

The Howard County Striders cross-country training program (Summer Striders) hosted the Summer Striders "PRE" - season XC races at Oakland Mills High School on Saturday morning August 11, 2007. The same amount of men finished the 5k this year as last but there were six less women? River Hill's Katie Harman ran 18 seconds faster than last year and defended her title on the women's side (19:41); while the course record holder, Izzy Mehmedovic (Oakland Mills and UMBC alum), won the men's division and lowered the course record by six seconds (16:15). Howard's Elyse Borisko continues to improve and finished second with a time of 20:07 and Oakland Mills alum Sarah Lebro finished third. Many of the runners are in high school but this event is open for all to compete and Mike Colaiacovo loves cross-country and looked great while finishing second with a time of 17:07. University of Delaware's Craig Lebro (Oakland Mills alum) finished third as he did last year. Yeah the Lebro's both placed third this year!

The 3k was won by a 9 year old little lady, Brittany Lang. She battled with the first and second place men, Bruce and Mark Worley, and made it to the finish line first to ensure she received her bag of gummy bears (all finishes in the 3k were given the nice treat at the end of the race). Megan Shouse, 7 years old, ran a great race and finished second for the ladies in the 3k. All runners received a Howard County Striders t-shirt while supporting the Youth programs the Howard County Striders put on. The Junior Striders cross-country youth program will begin on September 6, see the Striders web site (www.striders.net) for all the details. This year's season will end with a trip to Virginia Beach for the AAU Junior Olympic National Championships!

Summer Striders "PRE" - season XC 5K

MEN				WOMEN			
Place	Name	Age	Time	Place	Name	Age	Time
1	Izzy Mehmedovic	23	16:15	1	Katie Harman	16	19:41
2	Mike Colaiacovo	38	17:07	2	Elyse Borisko	16	20:07
3	Craig Lebro	21	17:22	3	Sarah Lebro	19	22:07
4	Kyle Andrews	16	17:44	4	Kaitlin Aquino	17	22:52
5	Teddy Carney	16	17:51	5	Alex Wang	15	22:55
6	Phil Lang	40	17:56	6	Jane Doe	16	23:08
7	Brian Pettit	19	17:59	7	Margo James	16	23:10
8	Brian Fleming	24	18:25	8	Louise Righter	15	23:26
9	James Ehrenhaft	42	18:29	9	Julie Gessler	14	24:01
10	James Harman	17	18:50	10	Nicole Shouse	16	24:03
11	Noah Wood	24	18:53	11	Lindsey Siferd	16	24:19
12	Majid Waheed	15	18:54	12	Kate Albertini	16	24:21
13	Brendan Lorton	16	19:10	13	Keri Dickens	15	25:28
14	Patrick Perez	15	19:13	14	Rachel Shulder	15	26:54
15	Matt Augustin	29	19:21	15	Kelsey Harman	16	27:20
16	William Ryan	16	19:25	16	Allyson Stanton	36	28:15

17	Tyler Knight	15	19:34	17	Jasmin Sosa	17	28:39
18	Greg Schuler	46	19:47	18	Ananda Martin-Cauç	16	28:49
19	Quint Frauman	15	19:57	19	Shirley Sameshim	40	28:58
20	Justin Sevic	15	20:00	20	Amy Gessler	12	29:49
21	Mark Thomas	17	20:13	21	Katie Gessler	15	30:20
22	Dylan Marty	16	20:14				
23	Eric Schuler	14	20:15				
24	Bobby Gessler	50	20:17				
25	Devin Sparrow	14	20:28				
26	David Eastman	15	20:38				
27	Alex Carlson	15	20:45				
28	Jason Rogers	27	21:04				
29	Tom Bradtke	17	21:27				
30	Sean Kirby	16	21:49				
31	Andrew Stanton	36	21:56				
32	Samuel Barry	18	22:15				
33	Cameron Kirby	14	22:21				
34	John Elliott	68	22:30				
35	David Jun	23	22:37				
36	Kenneth Sevic	42	22:49				
37	Ryan Aylward	14	23:08				
38	Tim Dietz	36	23:21				
39	Tom Hentoff	43	23:33				
40	Alan Robson	50	23:47				
41	Brian Garstecki	34	24:40				
42	Andrew Guthrie	16	25:06				
43	David Mikulis	14	25:47				
44	Zack Brittingham	14	25:48				
45	Collin Fugate	16	26:02				
46	Steven Eastman	13	26:26				
47	Dennis Fugate	55	26:28				
48	Keith Satterfield	45	26:45				
49	Nate Buechler	16	26:49				
50	Mike Fleming	61	27:06				
51	Christopher Sanders	32	27:44				
52	Trevor Scheckelhoff	14	28:12				
53	Robert Gurtler	72	30:40				
54	Scott Keenum	53	35:19				

Summer Striders "PRE" - season XC 3K

MEN

Place	Name	Age	Time
1	Bruce Worley	21	13:28
2	Mark Worley	21	13:31
3	David Jun	23	14:18
4	Noah Wood	24	15:12
5	Steven Borisko	10	15:48
6	Matthew Eastman	9	17:00
7	Sam Herman	13	17:39
8	Anders Chattin	7	18:36
9	Keith Satterfield	45	19:02
10	Corey Mankin	12	20:38
11	Randall Anderson	45	30:52

WOMEN

Place	Name	Age	Time
1	Brittany Lang	9	13:07
2	Megan Shouse	7	18:00
3	Karen Shouse	40	18:01
4	Shirley Sameshim	40	18:07
5	Heather Rademacher	31	18:26
6	Carina Chattin	44	18:37
7	Susan Livovich	31	19:45
8	Kimberly Moran	39	30:51