HOWARD COUNTY STRIDERS

LEGENDS OF THE FALL '08

TRAINING PROGRAMS

	Thu Aug 21 Centennial HS	**6:30pm**	**GETTING INSPIRED TO RUN FOR LIFE (G.I.R.L) BEGINS –** Thursdays from Aug 21 to Nov 6. $20 for HCS members. Melissa Burger 443-325-0579 taborml@yahoo.com, Bev Byron bbyron167@aol.com
	Mon Sep 4 **Mondays and Thursdays** Centennial HS	**6:00 pm**	**JUNIOR STRIDERS XC PROGRAM –** Mondays and Thursdays from Sep 4 to Oct 30. For more info and registration form check the website or e-mail Phil Lang coachlang@hotmail.com.

RACES

*	**Sun Sep 14** Swansfield ES	**2 pm**	**SERIES RACE 1** – **Jr Striders Benefit – All Entries $1** – Phil Lang 410-964-8258, Carlos Renjifo 732-272-6309, Jim Carbary 443-778-8805, Paul Shouse 410-796-6570, Bobby Gessler 410-531-5039, Carina Chattin 410-290-7148, Mike Fleming 410-381-7232	**1M 5K**
*	**Sun Sep 21** Longfellow ES	**2 pm**	**SERIES RACE 2** – **GGM+ Race (15K) -** Jason Tripp 410-963-0134, Amelia Mullican 410-336-8877, Chris Reading 443-319-5469, Phyllis Sevik 410-461-4984, Pat Brooks 410-461-1197	**2M 10K 15K**
*	**Sun Sep 28** Elkhorn-Savage	**2 pm**	**SERIES RACE 3 –** Brian Fleming 410-707-3878, Melissa Burger 410-730-7732, Mary Jane Sacker 410-461-3606, Chad Burger 410-925-5114, James Koo 410-750-3837	**2M 10K**
*	**Sun Oct 5** Jeffers Hill NBHD Ctr	**2 pm**	**SERIES RACE 4 –** Maggie Moraw 410-740-1680, Connie Yew, 240-205-1067, Barbara Calvert 410-461-2045, Eric Johnston 410-884-1153	**2M 10K 15K**
	Sat Oct 11		**Baltimore Running Festival – 26.2M, 13.1M, 5K, Fun Run**	
*	**Sun Oct 12** Atholton HS	**2 pm**	**SERIES RACE 5** – Greg Hogan 410-715-1317, Marc Burger 410-730-7732, Greg Orlofsky 443-319-5743, Tasha Clearman 763-350-0807, Dave Hogue 301-776-5295	**5K**
*	**Sun Oct 19** Longfellow ES	**2 pm**	**SERIES RACE 6** – Jim Carbary 443-778-8805, Greg Lepore 410-309-1590, Chris Farmer 410-598-2526, Charlie Riesz 410-461-4952, Luis Diaz 410-779-6681	**2M 10K 15K**
	Sun Oct 26		**Marine Corps Marathon**	**26.2M**
	Sun Nov 2 Linganore Winecellars	**10 am**	**RUN THROUGH THE GRAPEVINE – GGM+ Race** – Jason Tripp 410-963-0134 grapevine@paintedcup.net. *VOLUNTEERS NEEDED!!*	**8K**
*	**Sun Nov 9** Jeffers Hill Neighborhood Ctr	**2 pm**	**SERIES RACE 7** – **Scholarship Race – All Entries $1 –** Heidi Savin Vecera 410-730-7230, Bill Arbelaez 410-730-5648, Marsha Demaree 410-442-9796, Elizabeth Thompson 301-693-8272, Craig Valentine 410-262-9577	**2M 10K**
*	**Sun Nov 16** Oakland Mills MS	**2 pm**	**SERIES RACE 8** – Paul Goldenberg 410-730-3566, Catherine Lewis 240-285-3312, Ed Silverman 301-490-1619, Bob Hoesch 410-540-9565	**2M 6M**
*	**Sun Nov 23** Swansfield ES	**2 pm**	**SERIES RACE 9** – Carlos Renjifo 732-272-6309, Dwight Mikulis 410-952-9641, Sean Costello 410-750-2522, Hans Meurer 410-590-6790	**1M 5K**
	Thu Nov 27 Jeffers Hill Neighborhood Ctr		**THANKSGIVING TURKEY TROT- PREDICTION RUN –** ***Registration begins at 9:30am; Closest finish to 11am wins*** – Len Guralnick 410-997-7544 lguralnick@striders.net. *VOLUNTEERS NEEDED!!*	**10K**
*	**Sun Nov 30** Longfellow ES	**2 pm**	**SERIES RACE 10** – Len Guralnick 410-997-7544, Dave Orlik 410-740-5524, Roger Calvert 410-461-2045, Alan Murray	**2M 10K 15K**
	Sun Dec 7 American City Bldg	**8:15 am**	**METRIC MARATHON - GGM+ Race (26.2K).** For information: John Worley 410-730-0749 metricmarathon@gmail.com. *VOLUNTEERS NEEDED!!*	**26.2K 5K**
	Sun Dec 14 Elkhorn-Savage	**2 pm**	**FALL SERIES AWARDS –** Stuart Pineo 410-730-4439, Rick Mitchell 410-531-9188, John Chall 301-497-9783, Larry Boodin 410-696-2577, Karen Young 301-605-0537	**2M 10K**

* Only "series" races count in point standings.

+ A GGM (Great Grand Master) designated race is part of a series of races of varying distances for club members who are 50+ years of age. For more information contact Doug Hawkland hawklandiii@verizon.net

Equipment Leader: Mike Dusenbery 443-864-4025

Course Painters: Denise Hyde-**Burleigh**; Sue Watson-**Swansfield**; Eric Katkow-**Thunder Hill**; Bill Arbelaez-**Jeffers Hill,Oakland Mills**; Nicole Betancourt -**Atholton**; Melissa Simmens-**Longfellow**; Greg Hogan-**Elkhorn.**

Director: Len Guralnick, 410-997-7544. Hotline: 410-964-1998. Results and schedules are posted on the Striders' website:

www.striders.net