FOOTPRINTS

NEWSLETTER OF THE HOWARD COUNTY STRIDERS
VOLUME 28, No. 1—SPRING 2008

Over 500 runners bound away at the start of the Maryland RRCA 10-Mile Challenge. Howard County won the men's, women's, and overall championships. (photo by Hillary Clinton)

STRIDERS TRIUMPH AT 10 MILE CHALLENGE

One girl went out at a 17-minute 5k pace," *Katie Breitenbach* said of the women's race after the RRCA 10 Mile Team Challenge race in Columbia, "but she must have been a rabbit because I saw her walking at three miles." A local favorite from the Howard County Striders, Ms. Breitenbach was at that point running behind Westminster's Sherry Stick in second place among the women. The women's pack then entered the hills in the Allview Estates community and, although she held second place, Katie said "the hills depleted me." As the women emerged from the hills and re-crossed Route 29 near seven miles, Eileen Fleck of the Baltimore Road Runners and Jessica Laurent of the DC Road Runners swept past both Breitenbach and Stick. Katie continued racing as best she could. "I remembered what I was wearing," namely, the Strider racing singlet, and she managed to finish fourth among the women (1:05:57).

Behind Katie, Striders *Tasha Clearman*, *Robyn Humphrey*, and *Vanessa Cox* placed eighth, tenth, and eleventh among the females and scored for the women's team. On her way to running the Boston Marathon, Tasha set a personal record for ten miles (1:06:55). Robyn did not set a PR, but she might not have run

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Challenge– from page 1

as fast (1:07:05) if Tasha hadn't passed her. And, figuratively speaking, Vanessa desperately hung on to George Olean for her 1:07:50. All four broke 70 minutes, which was good enough for the Striderwomen to edge the Falls Road women and win the women's team competition 33 points to 39 points (low score winning).

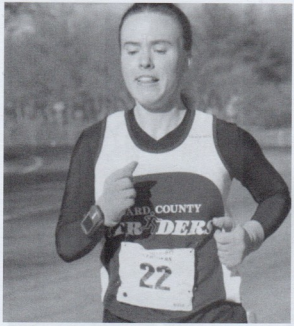
The men's race started off the same way as the women's race, with one runner bolting away to a commanding lead. But as the miles rolled by this guy showed no signs of slowing down. An elite runner from the Pacers-Brooks team, Steven Crane left no doubt about who would win the race. (He did, in 53:27). But Crane's team did not muster as a Maryland RRCA club, and the Pacers became "unattached," which left Falls Road's Kip Bitok battling Striders *Kent Werner, Stephen Moxey*, and *Carlos Renjifo* for second place. "I guess our pack was better than the Falls Road pack," Carlos said, because the Stridermen carefully stayed together for most of the 10 miles while the Falls Road runners didn't. But bragging rights for the fastest runner went to Falls Road, because Bitok out-sprinted Werner by one second. "He was taunting me," Kent said, realizing that Kip (who has run a sub-50 minute 10 miles) might have easily outrun him. ("I told him before the race I was going to taunt him," Kip joked.) Nevertheless, Howard County placed six among the top 10 men, and 11 among the top 20, scoring 95 total points, which overwhelmed the Falls Road team (345 points) as well as all the other men's teams.

In addition to Tasha, several other Striders also set personal records, including *Greg Lepore, Grant Demaree*, and *Greg Hogan*, who won the most-improved male runner award of 2007. "My real contribution was that I passed a Falls Road Runner in the last mile," Hogan proudly explained.

With the Striderwomen and Stridermen winning their respective team competitions, the Striders handily won the overall coed team competition with a combined score of 456 points, well ahead of Falls Road, who managed 732 points. The top 12 men in nine teams, and the top four women in ten teams scored. The teams consisted of runners from Maryland Road Runners Clubs of America (RRCA). Although the overall male and female winners received trophies, the general awards and the glory went to the teams. There were no age group awards, no random prizes, and no t-shirts. (There were, however, glazed doughnuts and coffee at the post-race ceremony.) A total of 544 runners finished the race.

Carlos Renjifo, captain of the Strider racing team, performed this stunning imitation of Rocky Balboa at the finish line. (photo by Hillary Clinton)

The Howard County Striders host the RRCA 10 Mile Challenge every February, weather permitting. The Striders won the last 10 Mile Challenge in 2006; an ice storm prevented the event in 2007. Richard Bernstein directed the race, with considerable help from those Howard County Striders who did not race. The Striders also wish to thank the Howard County Police for providing traffic control on a long, tricky course, and the Howard Community College for serving as the pre- and post-race venue.



Tasha Clearman knew she was on track because she had her GPS unit. "The mile markers were off," she confided. (photo by Jon Valentine)

10 MILE CHALLENGE
Howard Community College, Columbia, MD
24 February 2008

Female Teams (low score wins)

1. Howard County Striders	33 pts
2. Falls Road Running	39
3. Montgomery County Road Runners	59
4. Westminster Road Runners	85
5. Baltimore Road Runners	107
6. Renaissance All Sports Athletic Club	146
7. DC Road Runners	152
8. Frederick Steeplechasers	192
9. Annapolis Striders	365
10. Prince Georges County Road Runners	426

Male Teams

1. Howard County Striders	95 pts
2. Falls Road Running	345
3. Renaissance All Sports Athletic Club	697
4. Montgomery County Road Runners	826
5. Baltimore Road Runners	890
6. DC Road Runners	1262
7. Frederick Steeplechasers	1598
8. Westminster Road Runners	1965
9. Annapolis Striders	2046

In a wild sprint to the finish, Luis Diaz takes out one last Falls Road runner. (photo by Jon Valentine)

Jason Tripp leads Brian Allen into the chute. (photo by Hillary Clinton)

Overall Teams

1. Howard County Striders	456
2. Falls Road Running	732
3. Montgomery County Road Runners	1263
4. Renaissance All Sports Athletic Club	1425
5. Baltimore Road Runners	1487
6. DC Road Runners	2041
7. Frederick Steeplechasers	2619
8. Westminster Road Runners	2641
9. Annapolis Striders	3635
10. Prince Georges Road Runners	5156

Top 20 Women

1. Eileen Fleck (Baltimore, MD)	1:04:33
2. Jessica Laurent (Centreville, VA)	1:04:54
3. Sherry Strick (Sykesville, MD)	1:05:00
4. Katie Breitenbach (Elkridge, MD)	1:05:15
5. Denise Knickman (Baltimore, MD)	1:05:57
6. Elizabeth Feldman (Chevy Chase, MD)	1:06:13
7. Kristen Till (Baltimore, MD)	1:06:47
8. Tasha Clearman (Arbutus, MD)	1:06:55
9. Cindy Conant (Kensington, MD)	1:06:56
10. Robyn Humphrey (Ellicott City, MD)	1:07:05
11. Vanessa Cox (Laurel, MD)	1:07:40
12. Sari Stenholm (Columbia, MD)	1:08:08
13. Melissa Bosslet (Baltimore, MD)	1:08:42
14. Alana Van Allen (Baltimore, MD)	1:09:03
15. Anastasia Mukhina (Baltimore, MD)	1:09:17
16. Kelly Gruber (Westminster, MD)	1:09:34
17. Brittany Rooks (Baltimore, MD)	1:09:42
18. Elizabeth Blom (Elkridge, MD)	1:09:51
19. Alla Danilkovitch (Columbia, MD)	1:10:04
20. Patricia Zerfas (Kensington, MD)	1:10:12

Top 20 Men

1. Steven Crane (Silver Spring, MD)	53:27
2. Kipchirchir Bitok (Baltimore, MD)	54:34
3. Kent Werner (Columbia, MD)	54:35
4. Stephen Moxey (Columbia, MD)	55:11
5. Carlos Renjifo (Columbia, MD)	55:16
6. Patrick Reaves (Silver Spring, MD)	55:42
7. Frank Hemingway (Columbia, MD)	55:45
8. Christopher Bain (Unknown, NA)	55:48
9. Mike Colaiacovo (Ellicott City, MD)	55:50
10. Pekka Stenholm (Columbia, MD)	57:13
11. Paul Bourg (Sykesville, MD)	57:17
12. Erik Kean (Arlington, VA)	57:25
13. Chris Farley (Arlington, VA)	57:26
14. Doug Mock (Columbia, MD)	57:27
15. Steven Levin (Reistertown, MD)	57:33
16. Robert Wade (Arlington, VA)	58:01
17. Joe Lamonte (Arlington, VA)	58:03
18. Randy McDermott (Bethesda, MD)	58:05
19. Mark Breitenbach (Elkridge, MD)	58:05
20. Kevin Yates (Olney, MD)	58:07

Mike Colaiacovo, ninth overall in 55:50. (photo by Hillary Clinton)

Top Strider Kent Werner ices down after the race. Actually, he's not injured. The ice was merely a precautionary measure. (photo by Jim Carbary)

STRIDERS AT 10 MILE CHALLENGE

3. Kent Werner	54:35
4. Stephen Moxey	55:11
5. Carlos Renjifo	55:16
7. Frank Hemingway	55:45
9. Mike Colaiacovo	55:50
10. Pekka Stenholm	57:13
Paul Bourg	57:17
Doug Mock	57:27
Joe LaMonte	58:03
Randy McDermott	58:05
Mark Breitenbach	58:05
Jason Tripp	58:31
Brian Allen	58:33
Dave Berardi	58:48
Greg Hogan	(PR) 59:19
Luis Diaz	59:40
Shawn Young	59:52
Doug Kuderna	1:00:08
Phil Lang	1:00:37
Sheldon Degenhardt	1:00:42
Keith McIntyre	1:00:44
Timothy McGee	1:02:11
Seth Geoghegan	1:02:13
Grant Demaree	(PR) 1:02:50
Jay Sweet	1:02:55
John Chall	1:03:00
Joseph Hanle	1:03:07
Nicolas Salciccioli	1:03:29
Brian Fleming	1:04:15
Mike Zaron	1:05:12
Katie Breitenbach	1:05:15
Weems McFadden	1:05:15
Bob Burns	1:06:26
Greg Schuler	1:06:34
Jim Clelland	1:06:45
Tasha Clearman	(PR) 1:06:55
Robyn Humphrey	1:07:05
Vanessa Cox	1:07:40
George Olean	1:07:43
Noah Wood	1:07:58
Sean Costello	1:08:06
Greg Orlofsky	1:08:07
Jim Carbary	1:08:24
Von Jennings	1:09:25
Jesse Leitner	1:09:28
Elizabeth Blom	1:09:51
Alla Danilkovitch	1:10:04
James Gilmore	1:10:20
Bobby Gessler	1:10:28
Ronnie Wong	1:10:32
Roseann Dougherty	1:11:04
Greg Lepore	(PR) 1:11:42
Donnie Chapman	1:11:57
Piriya Pinit	1:12:03
Yasuo Oda	1:12:14
Brett Jennings	1:12:30
Dorothy Beckett	1:12:35
Lisa Fichman	1:13:20
Michael Dusenbery	1:13:35
Heidi Splete	1:13:46
Janeth Scott	1:13:58
Janelle McIntyre	1:14:13
Jessica Sleight	1:15:43
Daniel Jonas	1:15:44
Andrew Guthrie	1:15:50
Ed Silverman	1:16:05
Daniel Kirk-Davidoff	1:16:10
Nick Del Grosso	1:16:14
Marc Burger	1:16:40
Douglas Angradi	1:17:37
Bob Hemler	1:17:52
Kenneth Sevik	1:18:00
Melanie Bent	1:20:06
Katie Sacker	1:20:43
Chrissy Griffin	1:20:49
Arnat Vale	1:20:50
Mike Fleming	1:21:17
Stephen Alpern	1:22:10
Ron Weber	1:23:23
Jane Redmond	1:23:33
Chris Farmer	1:24:07
Dave Hogue	1:24:56
Marsha Demaree	1:25:30
Dean Hof	1:25:52
Chad Burger	1:26:55
Kenny Walker	1:28:19
Yuraldi Martinez	1:28:42
Hector Martinez	1:28:42
Judith Weber	1:29:40
Cheryl Ford	1:29:51
John Thornton	1:30:12
Juliette Smith	1:30:13
Audrey Watson	1:31:33
Melissa Simmens	1:31:34
Zoreh Ghaffarian	1:33:01
Charlie Riesz	1:33:58
Dean Siedlecki	1:34:30
Srinivas Rao	1:35:22
Vladi Basch	1:35:23
Patricia Brooks	1:35:46
Paul Kirk-Davidoff	1:37:57
Jordan Kelso	1:38:49
Shane Bogan	1:39:13
Clint Henderson	1:40:08
Sara Baldwin	1:48:28
Matt Groom	1:52:28

BANQUET TRIES NEW VENUE

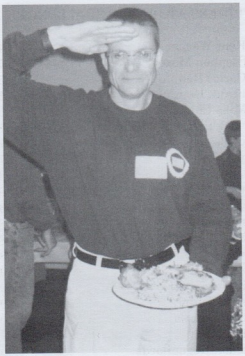
The 2008 Annual Awards Banquet occurred in a new place this year. For the first time ever, the banquet was held at the Stonehouse in Long Reach Village Center. Some people didn't know where to go. "My GPS uses old maps and it told me I was driving through corn fields," one member said. Ultimately, about 150 found the Stonehouse, though some may still be wandering around Columbia.

As usual, the Striders did not lack for massive amounts of food. The pot-luck dinner consisted of the three principal food groups: salads, entrees, and desserts. Most of the salads were of the leaf variety, and the entrees generally either variations of chicken or beef. The stand-out shrimp and cheese casserole readily garnered the best dish award from chief food critic *Ray Frankewich*. With all this food, there was not much room for desserts. Even though everyone seemed to have a plate of dessert with a plate of food, many of the desserts went untouched! The Striders provided beverages that included wine, beer, soft drinks and water. "The Stroh's, a Midwestern beer, was particularly refreshing," Ray noted.

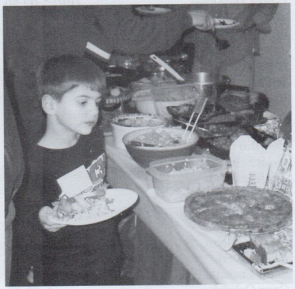
Before eating, though, the group suffered a brief business meeting, which was conducted by *Bill Arbelaez*. "As a librarian," Bill said to the restive audience, "I must use my skill at telling people to be still." When silence at last prevailed, he presented the slate for the 2008 Board of Directors, and each of the 11 board members rose for recognition:

Officers:
- Maggie Moraw – President
- Jason Tripp – Vice President
- Stuart Pineo – Secretary
- Steve Zelenak – Treasurer

Directors:
- Brian Fleming – Web-Master
- Paul Goldenberg – Special Races
- Phil Lang – Youth Programs
- Jim Carbary – Newsletter
- Heide Savin-Vecera – Special Programs
- Carlos Renjifo – Racing Team
- Len Guralnick – Weekly Races



Ray Frankwich, beer expert. (photo by Jim Carbary)



Joel Bernstein chose his food carefully. (photo by Jim Carbary)

[Len will also serve as the Immediate Past President.] Bill noted that the 2008 Board did not differ greatly from the 2007 Board. Steve Zelenak continued the pre-dinner business meeting by quickly going over the proposed 2008 budget. "With all these hungry people,

why do we have to have a meeting before eating?" wondered *Dave Tripp*. Fortunately, the business meeting did not last long. As soon as it ended, two long lines formed on each side of the food tables.

The real meeting began after everyone had gotten helpings and settled into their seats. Then, for the first time in the history of *any* Strider meeting, a Power Point presentation took place. Webmaster *Brain Fleming* operated a small computer that fed the signal to a projector, which produced the slides on the blank wall above the food tables. The lights were dimmed. The presentation continued with *Geoff Baker*'s video of *Maggie Moraw* introducing the Howard County Striders. (If you haven't seen it, check the website www.striders.net.) There was some trouble with the sound, but otherwise everyone enjoyed the video.

Bill thanked the Strider sponsors. First among these were *Jeff* and *Karen Cohen* of Feet First. "We thank them from the bottom of our soles," Bill said. Feet First enters its 29th year in Columbia. "It's one of the longest running stores in Maryland," continued Bill with a straight face. Mr. Arbelaez also thanked *Russ Antico* of Howard County Chiropractic, Columbia's only certified chiropractic sports practitioner. "He's straightened a few things out for us," Bill said. In saluting the last sponsor, Howard Community Hospital, Bill ran out of puns. "They promote our races," he said.

Outgoing President Len Guralnick took the podium. He asked the audience to respond to various trivia questions such as "how many Striders were in the club at the end of 2007? 2006?" Answers: 1444 and 1131. "How many of these are under the age of 20?" Answer: 632. "Who is the oldest Strider?" Answer: *Mel Quick*. *John Wheatland* and *Joseph Keating* won small prizes for guessing the answers.

Len acknowledged the directors of the principal Strider races: *Arleen Dinneen* for the Penguin Pace 5k, *Richard Bernstein* for the 10-Mile Challenge, *Charlie* and *Ellen Brown* for Clyde's 10k, *Tacy Feliciano* and *Dorothy Beckett* for the Women's Distance Festival 5k, *Jason Tripp* for the Run Through the Grapevine 8k, and *John* and *Anne Worley* for the Metric Marathon.

Tacy Feliciano, Lisa Fichman, and Dorothy Beckett pose with Dorothy's Christmas tree ornament, which she won at the Celtic Solstice 5 Miler. (photo by Jim Carbary)

Len next acknowledged the members of the racing team: *Carlos Renjifo*, *Ronnie Wong*, *Tom Williams*, *Kent Werner*, *Mick Slonaker*, *Randy McDermott*, *Vicki Lang*, *Katie Breitenbach*, *Vanessa Cox*, *Robyn Humphrey*, and a number of others whom he forgot. To emphasize the abilities of such individuals, Len presented them with a plaque from the United States Marine Corps for 1st place in the Open Team Mixed Category from the USMC marathon.

He also saluted *Arleen Dinneen* for 28 years of the Centennial Fun Runs. "It will be 30 years this summer," Arleen corrected.

"And how long have I been doing the Weekly Races?" Len asked. No one knew the correct answer: 8 years. "I couldn't do it without the help a number of dedicated volunteers," he said, and then proceeded to name them: *Amelia Mullican* (schedules and mailings), *Julie Trapp* (race results), *Marc Burger* (compilations and standings), *Linda Kennedy*, *John Chall*, *Chuck Nicholas*, *Dwight Mikulis* (all equipment), *Denise Hyde*, *Eric Katkow*, *Sue Watson*, *Melissa Simmens*, and *Greg Hogan* (all course painters).

Len was just getting warmed up. He next launched into commendations for the "novelty" races. The Turkey Trot 10k on Thanksgiving and the Resolution Run 8k on New Year's have largely been the work of *Dave* and *Judy Tripp*, who announced their retirement from these endeavors. Also cited were the Bagel2Beer Marathon of *Tom Brown*

et al. and the FatAss50k of *Nelson Stritehoff* and *Tom Brown*. "What new race did the Striders support this year," Len asked. Answer: the Run 4 Remembrance.

Len then launched into the charitable activities of the Striders. First among these are the two scholarship programs: the Tripp Scholarships and the Worley Scholarships, both of which support worthy scholar-athletes going to college. The Striders also made donations to the RRCA Roads Scholar Program benefiting young American runners, the Sexual Trauma and Rape Recovery (STARR) program of Howard County, the Special Olympics of Maryland, the Howard Community College, the Howard County Police Foundation, and the Challenged Athletes Program.

With the assistance of *Jessica Sleight*, an RRCA representative, Len then distributed special RRCA awards to Howard County Striders who had completed 2000 hours of volunteer service to running related programs. Four individuals were named: *Dave and Judy Tripp* for their work organizing the prediction runs, the scholarships, and timing high school running events; *Paul Goldenberg* for his work as past president and officer of the Striders and for overseeing the Striders' special races, and *Jim Carbary* for his many years as the Stupendous Editor of the newsletter. Each of these volunteers received framed plaques commemorating their relentless service.

Jason Tripp and *Paul Goldenberg* suddenly interrupted Len's litany with a recognition of their own. They wanted to acknowledge the efforts of Len himself, who had served the last three years as the popular and hard-working president of the Striders. "He recognized that things needed to be done," said Paul, "and he did them." Among Len's accomplishments were the revision of the By-Laws, streamlining of the Board of Directors, and the introduction of the new concept of task delegation. "Many hands make light the work," according to Admiral Yamamoto. "You're kidding me," Len responded. Perhaps, but Jason and Paul presented a bleary-eyed Guralnick with a gift certificate to Clyde's Restaurant.

This diversion caused Mr. Guralnick to lose his place on "my list." Fortunately, President-elect *Maggie Moraw* leapt to the podium with commendations for the various

President elect Margaret Moraw with her food. (photo by Jim Carbary)

Hall of Famer Dave Berardi with his food. "I have to gain some weight," he said. (photo by Jim Carbary)

The Great Grandmaster Doug Hawkland (left) and new Hall of Fame member Jim DiScuillo (right) flank wine connoisseur Nancy Burns. (photo by Jim Carbary)

Special Programs of the Striders. The first she mentioned was the Great Grandmaster (GGM) Series. *Doug Hawkland* originated the GGM for 2007 as a venue for those older but still competitive grandmaster runners (50+). The grandmasters competed throughout the year in Strider races from 1 mile to the Metric Marathon. Based on their performances in these races, they accumulated points.

Maggie next enumerated the several training and preparatory programs conducted by the Howard County Striders in 2007. These were the First Step (formerly BURP) program that introduced both genders to running in the spring, the Next Step 5k program for those intending to run a 3.1 mile road race, the Next Step Marathon program for incipient marathoners, the Getting Into a Running Lifestyle (GIRL) program in the fall, and the always-popular Females In Training (FIT) program to prepare women to run the Women's Distance Festival (WDF) 5k in July. Maggie especially wanted to thank the coaches of these programs: *Joe* and *Sandy Boys* for conducting the "step" programs, *Bev Byron*, *Missy Burger*, and *Chris Josey* for conducting the FIT and GIRL programs. Of particular note: the Next Step Marathon attracted a record 35 individuals, while the FIT program registered over 130 women.

The program coaches could not have carried out their duties without the assistance of numerous assistant coaches. To honor their assistants, Missy, Bev and Chris gave a special award to *Terry Vandevander* for her dedication.

2007 GREAT GRANDMASTER SERIES WINNERS

55-59 Women
1. Pat Brooks

50-54 Men
1. Kirk Gordon
2. Mike Selmer
3. Bill Arbelaez

55-59 Men
1. Len Guralnick

60-64 Men
1. Doug Hawkland
2. Mike Fleming

65+ Men
1. Bill Brandenstein

Finally, Vice President *Jason Tripp* took the podium and gave out the Runners of the Year awards. In all previous years, the first awards were presented to the overall male and female runners of the year. Because it was a school night, however, Jason broke tradition and made the first ROY awards to the junior runners of 2007.

Joseph Keating and *Brittany Lang* won the junior runners of the year award. In the 10-11 year old group, Joseph ran with the Junior Striders in the spring track season and the fall cross country season. With a 12:25 for 3 km, he won his age group at the Maryland RRCA Youth Cross Country Meet in October. Master Keating swept through the same distance in 11:35 at the AAU National Meet in December, placing 18th in a national class youth field. He also posted a 6:29 at the Meet of Miles in July, a 40:05 at the Run Through the Grapevine 8k in November, and won the 12-and-under age group with a 22:32 at the inaugural Run for Remembrance 5k in May.

Tiffany, the daughter of coaches *Phil* and *Vicki Lang*, enjoyed a nearly perfect season. After the spring track season, she posted a

Junior Striders of the year Joseph Keating (left) and Brittany Lang (right) stand with their trophy plates in front of new Hall of Fame Coach Phil Lang. (photo by Jim Carbary)

6:15 at the Meet of Miles, which was the third fastest time of all women at the meet. In August, she won the 3k race at the Pre-Season Track Meet in 13:07. At the Maryland RRCA Youth Meet, Tiff won her age group with a 12:35. But she pulled out all the stops at the AAU Nationals by winning the 9-10 age group championship with an 11:36.

Randy McDermott earned the best male runner of the year award. He would have won the 10 Mile Challenge race except the snow-storm cancelled that race. Randy made up for it at the Cherry Blossom 10 Miler in April, where he won the 35-39 group with a 54:37. That was just a warm-up. With a spectacular 52:21, he finished 25th overall in the world-class Broad Street 10 Miler in Philadelphia, and he placed second in his age group (25:53) at the Rockville Rotary Twilighter 8k. Mr.

Runners of the Year Randy McDermott and Katie Breitenbach carefully angled the plates so they wouldn't shine into the camera. (photo by Jim Carbary)

McDermott loves cross-country, too. In November, he placed second over all at the Run Through the Grapevine 8k (28:31), and in December, he competed on the Strider men's open team at the USATF National Club Championship 10k at King's Island in Ohio. He placed 165th overall in 35:08 (first Strider on the team). "That was my best race all year!" he noted.

Katie Breitenbach received the award for the best woman runner of the year. She started the year by winning the Outback 5k in 19:26. She enjoyed an outstanding spring season that saw her set several personal records in a row, including a 1:01:34 at the Broad Street 10 miler, where she placed 17th among all women. On that wretched morning in April, Katie rolled to the women's victory at the Clyde's 10k in 39:09. She was also the first Striderwoman at the Cherry Blossom 10 Miler (1:03:30), and she won the 20-29 women's division at Damien's 5k (18:40). She had the fastest Striderwomen's marathon time of the year with a 3:07:46 at Harrisburg. At the end of the season, Katie swept to victory at the Celtic Solstice 5 Miler in 30:00 flat.

There was no doubt about the winner of the men's master runner of the year. *Doug Mock* was not only the best Strider master, he was also the best master runner in the mid-Atlantic. Period. He did not run a race but that he also won the 40+ division, usually by quite a lot. A small sample of Doug's exploits includes first master at the George Washington 10 Miler (53:39), first master at Pike's Peek 10k (32:42), first master at the Run for Remembrance 5k (15:52), and first 40-44 age group at the Gettysburg 5k (15:15). Doug also pursues a career as a national-class duathlete on the Du2R Duathlon Racing Team.

Vanessa Cox put together a string of outstanding races in 2007 to win the master woman award. She placed second in the 45-49 women at the Cherry Blossom 10 Miler (1:05:45), and then came in third overall at the Viking 5k (20:36). Vanessa ran perhaps her strongest race at the highly-competitive Pikes Peek 10k, where she placed second in age group with a 39:20. She won the master's age group at Damien's 5k (19:27), and in a vvery gutsy performance, she outsprinted *Robyn Humphrey* to place first among all masters at the Women's Distance Festival 5k (19:27).

There was a lot of competition for the grandmaster male runner of the year (50+), but Joe Hanle won in the end. Joe enjoyed some impressive age group victories, including at the McVets 5k (18:29) and 10k (41:19– after the 5k!), at the Arbutus 10k (38:42), and at the Gettysburg 5k (18:26). He placed second in the 50-54 age group at the Annapolis 10 Miler (1:05:53) and the GBMC Father's Day 5k (18:12). He ran an impressive 1:02:28 at the Broad Street 10 Miler and also did the Marine Corps Marathon (3:46:23), the Philadelphia Marathon (3:30:24), and the Baltimore Marathon (3:21:20), by which time he was pretty tired.

Until she won the Female Grandmaster award, *Karen Harvey* was known mostly as the mother of *Brian*, the cross country All-American from Carnegie Mellon University. Mom's best efforts included first grandmaster at the Penguin Pace 5k (25:09), the Run for Remembrance 5k (24:44), and Damien's 5k (24:07). Brian will be proud!

The Striders added yet another awards category for 2007: the Ultrarunners of the year. Leading off in this category were *Jesse Leitner* and Melissa *Simmens*. Jesse tuned up for his ultras by running marathons, included the George Washington Birthday Marathon (3:23:35), the North Central Trail Marathon (3:24:08), the Boston Marathon (3:11:56– PR#1), and the Baltimore Matathon (3:09:42– PR#2). On the ultra level, Jesse completed the Mountain Masochist 50 Miler (9:12:29), the JFK 50 Miler (7:45:46), and the Umstead 100 Miler (18:53:53). He was the first Strider to finish in all these races (there were more than one them).

Melissa ran essentially the same races as Jesse (there aren't that many ultras!). She completed the Mountain Masochist 50 Miler in 10:32:40, the JFK 50 Miler in 8:58:49, and the Umstead 100 Miler in 25:36:49. That last race consumed over one full day of running. Our records indicate Melissa is the first Strider woman to complete three ultras in one year and the first to complete a one hundred miler. She also ran that Bagel2Beer marathon (4:14).

The most improved runners of the year were *Greg Hogan* and *Phyllis Sevik*. Greg had such a good year that his performances left Jason Tripp, one of his training partners, wondering "what got into this guy?" During the year, Greg improved his marathon time from 3:27:42 at Boston to a 2:57:40 at Baltimore, but his chief claim to the most-improved award was his improvement in the Metric Marathon. In 2006, he completed the Metric in 1:53:37, and in 2007 he ran the same race in 1:37:42, which was, in fact, the best improvement for anyone who ran the race in 2006 and 2007. "I also gained three inches in height and added 20 points to my IQ," Greg noted.

Working through the Females in Training program, Phyllis vastly improved her 5k performances. In June, she started out at the Run for the Roses 5k with a 27:00. In July, she ran the Annapolis Women's Distance Festival 5k in 26:27 and the Columbia WDF 5k in 25:56, the latter race being the FIT graduation event. In September, Phyllis lowered her time to 24:22 at the Habifest 5k. In October, she ran the Baltimore Runfest 5k in 23:57 and place second among the 40-44 women as well.

Kenny Walker and *Nikki Powell* won the new runners of the year awards. In his first

year of running, Kenny tackled a wide range of distances. He started the year with a 27:33 at the Penguin Pace 5k, and broke one hour at Clyde's 10k (57:01). A couple months later, he improved his 5k time to 23:47 at Damien's Run for Recovery. In the fall, Kenny completed his first half marathon in 1:50:48 at the Baltimore Runfest. One more thing: he can hold a pace extremely closely: Mr. Walker finished the Turkey Trot 10k within 15 seconds of his appointed time.

Nikki started her running career through the Females In Training program in the Spring. With her FIT friends, she participated in a number of the Women's Distance Festival 5k events including Montgomery County's Run for the Roses (30:53), the Annapolis WDF (33:08), Howard County's WDF (30:14– her "graduation" race), and the Baltimore WDF (31:06). She also completed the Rockville Rotary 8k in 53:03 in July, and rounded out her running year at the Habifest 5k (33:31).

The Volunteers of the year 2007 were both coaches and both very resilient people. *Joy Boys* and *Sandy Salazer* both coached two to three nights a week for eight months of the year, laboring in the "Step" programs to turn raw recruits into hardened running machines. They tailored the workouts to fit the various individuals and tracked blood pressure and weight measurements for program participants. In addition to running, they taught a healthy lifestyle and passionate enthusiasm for exercise. They got along together very well: Sandy Salazar became Sandy Boys.

Wait! The awards distribution was not over. Strider emeritus *Dave Tripp* went to the podium and inducted three more members into the Strider Hall of Fame.

Jim DiScuillo joined the Striders in 1981. In his younger days, especially in high school and college, he was quite a runner: 9:28 for two miles, 14:45 for three miles, 31:03 for six miles. As a master runner, he completed as marathon in 2:51:52. But no matter how fast he once was, Jim will be remembered as the Striders' computer guru who developed, with a friend, the "RaceTrak" program for race registration and results. He's sold more than 150 licenses of the program worldwide. Jim also provides the computer services for every significant Strider race as well as for a number of non-Strider races including numerous high school cross country races all the way up to the Howard County and Regional Championships. While others volunteers worked when convenient, Jim worked whenever he was needed. Indeed, he arranged his work, vacation, and family schedule around Strider races. Jim promoted a series of semi-annual race directors' meetings, which bring together a number of the area's race directors to share information and resolve issues of mutual concern. One of the outcomes of these meetings has been the development of a "Guide for Race Directors." Jim has also served on the Strider Board of Directors and currently oversees the club's membership and mailing lists. He has also designed the Run Through the Grapevine shirts since 1996, of which he is particularly proud.

Mick Slonaker combined service to the club with an outstanding running career. He served as President of the Striders for three years and Vice President for five years, directed Clyde's 10k for five years, coached the Next Step 5k and Next Step Marathon programs for three years each, and was the Eastern Director of the RRCA. He also worked a lot of races, including high school cross country and track meets. He won Strider Volunteer of the Year once, Most Improved Runner of the Year once, Master Runner of the Year twice, and Grandmaster Runner of the Year a whopping five times. Mick has garnered age group awards at national class races such as the Annapolis 10 Miler, the Peachtree 10k, the Cherry Blossom 10 Miler, and the Broad Street 10 Miler. His personal bests include 16:48 (5k), 29:10 (8k), 35:33 (10k, 55 years), 1:18:51 (half marathon, 51 years), and a 2:49:00 (marathon, 50 years). The *Washington Running Report* has consistently ranked Mick in the top three of his age group (either 50-54 or 55-59).

The final inductee to the Hall of Fame is *Phil Lang*. Phil has been a runner since he was a teenager. He ran for Oakland Mills High School and then for Frostburg State University, but always for the Howard County Striders. He has served in some capacity on the Strider Board of Directors for 16 years, including the Presidency in 2004 and 2005. He also represented the Striders at eight

RRCA National Conventions and has served as the Maryland State RRCA representative since 2005. Phil directed the Metric Marathon for five years and inaugurated the Metric 5k as part of the Metric experience. Phil works extensively to promote youth running, first with the Junior Striders, through his summer camp for high school runners, and finally as the coach of the Oakland Mills High School Cross Country Program (for 13 years!). He helped form the first Strider-sponsored racing team and has missed only one club challenge race (he was injured, all right?). He's a pretty good runner, too. He won the Strider Runner of the Year Award in 2002. His personal records include 4:45 for 1600, 17:01 for 5k, 57:45 for 10 miles, and 2:47 for the marathon. He's completed 36 marathons, by the way, including 14 Boston Marathons. As co-captain of the famous Kyhll-10 Teams, he completed nine 24-Hour Relay races, running of 200 miles– only two of them being slower than six minutes per mile.

After the inductions, the annual banquet ended with the distribution of the President's Awards. Each of the following received a white polo shirt emblazoned with the Howard County Striders logo–

Board Members:
- Stuart Pineo – At large board member
- Heidi Vecera – Secretary
- Carlos Renjifo – Racing team
- Steve Zelenak – Tresurer
- Maggie Moraw – Special programs
- Jason Tripp – Vice president
- Phil Lang – Youth chairman
- Jim Carbary – Newsletter
- Brian Fleming – Webmaster
- Paul Goldenberg – Special Races
- Len Guralnick – President

Race Directors:
- Dorothy Beckett – WDF
- Tacy Feliciano – WDF
- John and Ann Worley – Metric Marathon
- Charlie and Ellen Brown – Clyde's 10k
- Jason Tripp – Run Through the Grapevine
- Arleen Dinneen – Penguin Pace & Centennial Fun Runs
- Richard Bernstein – 10 Mile Challenge
- Dave and Judy Tripp – Turkey Trot and Resolution Run

Program Leaders and Coaches:
- Bill Arbelaez – Annual Meeting and Next Step
- Mick Slonaker – Next Step
- Sandy Boys – Next Step and BURP
- Jordan Kelso – Next Step and BURP
- Patrick Clark – Next Step
- Bev Byron – FIT and GIRL
- Melissa Burger – FIT and GIRL
- Chris Josey – FIT and GIRL
- Doug Hawkland – GGM Series
- Joe Boys – Next Step, BURP, First Step
- Pat Wilkerson – Next Step, BURP
- Shane Bogan – Next Step, BURP
- Maggie Moraw – First Step, BURP
- Sarah Cepeda – Next Step
- Lisa Fichman – Next Step
- Phil and Vicki Lang – Junior Striders
- Bobby Gessler – Junior Striders
- Phil Rogers – Junior Striders
- Izudin Mehmedovic – Junior Striders
- Paul and Karen Shouse – Junior Striders
- Jason Grimm – Tuesday track workouts

Finish Line Crews:
- Jim DiScuillo – Results
- Michael DiScuillo – Results
- Brian Fleming – Results
- Dave and Judy Tripp – Turkey Trot and Resolution Run
- Terry Oxford – High school meets
- Dickie and Lissa George – High school
- Don Van Ostrand – High school meets
- Miles Weigold – Voice of the Striders
- Bob and Nancy Burns – High school meets
- Barbara Calvert – High school meets
- Dick Dopp – High school meets
- Carol Gralia – High school meets
- Carla Styczynski – High school meets
- Joe Wasserman – High school meets

Special Operations:
- Jim DiScuillo – Membership
- Amelia Mullican – Schedules and mailings
- Nadia Wasserman – Mailings
- Tim Orman – Baltimore Marathon water
- Pat Huffman – Baltimore Marathon water
- Allan Field – Bagel run course marks
- Mike Fleming – Photographer
- Amanda Loudin – Bagel run weekly water
- Matt Gitterman – Coaches Corner
- Geoff Baker – Vidographer
- Ann Guralnick – Wife of Len Guralnick

Weekly Races:

Denise Hyde – Course marker
Eric Katkow – Course marker
Sue Watson – Course marker
Melissa Simmens – Course marker
Greg Hogan – Course marker
Julie Trapp – Works every race
Mark Burger – Results compiler
Linda Kennedy – Equipment
John Chall – Equipment
Chuck Nicholas – Equipment
Dwight Mikulis – Equipment

The banquet ended before 9 PM.

Remember those shoes and clothes you left at the banquet? They filled one truck and went to PPPAfrica. "If you thought you collected a lot you were right!" PPP said. "The donations consisted of 95 pairs of shoes and loooots of t-shirts. They will be so appreciated in the next shipment to Ghana. Thanks for sharing."

TRIATHLON CLINICS

Ever thought about doing a triathlon? It's not just for ironmen, and swimming and biking in the summer are sure cooler (at least in a thermal sense) than running in the summer. The TriUS Coaching programs from award-winning coaches Judi Carbary and Liz Flynn may be just the ticket for you. The 2008 schedule:

5/11 Open Water Swim Clinic
10-12a Sandy Point State Park

7/8 Sprint Triathlon Camp begins
5 sessions including the open water swim clinic on 8/10.

7/13 Columbia Kid's Triathlon (7-13 yrs)
8-12a Clemmon's Crossing Pool
(Sponsored by Columbia Triathlon Assn. and the Columbia Assn.)

8/10 Open Water Swim Clinic
8-10a Gunpowder State Park – Hammerman

For more information and fee structure, visit the website www.TriUsCoaching.com.

BAGEL RUN WATER STOP VOLUNTEERS NEEDED!

Calling all bagel run runners—we are in need of volunteers to keep the water stops going. As the weather heats up and the runs become longer, everyone can appreciate the value of having water regularly available to them. Please step up and do your part by volunteering to place water out one Saturday.

Thanks to all the following people who have helped in recent months:

Pat Wilkerson
Richard Bernstein
Steve Wargo
John Steinecke
Lisa Fichman
Jessica Sleight
Richard Fox
Steve Anderson
Greg Hogan
Pekka and Sari Stenholm
Kathy Bernetti

A BIG thanks to *Jill Calhoun*, who has helped out not once, but three times over the past couple of months!!

To volunteer, contact *Amanda Loudin* at amandaloudin@comcast.net.

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RACE DIRECTORS NEEDED

The Striders want YOU to direct one of the following:

2008 Turkey Trot 10k Prediction on Thanksgiving morning

2009 Resolution 8k Prediction on New Year's Day

These are two of the most popular low-key races the Striders put on. If YOU want to sit in the RD's chair for a change, phone *Len Guralnick* at 410-997-7544 or email him at lguralnick@striders.net.
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RESOLUTION RUN KICKS OFF 2008

I was robbed! I was robbed!" *Jun Ahn* cried when he realized he had come within 0.52 seconds of winning the 2008 Resolution Run 8k at Jeffers Hill. Indeed, Jun! No fewer than 25 runners out of a total of 156 came within an amazing 10 seconds of finishing at exactly the appointed hour of 11:00 AM on January 1. The most accurate runner turned out to be 15-year-old Jennifer King of Dayton, MD. She came within 0.20 seconds of the hour, making hers the most accurate finish in the 28-year history of the event. "I have no idea how I won," Jennifer remarked about her remarkably accurate run. For her excellence in pacing, Ms. King had her choice of a bottle of Champaign or a bottle of (alcohol-free) sparking cider. She chose the latter, explaining, "something about being legal." For finishing the next-closest to Jennifer, triathlete Alexandra McCarthy (0.27 seconds) and Bob Hollis (0.43 seconds) received water bottles and gloves.

Notable among the runners were Dick Woods and Harold Baker, who had not missed a single one of the 28 Resolution Runs, as well as Mark Sobus, one of the fabled Sobus brothers (the others being Dan, Paul, and Tim) who ran with the Striders in the early 1980's. Mark returned to Howard County from Houston, TX.

The Resolution Run benefited the Howard County Striders Scholarship Funds. The participants could start the 8k run any time before 11 AM with the goal of finishing at exactly 11 AM– without the aid of any timing devices. A particularly poignant episode involved *Luis Diaz*, who missed his desired starting time while engaged in the rest room. "He came roaring out and nevertheless finished close to the hour," noted eye-witness *Dave Tripp*.

A parallel competition involved a current events quiz with such arcane questions as what college team(s) won the 2007 NCAA football and basketball championships (Florida) and who was Time Magazine's Man of the Year (Vlad Putin). *Ed Silverman* won the trivia contest with 68 points out of a possible 97; he received a copy the trivia book *Brainiac* by Ken Jennings.

Resolution queen Jennifer King. (photo by Mike Fleming)

The 2008 Resolution Run marked the first time in Strider history that such an event was not directed by Dave and Judy Tripp, who retired with the 2007 Turkey Trot 10k. *Paul Goldenberg* and *Len Guralnick* took over the directorship, while *Brian Fleming* and *Jason Tripp* conducted data entry in place of *Jim DiScuillo*, who was in the Carribean or some place. Everything went smoothly.

TOP 21 FINISHERS AT RESOLUTION RUN
Jeffers Hill Neighborhood Center – January 1

Brian Esker	10:59:53.41
Sunyoung Lee	10:59:53.68
Shyamal Nandi	10:59:54.41
Jim Grover	10:59:54.99
Peter Salmon-Cox	10:59:55.56
Maria May	10:59:56.02
Marsha Demaree	10:59:56.77
Cheryl Ford	10:59:57.37
Jun Ahn	10:59:59.48
Alexandra McCarthy	10:59:59.73
Jennifer King	**11:00:00.20**
Bob Hollis	11:00:00.43
Carroll Thumel	11:00:00.79
Peter Peterman	11:00:01.16
Julie Thumel	11:00:03.34
Brad Lieberman	11:00:03.89
Ed Silverman	11:00:06.57
Mohan Ray	11:00:07.21
Andy Stanton	11:00:09.98
James Carbary	11:00:10.90
Jerry Warfield	11:00:11.57

PENGUINS!

The New York Giants we're the only underdogs who won on Super Sunday. At the Penguin Pace 5k on Super Sunday morning, *Kent Werner* not only set a personal record, but also a course record and beat the captain of the racing team. Kent trains with *Carlos Renjifo*, captain of the Howard County Strider racing team and last year's winner of the race, and the two even warmed up together before the race. Wanting to keep Carlos in sight, Kent took the early lead and envisioned his adversary eventually passing him. But Kent never saw Carlos at all. "I thought he was playing with me!" Kent said. He maintained his lead through the first downhill mile, and then through the second moderately flat mile, and then extended his lead on the final, laborious uphill to the finish. "No, I was racing," Carlos said. Kent wound up handily winning the race in 15:55, the first time anyone had ever broken 16 minutes on the very hilly Longfellow neighborhood course.

The same drama nearly repeated itself in the women's race. National-class duathlete Marjan Huizing, also a past winner of the Penguin Pace and favorite to win this year, survived a serious challenge from local favorite *Tasha Clearman*. Tasha spotted Marjan the early lead, but closed to within a few seconds on the last two hills, causing the leader to look back over her shoulder. Huizing hung on to win in 19:54, while Clearman settled for second in 20:04. Tasha might have won except she had run 17 miles the day before. "I've never run a 5k before," she said. "I think I'll try another one some day."

Howard County Executive Ken Ulman was on hand not only to help start the race, but also to participate in the event. He took so much heat last year for not running that he decided "I'm running" this year. (*Dave Tripp* actually blew the whistle to start the race.)

Among the younger runners, the sisters *Tiffany* and *Brittany Lang* finished 1-2 in the 14 and under female age group. This may be the first time in any Strider race that siblings accomplished such a feat. Readers will remember that Brittany placed first in the girls' 2K AAU Championship Race in December 2007. "This is the hilliest race they run," said their father and coach, *Phil Lang*.

Kent Werner (front) established the early lead over Carlos Renjifo (back) and went on to win the race. The two are shown here at the bottom of the first hill at about a half mile. (photo by Doug Hawkland)

With Bobby Gessler in her wake, Tasha Clearman nearly overhauled Marjan Huiszing to win the women's race. Tasha had just passed grandmaster Gessler when this picture was taken. (photo by Anne Fleming)

The Penguin Pace sold out with 400 registrations during the week preceding the race. A total of 339 finished. Age group winners received the signature knit caps of the Penguin Pace, while the overall winners also received gift certificates from Feet First of Wilde Lake. All registered runners received a moisture-management long-sleeve t-shirt. After the race, runners gathered in the Bain Senior Center in Columbia for a sumptuous brunch catered by the Elkridge Furnace Inn (c. 1744).

Directed by *Arleen Dinneen*, the race is staged early every February by the Howard County Striders. The Striders wish to thank the Florence Bain Senior Center for hosting the post-race brunch, and the Howard County Police for supervising the traffic control.

PENGUIN PACE 5k
Florence Bain Senior Center, Columbia, MD
3 February 2008

Overall Male
1. Kent Werner (Columbia, MD) 15:55

Overall Female
1. Marjan Huizing (Kensington, MD) 19:54

1-14 Male
1. Eric Schuler (Laurel, MD) 20:22
2. Ryan Aylward (Glenwood, MD) 21:03

1-14 Female
1. Tiffany Lang (Columbia, MD) 21:30
2. Brittany Lang (Columbia, MD) 22:26

15-19 Male
1. Matthew Grenagle (Glenelg, MD) 21:17
2. Brian Corrigan (Ellicott City, MD) 22:58

15-19 Female
1. Katie Gessler (Ellicott City, MD) 24:42
2. Nicole Zimmerman (Clarksville, MD) 30:42

20-29 Male
1. Carlos Renjifo (Columbia, MD) 16:30
2. Ryan Melbourne (Columbia, MD) 18:00

20-29 Female
1. Tasha Clearman (Arbutus, MD) 20:04
2. Jaclyn Truncellito (Baltimore, MD) 20:57

Julie Gessler rounds the final turn to finish the race. (photo by Anne Fleming)

30-39 Male
1. Peter Laanisto (Elkridge, MD) 19:26
2. Kevin Callahan (Alexandria, VA) 20:43

30-39 Female
1. Rachel Walter (Reisterstown, MD) 23:30
2. Deborah Davis (Catonsville, MD) 23:56

40-49 Male
1. Peter Keating (Columbia, MD) 17:56
2. Phil Lang (Columbia, MD) 18:15

40-49 Female
1. Michelle Gerhard (Columbia, MD) 24:33
2. Phyllis Sevik (Ellicott City, MD) 25:11

50-59 Male
1. John Chall (Jessup, MD) 18:57
2. Weems McFadden (Columbia, MD) 19:23

50-59 Female
1. Karen Harvey (Ellicott City, MD) 24:38
2. Saleema Ross (Ft. Washington, MD) 24:51

60+ Male
1. Ronnie Wong (Catonsville, MD) 21:39
2. Mike Fleming (Columbia, MD) 23:24

60+ Female
1. Julie Trapp (Silver Spring, MD) 33:32
2. Elizabeth Toth (Clarksville, MD) 36:42

Race director Arleen Dinneen was hoping the Giants would win, and they did too! (photo by Jim Carbary)

STRIDERS AT PENGUIN PACE 5k

1. Kent Werner	(PR, CR)	15:55
2. Carlos Renjifo		16:30
5. Phil Lang		18:15
8. John Chall		18:57
9. Greg Schuler		19:14
10. Weems McFadden		19:23
Bob Burns		19:52
Tasha Clearman (2nd W)		20:04
Bobby Gessler		20:07
Eric Schuler		20:22
James Carbary		20:28
Ken Sevik		21:12
Mark Worley		21:21
Joseph Keating		21:23
Tiffany Lang		21:30
Ronnie Wong		21:39
Daniel Jonas		22:11
Brittany Lang		22:26
Marc Burger		22:38
Bob Hemler		22:42
Mike Fleming		23:24
Maggie Moraw		23:44
Julie Gessler		23:54
Chris Farmer		23:56
Judson Lincoln		24:13
Eric Johnston		24:25
Karen Harvey		24:38
Katie Gessler		24:42

Junior Strider of the year Joseph Keating (right) finished in a dead heat with an unknown runner from Greenbelt, MD. (photo by Anne Fleming)

Bob Patchan	24:43
Joseph Pieper	25:03
Phyllis Sevik	25:11
Christopher Sanders	25:28
Roger Calvert	25:51
Patricia Brooks	26:45
Benjamin Bryden	27:15
Amy Gessler	27:25
Michael Lamothe	27:32
Marcia Martin	27:43
Tim Kvech	27:50
Becky Gessler	27:55
Lisa Hussman	28:01
Sharlene Deskins	28:42
David Carter	29:15
Allan Field	29:27
Janet Eveland	29:38
Marc Austin	31:01
Carla Styczynski	32:02
Christina Caravoulias	32:35
Shyamal Nandi	32:38
Julie Trapp	33:32
Noella Bryden	33:38
Mary Carter	33:55
Robyn Page	33:56
Barbara Calvert	36:18
Dominique Lincoln	36:28
Melissa Burger	41:26
Josephine Pieper	43:54

ROAD WARRIORS OF THE WINTER

Runners enjoyed the winter respite from global warming and many used the season to rest and rebuild. Not content with the sedentary life, though, some felt compelled to follow their competitive urges and race.

Those races offered every December include an assortment of "Jingle" runs, and Striders participated in various of these. On December 9, for instance, *Pekka Stenholm* ran a commendable 34:18 at the Jingle All the Way 10k in Washington, DC, placing seventh overall and second among the 35-39 men. Steve Olenick ran 37:18 in the same race, in which women outnumbered the men 1292 to 986. The Jingle Bell 5k took place the same day in Baltimore. There, *Rick Carter* won the 30-39 age group in 18:31. *Les Raymond* (21:46) and *Heidi Vecera* (34:18) also ran. On December 16, *Karsten Brown* won the Jingle Bell Jog 8k (28:35), a race staged by the Montgomery County Road Runners in Rockville.

And not all Striders ran the Resolution Run 8k in Columbia on January 1. *Greg Hogan* won the Covered Bridge 10k in Fallston, MD, in 36:38, while *Ronnie Wong* finished second among the 60+ men (22:03) at the Resolution Run 5k at Patterson Park in Baltimore, MD.

Finally, although it was not a New Years' Run, the Wegner family represented the Howard County Striders at the Cold Winter's Day 5k held on January 29 in Columbia—Columbia, South Carolina, that is. It was not such a cold winter's day, though, as temperatures were about 70F. *Michael Wegner* finished second among the 11-14 boys in 19:46; *Kathleen* finished third in the 40-44 women with a 24:00; *Kevin* placed third in the 10 and under boys in 30:46; and *Paul* ran a 24:04.

WALT DISNEY WORLD MARATHON
Orlando, FL – January 13

Rick Mitchell	3:34:27
Kellie Johnston	3:58:31
Elizabeth Thompson	4:13:24
Scott Steffen	4:13:27
Michael Joyce	5:12:35
Amy Johnston	6:46:04

WALT DISNEY WORLD HALF MARATHON
Orlando, FL – January 12

Scott Steffen	1:33:01
Stephen Dyer	1:42:28
Elizabeth Thompson	1:48:47
Rick Mitchell	3:41:05

That's right. Rick, Scott and Elizabeth ran the Disney Half Marathon the day before they ran the Disney Marathon. (Strider coaches wish to disavow any involvement with these individuals.) The Disney races are popular destination events: 12977 finished the marathon and 12296 finished the half.

SUPERBOWL 5k
Dundalk, MD – February 3

Martin Goode (3rd, 45-49M)	19:38
Ronnie Wong (1st, 60-64M)	20:18
Mike Baziz (1st, 65-59M)	26:46

All three Striders who ran this race won a age group award. Not content with winning his age group at the Penguin Pace a few hours before, *Ronnie Wong* rushed off to Baltimore to win his age group for a second time in another race. 399 finished. The race actually took place on the same day as the Superbowl football game. Can you remember who was playing? Who won? Why was the victory particularly significant anyway?

STRIDERS AT CELTIC SOLSTICE 8k
Druid Hill Park – December 15, 2007

2. Mike Colaiacovo	26:19
5. Joe LaMonte	26:58
10. Mark Barela	27:32
Mark Breitenbach	27:58
Jason Tripp	28:16
Robert Marino	28:18
Phil Lang	28:18
Weems McFadden	29:59
Katie Breitenbach (1st F)	30:00
Sun Feng (2nd F)	30:22
John Chall	30:28
Bob Burns	31:20
Noad Wood	31:40
Yasuo Oda	31:50
Elizabeth Blom	32:29
Mark Romiti	32:30
Jessica Sleight	33:28
Lee Wilk	33:49
Doug Eng	34:10
Marc Burger	34:30
Dorothy Beckett	35:12
Ken Sevik	35:20
Amanda Loudin	35:25
Leah Suhrstedt	35:43
Becky Ramsing	36:00
Jim Grover	36:00
Tiffany Lang	36:03
Laura Travisano	36:40
Mike Fleming	36:48
Isalena Merritt	37:23
Sarah Cepeda	37:29
Wade Gaasch	37:31
Bill Dooley	38:09
Dean Hof	38:17
Maura Dunnigan	38:49
Tom Brown	38:52
Nick DelGrosso	39:06
Kathleen Copsey	39:26
Eileen Murphy	39:28
Traci Sariscak	39:32
Renee Martin	40:11
Dave Chalk	40:13
Kathleen Wegner	40:14
Phyllis Sevik	40:53
Marsha Demaree	41:15
Robert Yore	41:17
Shelley Yore	41:18
Tom McCarthy	41:31
Michael Joyce	41:38
Lili Barouch	41:48
Nicolas Ramsing	41:52
Jose Cepeda	41:55
Shane Bogan	42:27
Jessica Mulder	42:50
Susan Riss	43:26
Nancy Burns	43:31
Gloria Serrao	43:39
Maureen O'Donnell	43:44
Pauline Chvilicek	43:53
Arnat Vale	43:55
Paul Kirk-Davidoff	44:08
Jeff Six	44:22
Heidi Vecera	44:29
Kristine Bennett	44:33
Isaac Kirk-Davidoff	45:23
Amelia Mullican	46:03
Alice Spreisterbach	46:10
Dana Havlik	46:22
Kevin Wegner	46:27
Paul Wegner	46:28
Alex McCarthy	46:38
Charles Riesz	48:28
Terri Pazornick	49:14
Cecelia Landa	49:33
Thomas Murphy, Jr	51:12
Cindy Six	51:48
Bob Dust	53:42
Drusilla Devroye	54:25
Heather Kirk-Davidoff	54:33
Susan Watson	55:37
Carin Ganjon	1:02:32
Catherine Marks	1:08:31

The Celtic Solstice 8k has, according to correspondent *James Moreland*, become "a cult race." 1918 finishers can't be wrong, Jim. Among the 1918 were 82 Howard County Striders.

Some of the runners wore costumes, as well they might. The Celts lived in northern Europe about the time of late Roman Empire. The Celtic priests were the Druids, who practiced "dark arts"– something like what we would think of as magic. Among the Druidic festivals were the mid-summer and mid-winter (i.e., Solstices) festivals. These festivals involved lighting bonfires atop high hills on the solsticial nights.

WASHINGTON'S BIRTHDAY MARATHON
Greenbelt, MD – February 17

Jesse Leitner	3:25:21
Von Jennings (2nd, 50-59M)	3:30:06
Joe Hanle (3rd, 50-59M)	3:32:22
Ronnie Wong (2nd, 60-69M)	3:42:53
Rick Mitchell	3:46:51
Kirk Gordon	4:04:39
Tom Brown	4:40:50

This was the 47th WBM. 176 finished the full 26.2 miles. *Pat Wilkerson*, *Becky Ramsing*, and *Dorothy Beckett* (Run 4 Chocolate) placed first among the Masters' Women Teams. Their combined time of 3:21:07 was only about a minute behind the time of the best Masters' Men Team. So there.

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SPECIAL SPRING TRAINING PROGRAMS

The Striders offer three excellent programs to help you start or help you improve your running program:

FIRST STEP – 6 weeks for beginners, male and female, running or walking. Wednesday mornings at 6 AM starting on March 26 at Wilde Lake High School. Joe and Sandy Boys jboys.gwu@hotmail.com.

NEXT STEP 5k – 8 weeks to improve your 5k in time for Damien's 5k on June 29. Tuesday evenings at 6:30 PM starting May 6 at Oakland Mills High School. Various coaches. Contact: Joe and Sandy Boys jboys.gwu @hotmail.com.

FEMALES IN TRAINING (FIT) – Women only running and walking. Train to run/walk the Women's Distance Festival 5k on July 6.Thursday evenings at 6:30 PM. April 24 to July 3. Melissa Tabor (taborml@yahoo.com) and Bev Byron (bbyron167@aol.com)

Fee structure and registration forms available on the Strider website:

www.striders.net

2008 GREAT GRANDMASTER SERIES (GGMS)

What is it? The concept is a series of nine races for the older middle of the pack runners to compete for year-end awards against their age group friends.

Who can participate? Any club member who is age 50 before the June race is held. (Five races are needed to be eligible for the year-end awards.)

How do I sigh up? If you are 50 and a club member you are sighed up. Just register for and run the races.

What are the age groups? There are four age groups for men and women: 50-54, 55-59, 60-64 and 65+.

When and where are the races?

m/d	Dist	Location	Race
2/24	10 mi	HCC	RRCA 10Mi Challenge
3/16	5k	Swansfield ES	Weekly series
4/13	5 mi	Burleigh Manor MS	Weekly series
5/18	10k	Thunder Hill	Weekly series
6/8	2 mi	Elkhorn/ Savage	Weekly series
7/23	1 mi	Oakland Mills HS	Meet of Miles
Sept	15k	tbd	Weekly series
Oct	XC	tbd	tbd
Dec	26.2k	Columbia	Metric Marathon

What are the rules? The complete rules can be found on the Strides web site. The GGM series standing will also be posted on the HCS web site www.striders.net.

For questions or more information contact Doug Hawkland at hawklandiii@verizon.net.
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SPRING SCHEDULE

This winter another Connecticut-size chunk of the Antarctic ice shelf collapsed into the Weddell Sea, but now it's our northern hemisphere's shot at warming. That can only mean the Spring Series is here!

You may need some special training for the spring races, so check one of the following: The First Step Program (to start your running program), Females in Training (a friendly, non-competitive program for women only), The Next Step Program (to prepare you to run a fast 5k at Damien's in June), and the Junior Striders track program (for kids K-G8). And don't forget our special races: **Clyde's 10k** (good eats!) and the **All Fruit Relay** (pick your fruit and start forming your teams).

3/26 6:00a — First Step Training Program begins
Wilde Lake High School
jboys.gwu@hotmail.com

3/31 5:30p — Junior Striders Track Program begins
Oakland Mills High School
coachlang@hotmail.com

4/6 2pm — Spring Series #1 – 2m, 10k,15k
Jeffers Hill Elementary School
Jr. Strider Benefit – entries $1

4/13 2p — Spring Series #2 — 2m, 5m
Burleigh Manor Middle School
(5m is GGM series race)

4/20 8:15a — **Clyde's 10k**
Rouse Building, Columbia, MD
clydes10k@comcast.net

4/24 6:30p — Females in Training (FIT) begins
Wilde Lake High School
bbyron167@aol.com

4/27 2p — Spring Series #3 — 2m, 10k
Thunder Hill Elementary School

5/4 2p — Spring Series #4 — 2m, 5k
Swansfield Elementary School

5/6 6:30p — The Next Step 5k Program begins
Oakland Mills High School
coach_bogan@hotmail.com
jboys.gwu@hotmail.com

5/10 8a — **Musical Madness 5k**
Maple Lawn Towncenter
musicalmadness2008@hotmail.com

5/11 8:30a — Avalon Trail Race 5 or 6 mi
Avalon Area, Patapsco State Park
lguralnick@comcast.net

5/18 6:45a — **Columbia Triathlon**
Centennial Lake Park

5/18 2p — Spring Series #5 — 2m, 10k
Thunder Hill Elementary School
(10k is GGM series race)

5/25 2p — **All Fruit Relay** — 4 x 2M
Oakland Mills Middle School
Entries $1

5/26 8a — **Rotary Remembrance 5K and 1M**
Columbia Gateway Drive
tysaini@yahoo.com)

5/29 7p — Summer Striders High School Cross Country Training Program begins
Oakland Mills High School
coachlang@hotmail.com)

6/1 2p — Spring Series #6 — 2m, 5m
Burleigh Manor Middle School
Scholarship benefit – entries $1

6/8 2p — Spring Series #7 — 2m, 10k
Lake Elkhorn
(2m is GGM series race)
Spring Awards

6/17 7:30p — **Centennial Fun Runs** begin
10114 Colonial Drive
Arleen Dinneen (410-465-7735)

6/18 7p — Summer Series begins
Wednesday evenings

6/22 8a — **Damien's 5K**
6711 Columbia Gateway (new)
getralph@comcast.net

6/22 11a — Volunteer Appreciation Picnic
Centennial Lake Park, Overlook Pavilion

For more information: www.striders.net

PRESIDENT'S LETTER

Hello Striders!

I am honored to have been elected to serve you as Howard County Striders President for 2008. I realize Len Guralnick, has left me big shoes to fill. Luckily, I am supported by an excellent Board of Directors who will help to move our club forward so that it may serve your needs now and in the future.

Though 2008 has just begun, we have been busy. The Resolution Run 8K started the New Year with a bang raising over $600 for our Scholarship Fund. Less than one week later over 200 members of our club gathered together at Stone House to celebrate the accomplishments and elect your Board of Directors for the 2008 calendar year. *Bill Arbelaez* once again organized an excellent event, highlighting the high points of this past year.

Our Annual 10 Mile Challenge was held February 24. Thanks to all of the speedy Striders who came out to race us to a victory in every category. Also, thanks once again to *Richard Bernstein* and his group of volunteers who organized a great race.

I am excited to report that the Striders have hit the press once again. After a windy Operation Iceberg Weekly Race on February 11, 2008, *Len Guralnick*, Weekly Race Director, was interviewed by *The Baltimore Sun*. He represented the Striders well giving a great account of the races while also responding to the timing clock's collision with the ground, "It was just shocking that the wind took it down," Guralnick said. No worries though, the trusty clock is still reliable as you will see if you come out for a few "Vernal Velocity" Spring Races.

Not only are our Weekly Series races as strong as... well the wind on some days, but our Special Programs are striving forward as well. As the days grow longer and the weather warms up, our coaches are preparing to serve you with our spring and summer Programs. *Joe Boys* has done some excellent work to make this spring's First Step program better than ever. *Bev Byron*, *Missy Burger* and *Chris Josey* again plan to lead amazing group of women in our FIT program, and *Sandy Boys* has a great crew of coaches returning for The Next Step 5K training program. Please thank the coaches when you see them – they volunteer their time to make our runners better and our club stronger.

Speaking of volunteers, one of our goals for 2008 is to increase the sense of volunteerism within our club. Our new position of Volunteer Coordinator is being developed by *Michael Reed*. He hopes to call forward more volunteers from our club as well as help us better recognize those of you who continually give of yourselves. You will likely be called upon in the next several months, either individually or collectively, to volunteer. Whether it is putting out water for a Bagel Run or being trained to run a finish line, please give of yourself as you can. Many hands make light work!

For those of you who are not aware, a new Howard County Striders Board of Directors was voted into office at our Annual Banquet in January. A few positions have changed, but all members of the Board have remained the same. (Please see page 6.) If you enjoy being a part of this club, and you feel it is an "easy" organization to have membership in, that is because the above individuals put in an incredible amount of time to be sure you continue you love to run.

Stride Forward!

Maggie Moraw

Maggie does Penguin Pace. (photo by Steve Anderson)

Rotary Club of Columbia
District 7620

The Rotary Club of Columbia
in conjunction with the Howard County Striders present:

2nd Annual Remembrance Run 5k and 1 Mile Walk

8:00 AM
Memorial Day, Monday, May 26, 2008
Columbia Bank, 7185 Columbia Gateway Dr. Columbia, MD 21046

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5K RUN:
Field limited to first 400 entrants.
Fee: $20 prior to May 19; $25 thereafter.
Register: www.Active.com through May 19; at Feet First in Wilde Lake Village Center after May 19; or at race site if space available.
Cash awards to top three finishers; first masters; first military; first Rotarians (male and female; no duplicate awards).
Age group awards in 10-year categories, 10-60+ years.
Terrific, high-quality t-shirts.
Course records– Male: Brian Harvey 15:14, Female: Cara Wettlaufer 17:35.

1 MILE WALK:
Unlimited field
Fee: $20 including shirt; $10 without shirt; $50 per family including up to three shirts; $30 per family without shirts; $10 for each extra shirt.

PACKET PICK-UP: At Feet First in Wilde Lake Village Center on Saturday, May 24 (10:00 AM- 6:00 PM) and Sunday, May 25 (11:00 AM- 5:00 PM).

RACE PROCEEDS: To benefit the charitable activities of the Rotary Club of Columbia and the Striders' David Tripp Scholarship Awards.

INFORMATION:
Ty Saini at www.tysaini@yahoo.com.
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HOWARD COUNTY STRIDERS

~ 2008 Spring Junior Striders Track Team ~

Before deciding to join the Junior Striders track team, please be aware that practices will be organized with the mid distance and distance running (400 meters to 3,000 meters) events as the focus. We do not have the necessary equipment and there are other local clubs able to assist better with sprinting and field events. However at the meets the Junior Striders can pick the events they would like to compete in including sprints, field events and the middle and long distance events.

The team invites those who want to use running as a sport by competing at meets as well as those interested in running for the other great health and social benefits to join. Two suggestions would be to have running shoes and prepare to run at least 2 laps around a track without stopping.

The team is for boys and girls, ages 6 to 14 (born between 1994 and 2002).

The runners will be encouraged to take advantage of all of these opportunities:
- participate in a healthy outdoor exercise,
- participate in twice a week group practice sessions with knowledgeable and experienced coaches,
- compete in meets with other youth runners,
- become a member of the Howard County Striders & the Road Runners Clubs of America,
- receive a team singlet,
- attend end of year awards party, and
- receive a team trophy.

Practices will be held twice weekly, each Monday and Thursday from March 31 to May 19, from 5:30pm to 7:00pm at Oakland Mills High School. Practices typically will include a warm up, stretching, drills, a workout based on age and ability and special fun running games.

Practices are not required but are encouraged. We understand there are conflicts with other activities. If the runner misses a practice we would encourage the parent to support the runner by watching over them as they run at least a few laps around a track or through the neighborhood for several minutes. This will help keep the progression of fitness going.

There are several meets in the area during the season and the runners will be encouraged to be apart of the team and test their speed and stamina at these meets. Most of the meets are in Frederick County on Sunday afternoons. Attending the meets is not required but is encouraged.

Transportation to and from practices, meets, regionals/nationals is parent's responsibility but car pooling is encouraged so talk to other parent's at the practices.

Phil Lang will again be the Coordinator for the track team and he can be contacted at coachlang@hotmail.com. Updates, results and pictures will be put on the web site regularly (www.striders.net/junior/) so please check it out regularly.

There will be an additional program starting the last day of April and continuing into July for those competing in the SUMMER JUNIOR OLYMPICS; talk to the Lang's about this program.

HOWARD COUNTY STRIDERS

~ 2008 Spring Junior Striders Track Team ~

Registration/Emergency Information (please print clearly)

Last Name _____

Street Address _____

City _____ Zip _____

Family Home Phone (_____)_____

Mother's Name _____ Mothers Cell # (_____)_____

Father's Name _____ Father's Cell # (_____)_____

Parent's Email _____

Child's First Name	Gender	Birth Date (m/d/y)	Fee (checks made payable to HCJS)
1. _____	_____	_____	$45.00
2. _____	_____	_____	$35.00
3. _____	_____	_____	$25.00
4. _____	_____	_____	$20.00

Waiver/Release: 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 or coach relative to my ability to safely complete the run(s). I assume all risks associated with running in track and field practices and meets, including, but not limited to falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic and surface conditions, all such risks being known and appreciated by me. Having read this waiver and knowing the facts in consideration of your accepting my membership, I, for myself and anyone entitled to act on my behalf, waive and release the Howard County Junior Striders, Howard County Striders, Inc., Howard County Public Schools, coaches, meet directors and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in these club activities even though that liability may arise out of the negligence or carelessness on the part of the persons named in this waiver. Further, I grant permission to all of the foregoing to use any photographs, motion pictures, or any other record of this season for any legitimate purpose. I understand that bicycles, skateboards, baby joggers, roller skates or blades, animals, and radio headsets are not allowed at races or at practices and I will abide by this guideline.

Signature of Parent/Guardian _____ Date _____

For more information, contact Phil Lang at coachlang@hotmail.com. Mail application to HCJS c/o Phil Lang, 8507 Black Star Circle, Columbia, MD 21045. Make checks payable to the HCJS.

There will be an additional program starting the last day of April and continuing into July for those competing in the SUMMER JUNIOR OLYMPICS; talk to the Lang's about this program.

30th Annual Clyde's of Columbia American 10K

RRCA ROAD RUNNERS CLUB OF AMERICA

HOWARD COUNTY STRIDERS

Sunday, April 20, 2008
8:15 a.m.

A Great Race, Good Times, & Clyde's Famous Post-Race Brunch

Clyde's of Columbia and the Howard County Striders once again team up to bring you one of the area's best races and celebrations with food, refreshments, and fun at the Lakefront in Columbia, Maryland.

Time and Place: 8:15 a.m. Columbia Town Center (near Clyde's and across from the Mall), Columbia, MD. Course Certified: USATF RRTC MD02002JS. The course will remain open for 90 minutes.

Registration: Please register at Active.com on or before April 13th!

Regular on-line registration is **$28**, including the Active.com fee.

Late Registration: Active.com will remain open through **April 17th** for **on-line late registration** at **$35**, including the Active.com fee.

Walk-In/Mail-In Registration: $35 anytime through April 19th.

Walk-in and Mail-in registration are only at Feet First Sports, Columbia. **Race Day Registration: $40 (cash/check only)** at the Registration area. Cash/check only for in-person registration. **1500 runner limit.**

Race Information and Results: Feet First (410) 992-5800 or Howard County Striders Hotline (410) 964-1998. Results will be posted at the finish and on the Howard County Strider Home Page http://www.striders.net and at http://www.active.com

Packet Pick-up: At Feet First, Friday, April 18th from 10 AM to 8:30 PM and Saturday, April 19th from 10 AM to 5:30 PM. At Start/Finish area on raceday from 6:30 AM to 7:30 AM. Special discounts at Clyde's, Tomato Palace, and Feet First April 18-20.

Awards and Premiums: Open (top three male/female). First Masters (male/female). Age groups (top three male/female) in the following categories: 14 & under, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60 & over. Awards will be based on gun time, not chip time. Custom designed, premium T-shirts while supplies last. Awards will be held at Feet First for two weeks, then donated to charity.

ChampionChip Timing: Race will be scored with the ChampionChip Timing system. Runners may wear their own Chip or one provided by the organizers. There is no reduced fee for runner-owned Chips. Chip operation will be explained in the race packet. Allow extra time at the Start to verify runner data and chip operation prior to the race.

Fun Run: Free one mile fun run at 8:25 a.m. (Raceday registration only) It is sponsored by Feet First. Meet at the Tomato Palace restaurant.

FEET FIRST

active.com

CHAMPIONCHIP North America

The Tomato Palace

Race Results by RaceTrak Software, Columbia, MD (410) 730-0047.

30th Annual Clyde's American 10K Entry Form - Clearly print information.

FIRST NAME		LAST NAME		CHIP OWNER CHIP #	OFFICIAL USE ONLY
STREET ADDRESS		CITY	STATE	ZIP	PHONE
BIRTHDATE month day year	AGE RACE DAY	GENDER ☐ M ☐ F	SHIRT SIZE ☐ S ☐ M ☐ L ☐ XL	E-MAIL	

Waiver - Please read and 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 toabide 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 Clyde's, Inc., 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. I agree to return any ChampionChip obtained from the organizers to them at the finish line on race day whether I complete the race or not. If I fail to return the ChampionChip borrowed from the organizers by the end of race day, I agree to pay $35 to the Howard County Striders to cover the cost of the chip. 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, ipods and headsets are not allowed in the race. I will not carry or use them.**

SIGNATURE DATE

Please register online at www.active.com if possible. Otherwise make check for $35 payable to: Clyde's, Inc. No cash by mail!
Send with form to Clyde's American 10K, c/o Feet First, Wilde Lake Village Green, Columbia, MD 21044

Don't forget these Strider events this Spring:

Clyde's American 10k – Columbia TownCenter
Sunday, April 20, 8:15 AM

Musical Madness 5k– Maple Lawn
Saturday, May 10, 8:00 AM

Columbia Triathlon — Centennial Lake Park
Sunday, May 18, 6:45 AM

All Fruit Relay — Oakland Mills Middle School
Sunday, May 25, 2:00 PM

Run for Remembrance 5k — Columbia Gateway Drive
Monday, May 26, 8:00 AM

If your mailing label shows 2007, your membership has expired and this will be your final Footprints issue!

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

Non-Profit Organization
U.S. Postage
PAID
Columbia, MD 21045
Permit No. 129

Judith Carbary
5913 Bright Flow Mews
Clarksville, MD 21029

2008