

FOOTPRINTS

THE NEWSLETTER OF THE HOWARD COUNTY STRIDERS
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The Howard County Striders running club is an incorporated non-profit organization dedicated to promoting lifetime fitness through running. An active member of the community, the Striders is one of the largest, most involved clubs in the mid-Atlantic area. We sponsor or support many types of activities, including high quality race events, group runs at least three times a week, weekly series runs, and many activities to promote youth running in the community.

July 29, 2017 – 2,000th Bagel Run



Photo Credit: Mike Fleming

FROM THE EDITOR

Allan S. Field, managing editor



OK, let's all start by imagining ourselves finishing a 100-Mile endurance run. Yep', I agree - many of us will believe that if we really want to do this, we could (although I am definitely an exception, preferring to lay down until the urge goes away). Now add that a tree fell on your head just a few years ago, put you in Shock Trauma and long-term physical rehab, and the traumatic brain injury that will be with you the rest of your life has left you with limited night vision and a diminished sense of balance which means to do this kind of event you'd need to push a stroller in order to keep from falling down. So you'd then add a dozen high-intensity lights to your stroller to help compensate for the vision problems, enter the Yeti 100-Mile Endurance Run in Abingdon, VA and away you'd go. Yep', I agree again; we are now in "no way, no how" territory for most anyone I know. Unless you are our very own 67-year old **Tom Green** because that's exactly what Tom just did and, along the way, kept intact his streak of finishing at least one ultra-marathon race for 35 consecutive years, going back to 1983!

Charlie Romanello (in yellow shirt at the finish line for Tom's crossing), 63 years old and formerly from Columbia and now residing in San Gabriel, CA, traveled to VA to run the entire distance with Tom. This was the first time Charlie had ever gone beyond the marathon distance but stuck with his friend Tom the entire way, who also was supported as always by his wife **Kay Green**. Tom, I am glad you are my friend and also my personal hero! So inspiring...



Three important announcements from your Striders' Board of Directors:

1. On 9/1, we filed our application for [Runner Friendly Community Designation](#) by the RRCA (Road Runners Club of America). Letters of endorsement were received from **HoCo Executive Kittleman**, RRCA Eastern Regional Representative **Dwight Mikulis**, and **Josh Bross** of Elite Chiropractic and Sports. Our own **Mike Fleming** created the [video](#) to support our nomination. We should know by the end of the year if we were awarded the special designation.
2. Changes to Bagel Run water stops – construction of the Route 29 bridge has begun and closure has altered the regular Bagel Run route. We have eliminated the Tamar water stop and will be adding extra water to the already existing stops at Centennial Lake and Lake Kittamaquundi.
3. We are expanding our partnership with local running & fitness stores including Road Runner Sports, Lululemon Columbia, and Ascent Bicycle Studio in Ellicott City. Announcements with details to come.

Next issue January 2018 immediately following the Annual Awards Dinner. In the meantime, run safely, start out slow, taper off, and try not to do anything stupid in between!

STRIDERS SOCIAL HOUR

Submitted by Cecilia Murach, Vice President



Pictured left to right: Cecilia with Marsha Demaree and Tammy Liu Hermstein at Sonoma's Bar & Grille.

On September 21st, the Striders held our very first Striders Social Hour. The Striders Social Hours came about following requests from the membership for more informal gatherings and mingling opportunities. The concept of the Social Hours will be a short, all-levels run & happy hour gathering for old & new club members to meet one another in different locations around the county. The first Social Hour was at Sonoma's Bar & Grille in Columbia.

A group of about 15-20 runners gathered at 6:30 pm for a 30-minute social run. The runners divided into two groups by pace. There was a small but mighty group of women, led by **Jennifer Storch**, some of whom were FIT participants and others 50k runners. Each came for different reasons:

- New to area & wanted to run with a group, always ran alone.
- A tempo run before international half marathon the following weekend
- First run after being sidelined.
- A night out without the kids
- Girl's night out
- Training for a fall marathon



The run took them past the Lake Elkhorn dock toward Savage.



The second group, led by **Alan Tominack**, ran from Sonoma's to the lake loop, then about a mile down the Savage/Elkhorn trail before swinging back. There was talk about races run (or planned), and shared laughs over some of the crazier racing experiences we've had over the years. The run was a great opportunity to share the many programs and fun runs the Striders offer, including Next Step, the Bagel Run, the Weekly Series races.

Meanwhile, at Sonoma's, Striders who chose not to run but still joined for the trivia & happy hour gathered and reserved tables for the whole group. Trivia officially started at 7 pm, giving the runners a little time to get back and clean up.

Ari Greenberg (*photo right*) put together a Striders team to play trivia, called "Running on Empty". He quite literally ran from the trivia podium and back to share the questions with the group, gather our answers, then ran back to the podium to relay our group response. Given that we had a total of about 35 people sharing their knowledge, we were able to score pretty well – and our team won!!

As photos show, the company was lively and fun – everyone had a great time. Most commented that this was a nice way to see one another in a slightly different setting, and a great introduction to the club for those who were curious about becoming members.



In total, about 35 club members attended and about 5 non-members who will be joining the club. We hope you will be able to join us for the next Striders Social Hour. You really don't want to miss it! Please stay tuned for upcoming plans. And don't forget to follow us on Facebook so you can be up-to-date on all the club events. If you have suggestions for happy hour locations, or any other thoughts, please don't hesitate to email vicepresident@striders.net.

WHERE ARE THEY NOW

Submitted by Susan Kim



Where Are They Now?

As a club, the Howard County Striders stands on the shoulders of people who came first. In its early days, the club was small, close-knit and loosely organized.

In **FOOTPRINTS**, we'll be featuring some of the Striders' earliest founders, filling you in on where they are now, how they helped form the running club you enjoy today, and what they consider their fondest memories.

Kathy Heckman: How She Loved Running - and Left It

In 1980, in the 10th Annual Runner's World 24-Hour Relay Race, two Howard County Strider teams competed, finishing fifth and eleventh out of 22 entries.

The winner was the Baltimore Olympic Club, which ran 263 miles, 441 yards (yes, yards, kids, look it up). The Striders "Gold" team ran 241 miles, 208 yards, averaging around 5:58 per mile. The Striders "Silver" team ran 211 miles, 1,462 yards.

Kathy Heckman ran on the Gold team, and she still has the small newspaper clipping with the results - a memento of what she remembers as a great experience. That (long) day, she was the fastest woman runner, averaging 5:52.4 for her 24 miles, and she broke the women's record for a 24-hour relay at Fort Meade.

Footprints caught up with Kathy Heckman, who is still living in Woodbine with her husband Jim Heckman. They have four grown children, one grandchild, and another grandchild on the way. She doesn't run anymore but her name is well-known in the Striders community.

In 1984, she ran the Olympic marathon trials in 2:46, placing 72nd. "Really, that was an amazing year because I guess my generation was the first group of women to really get serious about running," she said. "The following trials in 1988, I saw the results and a 2:46 would've gotten me in the top ten."

The 1984 Olympic trials were her last race; after 12 years of intense racing and training, she walked away from the sport of running with no bitterness or regret. (*Editor: Photo from Bonne Belle Chevrolet 10K, Washington DC, 1982.*)



But, Oh, Those Training Years...

Working for the family business, Bettie Heckman, Inc., she had time to train, often running from her house, where she still lives, near Larriland Farm. "Back in the day, I used to run with my Irish Setter, Sunshine. I was running on average 70 miles a week, then it was 100 miles a week."

She first started running as a way to cope with severe ADHD. "My family physician back then didn't like Ritalin, so I really started running in elementary school. It kept growing. I was self-medicating by running. It helped a lot. That's what got me through."

At Catonsville High School, where she graduated in 1973, she ran with the men's cross country team because she was the only female cross country runner. "I wasn't allowed to travel with the team. And when we would start a race, I couldn't start right there with the guys. I had to be on the other side of the backstop so I wouldn't get trampled. I didn't think of it as inequality - I just did it."

She then attended Catonsville Community College, again running with the men's team under Coach Jack Manley, who was also the athletic director. She was inducted into the Catonsville Community College Hall of Fame last December. "What I said there was, Mr. Manley was our coach and I loved him. I never won a race those two years that I ran there. I never won. But Mr. Manley expected me to run as hard as I could anyway. He didn't say: 'You're not going to win; you're not going to

finish in the top ten.' I really appreciate that."

Her first marathon, when she was 16, was the Maryland Marathon, a predecessor to the Baltimore Marathon. "That qualified me for Boston," she said. "I ran 10 years' worth of marathons in Boston, and I used that last Boston to qualify for the trials."

She also fondly remembers her time working at Feet First running store when it began as a business. "We used to have these wonderful Saturday morning runs. It became this race-pace kind of run, 15 miles. It was lovely. Those were some of my favorite training runs back in the early years of Feet First."

Walking Away From Running

Heckman considers her time spent running as some of her best memories. "I loved it," she said. "I learned a really good work ethic. For me, running created a lot of self-discipline, and gave me a positive outlook on things that I was going through. Running helped me focus on healthy living, It helped to settle my mind."

But, she said, she ended up turning "marathoning" into a bit of an idol. "It was the love of my life. I think you can allow it to become an addiction. My mileage had to be at least 100 miles a week. That was a detriment to me. I think I over-trained a lot."

So she walked away from running. She had four children and, after her fourth, years after her Olympic trials, she thought about simply running Clyde's 10K. But it was not to be: "I couldn't get my mind back into racing."

She now acknowledges her faith - she became a Christian in 1992 - plays a big role in her current life satisfaction. "I was running a race of endurance for the prize of the trophy, the adulation, my name in the paper," she said. "I'm spending my life more wisely now. It's about what God has laid out before me, and doing that well. That's where I get my greatest joy."

Warren Ohlrich: "I wouldn't have changed anything"

When **Warren Ohlrich** first started running in 1978, and left his government job in 1979, the Howard County Striders was already changing into more of a club and less of a casual running group, Ohlrich recalls.

"This was mainly under the direction of **Dave Tripp**," he said.

After opening the Feet First running store in April 1979, Ohlrich saw the opportunity to help both the Striders and the business through organizing races, holding packet pickup at the store and having Feet First become a focal point for the runners in the club.



Early memories

"My first race was a 3-miler from downtown Columbia around Wilde Lake," said **Ohlrich**. "Not used to racing, I was in the lead for half the race and then miserably faded — a good lesson."

His first marathon was a 4-lap loop at Edgewood Arsenal. “I went up with a fellow Strider just to help him out for part of the race,” recalls **Ohlrich**. “I never expected to finish, but ended up doing all four laps and running 3:08.”

He also especially remembers running the Striders Weekly races at various locations in the Columbia area and getting to know the other runners in the club.

Board leadership

Ohlrich began serving on the Striders Board, where he got the Bagel Run going, and directed many major Striders races. “This was mainly because I had the time and the store to operate out of,” he said. “The real leadership of the club, however, was held by **Dave Tripp, Miles Weigold** and others. Although I was heavily involved in the races, the formation of the Junior Striders and the organization of the club was mainly under the auspices of **Dave Tripp**, who we all looked to as the real father of the Howard County Striders.”

As race director of some of the Striders’ larger races, **Ohlrich** also soon also saw the need to get authorized by TAC (The Athletics Congress) to officially certify race courses.

“At the Columbia Half Marathon Ed Benham, a 72-year old ex-jockey, did set a record for his age-group, which we had anticipated by certifying the course,” recalls **Ohlrich**.

“In choosing running courses, I simply ran many different routes, which I could do since I was running 70-100 miles a week in training for marathons,” he says. “I would then measure and select the best courses that could handle a number of people. Since I’ve been out of the area for a number of years, I was not aware how much some of the courses were still used. Nice!”

A notable Clyde’s

Prior to one Clyde’s 10K race, **Ohlrich** got a call from a notable Kenyan runner who was working at the Kenyan embassy in Washington, D.C. “He wanted to know what payment or benefits he would get by running in our race. We told him we could put him up at a local runner’s house and that was it. He stayed at **Joe and Nadia Wasserman’s** house and won the race, which at that time had 2,000 runners.”

All the right things

“Looking back I wouldn’t have changed anything,” said **Ohlrich**. “The club has become such a focal point and inspiration for so many runners, including myself, and is continuing to promote a healthy lifestyle based around running.”

Ohlrich said he is not involved with a running club now. “As I moved to Aspen and Moab, both tourist centers, I found any attempts to get a group of runners together on a regular basis would not work. It made me appreciate the Striders even more. It looks like the Howard County Striders are continuing to do all the right things.”

REFLECTIONS FROM THE NEXT STEP PROGRAM

Contributions from **Rachel Collins, Ryan Brown, Denise Drenning and Heidi Warriner**



Rachel Collins - My experience with the Next Step programs was as a participant in 2014 and 2015, a coach in 2016, and a coordinator in 2017! I joined the Next Step Program the summer of 2014 and had run previously but had never really had any experience with tempo runs, progression runs, or track work. The coaches for the Next Step were so positive and encouraging. In fact, after talking to me for a while on my first day of running, I remember one coach telling me that I would run my half marathon in an hour and 40 minutes (at the time my half PR was 1:56). This seemed like a bit of a stretch for me! At the time, I thought it was an impossible feat but that was nice of him to say!

I ended that first round of Next Step learning a ton about different types of runs, getting my mileage up, and had a great experience. In the end my coach was right - I ran my half marathon in an hour and 40 minutes. The most valuable thing I got from the Next Step Program was how it changed my mindset. The coaches took my thinking about my abilities from limited to expansive. Once the floodgates of my mind were open and there was no stopping me, I set my next goal to make the Striders Race Team and it took me a year and a half of hard work to do it but in April 2016 I got two race times for the development team.

I was a participant of the Next Step Program again in 2015 and had the same positive experience. In 2016, I got to help with the Next Step coaching as a sub-coach which was very fulling to help others. This year, I helped to coordinate the program that taught me so much. During the duration of the program I was also able to get RRCA coaches certification so that I could be more knowledgeable when participants or coaches came to me with questions or seeking advice. I was so grateful to be able to give back to the Club and watch others flourish as runners. The Next Step Program is truly a wonderful program that promotes growth and knowledge.

Ryan Brown - On June 27, 2017, over 100 runners joined together to begin a journey to the finish line of a fall marathon or half marathon. For some, this will be the first time in the Next Step Half/Full marathon program, others return year after year for friendship and faster finish times.



The next step half-full marathon program is a 16-week program designed for first time and experienced runners to train for a fall marathon or half marathon. Groups are formed based upon pace. Each group has a team of 2-3 coaches who will design a training schedule and offer individual advice to each runner.

Most coaches were previously Next Step participants.

The group meets every Tuesday at Burleigh Manor Middle school to run hills, track, or tempo. The summer heat doesn't slow this group down. Running in the heat helps prep them for their goal race. Many will run at the Baltimore Running Festival or the Marine Corps Marathon, however runners have lots of different goal races across the country including the Chicago Marathon and the Steamtown Marathon in Scranton, PA.

The Next Step program invites guest speakers to educate runners on a variety of topics including local businesses like Complete Nutrition, Howard County Chiropractic, and YogaWorks.

Many participants join with the goal of completing their first marathon or half-marathon. Others want to improve their finish time. Others run to keep up their fitness. Many run for the camaraderie and encouragement of their coaches and participants.

Denise Drenning (pictured right)- Something I like about the Next Step Program is that the coaches really get to know you and help you work towards your running goals. Even though you run in a group, the coaches take time to tailor the training plan to fit your needs. What I also like about the next step program is that the coaches explain the "why" for the Tuesday night training run, so you understand how the planned run can benefit you and how it will help you achieve your running goals. The group members and coaches are motivating and it's amazing what you can accomplish with this program.

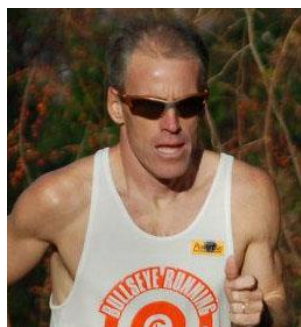


Leslie Marsiglia - I joined Howard County Striders at the urging of my fellow "runner girls" and have not been disappointed! The personal attention I've received from my coaches over the past two years has also been terrific. They have respected the goals I've set for myself and supported me every "step" of the way! Thank you!

Heidi Warriner - ...thank you for the excellent 0 to 5K experience; both my husband Todd and I enjoyed ourselves and meeting the other beginning runners and coaches. We felt able to build up safely and looked forward to the weekly runs with the group.

YOUTH RUNNING UPDATE

Submitted by Phil Lang



It is with a heavy heart that we are reporting that the Junior Striders coach **Sam Singleton**, who helped the program expand its track and field program into the sprinting events nearly 10 years ago, has passed away. **Coach Singleton** was 68 years old and had coached another youth program at Oakland Mills High School for years and Reservoir High School for a couple years before joining the Junior Striders. As the Junior Striders program grew and more and more sprinters were signing up, **Coach Lang** and **Coach Gessler** knew a coach with a focus on the shorter events was needed to fully support these events and kids. **Coach Lang** and **Coach Singleton** worked together at Oakland Mills for years and the Junior Striders track and field team practices at Oakland Mills so the signs were pointing to at least asking **Coach Singleton**. **Coach Singleton's** granddaughter, Jordyn, was starting to have some interest in track and field so it simply ended up being perfect timing for all involved. The youth team continued to grow, the sprinters got the leadership and coaching they needed and deserved, Jordyn got to compete and **Coach Singleton** got to coach! **Coach Singleton** earned your respect immediately after you met him; he was as kind and caring as any coach and guided so many youth and high school kids to not only be better athletes but also be better people. Our thoughts and prayers are with the **Singleton** family now and forever and we are so thankful for all the time they shared **Coach Singleton** with us.

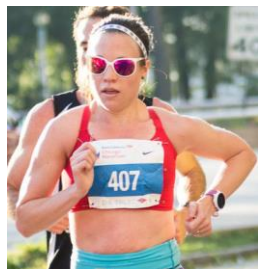
The Friday Night XC Series this Summer was another fun and exciting way for runners to spend some time together. There are plenty of slower adults, fast college and high school kids and all sorts of people who just love to run. Many say they love the Series as it helps them get off the roads and gives them a chance to enjoy the XC courses of the local high schools. Many others say they use it as their hard run or workout for the week instead of running circles around the track. Others are just happy they can meet a group to get in a few miles on a Friday evening. Whatever the reason, we all are so thankful to the schools and coaches at those schools for setting up the courses for these events! Thanks **Paul Hugus** at River Hill, **Zack Dickerson** at Howard, **Kevin McCoy**, **Chris Graff** and **Al Dodds** at Centennial, **Phil Lang** at Oakland Mills, **Phil Rogers** and **Bobby Gessler** at Reservoir, and **Kim Williams** and **Mack McLain** at Hammond. The races are just \$5 and if you run 3 of the 6 you earn a Striders/Bullseye tech shirt. Results from each of the races are posted on the Striders web site of course. Join us out there next year!

Many from the youth track and field team competed well into the Summer again this year. More and more kids and families are committing time and resources to competing and are being rewarded with personal records, medals, ribbons, best friends, quality family time, life experiences and life lessons. We want to thank the family members who are sacrificing so that the kids can receive all these wonderful opportunities. A couple team highlights for the Summer were the 17-18 boys team scoring more points than all the other teams and winning the team title at the United Age Group Invitational in Pennsylvania in July and the 11-12 girls 4x800 team placing at the AAU Junior Olympic Track and Field National Meet in Michigan in August! A few individual highlights from the Summer include **Gregory Whitfield** finishing 2nd in the 10-year-old boys high jump at the AAU Junior Olympic Track and Field National Meet, **Mary Gorsky** earning 3 medals at the AAU Junior Olympic Track and Field National Meet, and **Bryce Bruce** scoring more individual points than any other athlete at the United Age Group Invitational. The AAU Junior Olympic Indoor Track and Field National Meet will be in Maryland in mid-March so please email coachlang@hotmail.com if you have a child that is serious and wants to participate in that meet. The Spring programs will begin around April 1st but registration won't open till February. The Howard County Recreation and Parks Department have the Junior Striders coaches lead a Saturday evening indoor running program for the kids at the Meadowbrook Facility that sells out every year so check into that soon if interested!

The Fall Junior Striders Cross Country program has 200 kids participating this year. What a joy it is to see all those kids practicing twice a week at Centennial High School! With nearly a dozen and a half coaches involved this year, the practice groups are a perfect size and the kids are getting so many opportunities to work hard, make friends, learn life lessons and it seems quite obvious they are all having fun. Each of the clubs in Baltimore, Howard, Carroll and Frederick County take turns hosting a meet each Sunday afternoon in the Fall; our home meet is on November 5th this year. Your kids can run at the meet even if they are not involved in the program and of course volunteers are needed to help with the meet so consider coming out and supporting the next generation of runners; email coachlang@hotmail.com for more details. This Fall the team will travel to Charlotte, NC the first weekend of December for the AAU Junior Olympic Cross Country National Meet and is working hard to be prepared.

RACING TEAM SUMMER UPDATES

Submitted by Caroline Bauer



After a strong spring racing season, big miles, sweaty track workouts and lots of sun were the highlights of the team for summer. Many team members are gearing up for big fall marathons so most stay relatively quiet on the racing front through the hot summer months.

In June, **Tammy Liu Hermstein** kicked off the month with the AFCEA Central MD Race for Excellence, placing 3rd in the 5K. **Amanda Beal** won the Dawson's Father's Day 10K in 40:11 and on the same day, **Brian Shadrick** took 7th in the Ellicott City 10K. Several team members ran in the Strider's Women's Distance Festival. **Julia Roman-Duval** almost cracked the 17-minute barrier and took the dominant win. Following behind were **Noel McCracken** in 2nd (19:39) and **Rachel Collins** in 4th (20:57). Finishing out June were **Eric Schuler** winning the Bethany Beach 5K in 16:55 and **Shadrick** taking to the track in the USATF Eastern Master's Championship winning the 1.5K in a blazing 4:37.

July was highlighted by the Columbia 5.0 ([full results](#)) which was featured in the previous Strider's newsletter. Taking top honors at the race were **Beal** in 1st place (32:20) and **Collins** in 2nd (37:10). On the men's side **Schuler** placed 2nd (27:27) and **Kevin Ford** rounded out the top podium spot in 3rd (29:04). The Strider's had several men represent at the popular Fourth of July race, the Arbutus Firecracker 10K, with **Schuler** taking 2nd, **Mark Landree** in 8th, and **Shadrick** in 14th. At the HSC Meet of Miles were **Carlos Renjifo** winning in 4:37 and **Shadrick** in 3rd, also dipping under the five-minute mark in 4:53.

The rest of July and beginning of August brought many short, fast races for the team with the following results:

- Lisa Wade 5K – **Beth Hannon** (19:23, 1st)
- Crystal City Twiligher 5K – **Craig Lebro** (17:09, 37th)
- Baltimore Road Race 5K – **Shadrick** (17:48, 4th)
- Frederick Women's Distance Festival 5K – **Hannon** (19:08, 3rd)
- Dog Days 8K – **Beal** (32:41, 1st) & **Landree** (29:52, 1st AG)
- The Coolest Mile on Mainstreet – **Shadrick** (4:42, 2nd)
- Survivor Strong 5K – **Shadrick** (18:29, 1st)
- BreastFest 5K – **Sean Costello** (20:39, 1st AG)

The most anticipated race of the summer is the Annapolis 10 Mile Run at the end of August. The race is a good measure of fitness for many team members after training through the summer. The 10 Miler usually boasts high heat and humidity but this year brought a little reprieve in the weather with some cooler morning temps. However, the notorious hills were still there to greet the runners. Dominating the race was **Roman-Duval** in 1st place in an amazing 1:00:03. Following not far behind and all placing within the top 10 were **Hannon** (3rd, 1:05:42), **Beal** (4th, 1:05:45), **McCracken** (7th, 1:07:33), and new racing team member, **Stephanie Caporaletti** (9th, 1:08:03). By placing 5 women in the top 10, the women's team won the team competition and brought home a nice trophy. On the men's side there were many strong age group performances. **Schuler** was the first to cross

the line for the team, taking 5th in 55:48 and following closely behind to crack the top 10 was **Andrew Madison** (9th, 57:33). **Jason Tripp** and **John Chall** won their age groups in 1:01:23 and 1:09:11, respectively. **Tunde Morakinyo** took 3rd Grandmaster (1:04:24) and **Ed Wilson** took home a 2nd age group award (1:06:27). Also running strong for the team included **Adam Wytko** (1:00:51) and **Kent Werner** (1:02:27).

September kicked off with **Caroline Bauer** traveling down to Charlottesville and running in the competitive Charlottesville Women's 4 Miler, setting a new PR at the distance and taking 2nd overall in 22:52. Also on Labor Day weekend, **Renjifo** took 2nd in the Ellicott City Labor Day Classic and **Kelly Westlake** took the top women's spot in the race. **Ford** tested out his downhill legs, running 2nd at the Charles Street 12 Miler.

Forgoing the short summer races, many team members took to the half marathon distance and beyond for September:

- Virginia Beach Rock N Roll Half Marathon – **Schuler** (1:18:26, 10th)
- Run the Loop Marathon – **Costello** (3:44:50)
- Larry Noel 15K – **Landree** – (1:00:36, 1st Master)
- Parks Half Marathon – **Caporaletti** (1:42:11), **Collins** (1:43:24), & **Yasuo Oda** (1:38:51)
- Savage 7K – **Schuler** (24:18, 1st)
- Philadelphia Rock N Roll Half Marathon – **Roman-Duval** (1:20:17, 16th) & **Lebro** (1:16:44)
- Navy-Air Force Half Marathon – **Renjifo** (1:12:36, 10th) & **Ford** (1:18:38)
- Bachman Valley Half Marathon – **Hermstein** (1:48:36, 5th)

Two notable results for the team were **Warner** and **Wytko** who nabbed last minute time qualifying spots for the Boston Marathon in April. **Wytko** traveled to Buck's County Pennsylvania to the aptly named Chasing the Unicorn Marathon where he ran strong 2:50:29 and placed 4th overall. **Warner** ran the Abebe Bikila Day International Peace Marathon in 3:05:21.

Heading into the Fall the team is looking forward to the fast and flat Army 10 miler in DC in October, the Celtic Solstice in December, as well as sending runners to many marathons including Chicago, Marine Corps, and California International.

*Racing Team Members at the Annapolis 10 Miler – Left to right, back row: **Ed Wilson, Adam Wytko, John Chall, Tunde Morakinyo, Beth Hannon, Bobby Gessler, and Noel McCracken.***

*Left to right, front row: **Stephanie Caporaletti, Amanda Beal, and Julia Roman-Duval***

*Photo Credit: **Beth Hannon***





*Racing team members show off their awards at the Annapolis 10 Miler (left to right, back row): Ed Wilson, John Chall, Eric Schuler, Adam Wytko, Greg Schuler, and Tunde Morakinyo
Left to right, front row: Julia Roman-Duval, Beth Hannon, Noel McCracken, Amanda Beal, and Stephanie Caporaletti
Photo Credit: Beth Hannon*

PROFILES FROM THE PACK

Submitted by Rene Alonso



Faye Weaver 1. **What motivates you to run and volunteer with the Howard County Striders?** Seeing my friends and supporting them while they train for races. I like giving back to the club and help with races and bagel water stops.

2. **How has your running evolved over the years and what would you suggest to a new runner, or someone thinking about starting to run, to motivate them?** I joined HCS in 2009 in the FIT program. By 2013 I ran my first Marathon and 2014 I ran my first 50-miler. Find one of the HCS training programs to get started. You will find great coaches and other runners at your pace.

3. **What was your favorite or best race and why?** The Bermuda Marathon. My first marathon, you never forget your first. I won it at the Baltimore Running Festival CareFirst Sweepstakes in 2012. My best race is B&A Marathon; it's my current PR!

Ari Greenberg **1. What motivates me to run with the Striders?** Accountability and comradery. I know I have very little personal accountability when it comes to exercise, but when I commit to training with others, I am all in. I will cheat myself all day, but I would never let my teammates down. With Striders and The Next Step Half/Marathon program, I know exactly what I am supposed to do, and when I am supposed to do it. I have it on a calendar, and I can stick to the plan. And running with my awesome training group totally motivates me. We are always encouraging and pushing each other. This is my second round of Next Step Half/Marathon, and I could not imagine doing it again any other way.



2. How has my running evolved over the years? I first started running with regularity when I joined the military. It was constant drudgery and oh-so grueling. But it instilled in me my love and appreciation for running with a pack. Twenty years later, I fully recognize that running helps me worry less about what I eat, and definitely keeps the crazy in check! So I may be a bit slower now, but I can now go longer distances than I could have ever dreamed of. I am about to complete my second full marathon, which twenty years ago would have seemed completely absurd to a then-overweight smoker.

3. Favorite Race? My favorite race was my first half marathon, the 2014 Fredrick Running Festival. The town really comes out to support the race, and there is yummy food all along the route. I ate my way through the race, especially enjoying the fresh cookies offered at the top of the last hill. I ran with a pace group, and of course they were fabulous. One of our pacers carried a plastic vuvuzela, and he would proudly blow it for every mile marker we passed. The group was super fun and quickly bonded with common running experiences and goals. For many of us, it was the longest race we had ever attempted. It was quite an emotional experience. Since then, I have completed several half marathons and other long distances, but nothing quite compares to that first half. The only way it could have been better is if I had known about the Striders!



Frank Volny, IV **1. What motivates you to run/volunteer with the Howard County Striders?** I run to have fun and feel good. For me, it's less about motivation and more about getting outside to have fun and enjoy the weather and company. Other runners are always amazing company but especially on long runs. Exercise and training is really an afterthought.

2. How has your running evolved over the years and what would you suggest to a new runner, or someone thinking about starting to run to

motivate them? Over the years my running has definitely evolved into the less serious. When I started using the sport to just have fun, that's when things started to click. For a new runner, I'd

say look for reasons to enjoy the sport. If you're out running and deliberately enjoying the sights, sounds, sensations, and conversations, then you'll be far more likely to run smooth, easy and again tomorrow!

3. What was your favorite or best race and why? I usually avoid racing because it contradicts my running goals a little too much, but I do run a lot of race events because they're so much fun! My current best race day was the 2017 Frederick Half. On the other hand, my favorite race day was 2017 Hashawha Hills 50k where over the course of 31 miles in 7.5 hours in the woods, Chris S., Faye W. and I encountered beautiful sunny weather, then a monsoon style rain storm, a lightning storm on all sides of us, followed by plummeting temperatures and big hail. We were already having so much fun in the first half (conversation, games, jokes, etc.) than when the crazy weather hit, it simply felt like more fun and excitement adding to the experience.

Melinda Krummerich 1. **What motivates you to run/volunteer with the Howard County Striders?**

I've always been more of a social than a competitive runner, and the Striders organization offers so many opportunities to meet people who run your pace and distance. The Weekly Series is one of my favorite places to meet new people. It's so friendly, it's only a buck, the courses become so familiar over time, as do the runners. The Bagel Run, which slower or beginner runners think is so intimidating, has provided me the time to get to know so many people on a long run. And at my pace, an eight or ten mile run takes a long time!

This is the reason I pushed so hard for both the Zero to Weekly and Building to Bagel programs. Zero to Weekly is a couch-to-5K style program that coaches participants from not running at all to running their first 5K, a Weekly Series race. The current coordinators, Ed and Sarah Beach, lead a group of about 25 to 30 runners every summer, and they've made changes that have improved our original vision. Now, the runners get off the track and out on the paths. Many of the graduates join our fall 5K-to-10K program, Building to Bagel. We increase their maximum running distance slowly, about half a mile per week, and introduce them to the Bagel Run. I see folks from our first session in 2013, still coming out to the Bagel Run every Saturday morning. It's very gratifying.



2. How has your running evolved over the years and what would you suggest to a new runner, or someone thinking about starting to run to motivate them? I started running in the summer of 2006, using a couch to 5K program, and joined the Striders the following spring as a FIT participant. I was happy to keep to shorter distances, 2 miles and 5K, until a bunch of ladies from the fall women's program (GIRL, which isn't offered any more) decided to train for the Frederick Half Marathon the next spring. I remember finishing in the heat, exhausted, and thinking, "Well, I don't see any reason to ever do that again." I'm training now for my 17th half marathon, at this year's Baltimore Running Festival. I'm still friends with most of that original long distance crew, and I've run that half marathon in Frederick several times since.

I couldn't have gotten this far without my running friends. They are my motivation, and bring so much joy to the sport.

3. What was your favorite or best race and why? I love most of the races I've run, and my usual answer to, "Have you run xyz race?" is, "Oh, it's my favorite!" I tend to like a race that has something that distinguishes it: scenery, crowd support, premium, food, beer. Locally, I love the Clyde's 10K, because it's a "roll out of bed" race. Easy parking, familiar course, great food, I know most of the runners and the volunteers. There's nothing that keeps you motivated more than seeing someone you know cheering you on. Same thing for Penguin Pace; it's a great way to start off Super Bowl Sunday, with those delicious pastries from the Elkridge Furnace Inn. It's especially fun when it's snowing, just a bit, enough to be pretty but not dangerous.

I also like two of the most difficult races on the Striders' calendar: the 10-mile Club Challenge and the Metric Marathon. I feel so accomplished when I cross the finish line at those two! And the prediction races, too: Turkey Trot and Resolution Run are scenic trips along the Columbia paths, and speed isn't a factor in winning.

The non-Striders races that I love? The Bel Air Town Run 5K, for its community spirit. The Market Street Mile, since the women run first, and get to see the men and the children come zooming into the finish. After the mile, you can take in the Market Street Festival, with its wonderful fried things, crafts, and general street party atmosphere. And the Women's Distance Festival 5Ks, which are held throughout the region. It's such a collegial series, and many of the women run five or more of these races, so they can get an extra premium from the Maryland RRCA at the end of the season. The first WDF of the season is always the one in Havre de Grace, and it's often the first time I've seen some of the women since late summer or early fall. It's great fun to catch up with these summer friends.

I had two great "run-cations" with different groups of women runners: Run Crazy Horse Half Marathon near Rapid City, South Dakota and the Colfax Half Marathon in Denver, Colorado. South Dakota was beautiful and rugged, and Mount Rushmore was awe-inspiring. I've fallen in love with Colorado and its active running communities. I think Columbia needs a running store like Longmont's Shoes and Brews - a running store with a brew pub in the back! Weekly runs on the local paths end with happy hour at the pub.



Kelli Shimabukuro 1. What motivates you to run/volunteer with the Howard County Striders? I volunteer for the Striders because I want to share with others what Striders gave to me: a sense of pride and accomplishment. After years of being sedentary, running around with and for my kids, I was able to do something for myself -an opportunity to challenge myself and do something physical. I want to give back and show others that there are people here to support and encourage you and that you are stronger than you think.

2. How has your running evolved over the years and what would you suggest to a new runner, or someone thinking about starting to run to motivate them?

I have been running consistently since 2010. Over the years I learned more about training, pacing, diet, gear and cross training. I learned to run my own race, doing what was right for my body, and not trying to run someone else's race. I recommend the following to anyone that

is considering running:

- The first mile is the hardest! I tell people I totally understand why they think it is crazy to do something like running- it seem so taxing on the body. All the breathing, the heaving, getting your muscles to wake up, etc. But I tell them that if they can commit and endure the first

mile, the next mile will be better. They just have to commit to a few minutes to let their bodies adjust. It is hard for the beginner to go from zero to full speed just like that. It's a process.

- Running is cathartic. After a run, problems seem to melt away. Beyond the increase in endorphins, I feel better because I meet people with common interests and have developed new friendships.
- Never give up. It took me ten years, and three tries to finally commit both physically and mentally to run. It truly is a commitment to go out and do something that might not come naturally and see it through. If I gave up and never tried again, I would not have the personal and mental strength I developed from running.

3. What was your favorite or best race and why? My first marathon, the B & A Trail Marathon. I had only begun running in the summer of 2010 with the FIT program. I thought, "Hmm, some day, in years to come, maybe I will run a marathon. That would be an accomplishment." After FIT, I thought that it would take years to be able to run 26.2 miles. But a running friend contacted me in January of 2011 and suggested that we try running the B & A Trail Marathon in March 2011. At that time, I had only run a maximum of 8 miles. It seemed ridiculous, but I agreed to try. We had eight weeks to train, followed the Hal Higdon training guide and on March 6, 2011 I achieved my goal. I unexpectedly starting crying when I crossed the finish line because I accomplished something through sheer willpower and determination. I was exhausted and sore, but I did it. It was very empowering. It gave me the strength both on and off the road to do other challenging things.

DOES TAKING IBUPROFEN FOR PAIN DO MORE HARM THAN GOOD?

By Amanda Loudin, July 21, 2017, Special to espnW.com, reprinted with permission of author



Former pro soccer player Rachel Campanaro (formerly Nuzzolese) collided with a goalie her sophomore year at Wake Forest, spraining her knee. A sports specialist recommended she take two naproxen, a common nonsteroidal anti-inflammatory (NSAID), per day for two months to manage pain and swelling. It wasn't long before she was in gastrointestinal distress, eventually developing gastritis and teetering on an ulcer. Today, the 25-year-old won't go near the medicine.

Knowledge is widespread about the GI distress associated with NSAIDs. Lesser known, but continuing to emerge, is the associated risk to kidneys. Both ailments can be troublesome, but many athletes are loath to give up the medication. They use ibuprofen to get to the start of a race or game if they have a strain or sprain. They swallow it midway through long endurance events, hoping to squelch some of the pain that inevitably comes with the territory. Or they pop pills after a particularly tough workout, hoping to shut down inflammation and recover quickly for the next day.

"The issue is that people don't understand the consequences," says Joanna Zeiger, an Olympic triathlete and half-Ironman world champion. "Or they do, but they don't want to think long term."

The latest research

One of [the most recent studies](#) on the topic of NSAID use focuses on its impact on the kidneys during endurance events, specifically ultramarathons. Dr. Grant Lipman, a clinical associate professor of

emergency medicine at Stanford University and an ultrarunner himself, wanted to see if ibuprofen was safe for participants at the 50-mile distance.

"I went into this study expecting to discover that NSAID use is perfectly safe in these events," Lipman says. "But that wasn't the case."

The study looked at 89 runners participating in 50-mile races, each taking either an ibuprofen tablet or placebo every four hours during the event. At the end of the races, Lipman took blood draws to check for increased levels of creatinine, an early indicator of the kidney's decreased ability to function properly.

While 44 percent of the ultrarunners had high levels of creatinine -- high enough to suggest kidney injury -- those who took the NSAID were 18 percent more likely to demonstrate elevated levels. "The troubling thing is that 50 to 75 percent of ultrarunners take ibuprofen during these events," Lipman says.

What the experts recommend

Lipman's team didn't do a follow-up study to determine if there is lasting impact on the kidneys, but the initial study certainly raises big warning flags. Lipman has simple advice for those regularly using ibuprofen. "Perhaps try acetaminophen instead," he says.

Dr. Karen Sutton, orthopedic surgeon at Yale University School of Medicine, says that the key with NSAID use is a conservative, responsible approach. "It's important that physicians counsel patients on the fact that they should not use them long term, and that they may cause GI upset," she says. "If you are self-medicating with NSAIDs, talk to your doctor about what the proper dosage might be and how long you should use them."

Sutton would like athletes to protect themselves against damage from the drug class by ensuring proper hydration to help protect the kidneys and by taking the medication with food. "You need something more than an energy gel in your stomach," she says, "even if it's just a cracker."

It's also important to take the right dosage, Sutton says. "Females who participate in endurance events, in particular, have a lower body mass and, therefore, may want to adjust the amount of the medication they take," she explained. "Also, know what supplements and other medications you are taking and whether or not they could have an adverse effect when combined with an NSAID."

What athletes are doing

Campanaro says that, while awareness is spreading about the downsides to NSAIDs, its use is still pervasive. "People still hit it, and they hit it hard," she says. "To my mind, if you can't get through an event without the pain medication, your body is telling you something and it's time to back off."

When she was in heavy training, Zeiger used NSAIDs on occasion post-workout. However, "I never took them during training or a race because I knew the risks," she says. "Today, I still wouldn't use them for exercise. There's a mindset that we need to finish events at all costs. That's an attitude that needs to change."

Campanaro has moved on to alternative methods for treating pain or soreness. Now a personal trainer who works with youth soccer players, she is particularly tuned in to how young athletes treat pain.

"I tell parents all the time that there are other, better approaches," she says. "I want to see players foam rolling, working on mobility and getting in a proper warm-up and cool down."

As an ultrarunner, Lipman understands the desire to "get through" a race or game. Still, he says, "If you need to pop a bunch of pills to do it, maybe you need to examine why or try a different approach."

PRESIDENT'S MESSAGE

By John Bratiotis



Welcome to the Fall! We have had a great summer, but I personally look forward to autumn the most. I think this is the best season for runners, the temps are getting much more manageable, it is marathon season and it's a good time to wrap up getting PRs and trying new races before winter settles in. Because winter is coming.

For anyone who has not run it already, Run Through the Grapevine is one of those races where you can get a new experience. It is an 8-kilometer race that winds through vineyards and has a trail element as well. And then, of course, wraps up with some wine tasting afterwards. If you are looking for something to do while the turkey is cooking, we offer a 10K (need to burn some calories!) Turkey Trot prediction run on Thanksgiving Morning. The person who finishes closest to 11:00 AM is the winner. And besides planning to run a race with us, we also plan to gather for another happy hour event coming soon. The last one took place September 21st and we all had a great time.

During the last newsletter I talked about considerations for running in the heat. Now I want to touch on precautions for running as daylight hours decrease.

Here are some of the best tips I found on a few different web sites:

- Wearing reflective clothing
- Wear a headlamp
- Run without headphones, or with at least just one earbud in if you won't run without music
- Be aware of your surroundings
- Run a familiar route
- Run against traffic
- Bring a cell phone
- Run a crowded route

Just be safe!

I hope to see many of you out on a Bagel Run, at a Striders Happy Hour, or one of our races this fall season.

WELCOME NEW MEMBERS

Submitted by Beth Hannon

Monica Albizo	Murali Krishna Varma Indukuri	Angela Pope
Kusuma Banavadi Gangadharan	Corby Johnson	Amy Schaefer
Kelly Barnard	Jennifer Kasirsky	Glenn Schaefer
Robert Barnard	Rhea Kaushal	Drew Schaefer
Michael Barnard	Rohan Kaushal	Catherine Scollick
Elizabeth Barnard	Dilshan Keragala	Soren Shaw
Christina Bell	Fawad Khan	Michael Shord
Louie Brennan	Andy Ko	Gabrielle Shord
Katheryn Brigham	Brian Koch	Stacy Shord
Colleen Busher	David Lamparella	Zachary Shord
Stephanie Caporaletti	Daniel Li	Gerald Singh
Aaron Cheskis	Devin Liggins	Mamatha Singh
Noah Cheskis	Barbara Macenczak	Simran Singh
Brandon Cheskis	John Macenczak	Anya Singh
Sharone Cheskis	Hannah Macenczak	Missale Solomon
Kath Cover	Alicia Malinowski	Libo Suen
Laura Crocetti	Damotharan Muppuri	Patrick Sullivan
Seena Datta	Medha Muppuri	Peter Ward
Somayah Eltoweissy	Varna Muppuri	Heidi Warriner
Neta Ezer	Vinutha Muppuri	Carol Wesolowski
Mia Gilyard	Kathy Norton	Jane Wettstein
Matthias Gobbert	Ikenna Offurum	Kerrie Widell
Riley Goldman	Michael Oliver	Kathryn Woodward
Kathleen Hanger	Anthony Patterson	

OUT-OF-TOWN RACE RESULTS

Compiled and Submitted by Greg Lepore



Bachman Valley Half Marathon September 24, 2017 Westminster, MD

Faye Weaver - 1:43:33
 Hafiz Shaikh - 1:46:40
 Tammy Liu - 1:48:36
 Christine Schauerman-1:53:11
 Dwight Mikulis - 1:55:09
 Karsten Brown - 1:55:39
 Lou King - 1:57:20
 Harriet Langlois - 2:09:31
 Alyssa Mitchell - 2:17:10
 Evan Krozy - 2:40:19
 Grace Tran - 2:40:56
 Monica Mathern - 3:35:50
 Carmen Cain - 3:35:50

Rock and Roll Philadelphia Half Marathon September 17, 2017 Philadelphia, PA

Craig Lebro - 1:16:44
 Julia Roman Duval - 1:20:17
 C Martin Goode - 1:35:33
 Scott Mattingly - 1:47:15
 Bruce Gordon - 1:57:27
 Victoria Broderick - 2:02:34
 Ellen Rabe - 2:11:10
 Kathy Jimenez - 2:35:22

Parks Half Marathon September 10, 2017 Rockville, MD

Jicheng Liu - 1:24:10
 Franz Vergara - 1:32:07
 Youlin Qi - 1:34:04
 Dapeng Cui - 1:36:03
 Yuezhou Jing - 1:36:46
 Feng Li - 1:37:36
 Yasuo Oda - 1:37:59
 Yan Zhang - 1:40:33
 Rachel Collins - 1:42:28
 Stephen Wells - 1:44:36
 Pamela Jock - 1:44:53
 Denis Kikanzira - 1:50:17
 Heidi Splete - 1:52:00
 Linglei Ma - 1:52:37
 Yihua Zheng - 1:54:34
 Roger Ortines - 1:56:30
 Hans Meurer - 2:00:22
 Nasir Hussain - 2:07:52
 Bud Hunt - 2:12:33
 Genevieve Sogn - 2:16:49
 Alana Harris - 2:20:35
 Suki Lee - 2:25:50
 Randy Parsley - 2:26:18
 Curly Franklin - 2:34:44
 Kelli Shimabukuro - 2:37:16
 Aleida Velasquez - 2:40:47

Market Street Mile September 9, 2017 Frederick, Md

Brian Shadrick - 4:49.6
 Amanda Beal - 5:38.0
 Chad Burger - 6:01.8
 John Way - 6:06.3
 Alyssa Mitchell - 7:47.2
 Harriet Langlois - 7:52.7
 Rene Alonso - 8:02.0
 Sharlene Deskins - 8:47.5
 Jeanette Novak - 11:23.6
 Christina Caravoulis -
 13:25.0

Ellicott City Labor Day Running Classic 10K Sep 2, 2017 Ellicott City, MD

Carlos Renjifo - 33:55
 Nicholas Howard - 41:13
 John Chall - 41:41
 Kelly Westlake - 41:50
 Alan Mulindwa - 48:34
 Dennis Boucher - 49:57
 Judith Comiskey - 56:00
 Edie Manney - 1:00:52
 Martin Flajnik - 1:13:18

Annapolis 10 Miler
August 27, 2017
Annapolis, Maryland

Eric Schuler - 55:47
Andrew Madison - 57:33
Doug Mock - 58:17
Julia Roman-Duval - 1:00:03
Adam Wytko - 1:00:45
Karsten Brown - 1:02:48
Akintunde Morakinyo - 1:04:19
Noel Mccracken - 1:07:33
John Chall - 1:09:10
David Horrocks - 1:13:00
Franz Vergara - 1:16:40
Chris Stein - 1:18:15
Paul Lennon - 1:19:17
Kenneth Sevik - 1:19:48
Phyllis Sevik - 1:20:01
Nadrat Siddique - 1:20:57
Armand Bowers - 1:22:24
Ron Weber - 1:23:25
Bromley Lowe - 1:23:40
Bruce Gordon - 1:24:35
Frank Volny- 1:24:43
Christine Schauerman - 1:24:43
Dwight Mikulis - 1:25:04
Mark Lash - 1:26:07
Wade Gaasch - 1:26:13
Matthew Bevan - 1:26:43
Ronnie Wong - 1:27:39

Marc Burger - 1:29:10
John Way - 1:30:26
Connor Tucker - 1:30:37
Peter Hunt - 1:34:08
Hans Meurer - 1:34:10
Daniel Hunt - 1:35:23
Michelle Macurak - 1:36:20
Melissa Kistler - 1:36:42
Eric Baker - 1:37:42
Douglas Dixon - 1:42:32
Erin Michos - 1:43:38
Wendy Allen - 1:44:09
Stephen Alpern - 1:44:26
Bud Hunt - 1:44:41
Kathryn Baker - 1:45:23
Elizabeth Brock - 1:52:43
Todd Johnson - 1:53:08
Pamela Johnson - 1:53:08
Loretta Farb - 1:54:34
Emily Elkonoh - 1:54:53
Bethany Mcgee - 1:55:50
William Neal - 1:57:39
Cheryl Ford - 1:57:44
Carol Bianchini - 2:03:58
Beverly Johnston - 2:03:58
Warren Pitts - 2:12:43

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