

# 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.

## 40 Years of the Clyde's 10K



## FROM THE EDITOR

*Allan S. Field, managing editor*



This quarter, the Striders celebrate not one but two momentous national recognition awards! Our very own **FOOTPRINTS** contributor and editor Amanda Loudin has been recognized by the [Road Runners Club of America \(RRCA\)](#) as the 2018 recipient of the Excellence in Running Journalism award AND the RRCA has awarded Columbia and Howard County its coveted Runner Friendly Recognition Designation!

**From the Nomination Application:** “Amanda’s name has become nationally recognized for freelance writing in the health and wellness as well as outdoors and recreation fields. A runner and freelance writer from Howard County, Amanda has worked incredibly hard at perfecting her craft through her participation in continuing education courses, professional writing workshops and retreats. She constantly strives to improve her work and provide content that reflects what is going on in the running community with a creative angle. Amanda is not only a passionate runner but she is a community advocate and focuses on social responsibility in her pieces as well. She also finds time to volunteer with the Striders by helping to edit and contribute to **FOOTPRINTS**. Within the past few years Amanda has placed herself squarely in the forefront of contemporary running journalism. She is the pride of the Striders as she has been widely published by The Washington Post, Outside Magazine, Runner’s World, Competitor Magazine, Her Mind, and many more. Her love for the sport and care for her craft as a writer shine through in all her pieces.” We are most fortunate to be able to receive her permission to use past articles in each issue of **FOOTPRINTS**. What better way to recognize Amanda’s RRCA award than to run a past piece later in this issue on how writing contributes to her running and vice versa! Amanda’s award will be presented at the 60<sup>th</sup> RRCA Annual Convention to be held in DC April 5<sup>th</sup> thru 8<sup>th</sup>.

**From Our Press Release of January 2018 Announcing the RRCA Community Recognition:** “We are honored to have been selected by the RRCA as a RRCA Runner Friendly Community. Under this program, the RRCA believes that the Columbia and Howard County community efforts allow for safe recreation and promotes wellness through running, making it worthy of the prestigious national recognition. Columbia and Howard County will retain the Road Runners Club of America Runner Friendly Community Designation ® for a period of five years beginning 2018. HCS strives to uphold the commitment by providing and creating a healthy lifestyle through running and wherever its athletes are representing. We are home to nationally-recognized parks and recreational facilities, 145 miles of pathways and nearly 1,000 miles of sidewalks. County government has established WalkHoward and BikeHoward to ensure that pedestrian-friendly decisions are made. Resources and funds are committed to the safety and infrastructure of pedestrian networks through programs like Police Pathway Patrol and recent major improvements connecting neighborhoods across Downtown Columbia. We boast a membership of more than 1,200 members across all ages and abilities, and are the second largest running club in the State of Maryland. HCS is consistently one of the most active running groups in the Mid-Atlantic Region, with members participating in countless events and races throughout Maryland. There are over a dozen training programs for adults and youth, from beginners to elite level runners. We boast a variety of races year-round which range in distance from 5K and up. Larger races include premiums for registrants, post-race food and activities, and top

local competition. These races include Penguin Pace 5K, RRCA 10 Mile Club Challenge, Clyde's 10K, Spring Hops 5K, Women's Distance Festival 5K, and Run Through the Grapevine. In addition to the larger races, HCS also hosts several smaller no-frills events. These low-key races are intended to be fun and unique, including the New Year's Day Resolution Run 8K, All Fruit Relay and Meet of Miles, seasonal cross country series and a one-mile family race. Entry fees are nominal. Club members also meet every Saturday morning for the Bagel Run, a run that has met weekly for over 2,000 consecutive Saturdays since 1978, no matter the weather conditions. HCS partners with the Howard County Public School System, as well as businesses and community nonprofits to encourage the development of student athletes by providing volunteers, resources and support. For all these reasons, Columbia and Howard County, Maryland have received the Runner Friendly Community Designation ® by the RRCA. To learn more about the selection criteria, please visit [HERE](#). For more information about the Howard County Striders or to join our membership, please visit [HERE](#) or follow us on social media."

On a sad note, over the past two months we lost two well-known and respected runners, Joe Wasserman and Vivi Provine. Joe's good friend Martin Goode remembers Joe in a very moving and heartfelt piece that immediately follows. Vivi, while no longer a Strider, was an age-group force-to-be-reckoned-with for many years during the 80's and 90's. On a personal note, Vivi is largely responsible for my eventual marriage to Linda. Linda and I first met in 1993 following a Bagel Run. Later that day, Vivi and I were sailing across the Bay. Vivi was absolutely adamant that Linda and I were "made for each other." I promised to call Linda as soon as we touched land but only if Vivi would stop pushing me! Twenty-five years later, Linda remains *Sea Shadow's* Best Mate, the love of my life, and in marrying her the best decision I ever made. Vivi knew... Our community is less with the loss of these two wonderful souls – Joe Wasserman and Vivi Provine.

The Pareto Principle (also known as the 80/20 rule, the law of the vital few, or the principle of factor sparsity) states that, for many events, roughly 80% of the effects come from 20% of the causes. How does that relate to us? Later in this issue, we have added a new feature, Volunteer Wall of Gratitude, a table of volunteer efforts just since January 1<sup>st</sup>. I was struck by the number of volunteers reported for the first quarter of 2018 – 173! That means that to support the efforts of the Striders over just a three-month period, it took 173 volunteers, plus the efforts of the Board leadership, to make it all happen. The membership currently is 2,265. Even though 173 seems like such a phenomenal number of volunteers for a three-month period, this represents only 7.6% of the membership whereas the Pareto Principle would posit that we'd have about 453 volunteers over the same period! So over the next nine months, I challenge the membership to not only attain the 453 volunteer number but also exceed that number "bigly!" In the meantime, many thanks for all the efforts to all the volunteers that go into making the Howard County Striders the wonderful club it is.

Many of the "ancients", those who have been pounding the pavements for many years, will remember when Scott Douglas lived in the area and was at the front of the pack in most every event in which he participated (10K PR of 30:48 and 10-Mile PR of 51:01; the boy was wicked-fast!). Like Amanda Loudin, Scott is a prolific writer on running. He is the author of "The Little Red Book of Running", the co-author of "The Complete Idiot's Guide to Running" and "Advanced Marathoning", the author of "Running is My Therapy" to be published in April, and a frequent contributor to Runner's World and Running Times, among others. Scott has keen insights into not only the physical health we enjoy from running but also the mental health benefits. You may want to add Scott's upcoming book to your reading list – I know I will!

Bagel Run Update –The Wilde Lake Swim Center will be closed from Memorial Day through at least Labor Day for installation of a new roof. This will mean no pre-run bathrooms or post-run showers in the Swim Center during that period. Swim Center management also has requested that the Bagel Runners not fill up the parking lot in front of the Swim Center in order to leave space for those who use this facility. Please try to park near the CVS and the Alta Wilde Lake buildings as much as possible. Additional parking is also available at the Wilde Lake Interfaith Center parking lot.

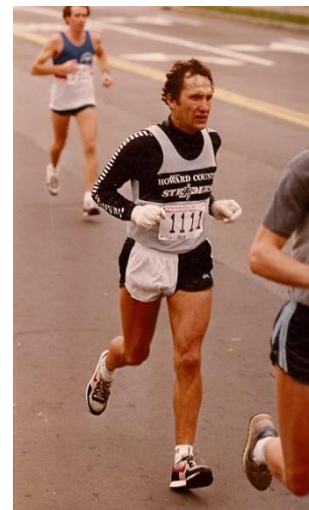
Next issue July 1, 2018. In the meantime, run safely, start out slow, taper off, and try not to do anything stupid in between!

## IN MEMORY OF JOE WASSERMAN

*Submitted by Martin Goode*

I have known Joe, Nadia and son Jamie Wasserman since they moved to Columbia in the early 1980's. Our friendship evolved from the obvious – to participating in Howard County Strider events to being Jamie's Jr. Strider coach to baseball best friends.

Anyone that knew Joe would attest to his easygoing and humorous nature. One could always count on Joe to greet you with a smile and eventually a laugh. One memory that I have from the early years of our friendship, that is ironic of Joe's usual nature but a testament to his genuine love of the Red Sox, was when Joe, Jamie and I watched Game 6 of the 1986 World Series. Jamie and I were rooting for the Mets, the team having youngsters Dwight Gooden and Darryl Strawberry, but on the brink of elimination from the Series. As the ball rolled towards Red Sox first basemen Bill Buckner for what would be the final out and a long awaited Red Sox championship, Joe began to rise in celebration. Unfortunately, the ball rolled under Buckner's glove, allowing the Mets to tie the game. As Jamie and I began to cheer, uncharacteristically Joe spun with an extremely distressed expression and yelled at us to "Shut up." I look back at that event with great regret that my friend was so very upset. Thankfully the Sox did get their title in 2004 and another in 2007.



Joe and I shared a tremendous love for baseball. My brother Lewis and Joe were my perfect baseball game companions, both similar in the fact that they don't like to talk during play. Occasionally we'd find time to attend a ballgame together but unfortunately in 2011, my brother was diagnosed with brain cancer. Taking two years off from work to take Lewis for his treatments during the day afforded me the time during the evenings to escort Joe to many minor league ballgames around the state. The drives to and from the park were great opportunities to talk family, baseball, and politics. Joe was the first to encourage me to get back to the park when my brother passed in 2013, truly helping me during my troubling times.

There are so many people that have wonderful things to say about Joe in whatever endeavors that they shared. Our time sharing baseball moments was "only a small fish in Joe's ocean of interests".

Something that older Striders remember would be the T-shirts that Joe would have printed for various occasions such as the “Dave Tripper” and “Hello 30 Goodbye 29”, to name only a couple.

I am very appreciative to Nadia, Jamie, and Jamie’s wife Michelle and children for sharing Joe so we could make so many baseball memories.

*Editor: Joe Wasserman passed away on February 23, 2018, following a long and courageously fought but ultimately losing battle with cancer. Joe was inducted into the [Striders Hall of Fame](#) in 2002 and was the husband of Nadia Wasserman, twice a former president of the Striders and also a member of the Striders Hall of Fame. Contributions in Joe’s memory may be made [online](#) or sent to the Jimmy V Foundation For Cancer Research, 14600 Weston Parkway, Cary, NC 27513.*

## WHY WRITERS SHOULD TAKE UP RUNNING – AND VICE VERSA

By: [Amanda Loudin](#) (pictured), October 5, 2016, *The Washington Post*, with permission of the author



I’m a writer who runs, and a runner who writes. Over the years, I’ve come to know hundreds of runners and a few writers, but not many others who do both. Turns out, there are plenty of us.

Running and writing are at once complementary and opposing activities. Running requires a high level of physical activity; writing calls for a high level of cerebral activity. They are seemingly miles apart on the spectrum, but in reality, not at all.

For both, you need to consistently show up and practice. You need the mental focus to improve. You need to take risks and face potential failure. And you need to get comfortable with all of the above.

Plenty of well-known authors figured this out long before I did. Stephen King, Joyce Carol Oates and Malcolm Gladwell to name a few — running plays a role in the words they so beautifully string together. Ann Lamott even alludes to the correlation in her classic book on writing, “[Bird by Bird](#)”: “It really is like running,” she says. “It always reminds me of the last lines of Rabbit, Run: ‘his heels hitting heavily on the pavement at first, but with an effortless gathering out of a kind of sweet panic growing lighter and quicker and quieter, he runs. Ah: runs. Runs.’”

That’s how writing works for many runners. Recently retired pro runner Lauren Fleshman has found writing a valuable tool for her day job. “I began thinking of running as a creative outlet during a writing workshop I attended in 2009,” she says. “It changed my relationship with the sport and better equipped me to ride the highs and lows of the profession.”

As she struggled with injuries that often sidelined her, Fleshman found writing filled some of the void. But it grew into something much greater than that. “Running gives me the space to be creative by tuning out the rest of the world,” she says. “Writing is a way to process and guide my running goals. In a way, writing is a photo album of my running career because I’ve recorded so much of it that way.”

Former Irish Olympian Ro McGettigan, who partnered with Fleshman to write the Believe running journal series, has slowly grown more comfortable wearing her writer's hat. "Just as many runners don't consider themselves runners, I didn't consider myself a writer until recently," she says. "I felt like an impostor — I had no confidence in my writing."

She found, though, that her anxieties about writing were a good lesson for her as a runner. "It helped me understand my running insecurities," she says. "Both pursuits are a never-ending process of learning."

I met McGettigan recently at the Wilder Running and Writing Retreat in Bend, Ore., the brainchild of Fleshman and writing instructor and human rights advocate Marianne Elliott. We were among a group of 30 women, hybrid runner/writers all of us, there for four days of digging deep in both arenas.

Elliott carries a "writer who runs" identity and found that applying her philosophy of running to her writing freed her up to push on with a book she was struggling to finish. "I thought of running as a practice, a way of staying well physically and mentally," she says. "With writing, I got caught up in the outcome — getting my book published — rather than the practice. Running helped teach me to look at it differently."

Running also, she says, has helped her learn to get comfortable with suffering. "There's always going to be some degree of discomfort with running," she explains. "But as you push on, it goes away. The same can be said of writing."

Arlene Todd, an associate vice president in an L.A.-based PR firm, came to the retreat because of her admiration of Fleshman and with a focus on running. "Running is where I decompress and bring awareness to my life," she says. "When we started moving through the exercise of writing, however, it brought me unexpected freedom."

Todd says that one of the key take-aways for her is that with both activities, you get out what you put in. "It's not just about the quantity, either, but the quality of the time you spend on them," she says. "Now I'm aware that the benefits of writing are as good as those of running and I need to do both. You can get that runner's high in five minutes of writing."

During the retreat, Fleshman sought to create a space where participants could dig into both the agony and ecstasy running and writing can deliver. "We deliberately chose attendees who had expertise in one area or the other, but not both," she says. "This made it easier for everyone to be vulnerable and explore."

From my perspective, this was the perfect mix. I went into the retreat more comfortable with my running than my writing. I'm still in that space, but I learned how easily I can apply my well-honed running skills toward my writing practice.

One foot after the other; one word after the other. Sometimes it's not pretty, and sometimes it can be maddeningly difficult. But I'll always show up.

## STRIDERS SOCIAL HOUR

*Submitted by Paula Stehle*



On Wednesday February 21st, the Striders held the first social event of 2018. The evening began at the Oakland Mills High School track where approximately twenty-five people met to run together under the lights! This was a “run at your own pace” type of event so that everyone could choose their own workout. Runners of all levels were able to get their miles in while making some new friends!

Then it was off to Sonoma’s Bar & Grill to continue socializing and chatting about spring training and future races! Striders provided some light appetizers/snacks for the group and Sonoma’s reserved a section of tables for the 35 people who attended. However, the fun didn’t stop there! The evening included some karaoke and door prizes! Who knew that runners could also sing? A free entry to the [Clyde’s 10K](#) race was given away as well as other awesome running related prizes. A big thank you to the [Feet First](#) running store for providing a generous gift card to one lucky winner! A good time was had by all!

The next event will take place on Wednesday, April 18<sup>th</sup> at 7:00 PM at the East Columbia Branch Library. Please join us to hear the stories of three ultra-runners who have accomplished running one or more 100 mile races! RSVP to [social@striders.net](mailto:social@striders.net). Light refreshments will be served.



## PROFILES FROM THE PACK

Submitted by Rene Alonso



With each issue of **FOOTPRINTS**, I will be seeking Strider profiles and “selfies”. To be included in a future issue, please forward to [me](#) a picture and either use the following questions for a guide or feel free to tell your own story!

1. What got you started with running and how long have you been running with the Striders?
2. What are some of the benefits that the Striders program have for you as a runner? Which is your favorite program and how often do you run with the Striders?
3. What is your favorite race and why?

4. Do you have any goals? What would you say to a fellow runner, or a new runner to keep them motivated to continue the sport?

5. In what ways do you bring back to the running community with your acts of volunteering, and why is it important for others to follow suit as well?

**Ana Aguado** - I began running in grad school (after culinary school) to get fit and start losing some weight. That was about 7 years ago. I began running with the Striders in late 2013.

By far my favorite program is the [Next Step Half/Full](#) training. I did my first full marathon in 2015 (The Marine Corps) and without the Next Step program I would not have finished. It was such a great group of supportive people that were going through the same challenges I was. The coaches are also great! They are knowledgeable and keep you focused on those hard workouts.

That is what I truly love about the Striders programs. I was never athletic growing up; never into sports or running. When I joined the Striders and began their programs, I got a crash course into what it means to train and love a sport. It has helped me grow into a stronger and faster runner, something that I don't think I could have achieved on my own, and definitely not in such a quick amount of time.

I do the [Bagel Run](#) almost religiously and have made some great friends through it. I also try to give back by coaching as often as I am able to in order to pass down the running bug! :)

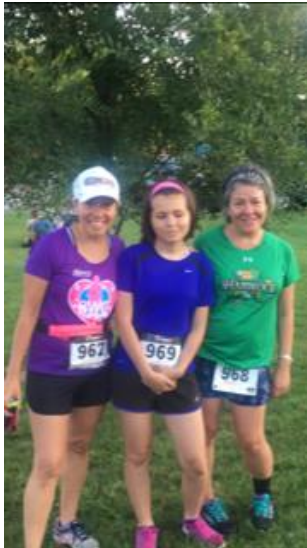
I love the Frederick Half Marathon. It has a great community feel, gets to go through downtown Frederick, the course is great and the crowd support is awesome! It's also in early Spring so the weather usually cooperates! I'm running the Chicago Marathon this year in October to honor my father who passed away last year. I'm raising funds for bile duct cancer research so my goals are two-fold: raise money and beat Oprah's time (4:29:15)!

My best piece of advice for new runners is to find a running buddy! If it weren't for my friends texting me to meet up and run, who knows where I'd be today! They are the reason that I've stayed committed through good weather and bad.



I try to give back by coaching. I'm not very fast, but I like to think I bring a positive energy to the group. I hope that by showing people how much fun they can have by running, they'll be more inspired to return to the sport. I also try and volunteer at races where I'm not running because without those volunteers, we wouldn't be enjoying the race. Running is as much a team sport as it is an individual race. Volunteering and giving back makes it that much better and at least for me, more enjoyable and rewarding.

*Editor – The next two Profiles are a “sister act” – Claudia Eckstrom (#962) and Christine Pyers (#968) - pictured at the Hagerstown 5K with their niece (who loves making funny faces) Alicia (#969).*



**Claudia** - I have been running for a while, I'm not even sure how long, mostly 5Ks here and there with the very occasional 10K- [Clyde's!](#) During the last five years or so I've worked to increase my racing distances and have been more committed to running. I have been running with the Striders for the last three years.

I signed up for the [Next Step 10](#) miler program and was hooked on the Striders' programs. The following year I participated in four consecutive programs from [Hibernation to 5K](#) to [Next Step Half/Full](#). The program initially appealed to me because I knew I needed to put more effort and focus into running as I trained for a half marathon and the program was exactly what I was looking for. It provided me with some accountability and improved consistency in my workouts. I never thought about what exactly I was doing when I planned to run, other than 'going running.' So the coaches have exposed me to more possibilities for training that have

helped me to improve my speed and endurance.

I have loved every program I have signed up for. I would never be running on cold, dark evenings in January without the Striders. Those nights started off with some shivering and then before long we were remarking on how beautiful these evenings really are. I have appreciated all of the coaches I have had the opportunity to work with and have benefitted from all of their experience, expertise, and support. They are committed to the success of the participants.

My husband and I have many races that we try to do every year and these annual races are among my favorites. I look forward to knowing these races are on the calendar! Our first race of the year is usually Penguin Pace which is a terrific way to start Super Bowl Sunday. I love [Clyde's](#) 10K; a tough course followed by a great after-party on the lakefront. I have a love/hate relationship with Run through the Grapevine. It kicks my butt every year but we keep signing up.

Advice for new runners.... You begin where you are, that's your starting point, be glad you have a starting point! Each time you go out for a run, you are making improvements; even if you can't see the improvements, you are improving your health. Focus on competing against yourself, whether you are improving your endurance, speed, lengthening your distances. If you haven't already done so, sign up for a program. You won't regret it!

**Christine** - I started running because of my sister Claudia and her husband John. They are both very active and encouraging to me. I signed up for [Hibernation to 5k](#) in January 2017. I thought it was Couch to 5k and it somehow appealed to me because I was not running.

The benefit of joining the Striders is meeting weekly with my group. Depending on your level, your group gets the “assignment.” The coaches ask you to email your weekly workout to them. All the coaches I worked with have good tips and share what worked for them. One of my most recent coaches, Eileen, let us know that she would be running at the track and invited us to join her at the track on a different night. Coach Doug did the recent graduation race with us at the end of Hibernation to 5k. I also enjoyed the [FIT](#) group - you run on the paths near Oakland Mills High School and I got to see areas that were new to me. All the other participants are really nice.

My favorite race is St. Patrick’s in Baltimore. It starts downhill and as a “new” runner I don’t like hills yet. My goal is to keep running. It helps to join my sister and John for a 5K. They are always signed up for something. I have joined them for about ten 5Ks since I started last year.

My advice to a new runner is start where you are and listen to your body and purchase good shoes. Try to get a running buddy. Even if you don’t run with your buddy you can share your workout details with them. I mapped out a short loop on the path near my house. If I do it three times it is about one mile and that includes a short hill so it makes hills seem more doable.

**Sarah Beach** - I never in my wildest dreams expected to be a runner. All of that changed 10 years ago in April 2008 on the night before my 44<sup>th</sup> birthday when I went to the first night of the [HCS FIT \(Females In Training\)](#) program. The first night I thought I was going to die when we ran for 3 minutes, but something kept me coming back. I ran my first 5K that summer (the [HCS WDF](#)) and signed up for the fall women’s program. As the years passed I started running 10K’s, then 10-milers, then half marathons. I never thought I’d run a race longer than a half, but in 2017 the thought of running a full marathon took hold of me and wouldn’t let go, so now I’m training for my first full – the Richmond Marathon in November of this year.



Anyone who has ever shared a long run with me knows that the Richmond Half Marathon is my favorite race. The weather is always cool, the city is beautiful, the swag is the best, it has an awesome after party, and when they say it is America’s Friendliest Marathon, they mean it. It has the best crowd support of any race I’ve run. It’s only fitting that it will be my first full.

There are many benefits to being a member of HCS. The training programs are so helpful. Not only do you get excellent coaching and meet other people in your pace group, but they are very motivating. I have coached or participated in every HCS program except for Hibernation. I currently coach [Zero to Weekly](#), the HCS co-ed beginner program, and [Build to Bagel](#), the program that follows it. I love working with new runners. I always tell them that if I can be a runner, anyone can.

For me motivation is about finding new challenges, like increasing the distance I'm racing or training hard for a new PR. I'm not participating in a training program right now, but you will find me along with my husband Ed pretty much every Saturday morning at the [Bagel Run](#). I used to think that running was something you did all by yourself. I never expected it to be so social. I've found that there's no friend like a long run friend, and bagels taste best when shared with lots of sweaty runners.



**Amanda Idstein** - I was actually a [Junior Strider](#) as a kid for a few years, but it was my husband Kevin's family who pulled me back into running. In 2005, before we were engaged, I went to Naperville, Illinois, where Kevin's parents live, for Thanksgiving. His family asked if I would like to run the Naperville Noon Lions Turkey Trot 5K and I accepted the challenge. I first realized what I got into when we were running in the Longfellow neighborhood, which is quite hilly. I said, "I don't know if I can do this", but somehow, I did with persistency. That 5K that I ran was a flat course, as expected since it is in Illinois. To this day, that was the coldest race I have ever run. It was allegedly the coldest Thanksgiving in Naperville since 1953. The wind chill factor was five below zero and I remember seeing spots of ice under the water spots. Kevin thought that I might not run after that extremely cold race but it was actually just the beginning for me. I have run that 5K every other Thanksgiving (we alternate holidays with our families) since then and none of them have been that cold since Thanksgiving 2005!

However, I did not rejoin the Howard County Striders until July 2010. Kevin and I used to run together in the neighborhood before he started using the fitness center at work. Jan Orlik, who lived in the neighborhood and went to our church, approached us and said that we should join Howard County Striders. I took her up on her suggestion, and a lot took off from there!

The main benefits that the Striders programs have for me as a runner is that I get to meet new people all the time and run with them, and they get me out running when I wouldn't have done so all by myself. Additionally, I am exposed to different types of workouts and perspectives on running. As a runner training, my favorite program would have to be [Next Step Half/Full Marathon](#) because it helps me to get in shape for the Marine Corps Marathon, and it is more fun when you have others signed up for the same race to train with. As a running coach, my favorite programs would have to be the more entry level running programs such as Next Step [Zero to Weekly](#) and [Next Step FIT](#). I believe that these Striders programs are important because these are the programs that get the participants turned onto running and make it a lifestyle. Thus, I typically try to run with the Striders at least a couple times a week, and sometimes more, depending on what I am training for.

My favorite race is the Marine Corps Marathon. I am definitely more about the endurance than the speed, and the 26.2 miles challenges my endurance. I love the energy that comes from all of the other runners from this race, and I find it inspiring every time since I started running it in 2011. There is only one Marine Corps Marathon ground-pounder left who has run this race every year

since it started in 1976, and I want to be a part of the next generation of Marine Corps Marathon ground-pounders!

My big goal is to run a full marathon in all fifty states. Right now, I have eleven states down and Washington D.C. A former boss of mine suggested that I save Maryland, my home state, for last. I believe that I am going to do just that. Others mentioned that if I finish this goal in Maryland, I could have family and friends meet me at the finish line. Running a full marathon in every state is a wonderful way to see different parts of the U.S.A. For instance, it was so cool to see tumbleweed in person, rather than on TV or in the movies, when I ran the Amarillo Marathon in Texas. You see a lot more on foot than when you are driving/riding in a car!

My other running goals are to run the [Maryland RRCA Women's Distance Festival \(WDF\) series](#) and the [Maryland RRCA Grand Prix Series](#) every year. I have met other runners outside of Howard County Striders by running these races.

I would suggest to any runner to join Howard County Striders, or any other running organization, in order to keep them motivated to run. That way, a runner can meet other fellow runners and have the opportunity to run with them. After I run with some of my runner buddies, we often say that we wouldn't have run that workout by ourselves. Runners naturally motivate one another, and there is safety in numbers. Some great friendships are likely to develop too!

## WHERE ARE THEY NOW

*Submitted by Susan Kim*



### **Craig Chasse: still building strong running teams**



Craig Chasse grew up in Howard County, attending Oakland Mills High School with his buddy Phil Lang, then attended University of Maryland where he ran on the cross country team.

After graduating from college in spring of 1990, Craig was invited to help coach the Howard County Junior Striders for the first time. "I was living in Silver Spring, and I would come up two or three times a week to help," he recalls. "That's how I got started with it."

When the head coach moved away, Craig then took over the whole team or, as he describes a scenario familiar to nearly every Junior Striders coach, "I inherited the Junior Striders team because nobody else was available to do it."

Some inheritances are better than others and, as luck would have it, “I also inherited a really good team,” Craig says. “They had already started to go to nationals, to the AAU and USATF. I got a reputation as being a really good distance coach because they were so good.”

Craig also coached track at Mount Hebron High School from 1992 through 1996, until he got a job teaching in Alexandria, Virginia. He has lived in Virginia ever since. He now coaches and teaches at James Madison High School in Vienna, Virginia, where evidently he’s still “inheriting” good teams. (We think he’s being modest: he’s a dynamite coach!) His high school men’s cross country team won the state championship in fall of 2016, when he was nominated by The Washington Post as Coach of the Year.

He still has fond memories of the Howard County Striders: running many weekly races, and, if you’re reading this, Dave Tripp, Craig says you changed the weekly scoring rules because of him. “He thought I was winning too many prizes. Dave is a perfect mix of dedication and humor.”

Craig also remembers Dave’s quirky trivia questions during the annual Thanksgiving Turkey Trot 10K. “He used to ask things like: ‘how many bridges did you cross?’ ”

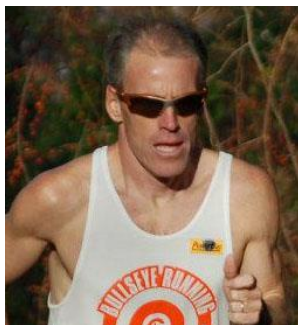
A dedicated member of the Striders team for many years for the RRCA 10 Mile Club Challenge, Craig recalls: “My freshman year in college, I had to convince one of the juniors to let me borrow his car so I could come and run the 10-mile Challenge.”

Craig now heads up the Potomac Valley Track Club, where he didn’t just “inherit” a good team - he built it masterfully. “We just hosted and won the national master’s indoor meet last weekend.”

We’ll keep following you, Craig, and thanks for remembering your Howard County roots!

## YOUTH RUNNING UPDATE

*Submitted by Phil Lang*



The AAU Indoor Track & Field Junior Olympic National Championship Meet was here in Maryland March 9-11 and 42 athletes represented the Bullseye Running HoCo Striders team. They earned 61 medals highlighted with gold medals by Adaobi Tagugbo in the 17-18 girls 60 meter hurdles, Seun Sule in the 17-18 girls triple jump and the 17-18 boys 4x200 and 4x400 teams.

Now that Spring is here the programs for the Outdoor Track season are beginning. There are two programs for the youth in the Spring and registration for the elementary and middle school age kids is open now; visit [here](#) for details about both programs and to sign up. The high school athletes will rejoin the team after Memorial Day after the high school state meet ends. The track team will compete in the USATF Outdoor Track & Field Junior Olympic meets this Summer and some will qualify to compete at National meets in North Carolina and New York this year.

## RACING TEAM WINTER UPDATES

*Submitted by Caroline Bauer*



The racing team spent most of early winter logging miles, building strength, and honing speed for the upcoming spring racing season. As temps have slowly started to rise though, racing flats have been dusted off and team members have started toeing the line at local races.

**Stephanie Caporaletti** kicked off the year in Florida running the aptly named *Dopey Challenge*, part of the runDisney race series. She took on the 10K, half marathon, and full marathon distances in three consecutive days, running 43:40 (10K), 1:47:48 (half marathon), and a super strong 3:21:18 (marathon).

Showcasing their monster kicks and strong anaerobic capacities, several of the master’s men toed the line at indoor track races. At the PVTC All Comers Indoor Track Meet, **Conrad Orloff** doubled in the 3000m/5000m, winning both events in 10:18 and 17:22, respectively. At the USATF Mid-Atlantic Regional Indoor Championships in February, **Orloff** ran a PR for 1<sup>st</sup> place in the 3000m (9:58) and **Brian Shadrick** took 2<sup>nd</sup> in the 1-mile distance (5:02.87). Then in March, at the prestigious USATF Master’s Indoor Championship, **Orloff** ran another PR at the 3000m, placing 3<sup>rd</sup> in his age group (9:52.48); **Tunde Morakinyo** placed 8<sup>th</sup> in his age group in the 1500m (4:48.25); and **Shadrick** doubled in the 1500m/800m, running 4:35.94 (5<sup>th</sup> age group) and 2:09.26 (2<sup>nd</sup> age group, PR). These are phenomenal results and demonstrate the versatility of the team as **Orloff** and **Morakinyo** are also seasoned marathoners.

Next up, team members took to the roads in running the Penguin Pace 5K. **Mark Eagles** took top honors, winning the hilly course in 17:51. **Shadrick** took 4<sup>th</sup> overall in 18:59 and **John Chall** won his age group in 21:00.

The first big team event for the year was the notorious RRCA 10 Mile Challenge. Many team members put in countless miles on the course sharpening their quads for the brutal hills. Racers were greeted this year with cold, pouring rain for the race but that didn’t seem to slow the results. Team standout **Julia Roman-Duval** won the race for the 3<sup>rd</sup> year in a row, breaking the 60-minute barrier in a jaw-dropping 59:38. On the men’s side, **Carlos Renjifo** was the first to cross the line for the team, taking 7<sup>th</sup> overall in 53:59. Racing team member results include:

Women’s Team	<b>Julia Roman-Duval</b>	59:38	1st	
	<b>Stephanie Caporaletti</b>	1:07:55	20th	PR
	<b>Erin Chamberlin</b>	1:08:48	24th	
	<b>Faye Weaver</b>	1:12:35	44th	PR
	<b>Deb Taylor</b>	1:13:27	48th	
	<b>Julia Skinner</b>	1:13:39	50th	
	<b>Tammy Liu</b>	1:16:16	56th	
Men’s Team	<b>Carlos Renjifo</b>	53:59	7th	
	<b>Andrew Madison</b>	54:30	10th	

	<b>Luke Janik</b>	55:58	19th	
	<b>Eric Schuler</b>	56:25	23rd	
	<b>Kent Werner</b>	58:15	33rd	
	<b>Adam Wytko</b>	59:32	44th	
	<b>Mark Eagles</b>	1:01:48	56th	
	<b>Jason Tripp</b>	1:03:32	75th	
	<b>Ed Wilson</b>	1:03:44	78th	
	<b>Tunde Morakinyo</b>	1:06:09	138th	
	<b>John Chall</b>	1:10:29	208th	
	<b>Yasuo Oda</b>	1:12:32	253rd	

The next big race for the team was the Kelly’s Shamrock 5K. Run on a speedy course in downtown Baltimore, team members put up some smoking fast times. On the men’s side, **Madison** kicked his way to 2<sup>nd</sup> in 15:30. Following not far behind were **Schuler** (15:59, 6<sup>th</sup>, 3<sup>rd</sup> AG), **Kevin Ford** (14<sup>th</sup>, 16:47), **Wytko** (25<sup>th</sup>, 17:27), **Tripp** (26<sup>th</sup>, 17:35, 1<sup>st</sup> AG); and **Morakinyo** (31<sup>st</sup>, 18:18, 1<sup>st</sup> AG). For the women, running an outstanding 16:48, **Roman-Duval** once again broke the tape, setting a new racing team 5K record in the process. Also representing for the women included **Amanda Beal** (11<sup>th</sup>, 19:35), **Skinner** (20<sup>th</sup>, 20:37, 1<sup>st</sup> AG), and **Weaver** (23<sup>rd</sup>, 20:45, 1<sup>st</sup> AG, PR).

In addition to these major races, many team members ran smaller local area races. These and all results can be found here on the [2018 Racing Team Performances spreadsheet](#).



**Julia Roman-Duval** (left) crushes the RRCA 10 Mile Challenge, winning for a third straight year in a row.



Racing Team members and friends after the Kelly’s Shamrock 5K. (left to right) **Yasuo Oda**, **Kevin Ford**, **James Blackwood**, **Tunde Morakinyo**, **Jason Tripp**, **Julia Roman-Duval** and **Adam Wytko**.



Racing Team member **Brian Shadrick** (#6) toes the line at the USATF Master's Indoor Championship.

## 2018 USATF INDOOR TRACK NATIONAL CHAMPIONSHIPS

*By Doug Mock through Facebook*

Striders that competed in the 2018 USATF Indoor Track National Championships at the PG Complex: In the 3,000 meters, Conrad Orloff won the bronze in the 45-49 age group and Doug Mock took the silver in the 50-54 age group; in the 1500 meters, Brian Shadrick finished 5th in the 45-49 age group, Mock took 5th in the 50-54 age group and in his first indoor track meet ever - in his first 1500 ever - Akintunde Morakinyo won his heat of the 50-54 age group placing him 8th overall among 22 of the nation's best. Shadrick rounded out a successful weekend by claiming silver in the 800 meters in the 45-49 age group in spectacular fashion, just missing out on the gold.

## PENGUIN PACE BRIGHTENS WINTER FOR ALL KINDS OF RUNNERS

*By Susan Kim*



Two-hundred-nineteen runners braved near-freezing temperatures on February 5 to run the time-honored Penguin Pace 5K, which traditionally brightens the winter race schedule for many runners.

The course sports some moderate hills and a whole lot of good cheer. Jess Stern, who is special programs chair for the Striders, attended the Penguin

Pace for the first time after winning a free entry at the Striders volunteer picnic last summer.

She ran a huge PR! “I hadn’t ever finished a 5K under 31:30 and I finished Penguin in 27:58.”

What Stern appreciated about Penguin echoed what many other runners said that day: “I hadn't raced a 5k in a while, so it was nice to do a smaller race like Penguin Pace. I also appreciated how organized the race was and that I actually raced in my neighborhood, as opposed to traveling for a race. It felt like a true community of runners.”

See you next winter, Penguins! Visit [HERE](#) for complete results.

## OUT OF TOWN RACE RESULTS

*Submitted by Greg Lepore*



**Looking for help with Strider race results** - Strider results are pulled from various club websites and run through a computer program written in Python which compares first name, last name, and city of residence against a current list of Strider members. Occasionally the program misses names or nicknames (Steve vs. Steven). If you are a computer programmer and would like to help improve the process of pulling Strider race results, please contact [greg@rhobard.com](mailto:greg@rhobard.com) for more information.



A few of the 83 Strider finishers at the 2018 Under Armour KELLY St. Patrick’s Day Shamrock 5k, Baltimore MD, March 11, 2018

### Shamrock 5K Strider Results

Andrew Madison 15:30.5	Tim Dietz 23:50.8	Pamela Johnson 32:22.1
Eric Schuler 15:59.4	Clarese Astrin 24:09.2	Sarah Malgieri 32:52.4
James Blackwood 16:42.7	Marsha Demaree 24:12.7	Stacey Bisnette 33:15.8
Kevin Ford 16:47.8	Eric Malgieri 24:59.6	Lynda Allera 33:28.2
Julia Roman-Duval 16:48.1	Kerrie Widell 25:11.6	Warren Pitts 34:37.7
Adam Wytko 17:27.6	David Keelan 25:14.5	Amanda Cranfill 34:43.0
Jason Tripp 17:35.1	Jennifer Coletta 25:16.0	Chelsea Dunn 34:58.4
Frank Volny 17:41.9	Brett Pusateri 25:37.0	Angela Sebring 35:30.4
Akintunde Morakinyo 18:18.8	Yasuo Oda 26:38.5	Eileen Levitt 35:50.7
Stephanie Caporaletti 18:44.4	Jason Smith 27:07.4	Karen Anderson 36:11.6
Hussein Ezzeldin 19:02.9	Ricardo Silva 27:32.3	Melissa Garcia 36:16.3
Gregg Ford 19:05.9	Michael Drummond 27:47.7	Ed Wilson 36:46.4
Kyle Clarke 19:24.4	Greg Thomas 27:53.5	Eileen Wilson 36:47.2
Ed Montgomery 19:31.5	Alyssa Mitchell 27:53.5	Anthony Malgieri 37:11.7
Brian Shadrick 19:32.1	Claudia Eckstrom 29:19.1	Jaime Grauel 37:20.2
Philip Lang 19:32.3	Julie Brown 29:27.3	Laura Pitts 37:48.2
Nicole Mcnamara 19:33.3	Christine Comfort 29:33.6	Ray Lischner 39:28.2
Amanda Beal 19:35.4	John Eckstrom 29:34.2	Eric Myers 39:54.1
Ryan Brown 19:41.0	Sue Hale 29:35.6	Susanne Goldstein 39:57.6
John Chall 19:55.8	Kimberly Gillette 30:01.4	Chris Wilson 40:08.5
Bram Arrington 20:12.6	Ginny Olson 30:03.2	Renee Padousis 40:09.6
Amanda An 20:26.4	Andrew Hall 30:35.3	Christine Pyers 43:14.3
Julia Skinner 20:40.7	Rebecca Donovan 31:05.7	Meredith Bailey 43:45.0
Cassidy Carroll 20:40.7	Kaydian Bennett 31:22.5	Jessica Stern 44:12.4
Faye Weaver 20:45.8	Shaun Malgieri 31:25.5	Rebecca Weaver 44:45.2
Frank Bahus 21:00.2	Ana Aguado 31:34.7	Jeanette Novak 45:14.2
Christine Schauerman 22:02.2	Erica Malgieri 31:59.6	Grace Martin 53:49.5
Gabrielle Wilson 23:33.9	Loretta Farb 32:18.7	

## MD-DC RRCA 10 MILE CLUB CHALLENGE BRINGS HILLS – AND MEANINGFUL TEAMWORK

By Susan Kim



“Diabolical” is Julia Roman-Duval’s choice word for the RRCA 10 Mile Club Challenge course, which winds from Howard Community College through Allview and other (hilly) parts of Columbia.

This year’s race, held Feb. 25th, drew a dozen coed teams, among other team categories, or 677 individuals for a run in light rain and temperatures in the 40s. Among the coed teams, the Howard County Striders finished fourth. Visit [HERE](#) for complete results.

Duval, who finished as the first female in 59:38, said it's perhaps the toughest course she's ever run on the road.

Like many other Striders, Duval said she ran the Challenge as an initial test to see where her fitness was and determine where her training needs work. "Running 59:38 on that course this early in the year is very encouraging," she said.

Does it get easier the 50th time?

The Challenge hills haven't gotten any easier for Carlos Renjifo, who has run the course (either training or racing) at least 50 times since he moved to the area in 2005. "The 2018 race marked my 10th time racing the Challenge course."

Through trial and error, he's developed a good race strategy over those years - evidenced by his 53:59 finishing time - but, he says, "the hills haven't gotten any easier."

He'll be back next year to race again. "The team aspect of this race is ultimately what motivates me to run hard every year," he said. "There are very few local events that bring runners together to compete as a team. As a collegiate runner, the team component of cross country is what I loved the most. Even though the weather at this race tends to be unpleasant -- cold, rainy, windy; sometimes all of the above -- and most of us are not in the best shape so early in the year, knowing you are competing as a team, instead of just for yourself, is what makes this race worthwhile for me."

Another reason to love the diabolical Challenge: it's an early-season race that allows you to gauge your fitness and plan your training, noted Eric Schuler, who ran a 56:25. "Due to the winter weather, there aren't a lot of races in January and February," he said. "The Club Challenge is usually the first big race of the year, so it's usually a good indication of my fitness coming out of winter training. Based on my performance at this race, I can gauge how much work I need to put in going into the spring racing season."

The Challenge is still one of the most competitive races in Maryland, added Schuler. "There are so many road races these days that the top competition tends to get watered down. The Club Challenge is different because it's an important race on everyone's calendar so you can count on most of the best runners in the state showing up to compete. Also, I really love the team competition aspect because we rarely get a chance to have that sort of competition."

Stephanie Caporaletti, who finished in 1:07:55, agreed that it's great to compete against other clubs in the state.

“There are so many solid runners in the Delaware-Maryland-Virginia region, and with the large number of running events in the area, you don't always get the opportunity to compete against so many strong athletes in one place,” she said.

No matter what your pace, she said, the atmosphere is great. “People are competitive yet so friendly. We all want to share in this sport that we enjoy, celebrating everyone's participation and commitment to a tough race.”

## **CAPTURING THE VOLUNTEER SPIRIT**

*Submitted by Surena King (Editor – Surena was the Strider Volunteer of the Year for 2017.)*



What drives me to volunteer is that I'm a people lover. I grew up with two amazing parents that went above and beyond the call of duty. They've always inspired me to give from the heart to help others without the need to be recognized or rewarded.

Volunteering is important and important to me as you not only help others but it helps you as the volunteer not to always focus on yourself. What a joy to assist someone else achieve a goal or a task. If you've experienced success in any aspect in life, a passionate person would burst if they don't share. For instance: When it comes to running, how can I achieve 5k or a 50k? Some of the many Striders are ready to share their training routine. Are you in a rut or not a fan of running in a certain season? There's a Strider out there that will meet you in 10 or 90 degrees.

I would encourage others to have a giving spirit as when you give, people are more likely to respond to your generosity with gratitude and become generous themselves. Giving thus fosters cooperation and friendship. Generosity is good for your health. I'm encouraged by 2 Cor. 9:7. 'God loves a cheerful giver'.

# WE ♥ OUR VOLUNTEERS – ALL 173 SINCE JANUARY 1<sup>ST</sup>!

Submitted by Larry Stern



**It DOES take a village! We hope to see your name added to this Wall of Gratitude in the next issue!**

We recognize that not all volunteers listed below are Strider members but we love you nonetheless! And if we inadvertently missed you in this issue, please [let us know!](#)

*\*Program Coaches – Youth, Next Step Hibernation to 5K and Next Step 10K*

Volunteer	Club Challenge	Penguin Pace	Resolution Run	Weekly Races	*Program Coaches	Bagel Run Water	FOOTPRINTS
Ana Aguado					♥		♥
Andrea Aldrich						♥	
Lynda Allera	♥	♥			♥		♥
Rene Alonso		♥	♥		♥		♥♥
Amanda An						♥	
Bill Arbelaez	♥	♥	♥	♥♥			♥
Annabel Baldy	♥						
Lili Barouch		♥					
Caroline Bauer				♥			♥♥
Sarah Beach							♥
Amanda Beal	♥			♥			
Brian Beck	♥						
Tori Berard	♥						
Matt Bevan					♥	♥	
Chris Bieberich	♥						
Stacey Bisnette	♥						
Mary Brandenstein	♥						
William Brandenstein	♥						
John Bratiotis				♥♥♥♥♥♥		♥	♥♥
Janet Braunstein	♥						
Chris Brewington					♥		
Bill Brown		♥			♥	♥	
Sandy Brown		♥					
Tom Brown		♥					
Alyssa Burger				♥			
Marc Burger				♥♥			
Melissa Burger	♥		♥	♥♥♥♥♥			
Bryn Burkholder	♥						

Volunteer	Club Challenge	Penguin Pace	Resolution Run	Weekly Races	*Program Coaches	Bagel Run Water	FOOTPRINTS
Jill M Cameron	♥						
Stephanie Caporaletti	♥		♥		♥		
Jim Carbary							♥
Roland Catalano	♥						
Kate Cavanaugh							♥
Donnie Chapman				♥♥♥		♥	
Sari Chapman						♥	
Christopher Chen	♥						
Carlos Cifuentes					♥		
Debbie Cohen	♥		♥				
Rachel Collins	♥						
Lauren Colvin	♥						
Jennifer Cormeny	♥						
Jason Cox					♥		
Amanda Cranfill	♥						
Billie Davis		♥					
Nick Del Grosso	♥						
Marsha Demaree			♥				
Sharlene Deskins				♥			
Tim Dietz					♥		
Arleene Dinneen							♥
Charlotte Dobry	♥						
Andy Doyle					♥		
Alexandra Dystant	♥						
Claudia Eckstrom							♥
Jack Edwards	♥						
Sean Fao	♥						
Loretta Farb	♥						
Chris Farmer	♥						
Allan Field							♥♥
Marjorie Fioravante	♥						
Eileen Fleck	♥						
Brian Fleming							♥
Mike Fleming							♥
Keila Foster		♥					
Stephen Frost	♥						
Bobby Gessler					♥		
Paul Goldenberg		♥					

Volunteer	Club Challenge	Penguin Pace	Resolution Run	Weekly Races	*Program Coaches	Bagel Run Water	FOOTPRINTS
Martin Goode							♥
Tom Green		♥					
Beth Hannon						♥	
Bahaa Harraz	♥						
Scott Heitkamp		♥					
Kevin Hermstein		♥					
Marc Hermstein	♥						
Tammy Liu Hermstein		♥		♥			
Tiffany Hevner	♥						
Neal Hinkle	♥						
David Hopkins					♥		
Emily Howe		♥			♥		
Bud Hunt			♥				
Margaret Hunt	♥						
Denise Hyde				♥			
Amanda Idstein			♥				♥
Clare Imholtz	♥						
Luke Janik		♥					
Jerry Jing					♥		
Eric Johnston				♥♥			
Jennifer Kargus	♥						
Pete Keating					♥		
Victor Keelan	♥						
Bernard Kelly	♥						
Eric Kieley	♥						
Susan Kim					♥		♥♥
Surena King							♥
Ben Koech					♥		
Doug Kornreich					♥		
Angela Kou	♥						
Melinda Krummerich	♥		♥				
Glenn Kuenzig					♥		
Drew Landgren	♥						
Mark Landree	♥						
Phil Lang							♥♥
Conrad Laskowski	♥						
Guillermo Leonstein						♥	
Greg Lepore							♥♥

Volunteer	Club Challenge	Penguin Pace	Resolution Run	Weekly Races	*Program Coaches	Bagel Run Water	FOOTPRINTS
Keith Levasseur						♥	
Eileen Levitt					♥		
Dominique Lincoln					♥		
Jud Lincoln					♥		
Amanda Loudin							♥♥
Bromley Lowe					♥		
Ashley Oaks Marks					♥		
Charmaine Massiah	♥						
Michael Mbugi	♥						
Christine Merenda	♥	♥					
Hans D. Meurer	♥			♥			
Dwight Mikulis	♥			♥♥	♥♥	♥	
Di Mitchell	♥						
Doug Mock							♥
Susie Montoya					♥		
Jeloni Moore		♥					
Pam Mooring					♥		
Steve Muchnick	♥	♥					
Cecilia Murach						♥	♥
Brian Murphy					♥		
Greg Orlofsky				♥♥	♥		
Anna Park	♥						
Graham Peck	♥						
Michael Piorunski	♥						
Christine Pyers							♥
Sophia Quinn	♥						
Mark E Ramstrom	♥						
Megan Ramstrom	♥						
Sarah Ramstrom	♥						
Mark Ringerud	♥						
Kristine Rogers	♥						
Shayna Rose	♥						
Lynn Sanetrik		♥			♥♥		
Mark Schmall				♥			
Eric Schuler							♥
Sally Sebastian	♥						
Brian Shadrack	♥				♥		
Hafiz Shaikh			♥	♥♥			

Volunteer	Club Challenge	Penguin Pace	Resolution Run	Weekly Races	*Program Coaches	Bagel Run Water	FOOTPRINTS
Steve Sharpe		♥					
Jennifer Sheely	♥						
Debbie Smith	♥						
Kendra Smith	♥	♥	♥	♥♥♥			
Bill Snelling					♥		
Sheila Gail Sockwell-Thompson	♥						
Marianne Solomotis	♥						
Stephanie Spring					♥		
Paula Stehle		♥		♥			♥
Larry Stern	♥				♥	♥	♥
Jennifer Storch					♥		♥
Eric Sugrowe	♥						
Theresa Symonds	♥						
Greg Thomas	♥				♥		
Susanna Thon	♥						
Frank Volny	♥	♥			♥	♥♥	
Tyler Wade					♥		
Christa Wagner	♥						
Joe Wagner	♥						
Megan Walker		♥		♥			
Alex Wang	♥						
Faye Weaver	♥	♥		♥	♥♥	♥	
Miles Weigold							♥
Julia Werth	♥						
Kelly Westlake	♥						
Kathryn Woodward	♥						
Adam Wytko				♥			
Chris Yuknis		♥					
Alice x	♥						
Jess & Kevin		♥					

## WELCOME 160 NEW MEMBERS

*Submitted by Lynda Allera*

Robert Anderson	Katie Frampton	Jessica Milici	Avi Sethuraman
Karen Anderson	Karen Frush	Shelly Milsted	Shanthi Sethuraman
Carla Aquino	Lisa Garcez	Di Mitchell	Sumeet Singh
Clarese Astrin	Dara Glenn	Rebecca Moore	Judy Solomon
Laura Augustine	Colette Graham	Erin Moyer	Tamim Sookoor
Kathryn Badger	Kathryn Green	Norah Muthomi	Janee Spruill
Frank Bahus	Elizabeth Guertin	Eric Myers	John Szakmeister
Kaydian Bennett	Jeff Gum	Sheree Myers	Matthew Szakmeister
Victoria Berard	Meghan Harp	Eugene Myers	Andrew Szakmeister
Stacey Bisnette	Ashley Hooker	Helene Myers	Ann Szakmeister
Derek Boyd	David Hopkins	David Nguyen	Fenglin Tang
Tanya Brescia-Oddo	Adithya Iyer	Sari Nguyen	Pingan Tang
Brandy Brown	Swathy Iyer	Annika Nguyen	Dawn Taylor
Mitch Bryman	Alexander Jeffrey	Luukas Nguyen	Rebecca Thering
Elisa Bryman	Hussein Jirdeh	Ada Offurum	Santhanagopalan Thiruvengadam
Kim Burckhardt	Breanna Johnson	Caroline Oleyar	George Thomas
Myron Burgman	Bok Jung	Paul Oleyar	Kadesha Thompson
Nicole Busick	Chang Ku Kang	Heather Ordoñez	Qiang Tian
Kathren Cameron	Rae Ann Kaylie	Meg Ortel	Angela Toner
Cassidy Carroll	Evan Kaylie	Scott Ortel	Alex Turner
Sang Chung	Jamie Kaylie	Ellie Ortel	Josh Turner
Jennifer Cisneros	Jolie Kaylie	Felicia Perez	Mary Ugwunebo
Ashley Cohen	Rebecca Kaylie	Angela Phillips	Charles Ume
Sherrill Cole	Brian Kim	Aruna Pillai	Chioma Umeh
Marissa Collins	Bhargavi Kollengode	Shaoying Ping	Kennedy Umeh
Christine Comfort	Jeffrey Levitt	Laura Pitts	Ifeoma Umeh
Megan Cossa	Sam Levitt	Kathy Proebstle	Munachimso Umeh
Nickolas Cossa	Rachel Levitt	Lifeng Pu	Eileen Usher
Kayle Cossa	Denise Lichaa	April Punzo	Karen Vera
Marissa Cossa	Paula Liggins	Karen Raraigh	Oscar Vera
Wendy Crockett	Soo Lim	Randy Reitenauer	Sherie Wallace
Charles Crockett	Sanchao Liu	Catherine Riungu	Amy Weatherholtz
April Davis	Scott Lohin	Karin Rodrick	Jeff Weatherholtz
Lisa Dignazio	Jessica Lomax	Erin Romero	Heeyoung Weddington
Lisa Dolezel	Mary Lotharius	Anne Rubin	Katherine Wendel
Nathaniel Dordai	Jerille Lowe	Rachel Sanborn	Gabrielle Wilson
SaraBeth Dukes	Kate Maerten	Terri Schad	Lucinda Wytko
Manuel Evangelista	Peter Manney	Pamela Schmidt	Tracy Yamamoto
Nina Evangelista	Newton McCollum	Kinjal Sethuraman	Miranda Yarowsky
Miko Evangelista	Katelyn Meixner	Girish Sethuraman	Sherry Young

## PRESIDENT'S MESSAGE

By John Bratiotis



To start off I just want to take a moment to congratulate all of you who completed the RRCA 10 Mile Club Challenge in February. The course is challenging under normal conditions but this year with the combination of the colder temperature and then also rain thrown in on top, it just makes competing and giving it all you have that much more difficult. So well done to all the finishers on a less than perfect race day. And to all the volunteers that got up early to drop cones, course marshal, prep food, hand out water and score the race on a cold rainy morning when I am sure you just wanted to roll over and go back to bed, thank you. All the runners and other club presidents I spoke to had nothing but great things to say about you. Excellent job. You are what makes these races possible.

At this year's Banquet we collected "One Good Idea" from several people and like last year several people requested more social events. Some of the ideas ranged from social runs, Pub Runs, costume runs, happy hours and a beer or burrito mile. To help pull some of these events together, Paula Stehle was voted in as Social Chair. She has already successfully executed the first Happy Hour at Sonoma's. You can see her article above about the event. And on April 18th she has pulled together "An Evening with 3 Ultra Runners" which will be held at the East Columbia Library. If you have an idea for a social event, please contact Paula at [social@striders.net](mailto:social@striders.net). We would love to hear your thoughts on some new and creative Striders social gatherings.

As we continue to battle cold temperatures I know we are all ready for the Spring days to arrive so we can finally shed some layers and truly enjoy our runs. Spring is also a time to look forward to exciting races, none more famous than the Boston Marathon. But around here as I write this, we are also getting ready for our hallmark and historic race, the [Clyde's 10K](#).

If you are an avid runner getting ready for a marathon or ultra, or you simply like to get out and log miles for sanity and health, or you are somewhere in between, sometimes we all need a little motivation. We like to think that is a big reason the Striders exists. So please take advantage of all the offerings we have from the social events we are planning to the group runs and training programs, all the way to the races we organize. We hope that you will benefit from many of these offerings and we hope to see you out enjoying your runs as the days get longer and warmer.

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