FOOTPRINTS

NEWSLETTER OF THE HOWARD COUNTY STRIDERS
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The Females In Training (FIT) crew poses before the beginning of the 2009 Women's Distance Festival 5k, which served as their graduation exercise. (photo by Mike Fleming)

WOMEN RUN WILD!

Ethiopian Yihunish Delelecha, the first woman to finish this year's Columbia Women's Distance Festival 5k, spoke no English, but she did speak the language of speed. Within the first mile, which were mostly downhill or flat, she pulled ahead of fellow Ethiopian Almaz Megersa and NCAA Division III cross country champion Esther Erb, and had opened a lead of about 20 yards on them by the half way mark. Delelecha cruised through the remaining distance, and left Megersa and Erb in a very tight battle for second place. Megersa literally out-leaned Erb at the finish, taking second place by less than 0.3 second, or about as fast as finish line scorers could click the timer. "She was just hungrier than me," said Esther, who resides in Vienna, Austria. Both Delelecha and Megersa have become well-known on the DC running circuit this spring, and winner Delelcha owns a 2:46 marathon time.

Robyn Humphrey claimed the top spot for a local Howard Countian, placing first among the 45-49 women (20:05), but falling far short (about a minute) of winning the overall master's title, which went to Baltimore's Denise Knickman. *Pat Wilkerson* (20:51) retained some measure of glory for Howard County by winning the grandmaster award.

The WDF also featured 19 mother-daughter teams divided into young-daughter (12 and under) and old-daughter (over-12) groups. Peculiarly, the top mother-daughter teams in each division tied for total number of points, so we'll have to wait until next year for real closure on the team issue.

The top three women won cash awards– a sure way to bring those DC speedsters out to Columbia. Age group winners earned plaques,

— continued page 2

— WDF, from p. 1

and all girls 12 and under received medals. All participants got custom-designed tank-tops, too. The race drew a field of 332, making it the largest all-woman sporting event in Howard County.

Upon the recommendation of the Howard County Police, a slight course change occurred this year. In the last mile of the 5k, the old route used to detour onto Bright Plume from Sunny Spring. This year, the ladies ran straight down Sunny Spring, which saved two traffic control officers. To compensate for the slight loss of distance, the race backed up the start a hundred years or so. The finish at the gym of Howard Community College didn't change.

The 5k also served as the graduation exercise for the Striders' award-winning Females in Training program. Under the direction of *Melissa Burger* and *Bev Byron*, the females began training for the race in the spring. They trained for 12 weeks. Whipped into shape by July 11, they sported those pink t-shirts during the event. The photograph on page 1 shows most of the FIT graduates.

The Columbia Women's Distance Festival is only one of many WDF events held throughout the nation to commemorate the addition of the women's marathon to the Olympic Games.

The race was directed by *Tacy Feliciano* and *Dorothy Beckett*, who enjoyed the assistance of the Howard County Stridermen on the course and at the finish line. "We couldn't have done it without their support," Dorothy said. The race directors also wish to thank the Howard County Police and the Howard Community College, which provided a venue for the event. The Columbia WDF also wishes to acknowledge the generous support of Howard County General Hospital, the race's chief sponsor.

Pictures for this article are all courtesy of Martin Goode. Martin also recorded the race with video, which you can check out at the Strider website (www. striders. net).

Janeth Scott (2nd, 45-49) and Pat Wilkerson (1st, Grandmaster) duke it out about a mile from the start of the WDF 5k. (photo by Martin Goode)

Overall
1. Yihunlish Delelecha (Washgtn, DC) 17:45
2. Almaz Megersa (Washington, DC) 17:58
3. Esther Erb (Richmond, VA) 17:58

Masters
1. Denise Knickman (Baltimore, MD) 19:04

Grandmaster
1. Pat Wilkerson (Columbia, MD) 20:51

1-9
1. Emily Mathis (Ellicott City, MD) 38:04
2. Paige Rosenfeld (Ellicott City, MD) 38:09
3. Lauryn Terry (Columbia, MD) 42:23

10-14
1. Dana Wheeler (Ellicott City, MD) 24:09
2. Emma Boone (Columbia, MD) 25:42
3. Maja Wichhart (Catonsville, MD) 26:31

15-19
1. Mary Katherine Green (C'lmbia,MD) 20:47
2. Megan Lewis (Mt. Airy, MD) 21:38
3. Emily Foden (Mt. Airy, MD) 25:05

Robyn Humphrey, the first Strider to finish, came within seconds of breaking 20 minutes. (photo by Mike Fleming)

Shown here sprinting toward the finish, Nancy Burns recently joined the 55-59 age group– and won it. (photo by Martin Goode)

20-24

1. Halsey Sinclair (Silver Spring, MD)	19:17
2. Marquel Bowler (Columbia, MD)	21:51
3. Wendy Glock (Columbia, MD)	24:39

25-29

1. Catherine Lewis (Columbia, MD)	21:45
2. Ann Mallin (Columbia, MD)	21:49
3. Keneni Challa (Washington, DC)	24:16

30-34

1. Sherry Stick (Sykesville, MD)	18:29
2. Jessica Sleight (Columbia, MD)	20:24
3. Kelly Singer (Ellicott City, MD)	24:26

35-39

1. Ellie McManuels (Columbia, MD)	21:17
2. Rana Sullivan (Marriottsville, MD)	26:03
3. Faye Weaver (Ellicott City, MD)	26:48

40-44

1. Amanda Loudin (Ellicott City, MD)	21:22
2. Wendy Allen (Ellicott City, MD)	22:27
3. Maura Dunnigan (Ellicott City, MD)	23:30

45-49

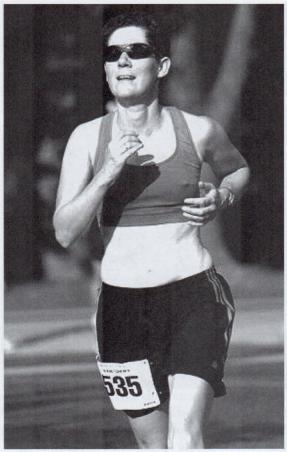
1. Robyn Humphrey (Ellicott City, MD)	20:05
2. Janeth Scott (Columbia, MD)	21:03
3. Sushila Nanda (Arlington, VA)	21:42

50-54

1. Nancy Thompson (Columbia, MD)	23:25
2. Colleen Thornton (Columbia, MD)	25:03
3. Lynne Douglas (Columbia, MD)	26:17

55-59

1. Saleema Ross (Ft. Washington, MD)	24:17
2. Nancy Burns (Columbia, MD)	26:54
3. Robin McKenzie (Columbia, MD)	28:01



Natalie Smolyak shown seconds before crossing the finish line at the WDF. (photo by Martin Goode.

60-64

1. Ellen Rabe (Columbia, MD)	27:03
2. Ellen Brown (Columbia, MD)	32:17
3. Doris McClure (Baltimore, MD)	:21

65-99

1. Dee Nelson (Gaithersburg, MD)	24:32
2. Tami Graf (Lusby, MD)	30:12
3. Julie Trapp (Silver Spring, MD)	31:22

Top 3 Mother Daughter Teams (daughter 1-12)

1 Lady Leos 7 pts
- 2 Brin Jefferies
- 5 Jennifer Sullivan

2 Team Taylor 7 pts
- 3 Kara Taylor
- 4 Andrea Lee Taylor

3 Wichhart 9 pts
- 1 Maja Wichhart
- 8 Lori Wichhart

Top 3 Mother Daughter Teams (daughter 13+)

1 Edwards-Lewis 6 pts
- 1 Catherine Lewis
- 5 Denise Edwards

2 Team Thornton 6 pts
- 2 Kerin Thornton
- 4 Colleen Thornton

3 Fast Finooks 10 pts
- 3 Lauren Finucane
- 7 Robin McKenzie

Striders special programs director Heidi Vecera didn't let a little thing like pregnancy prevent her from completing the 5k. "I walked it, actually," she said. (photo by Mike Fleming)

STRIDERS AT THE WDF 5k

7. Robyn Humphrey	20:05
8. Jessica Sleight	20:24
10. Pat Wilkerson	20:51
Janeth Scott	21:03
Ellie McManuels	21:17
Amanda Loudin	21:22
Catherine Lewis	21:45
Marquel Bowler	21:51
Wendy Allen	22:27
Maura Dunningan	23:30
Natalie Smolyak	24:21
Dee Nelson	24:32
Wendy Glock	24:39
Amanda Liberman	24:49
Kerin Thornton	24:55
Colleen Thornton	25:03
Anna Hogue	25:12
Sari Chapman	25:15
Amelia Mullican	25:19
Julie Thumel	25:49
Glenda Rodrigues	25:51
Susan Kim	26:06
Kayla Kohl	26:07
Lynne Douglas	26:17
Cindy Nieves	26:19
Deborah Sharp	26:40
Faye Weaver	26:48
Nancy Burns	26:54
Ginger Rowley	26:55
Ellen Rabe	27:03
Karen Humm	27:32
Veronica Antico	27:54
Elizabeth Konaki	28:05
Elisabeth Jubinski	28:24
Cindee Curtis	28:28
Sharlene Deskins	28:37
Jessica Kohout	28:52
Maureen Thornton	29:12
Amy Hammond	29:14
Jaskie Touse	29:33
Lori Hatfield	29:50
Cheri Keating	30:01
Carina Chattin	30:03
Natalie Beach	30:05
Elizabeth Rupp	30:11
Tiana Coll	30:15
Carla Styczynski	30:25
Jacqueline Williams	30:49
Ava Montague	31:14
Kathi Ackerman	31:18
Julie Trapp	31:22
Yvette Oquendo-Berruz	31:29

Summer Fun Run director Arleen Dinneen completing the 5k. (photo by Martin Goode)

Heather Kirk-Davidoff	31:38
Janet Mielcarek	31:41
Lauren Hachani	32:02
Jean Humphrey	32:08
Ellen Brown	32:17
Shelli Kamaka	32:28
Helene Solana	33:07
Nicole Pannullo	33:08
Dawn Czaher	33:08
Jessica Stern	33:27
Dana Potts	33:37
Karen Cohen	34:07
Sarah Beach	34:23
Ava VanSicker	34:29
Sarah Moreau	34:30
Hope Duffy	34:32
Marcy Del Grosso	34:36
Arleen Dinneen	34:43
Christina Caravoulias	35:00
Mindy Dice-Shah	35:07
Jean Evansmore	35:20
Debi Collins	35:21
Linda Paterni	35:43
Janice Orlik	35:53
Melissa Burger	36:21
Penny Wolkow	36:28
Maria Thomas	36:43

Beverly Byron	37:07
Noella Bryden	37:27
Beth Annett	38:42
Melina Krummerich	38:46
Cicely Miller	38:59
Anne Charlton	39:11
Gale Graney	39:34
MaryAnn Taneyhill	39:55
Kathleen Edwards	40:04
Josephine Pieper	40:07
Christina Barbino	40:44
Meredith Kulikowski	41:47
Tra Terry	42:15
Angel Robinson	42:23
Eleanor Dixon-Terry	42:24
Alissa Reese	43:01
Tracy Sinclair	43:22
Erin Eckert	43:27
Rita Moy	43:58
Kathy O'Farrall	44:08
Patricia Schupple	44:29
Miriam Brescia	44:30
Laura Higgins	45:16
Dionne Jones	45:18
Sara Prymas	45:23
Christina Robinson	47:00
LaShonda Hinds	48:04
Mary Phelan	48:15
Colleen Kraft	50:25
Tracy Spezzano	53:42
Heidi Vecera	53:43
Denise Richards	53:44
Roxanne Hughes-Wheatland	54:17
Jeanine Murphy-Morris	59:12

SUMMER XC SERIES

Under the direction of Coach *Phil Lang*, the Striders inaugurated a new series of summer races. The new races were all cross country races held on Friday evenings at various high schools. The races featured the same courses that high schoolers would run in the fall, and Phil hoped the series would encourage them to practice on the actual courses they would race. However, many other runners decided they'd like to run cross country too. The five races in the series averaged 120 finishers. Almost 350 different runners ran at least one race, while 93 ran three or more. Those running three or more earned an orange Strider performance t-shirt.

Complete results for all the races have been archived on the Strider website www.striders.net.

The Striders wish to thank the following high school coaches for their support: Al Dodds for Centennial High School, Charlie Shoemaker for Wilde Lake, *Earl Lauer* for River Hill, Phil Rogers for Reservoir, and *Brian Fleming* and *Phil* and *Vicki Lang* for Oakland Mills.

BAGEL RUN WATER NEWS

The bagel runs finished up another summer with volunteer-supported water. The Ulman Cancer Fund's Team Fight provided water for most of the summer, and a big thanks go to those folks.

Water for bagel runs in the early fall will be provided by the women of Run for Chocolate. Their contributions will end in early October, so we'll need new support about that time. If you're a regular at the bagel runs, please consider taking a turn to put out water on some Saturday of your choice. If everyone who showed up on Saturday would supply water once a year, we'd be in great shape.

And every time you volunteer, you're entered in a raffle to win a gift certificate at Feet First. The latest volunteer to win was Danny Serpico, who led Team Fight.

If you have any questions, or would like to sign up, contact Amanda Loudin:
amandaloudin@comcast.net

AT THE PICNIC

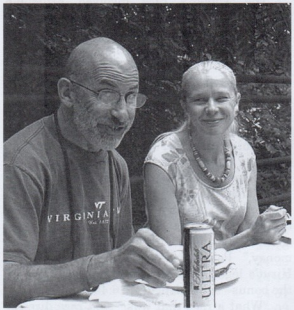
The Striders held their annual volunteer-appreciation picnic on the pleasant afternoon of Sunday, June 28, at the Overlook Pavilion at Centennial Lake Park. Picnickers enjoyed a wealth of tradition summer food including burgers and dogs, chips, watermelon, slaw and potato salad. Even cake. In addition to a prize raffle, participants attempted to identify performers of various running-related songs. These are the songs *Marc Burger* listens to. The quiz was tougher than Marc thought. Only one person got more than 20 points (out of a possible 30) and most had 10 points or less. The top three won $15 itunes cards:

Bill Arbelaez	21 pts
Greg Lepore	19 pts
Nancy Chase	18 pts

Here's the music trivia:

1. Born to Run – Bruce Springstein
2. Running on Empty – Jackson Browne
3. Run to You – Bryan Adams
4. Running down a Dream – Tom Petty
5. Run for your Life – The Beatles
6. Run to the Hills – Iron Maiden
7. Running with the Devil – Van Halen
8. Run Through the Jungle – Creedance Clearwater Revival
9. The Long Run – Eagles
10. Running with the Night – Lionel Ritchie
11. Runaround – Blues Traveler
12. Runaround Sue – Dion
13. Band on the Run – Wings/Paul McCartney
14. I Ran – Flock of Seagulls
15. Running on Faith – Eric Clapton
16. Run Like Hell – Pink Floyd
17. Long May You Run – Neil Young
18. Running Up that Hill – Kate Bush
19. Long Distance Run-around – Yes
20. Roadrunner – Aerosmith
21. Running with the Pack – Bad Company
22. Take it on the Run – Reo Speedwagon
23. Take the Money and Run– Steve Miller
24. Marathon – Rush
25. Runner – Manfred Mann
26. Chariots of Fire – Vangelis
27. Break my Stride – Matthew Wilder
28. I Will Follow – U2
29. Run Run Rudolph – Chuck Berry
30. Gonna Fly Now (Rocky Theme) – Bill Conti

With the help of William Tripp, Melissa Burger dealt with the raffle prizes. (photo by Mike Fleming)



With his wife, Bill Arbeleaz won the music trivia contest. (photo by Mike Fleming)

ANOTHER RECORD AT DAMIEN'S

Because it offers cash prizes and a bonus of $500 for setting a course record, the Damien's 5k always draws a few very fast runners. This year was no different. On the men's side, Ethiopian native Tefera Demesse (13:45 5k PR and New York Road Runner of the Year in 2006-2007) squared off against Kenyan native Daniel Too (past winner of the bonus prize who recently ran a 14:44 at the Bel Air 5k) and two-time All-American from Carnegie-Mellon *Brian Harvey* (24:43 for 8k cross country). Demesse and Too opened the race with a furious sprint that "gapped" Harvey by 20 seconds at the mile mark. "The poor guy [Harvey] was running all by himself," reported *Dave Berardi*, who viewed the battle from far, far behind the leaders. Demesee continued pounding the pace, drew away from Too in the second half of the race, and finished in 14:32, which is the fastest 5k ever run in Howard County. And maybe Baltimore, maybe even Maryland, but we're not sure.

The women's race involved Ethiopian native Hirut Mandefro (Washington Running Report's top-ranked woman with a recent 16:47 5k), All-American Esther Erb (winner of the 10,000-meter run, 35:45, at the 2008 NCAA Division III Track and Field Championships), and local favorite *Stef Commins* (Howard County Strider women's racing team). Mandefro seized the early lead, outrunning her two pacer "rabbit" runners, crushing her two female rivals, and finishing fourth overall. She was so anxious to claim the bonus that she pushed *Pekka Stenhom* (fifth overall) to run a little faster and pull her to the 16:41 that the bonus required. "I should have asked for a share of the prize money," Pekka joked. Pekka as well as Hirut's legs proved four seconds too slow for the bonus– she finished in 16:45.

"What a race that was," said race director *Ralph Massella*. "I almost had to write two $500 checks!" The top three runners in each gender group received cash prizes, and the age group winners didn't. The race serves as a fund-raiser for Damien's Recovery Inc, which seeks to raise awareness of teen drug abuse and treatment. This year's race drew a field of 268, most of whom romped around the loop at Columbia Gateway well behind Mendefro and Demesse. After the race, everyone enjoyed a brunch of pizza, subs, watermelon, and genuine organic lemonade.

DAMIEN'S RUN FOR RECOVERY
Columbia Gateway – June 28

Overall Male	
1. Tefera Demesse (Silver Sprg, MD)	14:32
2. Daniel Too (Bel Air, MD)	15:08
3. Brian Harvey (Pittsburgh, PA)	15:38
Overall Female	
1. Hirut Mandefro (Silver Spring, MD)	16:45
2. Esther Erb (Richmond, VA)	17:53
3. Stefanie Commins (Columbia, MD)	18:07
Masters Male	
1. Dave Berardi (Baltimore, MD)	17:09
Masters Female	
1. Robyn Humphrey (Ellicott City, MD)	20:23
1-9 Male	
1. Anders Chattin (Columbia, MD)	26:02
2. Luke Meininger (Clarksville, MD)	31:30
3. Seth Miller (Glenwood, MD)	31:39
1-9 Female	
1. Mary Kate Shouse (Hanover, MD)	27:36
2. Megan Shouse (Hanover, MD)	27:42
3. Faith Meininger (Clarksville, MD)	42:03
10-14 Male	
1. Daniel Rau (Ellicott City, MD)	21:37
2. Drew Meininger (Clarksville, MD)	24:05
3. Jack Sheehan (Bethesda, MD)	24:53
10-14 Female	
1. Alissa Marr (Odenton, MD)	25:48
2. Madeleine Miller (Glenwood, MD)	25:57
3. Hanna Sheffrin (Laurel, MD)	27:20
15-19 Male	
1. Eric Schuler (Laurel, MD)	17:53
2. Jeffrey Toeneboehn (Annapolis, MD)	20:01
3. Conor Jennings (Clarksville, MD)	20:12
15-19 Female	
1. Meredith Mill (Ellicott City, MD)	21:40
2. Keri Dickens (Ellicott City, MD)	23:55
3. Samantha Rau (Ellicott City, MD)	25:25

20-29 Male

1. Mark Buschman (Columbia, MD)	16:56
2. Yonas Mekonnon (Columbia, MD)	17:14
3. Dawit Mariam (Silver Spring, MD)	17:36

20-29 Female

1. Jaclyn Lange (Baltimore, MD)	21:27
2. U'tonna Sherrod (Millersville, MD)	21:53
3. Stephanie Sharp (Columbia, MD)	24:33

30-39 Male

1. Pakka Stenholm (Columbia, MD)	16:48
2. Stephen Meininger (Clarksville, MD)	19:05
3. Brian Keane (Ellicott City, MD)	19:47

30-39 Female

1. Sherry Stick (Sykesville, MD)	18:37
2. Jessica Sleight (Columbia, MD)	20:38
3. Kellie Johnson (Columbia, MD)	24:11

40-49 Male

1. Jay Sweet (Laurel, MD)	17:49
2. Chris Rilling (Columbia, MD)	17:56
3. Matthew Prineas (Silver Spring, MD)	18:56

40-49 Female

1. Kathleen Wegner (Columbia, MD)	23:46
2. Patricia Sipocz (Sykesville, MD)	24:41
3. Jane Redmond (Columbia, MD)	24:42

50-59 Male

1. Weems McFadden (Annapolis, MD)	18:06
2. John Chall (Jessup, MD)	19:02
3. Bobby Gessler (Ellicott City, MD)	19:32

50-59 Female

1. Dorothy Beckett (Columbia, MD)	21:53
2. Ellahe Amini (Ellicott City, MD)	23:15
3. Patricia Brooks (Ellicott City, MD)	25:59

60-69 Female

1. Jean Humphrey (Columbia, MD)	32:37
2. Arleen Dinneen (Ellicott City, MD)	35:17

60-69 Male

1. Les Bell (York, PA)	20:38
2. Jerry Warfield (Columbia, MD)	21:22
3. Von Jennings (Clarksville, MD)	21:54

70-99 Male

1. Joseph Broderick (Greenbelt, MD)	36:50

STRIDERS AT DAMIEN'S 5k

3. Brian Harvey	15:38
5. Pekka Stenholm	16:48
6. Mark Buschman	16:56
7. Dave Berardi	17:09
10. Jay Sweet	17:49
Eric Schuler	17:53
Weems McFadden	18:06
Stefanie Commins	18:07
John Chall	19:02
Jeffrey Garstecki	19:09
Greg Schuler	19:25
Bobby Gessler	19:32
David Dickson	20:05
Conor Jennings	20:12
Greg Lepore	(PR) 20:14
David Jun	20:14
Robyn Humphrey	20:23
Yasuo Oda	20:32
Jessica Sleight	20:38
Hafix Shaikh	20:40
Mark Romiti	21:00
Michael Duffy	21:50
Dorothy Beckett	21:53
Dave Orlik	21:54
Von Jennings	21:54
Les Raymond	22:08
Bjorn Moreau	22:08
Russ Owens	22:38
Steven Anderson	22:44
Mike Fleming	22:45
Robert Hollis	22:55
Bruce Worley	23:00
Kenny Walker	23:08
Brett Jennings	23:09
Brian Garstecki	23:31
Stephen Wright	23:33
Kathleen Wegner	23:46
Wayne Martin	23:53
Drew Meininger	24:05
Kellie Johnson	24:11
Lili Barouch	24:18
John Steinecke	24:25
Phil Heiliger	24:44
Pete Meoli	24:57
Stephen Alpern	25:03
Alan Thominack	25:05
Wendy Glock	25:18
Rebecca Holtz	25:30
Clint Henderson	25:49
Bill Wright	25:51
Madeleine Miller	25:57
Patricia Brooks	25:59

Anders Chattin	26:02
Julie Skinner	26:02
Mark Gautier	26:34
Kelli Habicht	26:44
Deborah Sharp	26:52
Amelia Mullican	26:52
Mark Young	26:53
Cathy Ronning	26:57
Karen Harvey	27:05
Mary Kate Shouse	27:36
Megan Shouse	27:42
Karen Shouse	27:42
Ginger Rowley	27:53
Jane Tripp	27:59
Julie Wang	28:10
Conor Brown	28:11
Marcia Martin	28:45
Tiana Coll	29:07
Kevin Lawton	29:09
Donna Kaplan	29:19
Paul Kohout	29:20
Elizabeth Koncki	29:46
Susan Emerson	29:47
Phyllis Rich	29:52
Kyle Miller	30:14
Lori Hatfield	31:12
Luke Meininger	31:30
Jean Humphrey	32:37
Arthur Perraud	32:46
William Tripp	33:19
Jason Tripp	32:21
Brian Lawton	34:00
Janice Orlik	34:57
Sarah Moreau	35:03
Arleen Dinneen	35:17
Hope Duffy	35:38
Richard Ryans	36:20
Joseph Broderick	36:50
Mimi Ryans	37:42
Adam Loudin	38:16
Faith Meininger	42:03

Stef Commins, the fastest woman in Howard County, came within a few seconds of beating all-American Ester Erb. (photo by Mike Fleming)

Junior Strider Anders Chattin receives his award for beating everyone under 10 years old. (photo by Mike Fleming)

SUMMER STRIDERS REPORT

Phil Lang

The Summer (Junior) Striders is a program that prepares high school and college age runners for the Fall cross country season. The group met three times a week this summer. It was the ninth year the Howard County Striders hosted this program. Over 100 runners applied, and an average of 40 of these attended each practice. Between work, vacations, and various other endeavors, most of the runners couldn't make all the practices, but *Nick Lampron*, *Shamere Law*, and *Patrick Perez* came close.

The Summer Striders increased their distances over the course of the summer, building a strong base to help them deal with the vigorous training and races during the fall cross country season. Most of them were just happy to have a group to meet with when they got their summer miles in.

The Striders hope to offer the program again next summer (early June through August, 2010). That will be the decadal anniversary of the program.

JUNIOR STRIDERS REPORT

Phil Lang

The week after July 4, nine Junior Striders (K-G8) competed in the AAU Track Club National Championships. Several of them earned medals: *Brittany Lang* (2nd, 3000m, 11:28 and 4th, 1500m, 5:18), *Nicole Dawson* (5th, 3000m, 11:45), *Joseph Keating* (7th, 3000m, 10:55), *Michael Wegner* (2nd, 3000m, 9:57 and 5th, 1500m, 5:00). The Junior team scored 34 points and placed 82nd out of 170. We hope more young athletes will compete in the AAU championships next year (12-18 July 2010).

Qualifying at preliminary and association meets, 34 Junior Striders competed in the USATF Junior Olympics. Ten of these competed at the regional meet and four finished third or higher. *Brittany Lang, Julie Nardone, Michael Wegner*, and *Cara McDermott* qualified for the nationals. Of these, Brittany and Michael earned All-American honors by finishing among the top 8 in their 3000m races.

The Junior Strider program had 220 runners this year and over 30 of them raced in very competitive summer track meets. It all starts again next March. See you then!

The Summer Striders (high school and college) pose with Coach Lang (center, bottom). (Photo by Vicki Lang)

MEET OF THE MILES

The Striders held their annual Meet of the Miles on Wednesday, July 22, at the Oakland Mills High School track. Kids under the age of 10 ran 400m or 100m, and adults ran a standard English mile. Because the tracks are all metric, though, that distance amounts to four laps of 400m each plus 30 feet, 7¾ inches. Meet director *Phil Lang* measured it exactly and placed a tape mark on the track.

There were five heats, and because of the warm, muggy weather, they really were "heats." The young one ran the first two, short distance events, and the usual suspects triumphed. *Liana Mullican* and *Judson Lincoln*, son of *Judson Lincoln*, each reprised their 2008 victories at 100m, and they both improved their times, too. Camden Gilmore improved his 400m time by 8 seconds in winning. *Alexa Mullican* improved her time in the 400m by about the same amount and won the race for the first time. But who was counting? All the kids won ribbons.

The adults did not win ribbons, nor were there age-group salutations. Running the fastest mile in each gender group earned the winners trophies– otherwise, they just went home. Three heats followed the kids' races: one mile for men with times over 6:00, one mile for all women, and one mile for men with times under 6:00.

En route to an overwhelming victory in the women's mile, *Stef Commins* waited until the second turn of the first lap to take the lead. She lapped the last woman before finishing the first 800m. "I was practicing running negative splits," Stef explained. Far behind, *Marquel Bowler* took over second place at the beginning of the second lap and held off *Nicole Dawson* by a second to retain the runner-up spot. Eleven-year-old *Brittany Lang* took fourth, and was the last female to break the six-minute barrier. There were bragging rights at stake for the other women: "My mom beat your mom," said one of the kids.

In the last heat with the fastest legs, the men competed in a tighter race. Reservoir High School's *Eric Schuler* led after the first lap (1:12) and had secured the lead for good after the second (2:24). Everybody in the field broke 3:00 minutes for the first 800m. Extending his lead in the last 800m, Schuler made certain there would be no upset. But 11 seconds behind him, 12-year-old *Michael Wegner* set a personal record and broke five minutes for the first time in his life. The crowd was a-twitter. Among those following Schuler and Wegner, *Dave Miller* remarked, "At least I held off those two pesky kids behind me."

Judson Lincoln won the 100m again. (photo by Brian Fleming).

And Camden Gilmore won the 400m. Again. (photo by Brian Fleming)

100m DASH (5 and under)

Girls

1. Liana Mullican	26.5
2. Kaylynn Walker	32.5
3. Lucy Howe	38.8
4. Sofie Hogue	41.2
5. Siena Mullican	48.6

Boys

1. Judson Lincoln IV	24.3
2. Peter Keating	33.1
3. Jack Brunner	48.1
4. Reilly Radzville	52.8

400m DASH (9 and under)

1. Camden Gilmore	1:18
2. Nathan Gears	1:31
3. Alexa Mullican	1:54
4. Bridget Keating	1:56
5. Angelo Diaz	2:01
6. Finley Stein	2:17
7. Daniel Walker	2:23
8. Simone Page Gilmore	2:27
9. Audray Collins	2:32
10. Vivienne Page Gilmore	3:04

1 MILE – WOMEN

1. Stefani Commins	5:23
2. Marquel Bowler	5:49
3. Nicole Dawson	5:50
4. Brittany Lang	5:55
6. Abby Malkin	6:21
7. Dorothy Beckett	6:24
8. Megan Miller	6:27
9. Lazara Ramos	6:44
10. Natalie Smolyak	6:47
11. Shamere Law	7:08
12. Anna Hogue	7:12
13. Amelia Mullican	7:36
14. Emily Howe	7:45
15. Madison Laudeman	7:51
16. Grace Laudeman	8:11
17. Justice Ramos	8:22
18. Jeanne Ramos	8:53
19. Emma Eyes	9:25
20. Mereencita Ramos	9:43
21. Katie Eyes	9:55
22. Jean Evansmore	10:42
23. Melinda Krummerich	10:43
24. Mary Brandenstein	12:58

In the end, Marquel Bowler (left) held off Brittany Lang for the runner-up spot in the women's mile. (photo by Mike Fleming)

His big brother may have set a PR, but so did Kevin Wegner, shown here breaking the six minute barrier and beating Ken Sevik to win the first men's mile race. (photo by Brian Fleming)

1 MILE – MEN

1. Eric Schuler	4:48
2. Michael Wegner	(PR) 4:59
3. Luis Diaz	5:01
4. James Blackwood	5:01
5. Patrick Perez	5:02
6. Brian Fleming	5:05
7. Dave Berardi	5:06
8. Weems McFadden	5:10
9. Greg Schuler	5:23
10. John Chall	5:25
11. James Gilmore	5:27
12. David Miller	5:28
13. Jeff Garstecki	5:30
14. James Allen	5:31
15. Robert Blanco	5:33
16. Joseph Keating	5:34
17. Seth Gersuk	5:36
18. Gary Smolyak	5:38
19. Nick Lampron	5:38
20. Hafix Shaikh	5:42
21. Chad Burger	5:45
22. David Jun	5:49
23. Greg Lepore	(PR) 5:52
24. Kevin Wegner	(PR) 5:58
25. Kenneth Sevik	5:58
26. Ronnie Wong	6:00
27. John Rudmin	6:03
28. Rick Smith	6:09
29. Russ Owens	6:11
30. Andrew Mullican	6:12
31. Jim Carbary	6:21
32. Kiernan St. Denis	6:24
33. Kenny Walker	6:24
34. Eric Johnson	6:24
35. Piriya Pinit	6:37
36. Dave Hogue	6:38
37. Davie Weber	6:38
38. Judson Lincoln III	6:42
39. Mike Fleming	6:45
40. Juan Fernandez	6:52
41. Doug Sullivan	7:02
42. Richard Griffiths	7:05
43. Chris Vaughn	7:19
44. Tomas Fernandez	7:29
45. Len Guralnick	7:36
46. Adlai Lavine	7:37
47. Bill Brandenstein	8:29
48. Montaro Ramos	8:55
49. Tommy Eyes	9:06
50. Jacob Einarson	11:28

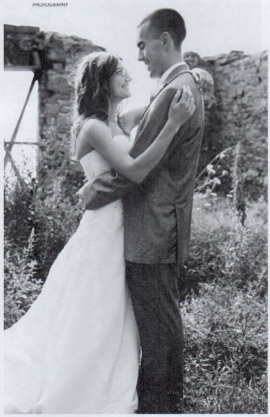
STY GETS MARRIED

Carla Styczynski

Michael Styczynski, a former Howard County Strider Junior Runner of the Year and Runner of the Year, was married August 15th to Bridgette Pilling in Aurora, NY. Michael and Bridgette met at Ithaca College where both were top runners on the cross country and track teams. Many runners attended the wedding– both friends and family– so, naturally, there was a wedding morning race. It was the "1st Annual Team Pillinski Race for the Cannoli Pro-Am 6k Run." Those who finished the hilly course were rewarded with an extra cannoli at the wedding reception that afternoon.

Michael and Bridgette reside in Folsom, CA, and run for the River City Rebels running club.

[No word on the honeymoon, yet.]



Bridgette and Mike after their 6k wedding run. (photo by Carla Styczinski)

ANOTHER WEDDING

Tasha Clearman

The wedding between Howard County Striders *Tasha Clearman* and *Greg Hogan* took place on June 13, 2009, in Odenton Maryland.

Yes, there was a lot of food! Fruit and veggie trays, crackers and cheese trays, gourmet sandwiches, a honeydew carved into a swan, as well as bananas, bagels, trail mix, and Gatorade for the runners in the crowd. I made the wedding cake myself and there were five different flavors: carrot cake, spice cake, German chocolate cake, white cake with raspberry and white chocolate filling, and an Italian cream cake.

The honeymoon was a two-week adventure in Alaska that started off with a six-day, unguided kayak trip on the Prince William Sound. A water taxi dropped Greg and I off at the Columbia Glacier 35 miles from Valdez and we paddled our way back, camping as we went. The water was very cold, especially near the icebergs, and it rained almost every day, but the scenery was breathtaking. We saw sea lions, sea otters, a humpbacked whale (too close for comfort), a lot of birds, and no people. From there we went to Denali National Park where we traded kayaks for backpacks and wandered into the backcountry. Here we saw grizzlies, moose, mountain sheep, caribou, and more birds with beautiful mountain views all around. We were even able to catch a glimpse of the elusive Mount McKinley (or Denali as they call it now.) We went to Fairbanks for a day and then down to Seward on the Kenai Peninsula where we hiked up to the top of Exit Glacier to see an ice field— miles and miles of ice and packed snow that feeds more than 35 glaciers.

Newlyweds Greg and Tasha in front of one of those glaciers that continue to shrink because of global warming. (photo by A. Bear)

Bride and groom– they met at the Bagel Run. (professional photo)

ROAD WARRIORS OF THE SUMMER

On to the lazy, hazy days of summer– in spite of the heat, humidity, and thunderstorms, the road warriors crushed their opponents, saw them driven before, heard the lamentation of their women...

RUN THROUGH HISTORY 10k
Sharpsburg, MD – June 7

Patricia Brooks (3 rd, 50-59F)	53:32
Glenn Scimonelli	59:14

The course took 215 competitors over the battlefield at Antietam, one of the bloodiest contests in history.

MATZOHBALL 5k
Centennial Lake Park – June 7

4. Eric Schuler	18:52
5. Jeffrey Garstecki	19:15
6. James Gilmore	19:23
Meghan Henegjan (1st F)	21:36
Gary Smolyak	21:58
Michael Smolyak	22:25
Kevin Federici	23:41
Natalie Smolyak	24:19
Nick Lurie	24:43
Curt Lurie	24:45
Heather Federici	24:49
Phil Heiliger	24:50
Bill Heneghan	26:51
Susan Kim	26:49
Matt Lurie	26:55
Kerry Heneghan	27:57
Lisa Hussman	31:10
Daniel Smolyak	33:22
Teri Garstecki	34:10
Rebecca Holtz	36:54
Richard Mitchell	37:06

307 finished on a beautiful morning. The race preceded the health fair held at Centennial Lake where the Striders had a booth.

BEL AIR TOWN 5k
Bel Air, MD – June 7

Brian Fleming (2nd, 25-29M)	16:53
Phil Lang (1st, 40-44M)	17:37
Weems McFadden (1st, 50-54M)	17:42
Luis Diaz (3rd, 30-34M)	17:50
John Chall (3rd, 50-54M)	18:24
Martin Goode (1st, 45-49M)	18:36
Michael Dusenbery	18:40
Donnie Chapman (3rd, 45-49M)	19:42
Ronnie Wong (1st, 60-64M)	20:02
Chad Burger	20:43
Ken Sevik	20:53
Marc Burger	21:04
Jerry Warfield (1st, 65-59M)	21:68
Von Jennings (3rd, 60-64M)	21:58
Mike Fleming	22:07
Conor Jennings	23:23
Sari Chapman	24:45
Phyllis Sevik	25:46
Christinia Caravoulias	33:06
Melissa Burger	36:24

It was the 29th Annual Bel Air Town 5k race. 1053 completed it.

SURVIVOR HARBOR 7M
Baltimore, MD – June 14

7. Dave Berardi (1st MM)	39:52
Peter Laanisto	44:19
Marc Burger	52:02
Les Raymond	52:38
Chris Farmer	52:42
Chad Burger	52:48
Katrina McGowen	53:03
Ed Silverman	54:22
Grace Tran	56:39
Eric Johnston	56:43
Nick Del Grosso	56:52
Michael Elkonoh	58:34
John Collins	1:01:24
Patrice Halbert	1:02:29

A huge field of 1027 completed this race, which is 7 miles– about 0.8 mile longer than a 10k.

Striders at the start of the B10.

BALTIMORE 10 MILER
Baltimore, MD – June 20

5. Pekka Stenholm (2nd, 35-39M)	59:43
9. Jason Tripp (3rd, 35-39M)	1:03:48
Peter Peterman	1:10:44
Scott Steffen	1:13:23
Sean Dawson	1:14:48
Marc Burger	1:18:23
Chad Burger	1:20:05
Keith Gilbreath	1:21:19
Jonathan Wilson	1:22:23
William May	1:24:56
John King	1:25:10
Carroll Thumel	1:25:14
Michael Duffy	1:27:04
Kevin Federici	1:27:05
Chris Marasco	1:28:39
Dwight Mikulis	1:28:51
Pete Meoli	1:30:48
Jim Hessler	1:31:57
Todd Pearsall	1:34:03
Shane Bogan	1:35:42
Kevin Spaulding	1:37:43
Robert Gettier	1:41:37
Jordan Kelso	1:41:47
Glenn Scimonelli	1:43:15
John Collins	2:01:39

1152 completed this inaugural event, which took place on a muggy morning fraught with thunderclaps and rain. And the course was long, too.

GMBC FATHER'S DAY 5k
Towson, MD – June 21

Martin Goode	18:55
Bob Burns (1st, 50-59M)	20:07
Conor Jennings	20:51
Chad Burger	21:13
Marc Burger	21:13
Von Jennings (2nd, 60-69M)	21:33
Brett Jennings	23:55
Mike Baziz	26:13
Melissa Burger	36:17

Lots of sons and daughters ran with their dads. An even 500 finished this annual race.

FATHER'S DAY 10k
Severna Park, MD – June 21

7. Karsten Brown	36:21
8. Weems McFadden	36:59
Luis Diaz	38:36
Joe Hanle	39:08
John Chall	39:53
Michael Dusenbery	40:47
John Way	41:06
Donnie Chapman	41:19
Noah Wood	42:26
Kenneth Sevik	45:33
Jerry Warfield	45:38
Doug Angradi	45:50
Bill Arbelaez	45:59
Chris Farmer	47:24
Ron Weber	49:16
Eric Johnston	50:23
Sari Chapman	52:53
Phil Heiliger	53:54
Phyllis Sevik	55:06

The thunderstorms had passed by Father's Day. Muggy weather continued, though. 462 finished.

BALTIMORE WOMEN'S DISTANCE FESTIVAL 5k
Baltimore, MD – June 28

Sari Chapman (3rd, 45-49)	24:42
Sandy Boys (3rd, 55-59)	25:57
Caroline Manas	29:08
Veronica Berruz	31:26
Sophia Berruz	31:32
Yvette Oquendo-Berruz	31:32
Jean Evansmore	36:57
Beverly Byron	38:44
Anne Charlton	40:11
Josephine Pieper	41:00
Tracy Sinclair	45:18

This all-woman race drew an immense field of 1398. Surprisingly, only a few women from Howard County participated.

FIRECRACKER 10k
Arbutus, MD – July 4

2. Izzy Mehmedovic	33:22
5. Dave Berardi	36:17
7. Brian Fleming	36:40
9. Keith McIntyre	37:16
10. Phil Lang	37:24
Weems McFadden	37:56
Stef Commins (1st F)	38:14
Luiz Diaz	38:37
Greg Hogan	38:44
Joe Hanle	39:35
John Chall	39:54
Martin Goode	40:01
Chris Chattin	41:26
Ronnie Wong	42:24
Tasha Clearman-Hogan (4th F)	42:32
Janelle McIntyre (5th F)	42:49
David Sun	44:24
Marc Burger	46:08
Kenneth Sevik	46:34
Dorothy Beckett	46:38
Mike Fleming	47:56
Chris Farmer	48:23
Ron Weber	49:48
Eric Johnston	49:50
Bob Hemler	51:03
Mike Anderson	52:15
Phil Heiliger	53:16
Melissa Simmens	55:29
Mike Baziz	57:45
Phyllis Sevik	57:50
Eric Katkow	58:47
Patricia Brooks	59:28
Bill MacCormack	1:06:41
John Wheatland	1:06:38
Dick Woods	1:08:07

This race has been around longer than some of the people who ran it– including Striders *Izzy Mehmedovic* (second overall), and *Stef Commins* (first woman). Cash awards, not the watermelon, drew some fast legs up front. A total of 281 enjoyed cool weather on July 4 for the first time in living memory.

TWILIGHTER 8k
Rockville, MD – July 18

11. Izzy Mehmedovic* (2nd, 20-24M)	25:34
Carlos Renjifo	26:25
Randy McDermott*	26:49
Pekka Stenholm*	27:33
Mark Buschman	27:56
Eric Schuler	28:33
Dave Berardi (3rd, 45-49M)	28:43
Stephen Olenick	28:46
Brian Fleming	28:56
Luis Diaz	29:13
Stef Commins* (8th F; 3rd, 25-29F)	29:26
Weems McFadden° (2nd, 50-54M)	29:29
Craig Lebro	29:55
Jason Tripp	30:51
John Chall°	31:41
Michael Dusenbery	32:07
Greg Schuler	32:17
Bob Burns	32:32
Nicole Dawson* (3rd, 1-19F)	33:45
Marc Burger	33:58
Sarah Lebro	34:05
Janeth Scott	34:21
Dorothy Beckett° (2nd, 50-54F)	36:23
Grace Tran	37:36
Kevin Federici	39:34

* HCS Open Team (2nd)
° HCS Masters Team (3rd)

They finally had a cool night in Rockville for this race, which is traditionally held on the hottest evening of the year. Strider racing teams made the most of it: the open team placing second in its category, and the masters' team third.

STRIDERS AT ANNAPOLIS 10 MILER
USN Academy – August 30

6. Carlos Renjifo (2nd, 25-29M)	55:38
Mark Buschman	57:57
Luis Diaz (2nd, 30-34M)	1:00:12
Pekka Stenholm (1st, 35-39M)	1:00:44
Keith McIntyre (1st, 50-54M)	1:00:54
Phil Lang (3rd, 40-44M)	1:01:19
Jason Tripp	1:01:44
Craig Lebro	1:02:15
Eric Schuler	1:02:34
Greg Hogan	1:02:58
Joe Hanle	1:05:06
Greg Schuler	1:05:37
John Chall	1:06:16
Tasha Clearman-Hogan (3rd F)	1:06:22
Bobby Gessler	1:07:09
James Gilmore	1:07:10
Jeffrey Garstecki	1:07:33
Robyn Humphrey (1st, 45-49F)	1:08:12
Donnie Chapman*	1:08:24
Peter Peterman	1:09:15
Conrad Fernandes*	1:09:34
Sari Stenholm	1:09:36
Steve Meininger	1:10:17
Janelle McIntyre (2nd, 40-44F)	1:10:18
Pat Wilkerson	1:11:04
Janeth Scott (3rd, 45-49F)	1:12:24
Scott Stefan*	1:12:31
Steven Grufferman	1:14:13
Dorothy Beckett	1:14:27
Amanda Loudin	1:14:50
Lisa Fichman	1:16:03
Russell Antico	1:16:50
David Tarkow	1:17:24
Keith Lavasseur*	1:17:36
Tacy Feliciano	1:17:39
Rick Smith*	1:17:55
Yasuo Oda	1:18:00
Julie Thienel	1:18:07
John King	1:18:16
Sandy Ford	1:18:42
Robert Blanco	1:19:34
Wayne Martin	1:18:35
Marc Burger	1:19:38
Noah Wood	1:19:58
Carroll Thumel	1:20:22
Ron Weber	1:21:52
Marianne Myrtue*	1:22:32
Stephen Dyer	1:22:34
Jason Kaplan	1:22:38
Bill Arbelaez	1:23:25
Gabriel Hiza	1:24:00
Hafiz Shaikh*	1:24:00
Fred Towner*	1:24:44
Chris Marasco	1:24:53
Kellie Johnson	1:25:55
Michael Duffy	1:25:56
Kevin Federici	1:25:58
Jonathan Bierce	1:28:01
Phyllis Sevik	1:28:05
Kenneth Sevik	1:28:05
Srinivas Rao*	1:28:37
Parice Halbert	1:28:39
Heather Federici	1:29:16
Michael Smolyak	1:29:17
Natalie Smolyak*	1:29:17
Eileen Murphy	1:29:31
Phil Heiliger	1:30:24
Ellen Rabe	1:30:36
Nicole Hastings	1:31:05
Glenda Rodriguez*	1:31:05
Anna Hogue	1:31:09
Elizabeth Nickle*	1:31:12
Roger Thibaudeau	1:31:43
Karen Harvey	1:31:53
Christopher Saunders	1:31:56
Pamela Jock	1:33:26
Hillary Bierce	1:34:20
Stephen Alpern	1:34:26
Susan Gleazer	1:34:30
Cheryl Ford	1:34:38
Kevin Spaulding	1:35:02
Rebecca Holtz*	1:35:08
Dwight Mikulis*	1:35:11
William May	1:35:25
Lynn Mount	1:35:43
Shelley Yore	1:36:13
Shane Bogan*	1:36:15
Jacqueline Williams	1:37:48
Dave Krause	1:38:26
Jill Krause	1:38:26
Dyan Anderson	1:38:53
Chris Schauerman*	1:40:05
Glenn Scimonelli	1:40:21
Talia Peery	1:40:58
Steven Albertini	1:41:03
David Hogue	1:42:46
Jeff Sweren	1:43:26
Karen Schwab*	1:43:44
Amy Hammond	1:45:32
Jeannine Murphy-Morris	1:45:36
Cathy Keagle	1:46:58
Donald Gentile	1:50:02

John Wheatland	1:51:07
Helenor Mesias	1:53:31
Shyamal Nandi	1:53:41
Linda Alpern	1:53:44
Dick Woods	1:53:47
Ann Diegleman	1:56:33
John Collins	1:56:55
Jacqueline Williams	2:02:35

* Proud members of the Next Step Program

Some of the Next Step runners posed for this after they completed the Annapolis 10 Miler. (photo by Conrad Fernandes)

The heat and humidity plagued the A10 runners this year, but what else is new? It didn't stop *Carlos Renjifo* from running sub-56 minutes (sixth overall), and *Tasha Hogan* from finishing third among the women. Just a couple days later, temperatures would have plunged into the 50's, too. 4558 finished. At last count, 110 Striders were among that number.

Some factoids about the 2009 Annapolis 10 Miler:

• They used disposable timing chips.

• It was the 34th running of the race.

• Matthew Llano won the race in 49:38, beating second-place Justin Fritzius by 4 ½ minutes– the largest margin of victory in the race's history, and the first time in 10 years the winner had broken 50 minutes.

• Kristin Blanck won the women's race in 1:03:23, and our own *Tasha Clearman-Hogan* was only three minutes behind her!

• The largest age group was the 40-44 men, who numbered 430.

• There were more 55-59 women (93) than there were 20-24 men (79).

SPECIAL RECOGNITIONS

• Great grandmaster *Jean Evansmore* has been running marathons again, in spite of some "leg cramps." She came in second in her 60+ age group in Greenbelt 6:37:15. On May 31st, at the Bob Potts Marathon in York, PA, won her age group in 6:26:59. "I may have been the only female in AG," she noted. "This year, at the Baltimore Women's Classic where I have placed the last three years, I came in 5 of 11 at 36:57 and they listed me as being from Baltimore!"

• Meanwhile, Grandmaster *Ronnie Wong* has been traveling across the country in search of the perfect marathon. On May 3, he ran Pittsburgh in 3:19 (1 st, 60-64M). On May 9, he ran the North Dakota (Fargo) Marathon in 3:24 (1st, 60-64M). On May 16, he ran the South Dakota (Brookings) Marathon in 3:39 (1st, 60-64M). "I ate some bison and potatoes while out there," he said. On June 26, he ran the Rock 'n Roll Marathon in Seattle, WA, in 3:19:08, again winning his age group.

• Okay, we forgot to mention last time that *Patty Keating* ran a number of half marathons last Spring. She won her age group at the B&A Half (March 1) in 1:34:06 and again at the Frederick Half Marathon (May 3) in 1:34:16.

• Howard County Strider *Geoffrey Baker*, 51, of Oella, completed the Leadville 100 Mile Trail Run held August 22 and 23rd in Leadville, CO. His finishing time was 29:51:55, good for 270th place. There were over 500 starters and 275 finishers. The course ran through the Rocky Mountains at elevations all above 10,000 feet and featured a double crossing of the 12,600-foot high Hope Pass. Record heat slowed race times. A military helicopter crash on the course two days before the start required a last minute course change. This was Geoff's third 100-mile finish. He raised over $1000 for the Baltimore homeless charity Back On My Feet by running the race.

Howard County Striders
VOLUNTEER TRAINING

Coming this fall
(Time and location TBA)

• Learn the ins and outs of major race functions from the familiar faces you've seen at Strider events for years.

• Specific training in race registration, timing and scoring, finish line management

Here's your chance to give back to the running/racing community as well as learn valuable organizational skills that may be useful in your work and life. Interested? Contact volunteer-training@striders.net

FALL SCHEDULE

The summer wasn't so bad was it? The heat-acclimatization you earned during July and August will serve you well in the waning temperatures of September and October. What are you waiting for? Let's get going!

Beginning on September 20, the Weekly Series races take place every Sunday at 2 pm at various locations throughout Columbia, MD. You can earn points for series awards given in December. You can also use these low-key events as training for the big time races. The series director is *Greg Lepore* (410-309-1590). You've got better things to do on Sunday afternoons than watch the Redskins go down in flames, and these weeklies are just the ticket.

What are some of the big-time races this fall? The Baltimore Marathon (10 October) and the Marine Corps Marathon (25 October). After you've done those two (and some of you fools will), you can unwind with a pleasant romp through the grapevines (literally) at Linganore on November 1. Contact *Jason Tripp* about the Grapevine (410-963-0134). Ease the pain of that newly sprained ankle with some post-race wine.

The wildly-popular Turkey Trot 10k Prediction Run on Thanksgiving Day will continue this year as usual. Even if you don't come within 10 seconds of the 11 am finish time (and some will not), you'll have a good time eating donuts and apples in the neighborhood center after the race. *Len Guralnick* (410-997-7544) has more details. Just be sure NOT to show up before 9 am. Okay?

The fall racing season climaxes on 6 December with the Metric Marathon, a 26.2 km race for those of you not quite up to a real marathon. Or those of you not willing to waste the rest of year recovering from a marathon. Anyway, it's a hilly course so you'll feel just as if you ran 26.2 miles. *John* and *Ann Worley* direct (410-730-0749).

For current information on all these events (as well as a plethora of others), check out www.striders.net or the hotline: 410-964-1998.

9/20 2pm	Weekly Series #1 – 2m, 10k, 15k Jeffers Hill Neighborhood Center (15k is GGM race)
9/27 2pm	Weekly Series #2 – 2m, 10k Elkhorn-Savage
10/4 2pm	Weekly Series #3 – 1m, 5k Swansfield Elementary School (Jr Strider benefit, entries $1)
10/10 8am	Baltimore Running Festival 26.2m, 13.1m, 5k at Raven's Stadium, Baltimore
10/11 2pm	Weekly Series #4 – 2m, 10k, 15k Longfellow Elementary School
10/18 2pm	Weekly Series #5 – 2m, 5m Burleigh Manor Middle School
10/25 8am	US Marine Corps Marathon – 26.2m Iowa Jima Memorial, Arlington, VA
11/1 10am	**Run Through the Grapevine 8k** Linganore Winery (contact Jason Tripp (grapevine@paintedcup.net)
11/8 2pm	Weekly Series Race #6 – 2m, 10k, 15k Longfellow Elementary School
11/15 2pm	Weekly Series Race #7 – 5k Atholton High School
11/22 2pm	Weekly Series Race #8 – 2m, 10k Elkhorn-Savage (Scholarship benefit, entries $1)
11/26 >9am	**Turkey Trot Prediction 10k** Jeffers Hill Neighborhood Center Len Guralnick (410-997-7544)
12/6 8:15am	**Metric Marathon – 26.2k, 5k** Columbia Town Center John Worley (410-730-0749)
12/13 2pm	Fall Series Awards – 2m, 5m Burleigh Manor Middle School

PRESIDENT'S LETTER

The Striders began a major new series of races this summer. Thanks to *Phil Lang*, coach of the Junior Striders and the Summer Striders, we now have the summer cross country series. Phil initiated a series of five new races this summer. He thought that just a few kids from high school would show up, but the races averaged over 100 runners of all ages and abilities. So we Striders could run Arleen's Centennial Fun Runs on Tuesday evenings, the Summer Sizzler Weekly Races on Wednesdays, Phil's cross country races on Fridays, and the Bagel Runs on Saturday mornings. And maybe a race on Sunday?

The also summer saw younger Striders getting married. *Greg Hogan* and *Tasha Clearman* got married on June 13, and then headed for a honeymoon in Alaska. All-American *Mike Styczinski* also got married on August 15. We wish the newlyweds the best of luck and good running!

The Strider Board of Directors has been regularly holding its monthly meetings throughout the summer. We have been trying to decide how to encourage new people to help at the major races, because the people who have always done this are, well, growing a bit long in the tooth and we feel that the next generation should step forward. With the popularity of the other Strider running programs, we decided that we should conduct volunteer training. This training will include race registration, timing and scoring, and finish line management. The exact time and location of this training has yet to be determined, but check the website www.striders.net for more information if you're interested. No experience is necessary, and the training will be a great introduction for those interested in race direction, management, or just plain volunteering.

Even if you don't take the volunteer training, you can help out at the Strider races this fall. They include the Run Through the Grapevine in early November, the Turkey Trot on Thanksgiving morning, and the Metric Marathon and 5k in early December. Check the schedule on the preceding page for dates and points of contact. This is your chance to give something back to the running community.

I wish you all the best of fall running. See you on the roads.

Nadia Wasserman

2009 BOARD OF DIRECTORS

Nadia Wasserman (president)
president @ striders.net
Dwight Mikulis (vice-president)
vicepresident @ striders.net
Greg Hogan (treasurer)
treasurer @ striders.net
Pat Wilkerson (secretary)
secretary @ striders.net
Phil Lang (youth programs)
youth @ striders.net
Carlos Renjifo (racing teams)
specialraces @ striders.net
Jim Carbary (newsletter)
newsletter @ striders.net
Brian Fleming (webmaster)
website @ striders.net
Paul Goldenberg (special races)
specialraces @ striders.net
Greg Lepore (weeky races)
weeklyraces @ striders.net
Heidi Vecera (special programs)
specialprograms @ striders.net
Lisa Fichman (at large)
lisa @ striders.net

Howard County Striders

Membership and Renewal Application

Please fully complete this section

[ ] New [ ] Renewal	[ ] Individual ($15) [ ] Family ($25) [ ] Student ($6) [ ] Lifetime Individual ($135) [ ] Lifetime Family ($235)

First Name	MI	Last Name	Gender [ ] M [ ] F	Birthdate

Address (Street, City)	State	Zip

Home Phone (Area code + number)	Business Phone (Area code + number)	Email

[ ] Check here to receive Newsletter on internet by email notification (default is regular mail)

Waiver — Please read and sign

I know that running and volunteering to work in club events are potentially hazardous activities. I should not enter and run in club activities unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to complete the run safely. I assume all risks associated with running and volunteering to work in club events including, but not limited to, falls, contact with other participants, the effects of weather, including high heat and/or humidity, the conditions of the road and traffic on the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your acceptance of my application for membership, I, for myself and anyone entitled to act on my behalf, waive and release the Road Runners Club of America, the American Association of Running Clubs, the Howard County Striders Inc., and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in club activities even though that liability may arise out of negligence or carelessness on the part of the persons named in the waiver. I grant permission to all of the foregoing to use photographs, motion pictures, recordings, or any other records of these events for any legitimate purpose. I understand that bicycles, skateboards, baby joggers, roller skates or blades, animals, and radio headsets are not allowed in the events and I will abide by this guideline.

Signature Date

Additional Family Members — All members must sign. If under 18, parent or guardian must sign

Name	Gender [ ] M [ ] F	Birthdate	Signature	Date
Name	Gender [ ] M [ ] F	Birthdate	Signature	Date
Name	Gender [ ] M [ ] F	Birthdate	Signature	Date
Name	Gender [ ] M [ ] F	Birthdate	Signature	Date
Name	Gender [ ] M [ ] F	Birthdate	Signature	Date

Please make check payable to: Howard County Striders, Inc.
Howard County Striders, P.O. Box 563, Columbia, MD 21045

The Howard County Striders
wish to welcome the following new members:

Adantor, Yau
Ahmed, Mohammad
Anderson, Dyan
Anderson, Michael
Balakirsky, Melanie
Baskin, Chloe
Bazell, Kayla
Berry, Karen
Bivens, Maria
Blodgett, Megan
Boone, Emma
Bosley, John D
Bosley, Luke
Bosley, Sherry
Bratt, Aislinn
Bratt, Joshua
Bratt, Ronald
Bratt, Sonara
Bratt, Talia
Burleson, Ray
Buzzio, Beth Ann
Bylis, Matt
Chiafari, Dawn
Collard, Tim
Congedo, Lisa
Corbin, James
Deutschmann, Kyle
Diamond, Matthew
DiBattista, Jake
Dickens, Joseph
Dickens, Leslie
Dixon, Kelly
Drew, Graciella
Dunwoody, Elayne
Dwyer, Ami
Evans, Barbara
Evans, Christopher
Evans, Jacqueline
Evans, Monica
Evans, Thomas
Falck, Alison J
Fetner, Cara
Fitzpatrick, Amy
Font, Lucy
Forman, Sam
Franklin, Gloria
Frasca, Dominic
Freeman, Bryce
Fridley, Colleen
Garrahan, Christine
Gears, mimi
Gibson, Alyse
Graeber, Matthew
Hartranft, Jessica
Harvey, Christina
Heron, Matt
Hicks, Valerie
Hotter, Kyla
Hotter, Travis
Janiszewski, Sam
Jones, Cheryl
Julia, Bryant
Kalsi, Avinash
Keeler, Michele
Korman, Amy
Lampron, Nicholas
Law, Shamere
Layton, Jennifer
MacDermott, Caragh
Mahoney, Erin
Malkin, Abigail
Max, Bryant
McDowell, Kate
McLellan, Doug
Miller, Cicely
Miller, Marne
Miller, Megan
Miller, Robert
Murphy, Kevin D
Myers, Kimberly
Navarro, Luis
Ogden, Kelli
Oldhouser, Matt
Olson, Ellen
Outland, Matthew
Pariseault, Grant
Paterni, Linda
Pillion, Rachael
Proctor, Nelita
Rebaza, Alex
Rebaza, Angelina
Ressler, Megan M
Robson, Alan L
Rowell, Harry
Rust, Amberlee
Schofield, Danny
Schofield, Katie
Schofield, Kelly
Schofield, Rick
Sham, Jeffrey
Sheehy, Michael
Skinner, Julia
Spatz, Alison
Stahr, Richard
Storms, Terry
Sungenis, Austin
Swanger, Lauren
Thayer, Scott
Trevizo, Carla
VanSickler, Ava
Vaughn, Chris
Wang, Andy
Ware, Lucinda
White, Mitchell
Willis, Michelle
Witstrom, Matthew
Wollack, Alex
Wood, Kelsey
Woodcock, Will
Zagnab, Soriaya

RUN THROUGH THE GRAPEVINE 8k
Register online at active.com

Date
Sunday, November 01, 2009 @ 10:00 AM local time

Address
Linganore Winecellars 13601 Glissans Mill Road

Fees
$20 through October 18th; $25.00 from October 19th to October 31st; $30.00 at race

Registration Closing Date
Friday, October 29, 2010 @ 3:00 PM

Packet Pick-up
Saturday October 31st, 10 AM to 3 PM, at Feet First, Hickory Ridge Village Center, Columbia, MD. Race day pickup at the winery from 8:45 AM to 9:30 AM.

T-shirt
Long sleeve shirts guaranteed to first 350 entries, if picked up before 9:30 AM race day.

Individual Awards
Awards will be given to the top five male and female runners overall and the top three male and female runners in each age group. The age groups are as follows: under 20, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70 and over.

Post-Race Activities
Upon finishing assorted refreshments will be available for the runners. Awards will be presented as soon as possible with WINE TASTING to follow. Picnic tables are available for those who would like to bring a picnic lunch.

Course
8 kilometer (4.97 miles) VERY challenging course run entirely on the property of Linganore Winecellars.

Directions
From I-70: Take Exit 62 New Market. North on MD 75 (4.5 miles). Turn Right just before concrete bridge onto Glissans Mill Rd. (3.7 miles to winery).

Team Awards
Awards will be given to the top two teams in each category and a 3rd award will be given if 5 or more teams finish.

Team Categories
OPEN (Male, Female, Coed), MASTERS (Male, Female, Coed), and FAMILY categories. NOTE: Coed teams must have at least one person of each sex count in the scoring. A FAMILY consists of any relative (blood, step, half,...).

RUN THROUGH THE GRAPEVINE IS A CHALLENGING CROSS COUNTRY RACE

HOWARD COUNTY STRIDERS

FEET FIRST

DAVID'S Natural Market

Columbia Metric Marathon & 5k

33rd

Sunday, December 6th, 2009

8:15 A.M.

A RacePacket Grand Prix Series Race

When: Sunday, December 6, 2009 at 8:15 A.M.

Where: Little Patuxent Parkway between the Columbia Mall and the Columbia Lakefront, Columbia, Maryland (near the pedestrian overpass). Directions and map available at Striders website: *www.striders.net.*

Registration: Online at *Active.com*, or mail entry form and check (payable to Howard County Striders) to Metric Marathon, c/o John Worley, 6041 Watch Chain Way, Columbia, MD 21044.

Packet Pick-up: At Feet First, Hickory Ridge Village Center, Freetown Rd, Columbia, MD on Friday, December 4th from 12 noon - 6:00 P.M.; Saturday, December 5 from 10 AM - 5 PM, and race day from 6-8 AM.

Race Information: (course maps, updates, bib numbers before packet pickup, and race results) at Howard County Striders website: *www.striders.net* or Striders Hotline: (410) 964-1998; facebook, and e-mail at *MetricMarathon@gmail.com.*

Awards Ceremony: immediately following race; food and refreshments plus random prizes; unclaimed awards can be picked up at Feet First.

T-shirts: Long-sleeve dry-release shirts to all registered runners.

Results: Race results will be posted immediately after the race and results will also be available at *www.striders.net*

Finish line closes after 3.5 hours.

26K (16.2 miles)

26K entry fees: ACTIVE(nonrefundable) $ 25 through- Dec 3 (close of ACTIVE registration)

Paper Registration: $35 through - Dec 3; $40 Dec 4-5 (packet pick-up at Feet First) & $45 Race Day Dec 6.

26K Awards: Top 3 overall male and female; and male/female age groups in the following categories (top 3 in each group): 1-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, and 70+.

All finishers will receive running gloves

5K (3.1 miles)

5K Entry Fees: ACTIVE $20 (nonrefundable) through Dec 3 (close of ACTIVE registration)

Paper registration: $25 through-Dec 3; $30 from Dec 4-5 (packet pick-up at Feet First) & $35 Race Day Dec 6.

5K Awards: Top runner overall (male & female), and male/female age groups in the following categories: (top 3 in each group): 1-14, 15-19, 20-29, 30-39, 40-49, 50-59, 60-69, and 70+.

Lakeside Cafe & Deli · Howard County Chiropractic Spine & Sports · Bagel Bin · El Patio · Columbia Foot & Ankle Associates · active.com

Metric & 5K Application -- Please print clearly

First Name	MI	Last Name	Event	Official Use
Street Address	City		State	Zip
Age Race Day	Gender ☐M ☐F	Birth date (mm/dd/yy)	Home Phone	Work Phone
E-Mail Address		Shirt Size ☐S ☐M ☐L ☐XL	Amount Enclosed $	

Waiver - Please read & sign, If under 18 parent or guardian must sign

I know that running a road race is a potentially hazardous activity and I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to complete the run safely. I assume all risks associated with running in this event including, but not limited to, falls, contact with other participants, the effects of weather, including high heat and/or humidity, the conditions of the road and traffic on the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting of my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Howard County Striders Inc., and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event or carelessness on the part of the persons named in this waiver. Further, I grant permission to all of the foregoing to use photographs, motion pictures, recordings, or any other records of these events for any legitimate purpose. I understand that bicycles, skateboards, baby joggers, roller skates or blades, animals, and radio headsets are not allowed in the race and I will abide by this guideline.

Signature Date

Please make check payable to: Howard County Striders & send to Metric Marathon, 6041 Watch Chain Way, Columbia, MD 21044

hcs

Don't forget these Strider events this Fall:

Run Through the Grapevine 8k – Linganore Wine Cellars
Sunday, November 1, 10:00 AM

Turkey Trot Prediction 10k – Jeffers Hill Neighborhood Center
Thanksgiving Day, November 26, *after* 9:00 AM

Metric Marathon and 5k – Columbia Town Center
Sunday, December 6, 8:15 AM

Return Address:
Howard County Striders
P.O. Box 563
Columbia, MD 21045

Non-Profit Organization
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Permit No. 129

Judith Carbary
5913 Bright Flow Mews
Clarksville, MD 21029