" it by their kids' participation. Our training programs are the envy of other running groups, and few, if any clubs have a scholar/athlete awards program of substance and duration.

Are circumstances different today?

In this, the second decade of the 21st century, everything seems to move at a very fast pace, but there seems to me to be much more focus on completing races rather than on being intensely competitive. I'm very much in favor of participating and completing, but back in the old days ... I seem to remember that we used to do daily runs of at least 40 miles, uphill in the snow and before going to work...that's my memory and I'm sticking with it. We also hand-timed events that are now chip and computer driven (far more accurately and efficiently). But, our responsibilities for police assistance, marshalling and other permitting have made special races infinitely more complex. And many charities and for-profits have gone ahead with events that directly and indirectly compete with ours. Additionally, families face many demands on their time, with the stress of two bread-winners, long commutes, and the challenges of tremendous varieties of recreational, entertainment, cultural and educational programs and opportunities. It's a real testament that the club continues to provide so much to its community, and does so virtually totally with volunteer leadership, coaches and supporters.

Would I do it all again?

Absolutely, although I might reduce those daily 40 milers to more like 35 miles. Seriously, my family and I had our lives transformed by running and volunteering with the Striders. We are all immeasurably better for it – mentally, physically (even after double knee replacement) and socially. I'm especially pleased that our kids and grandkids are running and enjoying it, and that I'm still able to officiate at road races and high school track and cross country meets. We owe a tremendous debt of gratitude to the Striders. To those of you that I may have irritated, I'm sincerely sorry. My wife thinks that maybe I've mellowed a bit. Let's hope so, but in the meantime, thank you all, thank you!

SOME HIGHLIGHTS OF 40 YEARS OF RUNNING IN HOWARD COUNTY

Compiled by Allan Field

1977 - Informal group of local runners meeting since 1975 “formalized” formation of Howard County Striders. | Don Heinicke, top-3 Boston Marathon finisher several times and 1940 Olympic Qualifier (no Olympics though due to War), elected first president. | First race held – 20K. Competing Club members included Mike Ward, Steve Kelly, Brian Denson, Clint Brooks, Larry Roberts, John Wall, Bob Brown and Howard Stainer. | 3 “Birthday Olympics” races in one weekend to celebrate Columbia 10th birthday - 3 and 7 miler on Saturday, first Metric Marathon on Sunday of June 25th and 26th respectively – with several hundred participants and 148 Metric finishers.

1978 - 2nd Birthday Olympics – 11-miler. | Striders participate in DCRRC/Runner’s World 24-Hour Relay race (race started in 1970). | 2nd Metric Marathon (*Picture from the “Stupefying-Shirt-Shrinking-Drawer-Collection” of Allan Field*).

1979 - Dave Tripp elected president, Warren Ohlrich elected treasurer. | Club joined Road Runners Club of America, event insurance secured, and 501(c)3 IRS status secured. | Feet First in Wilde Lake Village Center, owned by Warren, opens and is the semi-official Club headquarters. | First Clyde’s American 10K held...and still going 39 years later. | Columbia 12th Birthday Classic (“replacing” Birthday Olympics) – 12-miler. | Saturday morning runs started by Warren with Dick Hipp that morphed into the Bagel Run in 1982. | First Centennial Fun Run from Arleen Dinneen and family.



1980 - Columbia 13th Birthday Classic – 13.1-miler. | Striders host Club Challenge 10-miler and beat Baltimore Road Runners Club and D.C.

Roadrunners, led by Don Uphouse (1st male) and Alyssa Terry (1st female). | First HCS Women’s Distance Festival...and still going 38 years later.

1981 - First pot luck annual dinner and awards ceremony. | Monthly Newsletter started. | Racing Team formed. | Junior Striders program started. | Turkey Trot started...and still going 37 years later. | Resolution Run started...and still going 37 years later. | Striders “big clock” purchased...and still ticking 37 years later.

1982 – 1st Columbus Chase 10K.

1983 - Kathy Heckman qualifies for Olympic Trials with 20th place finish at Boston Marathon. | Joe Wagner becomes first Strider to complete the Hawaii Ironman Triathlon.

1984 - Miles Weigold elected president. | Striders-own Kathy Heckman competes in Olympic Trials, finishing 74th of 250 runners. | Dave Tripp Youth Fund started to assist youth Striders who qualify for national meets. | Strider logo items on sale at Feet First. | First Columbia Triathlon, won by Strider Reg Hahne, and directed by Miles Weigold. | Tom Green (see Feature article elsewhere) joins HCS.

1985 - HCS loses MD-DC RRCA 10-Mile Club Challenge to Baltimore Road Runner Club following 5 straight wins. (*Editor – Your current managing editor of FOOTPRINTS was president of BRRC and worked hard to unseat HCS, never dreaming that by year end he would be living in Columbia and be so “conflicted” with dual citizenship when BRRC again won the following year!*) | State of Maryland proposes closing tunnels under Route 175 but Striders collective “voice” is heard and the tunnels remain open to this day. | Newsletter expands to quarterly publication. | Striders enter 2 3-man teams (Reg Hahne, Ben Matthews, Elvio Levry, Mark Konodi, Ed Trottier and Tim Beatty) at

Washington's Birthday Marathon in Beltsville and are awarded 1st and 2nd place although no one knows who was on which team! | Feet First purchased by Jeff and Karen Cohen. | Loop path around Centennial Lake construction started.

1986 - HCS Club Championship Series started. | HCS hosts and directs Southern Police Institute Run on behalf of Howard County Police Dept.

1987 - Phil Riehl elected president. | HCS wins MD-DC RRCA 10-Mile Club Challenge race after 2-year drought. | First All-Fruit-Relay Race.

1989 - Paul Goldenberg elected president. | Jim Carbary begins 24-year reign as Newsletter editor. | Educational Partnership with Howard County Public Schools and John Scherer Scholarships started. | HCS participates in the first Maryland State Games Torch Run. | First "Masochist Marathon" held (only the Ancients will fully appreciate this).

1990 - Newsletter renamed "**FOOTPRINTS**." | Ellen Coffey and Jason Tripp named as first Scherer Scholarship winners.

1992 – First change to Clyde's course. | FIT – Females in Training – program started under leadership of Pat Brooks and Barbara Calvert. | Police Pace 5K started to raise money for the families of Howard County officers killed or injured in the line of duty, as well as provide scholarships and support the department with funding for special needs not met through the annual budget process. ...and still going.

1993 – Nadia Wasserman elected president. | Columbia Birthday Marathon – 26.2 miles in celebration of Columbia's 26th Birthday. | First Howard County courses certified to UST&F Association standards: Clyde's, WDF, Columbus Chase and Columbia Birthday Marathon.

1994 – Paul Goldenberg, Jim Carbary and Warren Ohlrich receive RRCA National Volunteer Awards in recognition of donating over 2,000 hours of volunteer service to the cause of running (*Editor: By this writing, it's gotta' be over a million hours for each!*). | Dave Tripp ends his long tenure on Striders Board. | Junior Runner of the Year award started.

1995 – Run Through the Grapevine 8K started.

1996 – Dickie George elected president.

1998 – Striders Hall of Fame inaugurated.

1999 – First Damien's Run for Recovery 5K.

2001 – Mick Slonaker elected president.

2002 – First Bagel-to-Beer Marathon.

2004 – Phil Lang elected president. | Next Step program starts.

2005 – Arleen Dinneen inducted into Howard County Sports Hall of Fame.

2006 – Leonard Guralnick elected president. | Robert Vigorito inducted into Howard County Sports Hall of Fame.

2007 – Run for Remembrance Rotary 5K to benefit Dave Tripp Scholarship Fund started.

2008 – Maggie Moraw elected president.

2009 – Nadia Wasserman elected president (again!). | Phil Lang inducted into Howard County Sports Hall of Fame.

2010 – Bullseye Running formed as coaching entity for Junior Striders.

2011 – Dwight Mikulis elected president. | **FOOTPRINTS** goes digital. | Finish line arch unveiled at WDF. | Paul Goldenberg inducted into Howard County Sports Hall of Fame.

2012 – Striders Facebook page inaugurated. | Bobby Gessler, Carlos Renjifo and Corey Hamilton honored with Goodsports Awards at 10th Annual Howard County Celebration of Sports Event hosted by Howard County Parks and Recreation.

2013 – Bill Arbelaez elected president. | Miles Weigold inducted into Howard County Sports Hall of Fame. | Jim Carbary, newsletter editor since 1989, moves to southern CA and ends his reign with his “Better Nate than Lever” story (see *FOOTPRINTS* Summer 2013 for context). Jim Carbary, an impossible act to follow...

2015 – Donnie Chapman elected president.

2016 – New Website Launch. | Return of *FOOTPRINTS* | To infinity and beyond!

STRIDER SELFIES: Our Personal Records

We all do it, well, most of us anyway. We run with our phones and at some point during our run or at the end, we take a quick selfie. Sometimes it just stays on the phone, other times it goes out on social media, generating many likes and comments! Now, you and your selfie can potentially be featured - OK, included - on the recently revived Strider newsletter, *FOOTPRINTS*.

Here's how it works.

1. Go on a run!
2. Take a selfie or a group selfie!
3. Write down a little bit about yourself- your personal record (a little runner lingo there, get it?). You can include your favorite races, best running partners, why you run, how long you've been a Strider, PR's, running claim to fame or brush with fame, etc!
4. Email it to Jen and Emily Elkonoh at elkonoh@verizon.net, with the subject line *Strider Selfies*.
5. Look for and read this intriguing new *FOOTPRINTS* feature and get to know fellow Strider members!



Chris Farmer:

Chris has been a Howard County Strider for 9 years. He has had a few "crazy" years during that time, such as running 51-half marathons in 2009 or 156 total races in 2012 alone. He has more than enough race t-shirts and prefers the low-key club races that HCS and other local clubs offer instead of the big races put on by for-profit organizations. Chris was the only runner at the Bagel Run at 7am on the Saturdays of the big 2011 and 2016 blizzards, keeping alive a streak that has been going since the late-1970's. His current goals are to improve upon his 8:22 beer mile time and find more races with "Clydesdale" awards for big guys that weigh 200+ lbs. Chris also loves volunteering at races and thinks all runners should lend a helping hand at least once so they understand what it takes to put on a quality event.



Emily Elkonoh

Ever since high school track, I have always preferred running longer distances. I was always one of the only members of the team that volunteered to run the 2 mile at meets and I thought cross country was way more fun. Now I've set my sights on a much longer run, the Baltimore Marathon in October. While this won't be my first longer race (I've run two half marathons and several 10 milers), it will be my first marathon. In

addition to running distances most of my friends think are crazy, I enjoy playing soccer and recently started learning how to play rugby.



Jen Elkonoh (pictured with Mike Elkonoh):

A run from our house in any direction is a short warm-up and then a downhill. It's not a bad start, but makes for a tough finish. It's worth the work, because those downhills lead to the Wincopin Trail and to the unpaved portion of the Patuxent Branch Trail- two great local runs! Our family hosts a holiday race each year. It's an out and back course that features a fast downhill start and not quite as fast uphill finish, but the part in the middle- the section when we run on the dirt trail, with the river at our side and the occasional mud puddle to dodge - is just about perfect!

Anne Johnson



Anne has been a member of the Striders on and off for a number of years. Not a serious runner in the beginning, but she became a very serious runner after her husband laughed at her mentioning the possibility of signing up for the Marine Corps Marathon in 2001. Through sheer determination and an "I'll-show-him-attitude", Anne finished her first of many marathons that eventually pulled her husband into running long distances. As she progressed, the Striders became a great support organization through its wide array of running events. Anne eventually participated in Clyde's 10K, RRCA Club Challenge 10M, Penguin Pace, Run Through the Grapevine and the Friday Night XC series with her daughter. This eventually led to an interest in triathlons where she has competed in Sprint, Olympic, Half and Full Ironman events. Anne made her workouts a family affair. Finally pulled into more serious running, her husband ran his first marathon in 2003 and has also competed in Clyde's 10K and the Metric Marathon. Anne truly believes, "the family that trains together stays together". (*Editor – Anne wearing sunglasses.*)



John Wheatland

I started running in December 1983 after I quit smoking. Miles Weigold introduced me to the Striders and Bagel Runs in 1987. For 14 years my running partner was Andee Almand. More recently my partner has been Eric "Daniel Boone" Katkow, known for his great sense of direction and for never getting lost. My first marathon was the 1989 Maryland Marathon. In 1999, I decided to challenge myself for my 50th birthday by running my first JFK 50 Miler. In November 2015, I "unofficially" completed my 14th JFK in 14:01:22, 1 minute and 22 seconds over the limit. I have completed 34 marathons and officially completed 13 JFK 50 Milers. As the long recognized "Captain of the Back of the Pack", my goal, which I share with the Almost Over the Hill Gang, is to continue running as long as I can as we gracefully journey through middle age.

Pictured: Sitting Left to Right: Glenn Scimonelli, Bill MacCormack, Nancy Burns, John Wheatland. Standing Left to Right: Dennis Bamber, Nadia Wasserman, Lissa George, Eric Katkow.



Eric Katkow

Bob Brown - one of the founders of the Howard County Striders - encouraged me to show up at Thunder Hill Elementary School in 1979 for a 10K, my first Strider run. Next was the Metric Marathon in 1981, then the Marine Corps Marathon in 1983 (I've done at least one marathon every year since then). First Triathlon in 1986 (before Centennial Lake was built; we swam in the indoor pool and the next year in Wilde Lake). Finally, I learned about Ultras. John Wheatland was the prime motivator but Tim Beatty, Paul Goldenberg, Nelson Stritehoff, Tom Green, Tom Brown and Joe Wasserman were strong proponents of the JFK 50 mile. My first was 1999 and I hope to complete #15 on November 19. Strength training with Dennis Albright at Performance Private Training has helped me immeasurably in prolonging my running career at age 72. The one piece of advice I'd give to younger runners is to find a fun group to run with. The Bagel Run on Saturday mornings is one; my Wednesday group is pictured in John Wheatland's group photo above.

DAVID TRIPP SCHOLAR/ATHLETE AWARDEES – WHERE ARE THEY NOW



The Howard County Striders just completed the 27th year of the David Tripp Scholar/Athlete Awards program. As a regular feature of *FOOTPRINTS*, we will be reaching out to previous awardees to see where they are in their lives and what they have accomplished since graduating from High School. The club membership is growing and changing, thus we want to ensure that all Striders have the opportunity to read/hear about those individuals who have received scholarship grants. Among other things, we trust that this will help in sustaining and growing the club's financial support for the program. Brian Harvey, a 2005 Centennial High School graduate, is our first profile.

- **College/University/Graduate School and Degrees Earned:**
 - Carnegie Mellon University, Bachelor of Science Mechanical and Biomedical Engineering (2009) with 3.98 GPA “University Honors.” Awards: CoSIDA, ESPN The Magazine Academic All-America (2007, 2008, 2009); NCAA D-III Outdoor Track Scholar Athlete of the Year; NCAA Postgraduate Scholarship Recipient (2009)
 - Boston University, Doctor of Philosophy Biomedical Engineering (2015).
- **Employment History:** August 2015 to Present – Senior Researcher at Respiratory Motion, Inc., conducting analysis of clinical trials data collected using a medical device that non-invasively monitors ventilation for hospitalized patients and working on methods to improve the device.
- **Family Status:** Married to Stefani (Penn) Harvey, a cross country and track team runner from Carnegie Mellon University. Living in Boston, MA with Jack, our dog. First race was

Clyde's 10K at 7 years old with mom Karen and with dad Bruce the following year. Bruce able to travel to watch every national championship race throughout college career.

- **Running Since High School:**
 - Competing for Boston Athletic Association since 2009 - focusing mainly on 1500 meters to 10K in early years - before switching to marathons.
 - Carnegie Mellon
 - Five-time Division III All-American
 - *Cross Country*: 2007 (12th), 2008 (9th)
 - *Indoor Track*: 2007 (Mile, 8th), 2008 (Mile, 4th)
 - *Outdoor Track*: 2009 (5000, 2nd)
 - Two-time Mideast Region Athlete of the Year in Cross Country (2007, 2008)
 - Competed in 10 Division III National Championships
 - 6 School Records
 - *Indoor*: 1500, Mile, 5000, DMR
 - *Outdoor*: 5000, 4X800
 - Ten-time University Athletic Association Track Champion
 - Post-collegiate
 - 2016 Marathon Olympic Team Trials Qualifier
 - 8th at 2014 USATF Marathon Champs (Twin Cities, 2:17:05)
 - 43rd at 2015 USATF Half Marathon Champs (Houston 1:04:44)
 - 17th at 2015 Grandma's Marathon (2:17:17)
 - 32nd at 2016 Marathon Olympic Team Trials (2:23:17)
 - Represented the USA at 2016 Great Edinburgh XC International Challenge 8K (9th)
 - 10th at 2014 Beach to Beacon 10K (29:50)
 - 24th at 2014 Boston Marathon (2:20:31)
 - Overall winner 2013 Via Lehigh Valley Marathon (2:31:33)
 - 7th overall (2nd American) at 2012 Bay to Breakers 12K (36:41)
 - 8th in 3000m at 2012 USA Indoor Track & Field Championships
 - Represented the USA in two international races in Ireland/UK (2/2012)
 - Armagh Road Race 5K – 5th place (14:00.19)
 - Ras na hEireann, 6K XC – 2nd place (18:03)
 - 2010 New England Runner magazine Male Runner of the Year
 - Won 2011 Penn Relays Olympic Development 10,000m (29:39.78)
 - Races in Maryland
 - 15th overall (7th American) at 2015 Cherry Blossom 10M
 - Two-time winner of Remembrance Run (2007 and 2009)
 - Overall winner of 2013 10M RRCA Club Challenge (51:00)
- **Favorite High School Memories:**
 - Striders encouragement to compete in cross country and track and field at a Division III school.
 - Seeing other Howard County athletes and Scholarship awardees come to Carnegie Mellon over the years – J.P. Alera from Wilde Lake, Kyle Andrews from Oakland Mills and Laura McKee from Mt. Hebron.
- **Long term running goals:**
 - Break 2:15 in the marathon
 - Finish top 10 at the 2020 Marathon Olympic Trials
 - Break 14:00 in the 5000m
 - Continue to run and race for many more years, even if not at as high of a level since it is something very much enjoyed.
- **Personal Bests:**

| Distance | Time | Event | Location | Date |
|---------------|----------|--|--------------------|-----------|
| 800m | 1:53.40 | Carnegie Mellon Tri-Meet | Pittsburgh, PA | 4/8/2008 |
| 1500m | 3:45.59 | New Balance Twilight Meet #1 | Waltham, MA | 5/12/2012 |
| 1 Mile | 4:07.97 | GBTC Invitational | Boston, MA | 1/22/2012 |
| 3000m | 7:59.76 | BU Terrier Invitational | Boston, MA | 1/28/2012 |
| 5000m | 14:10.67 | New Balance Twilight Meet #4 | Waltham, MA | 6/11/2011 |
| 5K (road) | 14:00.19 | Armagh Road Race | Armagh, UK | 2/9/2012 |
| 10000m | 29:39.78 | Penn Relays | Philadelphia, PA | 4/28/2011 |
| 10K (road) | 29:50 | Beach to Beacon 10K | Cape Elizabeth, ME | 8/2/2014 |
| Half Marathon | 1:04:44 | Houston Half Marathon | Houston, TX | 1/18/2015 |
| Marathon | 2:17:05 | Twin Cities Marathon | Minneapolis, MN | 10/5/2014 |

FEATURE

Tom Green’s advice to his Striders brothers and sisters: “Try to find that bit of joy”

By Susan Kim



If you’ve followed running-related news in the past year, chances are you have read a story about Tom Green, our long-time fellow Striders member who is a renowned ultrarunner and, perhaps equally important, a humorous, wise and humble presence in our running community.

Tom, 66, has been featured (click on links for full articles) on [ESPN](#), in [Trail Runner magazine](#) and in [Runner’s World](#) magazine, among many others.

In April 2015, he was cutting tree branches when a limb took an unexpected bounce, hitting the back of his head, fracturing his skull, damaging his carotid artery and leaving him with a lengthy rehabilitation to regain his balance, communication skills, ability to walk (then run), and a host of other activities we take for granted in our daily lives.

The good news: Tom is back. He is able to run and, as he says, “I’m still the same corny person I was before.”

To all of us, this means his jokes are as good as ever. His memory has also returned, and he recalled moving to Columbia in 1984, learning about the Striders, and attending a Striders weekly race. “I was struggling to keep up with this runner — I thought he must have been younger — ahead of me. He was moving along pretty good in what must have one of the 15k weeklies. It turned out to be Joe Wasserman. We battled the whole way.”

After the “battle” — or perhaps during — a friendship took root. “Joe and his wife Nadia were new in town. They invited us for dinner.”

In the decades since then, Tom has forged lasting friendships with many other Striders. “I used to do Clyde’s 10k every year to gauge what kind of shape I was in for one of the upcoming hundred-milers.”

Tom was the first ultrarunner ever to complete four 100-mile races in one year. Now, though he can run again, he still can’t run trails. “My eyes are slow to focus, slow to move back and forth. When you’re running trails, you’re not looking where you’re stepping, you’re looking ahead so you’re able to pick the route you’re going to take.”

This year, Tom hiked the “Half Cat” (half the Catoctin 50k) in six hours, 58 minutes. The “Half Cat” is a new event for veteran ultrarunners over 55 years of age who are in the “late summer” of their running careers.

“It was fun but kind of bittersweet not being able to run,” he said. “But last year I was still having to use a walker and I wouldn’t have been able to hike any of it.”

His balance is still improving but more slowly than he would like. “I was hoping after the most recent battery of tests that they would give me some encouragement. About all they could say is that the body has a way of adapting.”

Tom is honest about how this makes him feel: he doesn’t want to adapt. He wants to heal. The stories in the running media portray him as the inspiring person that he truly is to all of us. But when you ask him if he means to be inspiring, his honest answer is disarming: “If I’m inspiring it’s not because I want to be inspiring or I’m trying to be inspiring, any more than a drowning man should be inspiring because he wants to breathe.”

Tom wants to run. Like a drowning man wants to breathe, he wants to run.

For now, he runs when he can, and focuses on what’s good in his life. “I actually feel fortunate that I was able to get in as many good years as I did before the accident,” he said. “I had my time in the sun. Some of my most-admired people have been not the best runners but middle or back-of-the-pack runners who have always impressed me and inspired me by all the effort they have given. They found ways to enjoy the runs outside of being fast.”

For anyone who’s having a “bad run” — and we’ve all had them, especially in the summer heat and humidity — Tom has some wisdom to share: “Try to find that bit of joy. I’d always been known as an endurance runner. But I’ve been reaching a new level of endurance. Keep things in perspective and find that bit of joy. It’s there.”

(Editor – Club Newsletters are on the HCS website. One learns by reviewing them just how long Tom has been an elite ultrarunner, long before moving to Columbia in 1984.)

SUMMER 2016 5k CROSS COUNTRY SERIES

By Phil Lang

The Friday Night 5k XC Series, a series of races held on various high school XC courses each Summer, started on June 17, 2016 at Oakland Mills High. Joey Navarro and Brit Lang took advantage of it being their home course and won the first event as 98 finished.

The second event on June 24th at Centennial High was in jeopardy as a rain storm came through just before race time. The rain stopped and the wild and crazy XC types came and played in the mud. Joshua Wilkins and Shakeema Swain got the wins as 90 people finished.

The third event was on July 15th at Reservoir High. Joshua Wilkins led the men while Samantha Facius led the women as 110 runners made it to the finish line.

The fourth event was on July 22nd at Hammond High and the runners endured the tough course and a hot and humid night. Joshua Wilkins won for the third straight time and Shakeema Swain earns her second victory of the series as there were 83 finishers.

The fifth event was on August 5th at River Hill. Joshua Wilkins won his fourth straight race while Brit Lang came back out and won her second race of the Series. There were 85 finishers.

The sixth event was held on August 12th at Howard High. Danny Rau won the men's side of it and Brit Lang was the first female for the third time this Summer. There were 275 different people who participated in at least one of these events this Summer and 3 people ran all 6 of them; Linda Alms, Amanda Idstein and Scott Holz.

Runners who run three of the six events get a Striders and Bullseye tech shirt. Special thanks to all the coaches at each of these schools for setting up and marking the courses so this series could happen.

JUNIOR STRIDERS PROGRAM

By Phil Lang

The Junior Striders Spring/Summer Track & Field has grown to over 300 participants. Again this Spring we had two programs for the kids at two different locations so those that wanted to compete could practice and prepare to do so and so that those that did not want to compete could still learn the joy of running.

Over 25 coaches supported the kids in whatever manner they could to help foster an enthusiastic atmosphere with a plan of progression. Of course the kids in the program not focused on competing were invited to participate in the one meet the club hosted this Spring so they could experience that side of it also.

The weather was a bit wet and chilly at our home meet at Reservoir High on May 1 but a bunch of Junior Striders and kids from a dozen different clubs attended and competed quite well. The kids piled up more ribbons at each meet than any of the other clubs and performances just kept getting better as they practiced and got more experience competing.

A bunch of high school kids joined the team in June and more than 50 kids from the team qualified for and competed in the AAU Junior Olympic meets, AAU Club Championship meet and the Hershey USATF Youth Championship meet. There are too many amazing individual performances to note but a special note needs to be made about the 15-16 boys age group at the Hershey USATF Youth Championships since they won the team title and can now be called National Champs!

Congrats to those boys and the rest of the girls and boys who had some great experiences during the Spring and Summer with the youth running programs.

Nearly 140 of the high school and college age runners in the area gathered again this Summer to train together in preparation for the Fall XC season. Many of the coaches in the county support having the kids get together with their peers to train in the off season. It is always good to see what the competition is up to anyway, right? :) Four practice options each week at different locations gives everyone the opportunity not to get bored; Monday nights from Oakland Mills High, Tuesday mornings at Centennial Lake, Wednesday nights at Rockburn Branch Park and Thursday nights from Atholton High. Howard County has always represented well at the state level in XC and we want to wish all the XC runners the very best again this year!

Registration for the Junior Striders Fall XC program has opened and practices will start September 6th. Practices are Tuesday and Thursday evenings at Centennial High again this year and there are meets for those that want to attend on Sunday afternoons. Kids in Kindergarten through 8th grade are welcome. No experience necessary of course and you don't have to come to every practice or any of the meets but we encourage you to come to everything your child wants to come to! There were over 200 kids in the program last year so we expect the same this year. There will be lots of practice

groups and we split the kids up not just based on age but also ability in hopes that everyone finds a practice group they fit into comfortably. If your child is considering running XC in High School, then this could be considered a required prerequisite! If you want to see something truly amazing and special, then come to see the kids race at the home meet at Centennial High the afternoon of October 23rd. Please [click here](#) for more details and the registration link.

NEXT STEP 10-MILE TRAINING PROGRAM

By Lynda Allera

The Next Step 10-Mile Training Program consisted of 2 months of hard work and lots of fun! In mid-April, 73 participants ran a 5K time trial in Burleigh Manor and were divided into 8 training groups. Each group was led by 2 or 3 top-notch coaches. Our coaches are successful athletes themselves who enjoy investing their time and energies in the athletes in their groups. On Tuesday nights we met at Centennial High School to do speed work on the track, run hills or other challenging workouts in the local neighborhoods. During the week, participants followed plans for runs which improved their running skills. They also recorded the runs in an online program which allowed their coaches to view their improvement and to give specific running advice.

The end result: At the Baltimore 10-Miler and other races, our participants ran faster! Friendships were made, laughter was heard, and yes, ice cream was eaten!

FEATURE

How Neuroscientists Explain the Mind-Clearing Magic of Running

By Melissa Dahl

It is something of a cliché among runners, how the activity never fails to clear your head. Does some creative block have you feeling stuck? Go for a run. Are you deliberating between one of two potentially life-altering decisions? Go for a run. Are you feeling mildly mad, sad, or even just vaguely *meh*? Go for a run, go for a run, go for a run.

The author Joyce Carol Oates once [wrote](#) in a column for the *New York Times* that “in running the mind flees with the body ... in rhythm with our feet and the swinging of our arms.” Filmmaker Casey Neistat [told](#) *Runner's World* last fall that running is sometimes the only thing that gives him clarity of mind. “Every major decision I’ve made in the last eight years has been prefaced by a run,” he told the magazine. But I maybe like the way a runner named Monte Davis phrased it best, as [quoted](#) in the 1976 book *The Joy of Running*: “It’s hard to run and feel sorry for yourself at the same time,” he said. “Also, there are those hours of clear-headedness that follow a long run.”

A good run can sometimes make you feel like a brand-new person. And, in a way, that feeling may be literally true. About three decades of research in neuroscience have identified a robust link between aerobic exercise and subsequent cognitive clarity, and to many in this field the most exciting recent finding in this area is that of neurogenesis. Not so many years ago, the brightest minds in neuroscience [thought](#) that our brains got a set amount of neurons, and that by adulthood, no new neurons would be birthed. But this turned out not to be true. Studies in animal models have shown that new neurons are produced in the brain throughout the lifespan, and, so far, only one activity is known to trigger the birth of those new neurons: vigorous aerobic exercise, said Karen Postal, president of the American Academy of Clinical Neuropsychology. “That’s it,” she said. “That’s the only trigger that we know about.”

The other fascinating thing here is *where* these new cells pop up: in the hippocampus, a region of the brain associated with learning and memory. So this could help explain, at least partially, why so many studies have identified a link between aerobic exercise and improvement in memory. “If you

are exercising so that you sweat — about 30 to 40 minutes — new brain cells are being born,” added Postal, who herself is a runner. “And it just happens to be in that memory area.”

Other post-run changes have been recorded in the brain’s frontal lobe, with increased activity [seen](#) in this region after people adopt a long-term habit of physical activity. This area of the brain — sometimes called the frontal executive network system — is located, obviously enough, at the very front: It’s right behind your forehead. After about 30 to 40 minutes of a vigorous aerobic workout — enough to make you sweat — studies have recorded increased blood flow to this region, which, incidentally, is associated with many of the attributes we associate with “clear thinking”: planning ahead, focus and concentration, goal-setting, time management.

But it’s this area that’s also been linked to emotion regulation, which may help explain the results of [one recent study](#) conducted by Harvard psychology professor Emily E. Bernstein. Like Postal, Bernstein is also a runner, and was curious about a pattern she saw in her own mind after a run. “I notice in myself that I just feel better when I’m active,” she said. She started to become really interested in the intervention studies that have popped up in recent years that suggest if you can get people who are having trouble with mood or anxiety to exercise, it helps. “But why?” she wanted to know. “What is exercise actually doing?”

To find out, she did a version of a classic experiment among researchers who study emotion: She and her colleague — Richard J. McNally, also of Harvard — played a reliable tearjerker of a clip: the final scene of the 1979 film *The Champ* ([see it here](#)).

Before watching the film clip, some of the 80 participants were made to jog for 30 minutes; others just stretched for the same amount of time. Afterward, all of them filled out surveys to indicate how bummed out the film had made them. Bernstein kept them busy for about 15 minutes after that, and surveyed them again about how they were feeling. Those who’d done the 30-minute run were more likely to have recovered from the emotional gut-punch than those who’d just stretched — and, her results showed, the people who’d initially felt worse seemed to especially benefit from the run. Bernstein is currently doing a few follow-up research projects to determine exactly *why* this works the way it does. (In the meantime, it helps prove my poor boyfriend right, who, when I am not acting very nicely toward him, will often patiently ask me, “Hey, have you been on a run yet today?”)

But there’s another big mental benefit to gain from running, one that scientists haven’t quite yet managed to pin down to poke at and study: the wonderful way your mind drifts here and there as the miles go by. Mindfulness, or being *here now*, is a wonderful thing, and there is a seemingly ever-growing stack of scientific evidence showing the good it can bring to your life. And yet *mindlessness* — daydreaming, or getting lost in your own weird thoughts — is important, too. Consider, for example, this argument, taken from [a 2013 article](#) by a trio of psychologists in the journal *Frontiers in Psychology*: *We mind wander, by choice or by accident, because it produces tangible reward when measured against goals and aspirations that are personally meaningful. Having to reread a line of text three times because our attention has drifted away matters very little if that attention shift has allowed us to access a key insight, a precious memory or make sense of a troubling event. Pausing to reflect in the middle of telling a story is inconsequential if that pause allows us to retrieve a distant memory that makes the story more evocative and compelling. Losing a couple of minutes because we drove past our off ramp is a minor inconvenience if the attention lapse allowed us to finally understand why the boss was so upset by something we said in last week’s meeting. Arriving home from the store without the eggs that necessitated the trip is a mere annoyance when weighed against coming to a decision to ask for a raise, leave a job, or go back to school.*

Just because the benefits of losing yourself in your own thoughts are not easily measured doesn’t mean they’re not of value, and there are few ways I know of that induce this state of mind more reliably than a long run. A [handful of recent studies have tried](#) to answer what every runner, whether pro or hobbyist, has no doubt been asked by friends and family: What on earth do you think

about while you're out there for so many miles? This, as the writer Haruki Murakami noted in his *What I Talk About When I Talk About Running*, is almost beside the point. Sometimes he thinks while on the run; sometimes, he doesn't. It doesn't really matter. "I just run. I run in void," he writes. "Or maybe I should put it the other way: I run in order to acquire a void."

RACING TEAM

By Jessica Ivy

Much like the spring and summer weather, the racing team was off to a hot start. The team sent 13 members to the Boston Marathon in late April. Representing the men, Andrew Madison, Mark Buschman, Conrad Orloff, Ed Wilson, Conrad Fernandes, Sean Costello, Jason Tripp and Yasuo Oda toed the line. The ladies sent Beth Hannon, Tiff Hevner, Noel McCracken, Tori Berard, and Kelly Westlake. Despite grueling conditions, the team stayed tough, and Hannon set a personal record.

One week later, eight members raced in the competitive Pike's Peek 10k. Julia Roman-Duval matched her first place finish from last year with a racing team record of 34:21. Carlos Renjifo and Kevin Ford finished on top for the men, placing 6th and 15th respectively. Akintunde Morakinyo, Fernandes, John Chall, Mick Slonaker, and Tammy Liu Hermstein had strong finishes as well with Slonaker winning his age group.

In late April and May, the team represented in a variety of 5k races in the area. Brian Shadrick and Roman-Duval won the Columbia 5k and the Race Against Racism 5k, respectively. At the debut of the Spring Hops 5k, Eric Schuler, Ryan Bull, and Jason Tripp took 1st, 2nd, and 5th for the men, and Hermstein captured 8th for the women. New racing team member Rachel Collins won the Women's Distance Festival 5k, and Linda-Lou O'Connor came in 4th.

At the Frederick half marathon, Roman-Duval set a racing team record with her 2nd place finishing time of 1:16:41. O'Connor placed 3rd in her age group while Craig Lebro and Tripp finished 14th and 20th respectively. A week later, Hannon and Wilson represented at the Maryland half marathon with Hannon capturing the win and Wilson winning his age group and finishing 4th.

Several racing team members put up stellar marathon finishing times this spring with Caroline Bauer setting a major personal record at the Green Bay Marathon in 2:50:56 and Ford winning the Gale City Marathon in 2:50:36.

At the Baltimore 10 Miler in June, Schuler captured 1st in 53:55. Tripp, Fernandes, and Wilson finished 9th, 23rd and 24th. For the women, Hannon and McCracken finished 7th and 14th respectively. Also in June, Mark Loeffler, Akintunde Morakinyo, and Chall finished 3rd, 5th, and 10th at Damien's 5k.

To ring in Independence Day, Schuler, Madison, and new member Mark Landree finished 2nd, 4th, and 14th at the competitive Arbutus 10k. A week later, Roman-Duval represented the United States as an elite athlete at the Boilermaker 15k in New York and finished in a personal best of 53:53 (4th American).



As Jess Ivy has sadly left us to be closer to family, Caroline Bauer has assumed the role of racing team co-coordinator alongside Mark Bushman. Caroline has run with the Howard County Striders since 2010. She was a 'graduate' of the Next Step marathon program and has coached and co-coordinated subsequent Next Step programs. She joined the racing team in 2011 with the conception of the Developmental Team and shortly moved up to the Elite Racing Team. She took a couple year hiatus to have a baby and has been back and racing at a competitive level over this past year and is currently training for the Chicago

September 1, 2016

17

September 2

marathon. She has high goals of toeing the line at the US Olympic Marathon Trials in 2020. In addition to running, she works as a nurse practitioner for the Children’s Heart Program at the University of Maryland Medical Center and logs “extra miles” by chasing her energized 2-year old around. (*Editor: Thank you Jess for the wonderful racing team updates for the last two newsletters.*)



Racing Team members and friends after a hot and sweaty track workout. L to R: Julia Roman-Duval, Mark Hiatt, David Horrocks, Akintunde Morakinyo, Ed Wilson, Beth Hannon, and Conrad Fernandes

Eric Schuler, as seen on ABC 2, after winning the Baltimore 10 Miler in June



PRESIDENT’S MESSAGE – AUGUST 11, 2016

By Donnie Chapman

I hope that all our members are enjoying the summer. There were many amazing performances in the various track and field events that inspire us all to get out and do our track workouts. The running conditions this summer have been tough July and August due to high temperatures with high humidity. With proper hydration, rest, and recovery, these tough miles will produce great results for those members planning fall races. We have a number of traditional events planned for the fall to put on your individual race calendars.

The Police Pace 5K will take place on September 11th. This race benefits the Howard County Police Foundation, which supports our amazing officers who dedicate their lives to public service. Please consider signing up for this well-run annual event. In November, we will also have both our traditional Run Through the Grapevine 8K and the Metric Marathon & 5K. This will mark the 40th anniversary of the Metric race. This year we eliminated the relay and brought back the 5K to have more of an old-school feel to the events. We plan to use this year's event as a fundraiser, with a portion of the proceeds going to the Ellicott City Partnership Fund to support those devastated by the flooding along Main Street and the old town section. Much of the Metric Marathon course takes place within the borders of Ellicott City.

On June 10th, Dave Tripp and I attended a breakfast hosted by the Howard County Public School System. Dave was extremely helpful with developing a partnership document that I signed after breakfast. This agreement basically formalizes our commitment to supporting HCPSS and its fall cross-country races. We have a deep involvement with the Howard County Invitational, The Howard County Championships and the Regional 3A Championships. We also will need volunteers to assist with each event. If you are able to assist, please contact Dennis Albright (dalbrightppt@gmail.com), who for the second consecutive year is heading up the start and finish line duties. [Click here](#) for a link to the partnership signing. (*Editor: Also, see following article for more on this partnership signing.*)

As you know we did transition to our new website. Our tireless website team of James Blackwood and Eric Schuler continue to add content and backfill information as time permits. We did have a few e-mail issues during the migration, so if a Board member did not respond to your e-mail during the last several weeks of May or early June, please resend it so we may respond promptly.

Lastly, I want to thank Jessica Ivy for all her devotion to the Striders as a Board member representing the Racing Team and all her other involvement in our running club. She and her husband Jack have moved to Nashville, Tennessee to begin a new chapter in their lives. She will be greatly missed by anyone who has known her. We are proud to announce that Caroline Bauer has joined Mark Buschman on the Board as our Racing Team representatives.

Run safely, run happy.

STRIDERS AND HOWARD COUNTY PUBLIC SCHOOL SYSTEM SIGN PARTNERSHIP AGREEMENT

On Friday, June 10, 2016, the Striders signed an agreement with the Howard County Public School System to support the encouragement and development of student athletes by providing resources for high school running programs. This agreement basically formalizes the efforts that the Striders have put forth for many years, especially during the fall cross country seasons.

“The Striders’ primary mission is to promote lifetime fitness through running,” said Striders’ President Donnie Chapman. “While we have had an exceptional Junior Striders program (led by Phil Lang), this partnership will enable us to continue the club’s commitment to the high school age students and give the club the opportunity to expand our impact. Not only will we have greater visibility at various meets, but our volunteers will have opportunities to interact and assist with the student-athletes, their parents and their coaches.”

Representatives who attended the signing meeting included Howard County Board of Education Vice Chairperson Ellen Flynn Giles, Executive Director of School Improvement and Administration Frank Eastham, Coordinator of Athletics John Davis, Commissioner of Track and Field Matthew Clever, Striders’ President Donnie Chapman and Striders’ Partnership Liaison Dave Tripp.

WELCOME RECENT NEW MEMBERS (self-reported thru Facebook)

Catherine Kilday - Windsor Mill, MD
Michael Wilson - Elkridge, MD
Alana Harris - Columbia, MD
Roger Ortines - Baltimore, MD
Ron Roff - Damascus, MD

2016 STRIDERS LEADERSHIP Board of Directors

Donnie Chapman – President
John Bratiotis – Vice President
Bill Arbelaez – Immediate Past President
Chris Schauerman – Secretary
Rob Gettier – Treasurer
Bobby Gessler – Junior Striders/Youth Programs
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Kendra Smith – Weekly Series
Cecilia Carro Murach – Membership
James Blackwood – Technology/Website
Beth Hannon – Volunteering
Mark Buschman – Racing Team
Caroline Bauer – Racing Team

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