

# FOOTPRINTS

*THE NEWSLETTER OF THE HOWARD COUNTY STRIDERS*  
*VOLUME 42, No. 3 — July 1, 2018*



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.



**Women's Distance Festival 2018**

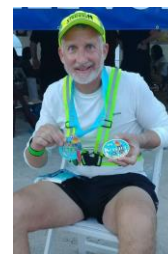
## FROM THE EDITOR

Allan S. Field, managing editor



**Join Us/Like Us On Facebook!** Did you know that the Striders have two different Facebook group pages? One is a “public group” meant to collect and centralize the runners of Howard County and find all of you who are floating around on Facebook. Please post race reports, running woes or joys, or whatever else inspires you to run! This group is meant more as a social networking tool and you can access it by joining [here](#). The second is our official Howard County Striders running club page. This is where announcements and information about our events, training programs and club activities will be posted. Please visit [here](#) and be sure to “like” us! As posts are made to either group, you should receive a notification through your normal Facebook channels.

Congratulations to Strider Immediate Past President **Donnie Chapman** for finishing the 11th Annual KEYS100, a 100-mile ultramarathon run across 40 islands from Key Largo to Key West – “The Conch Republic” – Florida in 24 hours, 22 minutes. Think about it – Donnie was running way past bedtime and that morning first cup of coffee for most of us!



I just have to share this email I received from proud mother and **FOOTPRINTS** contributor extraordinaire **Susan Kim!** “My youngest (freshman) broke 5:00 in the mile for the first time yesterday. The meet official gave him the slug from the starter gun so he’d have something to remember his milestone. It was such a nice thing to do especially because he didn’t win the race - he came in 16 out of 64. The winner was 4:39 in the mile - and this was in a meet only for freshman and sophomores! Crazy fast kids we have out there now. Inspiring to watch.”

Linda and I this spring attended our first-ever high school track meet and, like Susan, were so inspired by watching the kids love of life through their running. I was especially in awe of watching **Dave Tripp** masterfully handle the finish line of each heat, unerringly determining finishing order for each lane, a labor of love he has been doing for many years. And it turns out that both Dave and I have grandsons running for the Wilde Lake team, my only reason for being there that day but fortunately for our community, not Dave’s only reason for being there! Through the eyes of our children we see the future and from this vantage point, it’s all good!

Do you wish to know more about that new water fountain in Centennial Park? Visit the [article](#) in the Howard County Times for a most-interesting write-up on the donation that made this possible!

**Larry Stern**, our outstanding Volunteer Coordinator, is leaving us in August for REALLY hot weather running, relocating with his wife to Dubai! Thank you, Larry, for your wit and dedication to the Striders efforts and please keep in touch. I know that the Board especially will miss you and best wishes to you and yours always. In the short time I have known you Larry, I know you will be a tough act to follow as our Volunteer Coordinator!

On a sad note, we have lost **Alfred “Al” Yergey**, another of our “ancients” who was there at the founding of the Howard County Striders and served on the Board in the early days. Al was an avid cyclist and an advocate for safe riding, but he was fatally struck by a car in Ocean View, DE while cycling on May 26, 2018. Other ancients, such as **Miles Weigold, Dave Tripp, Warren Ohlrich,**

**Tim Beatty, Paul Goldenberg and Nadia Wasserman**, all have such fond memories of running with and knowing Al, just 76 years young. Our community is just a little less today with Al's passing.

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

## JACKETS, BQs, AND ELITE WOMEN: Q&A WITH B.A.A. CEO TOM GRILK AT A RED SOX GAME

*Submitted by Ed Wilson – Pictured Ed on left, Tom on right*



When you actually meet **Tom Grilk**, CEO of the Boston Athletic Association, you can't help but take note of how unassuming he is. I had the pleasure to do so at a Red Sox game recently. It was the evening prior to a business event for which I was lucky enough to engage him to speak (not for cash, but for a donation to two of the marathon's charities).

I had been listening to his Boston Marathon podcasts and gotten used to his articulate conversational questioning, which oozes with gravitas. But in person he exudes a much more humble "is it OK if I join you" aura. Of course it's OK. Not only that, but he was kind enough to endure over 20 minutes of questioning from an obsessed Boston Marathon veteran.

I started him off easy, asking who approved the color choices for each year's jackets. He noted that while the BAA has veto power, Adidas has been a sponsor for 30 years and as such, gets a wide berth to make the selection. Next year will be light blue with pale yellow. The traditional BAA blue and bright yellow will return for the 125<sup>th</sup> running in 2021.

I moved on to meatier topics, asking if it was really true, as some casually suggest when they say "I'm waiting to BQ when I move up to my next age group," if it was easier to BQ as an older runner? I even cited this year's statistics, noting that the 45-49 age group had the largest number of participants. I couldn't disagree with his response that "I don't think anything gets easier as you get older." But he went on to explain that the standards incorporated "a reasonable conformity to science" along with experiential data. As for the 45-49 year olds, they simply have more time to focus on things like running. Yeah, that was spot on for me.

The logical next question was whether the BAA was considering tightening the qualifying times given the trend where acceptance times were increasingly faster than the qualifying times. The short answer was "yes," there would be consideration. But BQ times have always utilized 5 minute increments and if the gap between qualifying and acceptance times gets that large, then a change could happen. Mostly because they hated the disappointment runners feel when they qualify but have to be told they cannot run.

On to more controversial topics, I asked if there might be a larger elite women's field in light of this year's race where, under extraordinary weather conditions, many elite women dropped out. In doing so, several non-elite female runners actually posted net times in the top 15, theoretically putting them into prize money. This had generated some controversial headlines (Buzzfeed: "*This Woman Placed 5<sup>th</sup> in the Boston Marathon. If She Were a Man She'd Have Won \$15,000*") because technically

only those women in the advance, elite start are eligible for prize money. On this topic, Grilk clearly wanted to eradicate misperceptions. The separate start for elite women is meant to honor top women athletes and give them the same competitive experience as the men, running against each other in open competition, allowing them to race each other without a crowd of surrounding men obscuring the head to head competition. Some of the “net time” winners had the opportunity to participate in the elite start but chose not to for other reasons, such as utilizing the availability of male runners to help pace them to achieve Olympic Trials qualifying times. The message was clear: if you wanted to “race” and potentially win money, join the elite start. If you wanted to run just for time, get in the corrals with everybody else. It reminded me of a point made by several champions on the podcasts: the Boston Marathon was a race, not a time trial.

That being said, Grilk was quick to point out a couple of other things. The Marathon erred by quickly publishing results that included non-elite starters in the top 15 results. His immediate gut reaction was to go ahead and give them checks but internal discussion on the issue delayed that decision (and in my thinking probably created the vacuum for some unfavorable headlines). Moving forward, they will emphasize to fast women runners the particulars of the elite women’s start. And if fast women who don’t quite meet the elite start wish to apply to be included, they will be considered with a “bias toward inclusion.” Just don’t submit a 3:30 time.

Back to gentler topics, as a business guy I asked if the Marathon targeted first timers or repeat runners. I was also curious, given the recent trend in the running community to favor participation over performance, whether Boston, aside from the elites, was more interested in the participation experience for the runners back in the pack than in fostering performance. I cited the new T-shirt awards for the top 20 in each age group (a first this year, he confirmed) as potential evidence of a bias towards encouraging performance. First off, he stated that about half of all Boston runners are first timers. He went on to say that qualifying for Boston was performance enough and he advised runners to save something for the finish down Boylston Street. It was an experience like nothing else and not to be wasted crawling to the finish line. I knew what he meant. I’ve had years where I limped down Boylston Street but in other years had enough left to survey the crowd and savor the moment. The latter is clearly better.

At this point it probably says a lot about me that in my first trip ever to Fenway Park for a baseball game I’m spending almost half an hour inside the suite talking about running and oblivious to the game going on outside. Grilk is clearly a Fenway veteran and is graciously indulging me. To which I inquire, what do self-indulgent runners do at the Marathon that you wish they’d stop? I disqualify peeing on the bushes in Hopkinton because the barricades after 2013 prevent you from doing so. His retort is quick: would you want anyone peeing on your bushes? I ponder debating about the neighbors’ dog poop on my front lawn but quickly assess this is not the time. His serious answer is about bandits who used to illegally jump into the race and from his point of view, potentially divert emergency resources from legitimate runners. But in a positive change after the 2013 bombings, it’s much easier to keep people without bibs out of the race since officials, spectators, and runners are much more sensitive to people who don’t belong. And he’s still not a fan of people who have their kids jump in at mile 26 and run the last stretch with them. But he did concede a soft spot for marriage proposals: “There should be some joy.”

It’s becoming obvious that Grilk hasn’t touched his lobster mac and cheese. The Red Sox are winning and he’s sitting on a couch patiently answering my questions. Just one more. But a really important one. “Why does registration start in September before all the fall marathons?” I point out that for my first Boston in 2009, I actually registered in January 2009 after the Disney Marathon and ran Boston three months later. He says that September gives them enough time to do what they need to do and explains that other marathons like Chicago and London start registration practically

the next day. But he does concede that they've adopted some new systems and if things permit, in terms of efficiencies, etc. they will perhaps look at the timing of registration.

At this point, I have to let the man go. If I smother him too much he may not show up for the business meeting the next day, which is where I really need him. But he does. He brings me a 2018 hat because the one I wore the night before was two years old. He wows my audience. Few, if any of them, are runners. That notwithstanding, his talk that leadership is really being about empowering people to be innovative and resourceful hits the bullseye. And he has them dabbing away tears talking about volunteers with blood on their volunteer jackets after the bombings. The audience is impressed and inspired. So am I.

### 2018 Boston Marathon Strider Finishers

*Submitted by Greg Lepore, Luke Janik and Jim Mahoney*

Eric Schuler	2:41:31	Youlin Qi	3:42:24
Conrad Orloff	2:55:57	Deb Taylor	3:45:22
Richard Reinhardt	2:57:19	Linglei Ma	3:46:47
Ed Wilson	3:03:16	Henry Peck	3:49:23
Stephen Senick	3:10:12	Heidi Splete	3:56:55
Mark Hyatt	3:14:47	Alison Pasternak	3:57:06
William Dye	3:16:09	Christine Schauerman	4:00:47
Mikhail Petrovskikh	3:18:07	Amanda An	4:02:42
Stephanie Caporaletti	3:21:14	Rachel Collins	4:09:35
Dapeng Cui	3:28:36	Pamela Jock	4:21:00
Greg Schuler	3:28:41	Heather Stroble	4:31:33
John Werner	3:28:51	Lili Barouch	4:35:18
Melissa Lower	3:32:27	Wade Gaasch	4:42:44
Yasuo Oda	3:37:27	Robert Boblitz	5:12:36
Yan Zhang	3:41:49		

## VOLUNTEERS SHARE THE “WHY” BEHIND THEIR DEDICATION

*Submitted by Susan Kim*



**Bill Arbelaez** began volunteering as a coach in the 1990s, when his sons were running, and he helped coordinate the Junior Striders program. After completing an RRCA coaching course about 15 years ago, he began working with adult runners, too. “Now I either coordinate, coach, or substitute with almost every adult program, and I enjoy coaching with the Junior Striders, as well,” says Bill.

What has kept him at this for so many years? “I volunteer to stay active, meet people, and help others enjoy their running experience, no matter what their age,” he says. “I also know that many of the best people I’ve met are runners, and I just enjoy hanging out with them.”

Coaching is also at the top of the list for **Cecilia Carro Murach**, who says her favorite volunteer activity over the years has been coaching the Next Step program. “Seeing the participants progress, helping them throughout the process of training for an event, and feeling the camaraderie that

develops between the runners in our training group is one of the biggest rewards as a runner,” she says. “I volunteer because it feels good to give back to the community that has given me so much.”

She adds: “Whatever I have lacked motivation, needed a little cheering up, or wanted to share something good that has happened, my Striders running family has always been there for me. And every time I have volunteered, I have gotten much more back in return than I have given.”

**Amanda Beal** agrees that volunteering is highly rewarding. “I enjoy volunteering for packet pick up, as a course marshal, and as support for water stops,” Amanda says. “My favorite volunteer positions are those on the course so I can cheer for others. It takes a lot of people to help make a race happen successfully and I’m very grateful to those who volunteer on a regular basis. I have run local road races for many years and feel like volunteering during races I’m not running is the least I can do.”

### **A balancing act**

For runners who are balancing families, training and volunteering, finding time to do it all can be tricky, admits **Stephanie Caporaletti**, a member of the Striders racing team. All members of the racing team are required to volunteer for at least three Striders events. This includes volunteering at a course, helping out with water each week at the Bagel Run, coaching one of the training programs, and helping out at the weekly race series events.

“Volunteering is a key aspect of participating in the club and ensuring that we are a strong organization,” says Stephanie. “Ultimately, volunteering is what ensures that runners have an enjoyable experience and are able to focus on what they want to do - run!”

Stephanie sees volunteering as a key way to help runners improve on their skills. “From coaching (directly increasing skills and abilities) to providing water (keeping runners hydrated on runs that sustain those skills and abilities) to supporting races (where runners showcase their skills), volunteering is a key piece,” she says.

Her favorite volunteer activity is supporting packet pickup, “because packet pickup is a time when anything is possible!”

At packet pickup, she says, “Race participants are excited for what's to come and anyone that comes in to pick up their bib can be the winner of that race - everyone is on a level playing field. I love that and appreciate how optimistic racers are in those moments.”

Race team member **Julia Roman-Duval** balances her family and volunteering in creative ways. She coached the Junior Striders for two seasons, signing up her kids as well and bringing them along. “In general, I try to bring the kids along on my volunteering events when possible,” she says. “When that is not possible, I choose volunteering events that are at the right time.”

Another race team member, **Carlos Renjifo**, who has children ages four years and four months, also has to work hard to find time for volunteering. “Typically it's easiest to fit in the running and volunteering in the mornings, so I tend to search out those opportunities,” he says. “I’m trying to figure out ways to give back that can allow me to combine running and volunteering. One good option seems to be putting out water for the Bagel Run.”

He also volunteered as a course marshal for the Women’s Distance Festival in June. He adds: “I really enjoy helping out at races and at the weekly series events, because I enjoy being around and cheering on fellow runners.”

## Have you thought about these ways to volunteer?

Supporting the weekly series  
Putting out water for the Bagel Run  
Helping with packet pickup  
Serving as a course marshal  
Volunteering as a coach  
Timing county invitationals  
Marking race courses  
Being a guest speaker at Striders events

## 2018 HCS DAVID TRIPP SCHOLAR/ATHLETE AWARDS

The Selection Committee for the HCS David Tripp Scholar/Athlete Awards has awarded a total of \$5,000 to five student athletes for 2018. These awards are merit, not need, based and are granted to Howard County residents who are graduating seniors from any high school in Howard County. The intent is to recognize male and female winners as well as runners-up, provided that there are deserving candidates. The criteria for consideration include outstanding achievement in the classroom and as a runner in cross country, track and/or in road races. Congratulations to the 2018 awardees!

**Jasmine Tiamfook**, River Hill High School  
**Molly Bingham**, Marriotts Ridge High School  
**Kirsten Wikner**, Centennial High School  
**Zach Gronlund**, River Hill High School  
**Sahil Sardesai**, Mount Hebron High School

## 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?*



**Shannon Biggs** - I have been running off and on for many years. After I turned 40 I decided to make life changes that would make me healthier and happier. I have never felt better! Running is my main source and favorite form of exercise. **Katy Cavanaugh** (love her!) suggested that I sign up for the Striders 10K training program this past February. I did! It was one of the best things I have done for my running. The coaches, the workouts and the awesome people in my group just made me love running even more. Truly changed the way I approached running too.

The Striders program has challenged me in ways I probably wouldn't have done on my own. Does anyone do hill repeats on their own just for fun? I might do that now. Definitely not before Striders. I have made many new friends and found many more fun running routes outside of my neighborhood. I have completed the 10K and 10M programs. I loved them both. I am about to do the half/full program. I

always look forward to my Tuesday hard runs. My friend Meg and I make our own Striders-influenced Tuesday hard runs between programs.

I have done many races from 5Ks to Half Marathons. I just completed the HoCo Striders WDF 5K. I loved this race! I loved the vibe of the women before the race. I loved the support of the runners, volunteers during the race and I loved the after. A cold wet cloth, watermelon and Twizzlers. Not to mention, so many friends new and old enjoying each other's successes. I have never felt more supported in my running adventures.

My main running goal is to stay in love with it. Striders helps by bringing together others with the same interest. My advice to fellow runners, new or veterans, is to stay consistent. Not every run will be your best run but every run will make you a stronger runner.

I just finished my 15th season as a Girls on the Run coach. I love this program. I come back each season because these girls are amazing. I hope that my actions inspire them to be the best versions of themselves.

I recently signed up to be an Athlete's Serving Athlete's Wingman. I have seen this group in many of the local races I participated in. I am very excited to run with this group and can't wait until my first official race.

Giving back to the community is very important to me. I believe that positivity is paid forward. It takes one person to make a change. If my smile, my energy, my presence makes someone else feel good, it's the least I can do. It doesn't have to be a grand gesture.

**Efrem Perry** - I've only been running seriously since last year. I did my first Striders Next Step program in 2014 for the B-10 and did nothing afterwards. I knew I had to make exercise a lifestyle and started running again last year to get back in shape.

My only goal is to stay fit and healthy. Running has turned my life around in more ways than I can describe. My advice to anyone who thinks about running is to get started. Don't be concerned with speed or distance, only focus on moving forward. The rest will come as you are giving your body and mind what they need. Running is the only meditation that works for me.



My favorite race is the Baltimore 10-miler because it's the first race I've ever run in my life. Each year of that race is my running anniversary and I gauge my running year around that race.

Since last year I've become a Rip It ambassador and constantly promote running. I'm also a member of Black Men Run (BMR) and meet weekly with men trying to regain a healthy lifestyle. I volunteer at races to encourage runners of all ages and speeds and I use my own life as an example of why you want to stay fit.

The best aspects of the Striders programs for me are the support and accountability. I usually do all my training solo and it's easy to talk yourself out of a workout. The camaraderie of the Striders keeps me motivated, keeps the workouts fun, and I constantly feel the support and encouragement during my training plan. I know I always have someone to run with.



**David Hopkins** (on the Appalachian Trail) - I got started in running through friends who had moved to Hawaii and in 2003 they had a neighbor who was doing this popular, local, 8.15-mile run that had 30,000 runners, called the Great Aloha Run. This neighbor encouraged them to sign up, and they thought that I might be interested. I was a hiker and I knew I could hike 8 miles, so I thought it might be fun to see what I could do. Coming into Aloha Stadium to the finish was such a thrill! I never thought that it was possible for me to be a runner until that moment, and I ranked pretty decently too, so it felt like maybe I could fit in. From there, I went home excited to see what I could do against "real runners" in a local 5k in Baltimore (I figured out later that we can all be "real runners"). From there, my distances and challenges just grew.

I ran my first Striders race shortly afterwards, either Clyde's or the Sunday Weekly Series Run. It's been a great relationship ever since.

I have achieved most of my distance goals, and I've slowed down a bit, so my goals at the moment are to just have new experiences. I have a SwimRun event in Casco Bay, Maine in August. I would like to continue pushing my comfort zone with travel, and learning new areas of the world and other cultures, through running. The Inca Trail Marathon, Patagonia, and other SkyRunning races are currently being thought about.

I did not start running until I was 34, and I had never really thought of myself as an "athlete." I am not a natural, but if I can do this - we can both do this. Don't give up when there are issues, claiming that you just aren't a runner - just figure out what the issues are and ask others for help. I did not ask or seek out others when I started, and I suffered for it. Running, and the running community, has brought me fitness, lifetime friendships, great memories, and a wild ride of travel to many countries.

I've now done 80 marathons, many ultras, a couple of 50 milers, a lot of triathlons, and 15 Ironman triathlons including the Ironman World Championships last October. I've raced in New Zealand, Hawaii, Germany, France, England, Wales, Spain, Canada, Alaska, and through Antelope Canyon in Arizona. I hope to keep extending that list.

I would have never done any of this, without that first Great Aloha Run.

For the past couple of years, I've been a coach with the Next Step program, so I am running once a week with the Striders and of course that is my favorite program! Each group bonds pretty well with each other and we really push each other on to improve our fitness and to reach our goals - we really

miss each other when the program ends! My next favorite benefit would be when we get discounts for certain Striders races, like for Clyde's. I also like the idea that we have the weekly Bagel Run and the Weekly Series. I don't use them very often due to my location, but it's nice to know that they are there when I need a bit more encouragement to do my long run or get my speed work in. I'm trying to get more involved through coaching, which includes the Next Step program, and I'm trying to improve myself to be able to do so with classes, like the USAT Coaching Certification and hopefully one day the RRCA certification. Most of my race volunteering is at triathlon events and I get a real thrill at being a part of their victory. I'm a Spinning instructor as well, which isn't the running community, but I bond with those folks in the same way and I really feel like we all improve each other in all of these pursuits. I get as much out of these programs as much, or even more, than those who I might be leading. It's such a great relationship!

My favorite race is tough to choose from. It would be either Marathon du Mont Blanc, in Chamonix, France, or K42 Canarias Anaga in Tenerife, Canary Islands. Both of them are incredible destinations, with Mont Blanc being the site of the famous UTMB ultramarathon, but they are both reminders of what running and the running community has given to me. Mont Blanc was my first solo foreign destination travel, so it took a bit of courage for me to do it, especially since I did not know much French, but as runners, we all have this common bond between us, and no matter where you go, you have this encouraging group of helpful people to bring you along. We may not understand each other, we may have differing opinions and our cultures may be different, but when you arrive and we run together, we see how much we really are more alike than we are different. You can race anywhere in the world and feel like you belong. Allez allez allez allez allez!

For K42 Canarias, Strider **Jill Robinson** was on an incredible 18-month sailing trip, and I thought we should do a race together while she was sailing, so we picked this random trail race at one of their ports. I flew in, we did this beautiful but really tough race together, and I stayed with them for five days while we sailed around a bit and hung out in this foreign land. I didn't even know where the Canary Islands were until that trip. I felt really cared for so I have fond memories of that race. It was an incredible trip for me; I will never be able to thank the Robinson Family enough.

**Paula Liggins** - I started running last April when I joined the last session of the FIT program. Prior to that, I walked occasionally.

I enjoy FIT and meeting other women and just get out there to have a fun run. Through the program I have built new friendships, we get together weekly and go for a run at different places in Howard County.

My future goal is to run the Navy-Air Force half marathon on September. To the new runner, the one like me that never thought that they could run, I would say that you can do it, join a program like FIT, invest on a good pair of running shoes and go out and try it. You will enjoy a new hobby, friendships and promote a healthy lifestyle.

One of the major benefits of the Striders programs is that FIT got me started into running. It makes me focus on a healthy lifestyle, has improved my endurance, and gave me the confidence to run long distances I didn't think I could do before. For example, I completed the Baltimore 10 miler this year. I am so happy about how FIT has shaped my life that I decided to accept a volunteer position for one of the Striders summer programs, Zero to Week. I want to motivate other women, I want share my experience at the FIT Program and allow them to realize that it's never too late to start running, no matter what the age!



## WOMEN'S DISTANCE FESTIVAL GRAND PRIX

Submitted by Melinda Krummerich



The 2018 Women's Distance Festival 5K is a wrap, with some first-ever racers and many repeat customers! But did you know that this premier Striders race is also part of a statewide series? The Maryland RRCA began the tradition of the Women's Distance Festival Grand Prix 30 years ago, with many of the region's running clubs taking part. Any woman who completed a minimum number of races in the series could receive an additional premium. You only need to send your list of races to the state RRCA representative for the WDF Grand Prix via mail or email. The form and addresses can be found at this link: [http://www.striders.net/wp-content/uploads/2018/03/md\\_wdf\\_2018.pdf](http://www.striders.net/wp-content/uploads/2018/03/md_wdf_2018.pdf).

What sort of premium would you get? In years past, participants have been given a fleece running vest, a backpack, a roll bag, a full-zip hoodie, a windbreaker, a fleece throw, a race belt. This year's premium is yet to be decided; if you have ideas about what you'd love to receive, email [wdf@striders.net](mailto:wdf@striders.net), and we'll pass your suggestions along to the Maryland RRCA.



*Past Premium Examples, left to right: Barrel Bag, Fleece Throw, Fleece Vest, Hoodie Backpack Race Belt, Windbreaker. Not Shown: Rain Poncho.*

The prize is presented at a catered Awards party, usually given in late October. The party always has tables of giveaways: leftover premiums from the races, assorted running gear, decorative items, bags, hats. Feel free to contribute your own items!

The minimum number of races to qualify for a premium this year is five, and if you ran the Striders' WDF in June, you can still receive a premium! The remaining races are:

- Westminster Road Runners Club, [www.wrrclub.com](http://www.wrrclub.com), July 8
- Annapolis Striders, [www.annapolisstriders.com](http://www.annapolisstriders.com), July 14
- Frederick Steeplechasers, [www.steeplechasers.org](http://www.steeplechasers.org), August 4
- Prince Georges Running Club, [www.pgrc.org](http://www.pgrc.org), August 12

## CLYDE'S AT 40: NEW COURSE, SAME GREAT AFTER PARTY

*Submitted by Susan Kim*



The signature Striders race, Clyde's 10K, has gracefully become middle-aged, celebrating its 40th anniversary with a brand new lakefront finish and the traditional awesome after-party.

The new finish was not only along a bike path, but also downhill, replacing the old uphill grind on the road.

The verdict among Clyde's finishers seems to be that nobody missed the uphill finish. If you did, please write to us and we'll do a special feature on you.

**Trisha Frick**, who landed first in the female 50-54 age group with a 49:24.49, said she loved the new finish. "I wasn't full aware of it," she said. "I may have pushed harder at the end if I fully knew that the end was flat."

Trisha, who has run Clyde's at least five times over the years, said her favorite aspect of the race is that it's local. "Many of my friends do it, and I am able to recruit new people due to the manageable distance," she said.

**Jen Dustin**, master's female champion with a 44:10.33, said she didn't mind the new course. As a woman who actually likes hills, she was happy that "108 was still in there - which to me needs to remain a staple and is a big part of the personality of the race," adding that the lakefront finish puts the runners right behind Clyde's.

Jen has run the race at least six times, and finally got a top five overall finish. "Yay for the old ladies!" she said (but we think Jen is young). Her favorite part of the race? "108," (because she's crazy), "oh, and the food and beer at the end! Iconic!"

Jen has moved to Atlanta but watch out: "I'll be back to defend my masters title next year!"

**Andrew Madison**, who hadn't actually noticed the finish was uphill in years past, said he liked how the bike path prevented him from seeing the other competitors. Of course, since Andrew actually won the race with a 33:41.36, there weren't that many competitors around him.

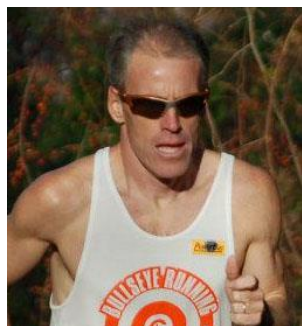
"In years past I could look over my shoulder and see if someone was closing in on me or not and adjust," he said. "The new finish helps keep the race more honest in the final mile."

Andrew has run Clyde's three times, winning twice and getting second one year. In the last couple years, he volunteered instead of racing.

His favorite aspect of Clyde's? "The awesome post-race party on the lake. I usually run into my old high school coach and have a beer with him, which is kind of cool. Probably one of the best post-race parties in the area. Hopefully we have nicer weather next year so it can go later!"

## YOUTH RUNNING UPDATE

*Submitted by Phil Lang*



Spring is an exciting time for the youth runners in Howard County. Over 400 kids joined one of the three programs offered by the club and Bullseye Running. One program is a simple fitness running program that does not push the competitive aspects of running but does practice twice a week for two months to provide the youngsters with some quality instruction in a friendly and encouraging environment.

A second program focuses on the competitive opportunities the sport of track and field offers with three practices a week plus meets on Sundays afternoons during the two-month program. Many from that second program roll into the Summer program and join a bunch of high school kids looking to compete some more after their high school season ends.

The meets this Summer the kids are competing in are the USATF Junior Olympic Association (Maryland), Region (Virginia) and National (North Carolina) Championship, and the USATF Youth National Championship in Rochester NY.

Sharing the love of this great activity with the next generation is an exciting opportunity for these more than three dozen coaches - **Susan Kim, Logan Kim, Noah Kim, Rachel Collins, David Toller, Bill Arbelaez, Bob Burns, Bobby Gessler, Pat Huffman, Fred Jorgensen, Kathy Jimenez, Jeffrey Spranza, David Jun, Vicki Lang, Dominique Lincoln, Jud Lincoln, Marie Yuille, Mik'yla Stephens, Brian Murphy, Rachel Edoho-Eket, Ben Koech, Pam Mooring, Jason Cox, Jake Downing, Greg Orlofsky, Debbie Ellinghaus, Jeff Heiges, Brian Shadrick, Eric Schuler, Chris Brewington, Tyler Wade, Jamila Brown, Renato Gonzales, Zach Dickerson, James Blackwood, Phil Rogers, Brit Lang and Deanna Yancey.**

Many successes have come on the track and in the field but hopefully more than anything else the kids have enjoyed the experience and will want to continue doing it. The next newsletter will note some special performances at these championship meets noted above. The Fall XC program registration will open in July and practices will be Monday and Wednesday evenings at Centennial High in September and October so plan accordingly!

The Friday Night Summer XC Series has begun and will continue on through the middle of August so check the schedule and participate in at least three of the six events in the series to earn your tech shirt!

The high school and college age Summer XC Training Program called the Summer Striders is underway. With almost every school in the county being represented in this group of over 100 kids, we believe it provides the best training opportunity for everyone. With the three times a week group runs being on Saturday mornings at the Wilde Lake Village Center at 8am (since the 7am Bagel Run start time is a bit early for teenagers), Monday evenings at Oakland Mills High and Wednesday evenings at Howard High, the group gets to train in various locations to keep it fresh. Kids are still signing up so please join in if you are planning to run XC this Fall in either high school or college, <https://registration.bullseyerunning.com/registration/create/57>.

## RUNNING WISDOM FROM 100-YEAR-OLD CHAMPIONS

### Record holders Orville Rogers and Julia Hawkins know how to keep the running flame alive



*Submitted by Amanda Loudin – reprinted with permission of the author from Outside magazine*

Becoming a YouTube sensation was never on the bucket list for either 100-year old Orville Rogers or 102-year old Julia Hawkins. But when the two runners sped off the starting line to set new world records at the USATF Masters Indoor Championships earlier this month, that's exactly what happened. Their combined race videos garnered more than 1 million views. Running fans apparently cannot get enough of the centenarian podium-toppers.



100-year-old Orville Rogers (lane 2) set a new age group record in the men's 60m in 19.13 at [USATF Masters Indoor Championships!](#)

The fandom is well-deserved. Rogers broke five world records *and* five American records at the meet, in distances ranging from 60 meters to 1,500 meters. Hawkins nailed her 60-meter race, clocking a 24.79, good for both the American and world records in her age group.

Both runners take their training seriously, but also lead independent, full lives. Rogers can be found tooling around town in his red Camaro, with a license plate that reads “Beth 10,” in honor of his late wife. Hawkins still lives in the Baton Rouge home she shared with her late husband of 70 years and maintains an active social life.

The two runners both found the sport later in life. Rogers began running when he was 50, after picking up a copy of Kenneth Cooper’s classic book *Aerobics*. The day after finishing it, Rogers went out for his first run. At the suggestion of her children, Hawkins found running even later, at age 100. While plenty of runners keep at the sport well into their masters’ years, this pair takes dedication to a new level. We asked for their advice on how to maintain a long, healthy relationship with running.

### Keep It Simple

Rare is the training plan designed for a 100-year old runner, so Rogers and Hawkins have had to figure things out on their own. Straightforward and simple is the rule, they both say. “I go to the

track facility three times a week to run and lift weights for up to two hours,” Rogers says. “I run slow to keep my endurance up, and then add in some 100-meter intervals to work on speed.”

Hawkins is a longtime cyclist, and when she decided to give track a go two years ago, she began practicing by marking the various race distances she would run with flags alongside the road. “I don’t do much dedicated run training, because I figure if you don’t have it by my age, you don’t have it,” Hawkins says. “But I do stay active—cycling and walking with my friends in the neighborhood.”

## **Make Sleep a Priority**

Hawkins’ regular routine includes a daily nap of up to an hour. “I go out to lunch every day and follow that up with a nap,” she says. “Then I’m rested and relaxed and ready for the rest of my day.” Rogers doesn’t always nap, but he is committed to a full eight hours of sleep every night. “I always say I go to bed at dark-o-thirty and rise with the sun,” he explains. It’s a habit that goes back to his childhood spent on a farm.

## **Eat Sensibly**

Like all dedicated athletes, Hawkins and Rogers understand the value of good nutrition. Hawkins eats “sensibly in moderation,” a diet that includes both coffee and beignets.

Rogers makes sure much of his diet is plant-based and is a fan of dark-hued fruits and vegetables. “I learned to eat well from the start,” he says, “and I believe that highly pigmented produce will provide you with the antioxidants you need.”

## **Form a Squad**

Rogers brought a cheering crew of 30 people to the indoor nationals meet, all screaming, holding banners, and wearing T-shirts emblazoned with his name. “My family energized the crowds, and I had the entire spectator section cheering me on,” he says. “It was heartwarming.”

While Hawkins doesn’t bring along as big of an entourage, she always has at least one of her four children along for the ride. At the national meet, a younger neighbor came for support as well. “The whole idea for me to begin running came from my kids,” Hawkins says. “They paid the fee for my first meet and went along to encourage me on. They figured I was ready for something new.”

## **Develop a Variety of Passions**

While these centenarians excel at running, each will tell you that it’s important to have hobbies outside the sport. Among her many interests, Hawkins is an avid reader, writer, and gardener. Rogers is also a lifelong reader and learner, and he published his life’s story as a veteran, pilot, missionary, and runner in *The Running Man: Flying High for the Glory of God*.

## **Love What You Do**

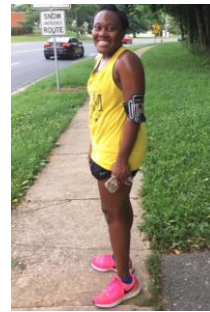
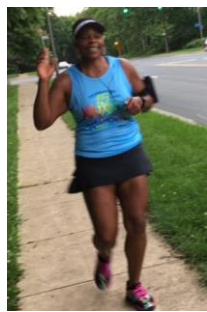
While some runners are motivated by competition or camaraderie, for both Rogers and Hawkins, it’s all about love of the sport. “I know that I could fall and get hurt, but that could happen with anything I do at my age, so I think it’s worth it,” Hawkins says. “I just love to feel like I’m flying and to hear the air whistling in my ears.”

## STRIDERS SOCIAL HOUR

Submitted by Paula Stehle



**June 25, 2018 Pub Run** – Approximately 70 people gathered at Frisco’s Tap House for a 3.4 mile around Lake Elkhorn and back. Following the run, the participants were treated to a beer and some snacks, as well as the opportunity to socialize with fellow runners! Thanks to Dr. Russel Antico ([www.hocochoiro.com](http://www.hocochoiro.com)) and Frisco’s (<http://www.friscotaphouse.com/>) for sponsoring our event! Please email [social@striders.net](mailto:social@striders.net) if you have any good ideas for future social events. Thank you!



## IF THE BONE AIN'T SHOWIN', KEEP ON GOIN' ...AND OTHER THINGS ULTRA RUNNERS SAY

Submitted by Susan Kim



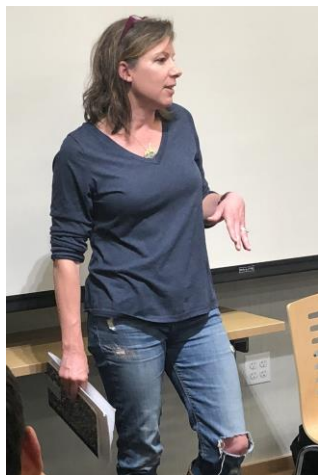
Sometimes our local ultra-runners actually do emerge from the woods to talk about their lives. Turns out they are tough, insane, funny and immensely likable.

On April 18, three Striders ultra runners shared their secrets to success - and suffering - at the Howard County library before a standing-room-only audience. They were:



**Ryan Brown** (*pictured left*), who completed his first marathon in March 2014, his first 50k in February 2016, and his first 100 miler in December 2016. On June 3, Ryan completed the World’s End 100k, a 63.8 mile single loop trail ultramarathon on 95% single-track/double-track. The course has an elevation gain of 12,395 feet with a net elevation change of 24,790 feet. We are afraid to ask what he’s planning next.

**Aaron Ellison** (*pictured right*), who ran the Marine Corps Marathon in 2012 in 5:46, then after a few more marathons, ran the North Face 50 Miler armed with only the information he gleaned from the book “Born to Run” (oh, and Google searches). Now Aaron is frequently on the podium in ultras and other races, and has a mounting collection of weird prizes that include an urn, some mountain wine, and some shirts we covet for their sheer coolness.



**Gretchen Shuey**, busy mom of two boys, owner of the Ellicott City-based coffee shop Bean Hollow, and finisher of the Leadville Trail 100 (that’s 100 miles through the heart of the Colorado Rockies). (*Editor’s note: Bean Hollow was among the small businesses devastated, for the second time, by severe flooding in Ellicott City. We stand with you, Gretchen, as you relocate.*)

As these runners spoke, we were all impressed by their amazing accomplishments but also by how modest, funny and “real” they are.

For example, Ryan is not afraid to describe his past self as “a husky fella,” or even say: “I was just really fat and my doctor said I had really high cholesterol.”

He decided to lose weight by first going to the gym. “I hated exercising,” he said. “It was a chore.” It’s like an absurd children’s book: “The Ultra Runner Who Hated Exercising.”

When Aaron signed up for his first 100-miler, he really didn’t know the race would be “a trail thing.” Oh, dear, he thought. “I didn’t have any running friends. I really didn’t even know people ran on trails. Then I found Patapsco Park. Running there was really hard. There were hills and rocks all over.”

He describes his first 100 miler as “the worst experience he’s ever had.” But he finished. And he just kept signing up for races. He also became friends with Ryan, since they share the same love-hate relationship with running.

*(Editor’s note: Now Aaron has lots of running friends who think he’s witty, wise and an all-around great guy.)*

Gretchen likes to wear her Leadville 100 necklace, which is arguably the coolest jewelry in the universe. Be careful around Gretchen: she’s so encouraging that you’ll walk away thinking you, too, can be an ultra runner. “I still don’t know what zero-drop is or what VO2 max is. In fact, I don’t even know how to use my Garmin and, at Leadville, I was 17 miles in and it said my memory was full, so I dropped it at the next aid station,” she said.

One of Gretchen’s first pieces of advice: “Don’t read books written by male ultra runners who win. They are written by some genetically freakish people.”

She ran Leadville training no more than 40-50 miles a week. “On Wednesdays and Fridays I’d go out for 10 miles. Then Sundays I’d do a long run. The longest run I did that wasn’t a race was 28 miles. I also did three 50ks to prepare for Leadville. It can be done. It’s not pretty. For me, everything just sort of fell into place.”

## Your Top Ultra-Related Questions, Answered (Sort Of)

### *How do you train?*

Ryan runs on terrain similar to the race, and he added that hill repeats and speed work are also really important.

### *Do you sleep?*

Ryan doesn’t, and the longest he’s ever run is 28.5 hours. Think of this next time you’re whining about being tired.

### *Do you eat?*

Yes. But their eating habits are very different. Ryan says he eats a lot of “Tailwind,” which is a Gatorade-like fuel that’s 100 calories per scoop. Gretchen shared: “The day before Leadville, I had just happened to pick up a pack of mini Reeses peanut butter cups. I hadn’t trained with them. But for some reason at mile 87 they were the only thing I could stomach.”

### *What if you have to go to the bathroom?*

First, why do you have to ask this? But the answer is: you go. “You bring toilet paper,” said Ryan. “You take care of it.”

### *Do you run the whole way?*

All three ultra runners said: Not usually. There is some hiking involved.

### *How did you learn more?*

Read the race reports of people who have done the races you want to do. Make friends who are just as weird as you. As Gretchen puts it, “We are extremely fortunate to be in a community where we have a large number of very accomplished runners.”

## RACING TEAM WINTER UPDATES

*Submitted by Mark Landree*



The Howard County Striders Racing Team would like to welcome **James Blackwood, Ed Montgomery** and **Faye Weaver** to the team.

Spring is the time when all those miserable wintery miles start to pay dividends and the racing team cashed in big time. **Rachel Collins** started it all off with a 7K PR at the Run to Remember.

**Julia Skinner, Mark Landree, Blackwood** and **Faye Weaver** all set PR’s at the B&A Trail Marathon and Cherry Blossom 10 miler, Pike’s Peek 10K, and Dirty German 50K, respectively. Then, to top it off, **Julia Roma-Duval** set the bar quite a bit higher, setting two new race team records at Pike’s Peek 10K and Broad Street 10 Miler.

The Credit Union Cherry Blossom 10-Miler is known to be a fast-paced race and this year’s edition delivered, attracting 16,658 runners from all over the world. On the women’s side, **Roman-Duval** and **Caroline Bauer** ran in the advanced women’s start. **Roman-Duval** ran a 58:46 (19<sup>th</sup> overall,

1<sup>st</sup> place F35-39) and **Bauer** ran a 1:02:42. Also on the women's side, **Erin Chamberlin** (1:08:04; 2<sup>nd</sup> place F40-44) and **Tammy Liu Hermstein** (1:18:20) had strong performances. On the men's side, **Andrew Madison** turned in a blazing 54:24 for 61<sup>st</sup> place overall, **Luke Janik** ran a solid 56:49 for 84<sup>th</sup> place, **Jason Tripp** ran a phenomenal 58:21 for 107<sup>th</sup> place overall and 1<sup>st</sup> place in his age group with **Mark Buschman** close on his heels at 58:48. Rounding out the men's squad was **Kevin Ford** (59:46), **Mark Landree** (59:55), **Tunde Morakinyo** (3<sup>rd</sup> place M50-54), and **Yasuo Oda** (1:10:30). On the team side, the men won the Running Club Men's Open division with **Andrew Madison, Luke Janik, Mark Buschman** and **Kevin Ford** posting a cumulative team time of 2:50:01, 2 minutes and 20 seconds ahead of the second place team. The Mixed Masters team of **Jason Tripp, Erin Chamberlin, Mark Landree** and **Tammy Liu Hermstein** took second place in a cumulative time of 3:06:19.

On the shorter side, but by no means any less impressive, **Brian Shadrick** flew down the Westminster Main Street Mile in 4:39 for 6<sup>th</sup> place overall.

Next up was Clyde's 10K and this year's edition provided unseasonably cool weather for the team to take advantage of. It looked like a river of blue as the Strider singlets wound their way through the streets of Columbia with the men taking 7 of the 10 top spots overall and most of the 1<sup>st</sup> place age group awards. **Andrew Madison** won the race outright in 33:41 with **Buschman** (35:13, 3<sup>rd</sup> overall), **Craig Lebro** (36:28, 2<sup>nd</sup> place M30-34), **Tripp** (36:30, 1<sup>st</sup> place M45-49), **Mark Eagles** (36:44 1<sup>st</sup> place M25-29), **Adam Wytko** (36:50 1<sup>st</sup> place M35-39), **Landree** (37:01, 2<sup>nd</sup> place M45-49), **Tunde Morakinyo** (39:21, 1<sup>st</sup> place M50-54), **Shadrick** (41:31, 3<sup>rd</sup> place M45-49), and **John Chall** (43:04, 1<sup>st</sup> Senior Grandmaster). Notable performances on the women's side were **Weaver** (45:10, 1<sup>st</sup> place F45-49), **Hermstein** (46:08, 1<sup>st</sup> place Grandmaster), and **Debbie Cohen** (55:49, 1<sup>st</sup> place Senior Grandmaster).

While race team singlets at Clyde's looked like a river, this year's edition of the Boston Marathon was practically run in a river! However, heavy rainfall and cold temperatures didn't stop **Eric Schuler** (2:41:31, 173<sup>rd</sup>) and **Ed Wilson** (3:03:16, 2163<sup>rd</sup>) from running super strong races in what will be hopefully a once in a lifetime test of true grit. While **Schuler** did not set a PR for the distance, he did manage a course PR under some of the worst possible conditions.

The next major race for the team was Pike's Peek 10K. **Roman-Duval** was on the leading edge besting her previous race team record and winning for the ladies in 34:10 (34:10, 1<sup>st</sup> place, RTR, PR) followed by **Skinner** (43:58) and **Hermstein** (44:18, 1<sup>st</sup> place F50-54). The men threw down some fast times with **Madison** leading the team (32:38, 9<sup>th</sup> place), followed by **Janik** (32:39, 10<sup>th</sup> place, 2<sup>nd</sup> M20-24), **Tripp** (34:33, 2<sup>nd</sup> M45-49), **Blackwood** (34:56, 26<sup>th</sup> place, PR), **Wytko** (35:18, 30<sup>th</sup> place), **Morakinyo** (37:13, 3<sup>rd</sup> M50-55), **Wilson** (38:15, 3<sup>rd</sup> M55-59), **Chall** (40:50, 1<sup>st</sup> M60-64), and **Montgomery** (41:16).

April showers bring May RTR/PR's? It's time to take note of **Roman-Duval's** training regimen as she set another racing team record at the Broad Street 10 Mile Run in 56:23, placing 3<sup>rd</sup> overall in an international field and taking home 1<sup>st</sup> place US female (RTR, PR). Major congrats to her on this accomplishment!



The Frederick Half Marathon often looks kindly on the HCS Striders and this year was no different. **Bauer** (pictured left) placed 2<sup>nd</sup> overall in 1:22:43 and **Tripp** took home the Master's title in 1:18:03. Other notable performances included **Ford** (1:20:07), **Wilson** (1:24:57), and **Skinner** (1:43:22).

Spring Hops 5K was quite messy from all the rain, but **Conrad Orloff** broke the tape and **Chamberlin** led the women in 2<sup>nd</sup> place. Also representing the cross country race were **Eagles** (2<sup>nd</sup> place), **Collins** (3<sup>rd</sup> place), **McCracken** (4<sup>th</sup> place),

**Hermstein** (7<sup>th</sup> place), and **Chall** (15<sup>th</sup> place).

Wrapping up the final weekend of spring racing at the Lawyers Have Heart 10K, one of our younger runners, **Janik**, posted a stunning 33:11 for 21<sup>st</sup> place overall in an extremely competitive field. **Janik** was joined by **Roman-Duval** (5<sup>th</sup> place; 35:08) and **Tripp** (39<sup>th</sup> place; 35:11), all three pictured to right.



On the following day, the HCS Women's Distance Festival 5K. Running over rolling hills and facing high humidity, **Tori Berard** led the pack (1<sup>st</sup> place; 19:31) with **Weaver** joining her on the podium for 3<sup>rd</sup> place (21:19). The rest of the ladies made strong showings with **McCracken** (1<sup>st</sup> F30-34), **Hermstein** (1<sup>st</sup> F50-54), **Skinner** (2<sup>nd</sup> F40-44), and **Debbie Cohen**(1<sup>st</sup> F60-64).

All in all, it was a fast, productive spring. Let summer training begin!



*Striders Racing Team at Pikes Peak left to right: Andrew Madison, James Blackwood, Ed Wilson, John Chall, Jason Tripp, Akintunde Morakinyo, Adam Wytko, Luke Janik, Julia Roman-Duval*

## OUT OF TOWN RACE RESULTS

*Submitted by Greg Lepore, Jim Mahoney and Luke Janik*



In the January edition of *FOOTPRINTS*, I (Greg Lepore) put out a call for help in compiling the Strider results from non-club races. In April, just hours apart, I was contacted by two volunteers to help with the programming. Luke Janik, a temporary transplant from New England, and Jim Mahoney, a long time Strider, contacted me with offers of help.

After a meeting it was decided that Luke would concentrate on writing code to pull the results from club websites and format the results in a standard way. Jim would work on improving the code that matches an individual race result with the current Strider membership database.

Race results can be found in many locations: on the club's web site, the timing company web site, athlinks.com, etc. Each result could be in a different file format such as HTML, PDF, JSON, or TXT. Luke's programming sets up a set of configuration parameters for each race result, identifying the format of the results, the type of code needed to download all pages of results, and the location in each file of the appropriate columns of data (name, age, city, time.) Luke's code standardizes all of the race results so that the file of results can be passed on to the matching code.

Once the results have been downloaded and cleaned up, they are ready to be processed by the matching code. Currently the matching code is being run on a web page that allows the user to paste or upload the results file. The web page then runs code to perform the match against the Strider membership database. However, the existing code, which has been in use for close to six years, is in need of an upgrade to make the process more accurate and more automated.

Jim is working on code which takes the results from Luke's code and performs the matching against the membership database. A fuzzy matching algorithm will be used to match nicknames or variations on names to the full name in the membership database. In many races my name appears as "Greg Lepore", while in the Strider database it appears as "Gregory Lepore". While the human eye can easily see that these are the same person, it is harder for a computer to match the two variations. The current code has problems matching names; it regularly matches "Joe" with "Joel", "Christine" with "Kristine", and "Karen" with "Karsten".

Luckily this problem has been addressed by other members of the programming community. Various lookup files exist which give possible permutations of first names. However, even with useful lookup files, problems can still be encountered. How many variations are there on the first name Elizabeth? Liz, Lizzy, Beth, Izzy, Betty, etc. Not that one person would use all of those names, but that many Elizabeths might each use one, and the computer needs to be aware of all of them.

The goal of the code improvement project is to fully automate the process of matching results to the membership database via a webpage where a user can paste a URL to a set of results, and get a set

of Strider members who ran that race. Currently I spend approximately 6-10 hours each quarter to obtain the results and perform the membership matching. This time will be reduced to 1-2 hours or less when the code is fully implemented.

Many thanks to Luke and Jim for their willingness to work on this project and help improve **FOOTPRINTS!**

**Rock and Roll Half  
Marathon  
March 10, 2018  
Washington, D. C.**

Danny Mooney 1:29:51  
Christopher Ryan 1:30:09  
Deb Taylor 1:39:56  
Rachel Sanborn 1:44:07  
Libo Suen 1:45:26  
Linglei Ma 1:45:59  
Mackenzie Powers 1:46:43  
Mark Ringerud 1:49:34  
Xuesong Wang 1:49:37  
Luis Diaz 1:49:43  
Natalie Beach 1:51:29  
Thomas Maloney 1:51:35  
James Johnson 1:52:33  
James Scarborough 1:54:34  
Rob Weaver 1:54:54  
Brian Kim 1:55:38  
Kim Burckhardt 1:59:44  
Andrew Harris 1:59:51  
Jason Smith 2:03:31  
Laura Miller 2:05:52  
Sam Martin 2:12:07  
Janee Spruill 2:14:06  
Ikenna Offurum 2:15:51  
Emily Roberts 2:17:29  
Gabriela Aguilera 2:21:50  
Sean Harrington 2:22:16  
Julie Smith 2:25:18  
Julie Baker 2:35:15  
Angela Phillips 2:46:17  
Eugenia Seabron 3:49:07

**Rock and Roll  
Marathon  
March 10, 2018  
Washington, D. C.**

Craig Lebro 2:41:48  
Ryan Hermstein 2:58:28  
Lifeng Pu 3:17:51  
Heidi Splete 3:41:43  
Nadrat Siddique 3:54:31  
Robert Cawood 3:58:51  
Yihua Zheng 3:59:22  
Susan Kim 4:20:23  
Alan Mulindwa 4:28:48  
Kevin O'Shea 4:54:59  
Matthew Rosen 5:26:19

**Hatrun 50K  
March 24, 2018  
Havre de Grace, MD**

Lokesh Meena 5:19:11  
Henry Peck 5:23:48  
Matthew Jacobson 5:26:34  
Tasha Hogan 5:41:31  
Robert Cawood 5:56:44

**Cherry Pit 10 Mile  
May 13, 2018  
Edgewater, MD**

Adam Wytko 1:01:59  
Karsten Brown 1:05:30  
Stephen Bohse 1:06:07  
Richard Reinhardt 1:07:48  
Scott Goldblatt 1:16:16  
Michael Bohse 1:17:23  
John Way 1:20:42  
Alan Mulindwa 1:25:40  
Kevin O'Shea 1:26:16  
David Hopkins 1:28:29  
Susan Kim 1:33:02  
Joanne Lee 1:33:53  
Hans Meurer 1:41:24  
Carol Wesolowski 1:42:07  
Christopher Puin 1:52:21

**B & A Marathon and  
Half Marathon  
April 8, 2018  
Severna Park, MD**

**FULL**

Karsten Brown 3:16:39  
Julia Skinner 3:27:42  
Stephen Turner 3:30:17  
Yong Kim 3:32:09  
Bok Sung Jung 3:38:58  
Dwight Mikulis 3:54:20  
Nadrat Siddique 4:00:11  
Alan Tominack 4:11:05  
Jennifer Storch 4:23:48  
Edward Beach 4:32:18  
Joshua Brunner 4:47:41  
Sang Chung 4:52:46

**HALF**

Stephen Bohse 1:28:48  
Steve Knoll 1:37:01  
Catherine Kilday 1:41:34  
Rick Schofield 1:45:03  
John Macmillan 1:45:59  
Heeyoung Weddington 1:48:52  
Hans Meurer 1:55:51  
Kevin Lascola 1:56:49  
Lisa Shaw 2:04:52  
Jill Calhoun 2:04:59  
Stephanie Spring 2:11:38  
Michael Gelinis 2:16:29  
Carol Wesolowski 2:19:58  
Christopher Puin 2:37:40  
Arleen Matelock 3:05:02

**River Valley Run  
Trail Half Marathon  
April 21, 2018  
Manchester, MD**

Matthew Jacobson 1:54:20  
Chris Wilson 2:06:33  
Cary Jacobson 2:27:49  
Juan Fernandez 2:28:51  
Jill Calhoun 2:57:11  
Charles Brown 2:59:36

## Cherry Blossom 10 Miler

April 8, 2018  
Washington, D. C.

Andrew Madison 54:24  
Luke Janik 56:49  
Jason Tripp 58:21  
James Blackwood 58:27  
Julia Roman-Duval 58:46  
Mark Buschman 58:48  
Alvin Yew 59:04  
Kevin Ford 59:46  
Mark Landree 59:55  
Terence Baptiste 1:00:15  
Michael Kelly 1:01:49  
Aaron Ellison 1:02:36  
Caroline Bauer 1:02:43  
Michael Davies 1:03:16  
Akintunde Morakinyo 1:03:24  
Ryan Hermstein 1:04:37  
Christopher Ryan 1:07:05  
Erin Chamberlin 1:08:04  
Mikhail Petrovskikh 1:08:20  
William Dye 1:08:51  
Christopher Hoffman 1:10:01  
Mark Hyatt 1:10:13  
Yasuo Oda 1:10:30  
Marc Hermstein 1:11:07  
Stephen Wells 1:16:40  
Lisa Fichman 1:17:28  
Alison Pasternak 1:17:29

Janeth Scott 1:17:41  
Luis Diaz 1:17:58  
Eugene Myers 1:18:10  
Tammy Liu 1:18:20  
Alan Mulindwa 1:18:48  
Tonnie Warfield 1:21:39  
Roger Lin 1:21:41  
Eric Malgieri 1:22:31  
Clarese Astrin 1:22:49  
Bruce Gordon 1:23:28  
James Scarborough 1:23:55  
Jeffrey Cohen 1:24:30  
Katie Frampton 1:24:52  
Emily Howe 1:25:15  
Hallie Brokowsky 1:25:51  
Juan Fernandez 1:27:12  
Natalie Beach 1:27:47  
Denise Lichaa 1:28:23  
Pamela Jock 1:28:32  
Dennis Boucher 1:28:57  
Susan Kim 1:29:48  
Andrew Harris 1:30:01  
Kelli Habicht 1:31:17  
Laura Miller 1:31:23  
Brian Kim 1:31:27  
Robert Walker 1:32:24  
Marta Thompson 1:32:35

Kevin Hencke 1:34:05  
Emily Roberts 1:35:05  
Rene Alonso 1:35:27  
Amy Tredway 1:35:49  
Jess Hencke 1:36:09  
Pattie Laun 1:38:43  
David Hogue 1:40:11  
Julie Brown 1:40:32  
Alyssa Mitchell 1:42:59  
Rohan Kuruville 1:44:04  
Melissa Garcia 1:44:16  
Brian Martin 1:47:58  
Juan Fernandez 1:49:01  
Donna Phillips 1:49:10  
Erica Malgieri 1:51:33  
Sean Harrington 1:51:56  
Kristen Evangelista 1:54:07  
Jerrold Sipocz 1:54:16  
Amanda Idstein 1:55:22  
James Johnson 1:56:29  
Lynda Allera 1:57:08  
Trisha Vargo 1:59:06  
Kelli Shimabukuro 2:04:34  
Emily Roberts 2:07:17  
Winnie Navarro 2:07:44  
Seema Mathew 2:16:11

### **JHU/APL 5K** June 13, 2018 Laurel, MD

Carlos Renjifo 15:49  
Eric Schuler 16:05  
Kevin Ford 16:55  
Casey Richardson 21:01  
Newton Mccollum 21:18  
Robert Mcdonald 23:53  
Garrett Burns 25:13  
Steven Burns 25:13  
Frances Haard 25:44  
Roland Catalano 34:29  
Henry Alfonso 37:44  
Carlos Alfonso 37:45  
Janice Badesha 41:27  
Ellen Brown 48:29  
Lashonda Hinds 56:01

### **Dawson's** **Father's Day 10K** June 17, 2018 Severna Park, MD

Mark Landree 37:01  
Frank Volny 39:28  
Stephen Bohse 40:10  
Karsten Brown 41:27  
Faye Weaver 43:58  
Casey Richardson 45:16  
John Way 48:59  
Robert Cawood 49:06  
David Hopkins 55:29  
Pamela Yao 57:35  
Carol Wesolowski 1:01:00  
Christopher Puin 1:10:52  
Amanda Idstein 1:12:23  
Sharlene Deskins 1:18:48

### **Ellicott City 10K** June 17, 2018 Ellicott City, MD

Richard Reinhardt 44:01  
Stephen Turner 45:14  
Kevin O'Shea 53:41  
Hussein Jirdeh 59:03  
Jade Marquart 1:06:06

### **Ellicott City 5K** June 17, 2018 Ellicott City, MD

Jeremy Rea 19:29  
Efrem Perry 28:20  
Benjamin Kim 30:09

**AFCEA 5K**  
**April 28, 2018**  
**Columbia, MD**

Brad Hoffman 23:15  
Sean Fao 23:21  
Gabrielle Wilson 23:28  
Andrew Doyle 25:06  
Bill Dooley 27:26  
Amelia Mullican 27:52  
Helen Mercer 28:38  
Randy Parsley 28:55  
Doug Spezzano 30:17  
Sean Battle 31:46  
Erin Moyer 32:24  
Arlene Cahn 33:19  
Laura Ramu 34:09  
Eunice Cho 37:57  
Steve Reading 39:02  
Vickie Wendt 39:49  
Analeen Spezzano 44:58  
April Depetris 45:23  
Mark Schmid 45:58  
Kevin Johnson 46:37

**Germantown 5-M**  
**May 19, 2018**  
**Germantown, MD**

Chad Burger 34:47  
John Way 35:46  
Marc Burger 37:41  
Eugene Myers 38:28  
Alan Mulindwa 39:04  
Alyssa Mitchell 47:38  
Rene Alonso 48:41  
Melinda Krummerich 53:24  
Kayla Johnson 56:03  
Sharlene Deskins 57:53  
Bruce Gordon 58:37  
Helene Myers 1:10:03

**Pike's Peek 10K**  
**April 29, 2018**  
**Montgomery County, MD**

Andrew Madison 32:38  
Luke Janik 32:38  
Julia Roman-Duval 34:10  
Jason Tripp 34:33  
James Blackwood 34:56  
Adam Wytko 35:17  
Jicheng Liu 36:29  
Akintunde Morakinyo 37:13  
Sam Martin 37:47  
Ed Wilson 38:15  
John Chall 40:50  
Ed Montgomery 41:16  
Ryan Brown 41:29  
Marc Hermstein 41:49  
Julia Skinner 43:58  
Alan Mulindwa 44:08  
Tammy Liu 44:18  
Steven Burns 44:32  
John Way 46:46  
Eric Johnston 48:21  
Matthew Bevan 50:36  
Amy Montgomery 51:13  
Alyssa Mitchell 58:04  
Randy Parsley 1:01:56  
Joshua Brunner 1:03:06  
Kayla Johnson 1:04:01

**Cherry Pit 10 Mile**  
**May 13, 2018**  
**Edgewater, MD**

Adam Wytko 1:01:59  
Karsten Brown 1:05:30  
Stephen Bohse 1:06:07  
Richard Reinhardt 1:07:48  
Scott Goldblatt 1:16:16  
Michael Bohse 1:17:23  
John Way 1:20:42  
Alan Mulindwa 1:25:40  
Kevin O'Shea 1:26:16  
David Hopkins 1:28:29  
Susan Kim 1:33:02  
Joanne Lee 1:33:53  
Hans Meurer 1:41:24  
Carol Wesolowski 1:42:07  
Christopher Puin 1:52:21

## Baltimore 10 Miler

June 2, 2018

Baltimore, MD

Kevin Ford 59:49	Emily Howe 1:37:24	Paula Liggins 1:58:08
Akintunde Morakinyo 1:07:07	Randy Reitenauer 1:37:58	Evan Krozy 1:58:08
Courtney Mann 1:11:45	Aileen Linton 1:38:09	Snehansu Roy 1:58:49
Brian Fleming 1:14:50	Alyssa Mitchell 1:38:25	Carol Bianchini 2:00:13
Chad Burger 1:17:44	Justin Carnahan 1:38:59	Stephanie Szewczyk 2:00:47
Rachel Sanborn 1:18:32	Anne Rubin 1:39:05	Rachel Ruo 2:00:51
Scott Matthews 1:18:43	Kevin O'Shea 1:39:10	Loretta Farb 2:00:52
Corby Johnson 1:20:40	Andrew Doyle 1:39:40	Lucia Patrone 2:01:32
Jennifer Dustin 1:22:19	Amelia Mullican 1:40:21	Lisa Shaw 2:03:04
Rick Schofield 1:22:47	Joanne Lee 1:40:56	Trisha Vargo 2:05:07
Steve Knoll 1:22:58	Megan Cossa 1:41:52	Erica Malgier 2:05:14
Stephen Wells 1:24:18	Margaret Lyman 1:43:19	Stacey Bisnette 2:06:33
Robert Walker 1:24:32	Efrem Perry 1:43:46	Winnie Navarro 2:07:01
Heeyoung Weddington 1:26:03	Susan Kim 1:44:47	Eileen Levitt 2:09:04
Heather Stroble 1:26:16	Ron Roff 1:46:08	Laura Pitts 2:10:06
Bruce Gordon 1:29:34	Memory Morris 1:46:58	Ana Aguado 2:11:29
Juan Fernandez 1:30:04	Carol Wesolowski 1:47:06	Sarah Nemser 2:11:29
Denise Lichaa 1:31:19	Monica Beck 1:50:21	Lolita Hartman 2:13:12
Pamela Cheung 1:31:26	Paula Stehle 1:50:35	Kelly Proctor 2:13:41
Roger Lin 1:32:11	Lisa Dignazio 1:51:06	Ann Schofield 2:13:48
Janee Spruill 1:33:22	Pattie Laun 1:51:25	Emily Roberts 2:14:28
Marc Burger 1:33:44	Beth Buschling 1:51:30	Douglas Kornreich 2:14:31
Sarah Ringerud 1:34:38	William Neal 1:51:51	Kadesha Thompson 2:14:37
Lori Levine 1:34:42	Elizabeth Brock 1:52:24	Amanda Idstein 2:14:43
Leah Baker 1:34:45	Emily Stransky 1:53:20	Roland Catalano 2:24:02
Eric Baker 1:35:15	Stacy Monza 1:54:38	Jess Hencke 2:25:30
Clarese Astrin 1:36:55	Kaydian Bennett 1:57:14	
Ronnie Wong 1:37:11	Christine Marquart 1:57:57	

## Frederick Half Marathon

May 6, 2018  
Frederick, MD

Jason Tripp 1:18:03	Michelle Pelszynski 1:58:09	Julie Brown 2:24:06
Kevin Ford 1:20:07	Kimberly Gillette 1:58:27	Christine Comfort 2:24:06
Caroline Bauer 1:22:44	Ron Roff 1:58:38	Evan Krozy 2:24:25
Frank Volny 1:24:32	Melissa Garcia 1:58:42	Christine Marquart 2:25:35
Ed Wilson 1:24:57	Jennifer Coletta 1:59:57	Stephanie Szewczyk 2:27:17
Mikhail Petrovskikh 1:36:13	Margaret Lyman 2:00:22	Carol Bianchini 2:27:36
Jerrold Sipocz 1:38:12	Ashley Hooker 2:00:43	Stacy Monza 2:27:45
John Way 1:39:58	Lori Levine 2:00:59	Lavina Fathony 2:29:36
Steve Knoll 1:40:16	Susan Kim 2:01:40	Loretta Farb 2:30:15
Kate Maerten 1:42:24	Ana Aguado 2:01:46	Erin Moyer 2:31:52
Julia Skinner 1:43:22	David Lamparella 2:03:36	Eileen Levitt 2:34:07
Russ Owens 1:44:11	Aileen Linton 2:03:43	Joel Monza 2:36:11
Tonnie Warfield 1:45:25	Amelia Mullican 2:04:45	Amanda Idstein 2:40:14
Robert Walker 1:45:37	Brian Kim 2:04:54	Trisha Vargo 2:40:16
Stephen Wells 1:46:52	Jade Marquart 2:06:13	Kathryn Baker 2:40:48
Roger Lin 1:47:32	Benedetta Naglieri 2:07:10	Stacey Bisnette 2:41:28
Marc Burger 1:49:12	Stephanie Spring 2:08:43	Douglas Kornreich 2:46:58
Brian Koch 1:49:18	Larry Stern 2:11:44	Kadesha Thompson 2:47:40
John Macmillan 1:50:29	Jessica Stern 2:11:45	Emily Roberts 2:47:54
Clarese Astrin 1:51:46	Alyssa Mitchell 2:13:29	Pamela Johnson 2:48:29
Mark Ringerud 1:52:03	Benjamin Kim 2:13:39	Santhanagopalan Thiruvengadam 2:49:48
Catherine Scollick 1:52:29	Ari Greenberg 2:14:25	Laura Pitts 2:50:53
Anna Hogue 1:52:34	Efrem Perry 2:14:27	Gabriella Colarusso 2:52:22
Juan Fernandez 1:52:50	Jessica Pearsall 2:14:49	Maria Ferrucci 2:52:25
Brett Pusateri 1:54:45	Emily Stransky 2:15:16	Lolita Hartman 2:53:06
Bob Schahfer 1:54:50	Kaydian Bennett 2:15:20	Stephanie Zayas-Morris 2:53:12
Jason Mielke 1:56:03	Rene Alonso 2:18:30	Jason Smith 2:56:33
Sarah Ringerud 1:56:39	Sue Hale 2:21:33	Mohan Ray 3:22:24
Denise Lichaa 1:57:16	Beth Buschling 2:22:42	
Shane Strutz 1:57:56	Elizabeth Brock 2:23:06	
Alan Mulindwa 1:58:08	Emily Johnson 2:23:24	

## Maryland Half Marathon and 5K

June 9, 2018

Fulton, MD

### HALF

Jicheng Liu 1:27:11  
Rick Nelson 1:31:56  
Alexander Zelinka 1:34:30  
Keith Levasseur 1:36:23  
Daniel Jordan 1:37:38  
Peter Ward 1:38:16  
Qiang Tian 1:41:09  
Youlin Qi 1:42:17  
Feng Li 1:46:49  
Scott Goldblatt 1:47:46  
Xuesong Wang 1:49:18  
Ahmad Wardak 1:50:00  
Harris Zeng 1:50:31  
Joseph Wensus 1:51:56  
Yu Mei 1:54:36  
Linglei Ma 1:55:07  
Erin Karara 1:55:33  
Heeyoung Weddington 1:55:36  
Libo Suen 1:55:51  
Nadrat Siddique 1:57:32  
Boyan Neykov 1:57:56  
Scott Reider 1:58:58  
Yihua Zheng 1:59:31  
Shannon Sentman 1:59:49  
David Horrocks 1:59:59  
Michele Emerman 2:03:44  
Bruce Gordon 2:04:20  
Vincent Devlin 2:09:06  
Kevin O'Shea 2:09:24  
Hui Liu 2:12:07  
Andi Roddy 2:16:11  
Amy Weatherholtz 2:18:39

Emily Smith 2:23:29  
Hans Meurer 2:26:53  
Ikenna Offurum 2:27:02  
Jamie Kaylie 2:36:29  
Carlos Alfonso 2:40:15  
Eric Katkow 2:43:22  
Snehansu Roy 2:44:18  
Trisha Vargo 2:49:22  
John Wheatland 2:57:23  
Arleen Matelock 3:16:40

### 5K

Eric Schuler 18:52  
Evan Tian 20:51  
Greg Schuler 21:18  
Eugene Myers 22:33  
Allan Ying 24:26  
Wade Gaasch 25:26  
Mark Romiti 26:19  
Mary Niland 26:47  
Yan Zhang 26:51  
Griffin Ellinghaus 29:02  
Miranda Yarowsky 29:14  
Courtney Mann 30:53  
Douglas Dixon 31:25  
Lawrence Freeman 32:26  
Ashley Marks 33:00  
Kevin Spaulding 37:22  
Vaibhav Pandey 37:28  
Anna Miller 40:26  
Helene Myers 41:22

# WE ♥ OUR VOLUNTEERS – ALL 211 SINCE APRIL 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 10-Mile*

*Additions to the April 2018 FOOTPRINTS Edition Volunteer List – Club Challenge*  
Hafiz Shaikh, Randy Parsley, Paul Goldenberg, David Greenberg, Michael Mbugi, Bud Hunt

Volunteer	Bagel Run H2O	Clyde's 10K	Weekly Races	WDF 5K	FOOTPRINTS	*Program Coaches
Dennis Albright		♥	♥			
Lynda Allera	♥				♥	♥
Rene Alonso		♥			♥	
Sandra Ament			♥			
Carrie Anderson	♥					
Nick Anderson	♥	♥				
Ann ???	♥	♥		♥		
Bill Arbelaez	♥	♥	♥♥			♥
Jim Arney		♥				
Clarese Astrin		♥		♥		
Eric Baker				♥		
Kathy Baker				♥		♥
Caroline Bauer	♥			♥		
Kathy Bayer				♥		
Ed Beach		♥		♥		
Sarah Beach		♥				
Amanda Beal		♥				
Brian Beck		♥		♥		
Monica Beck		♥		♥		
Dianne Beer-Maxwell		♥				
Tori Berard				♥		
Richard Bernstein		♥		♥		
Shannon Biggs		♥		♥	♥	
James Blackwood		♥		♥		♥
Robert Boblitz			♥			
Marianne Bogan	♥					
Shane Bogan	♥					

Volunteer	Bagel Run H2O	Clyde's 10K	Weekly Races	WDF 5K	FOOTPRINTS	*Program Coaches
Dennis Boucher				♥		♥
Mary Brandenstein		♥				
William Brandenstein		♥				
John Bratiotis		♥	♥♥♥♥♥♥♥	♥	♥	
Chris Brewington		♥	♥	♥	♥	♥
Bill Brown		♥	♥	♥	♥	♥
Jamila Brown		♥	♥	♥	♥	♥
Marc Burger			♥♥	♥		
Melissa Burger		♥	♥♥♥♥♥♥♥			
Bob Burns		♥	♥			♥
Jeremy Carnero		♥				
Roland Catalano		♥				
Katy Cavanaugh		♥				♥
Joelle Chall		♥				
John Chall				♥		
Erin Chamberlin		♥				♥
Donnie Chapman			♥			
Lynn Chen		♥				
Song Cheng				♥		
Pam Cheung	♥					
Rachel Collins			♥			♥
Jason Cox			♥			♥
Nick Del Grosso		♥				
Marsha Demaree	♥					
Sylvia Devlin		♥				
Zach Dickerson		♥				♥
John Difato		♥	♥			
Doug Dixon		♥				
Jake Downing		♥				♥
Andy Doyle		♥				♥
Jennifer Dress		♥				
Rachel Edoho-Eket		♥				♥
Debbie Ellinghaus		♥				♥
Loretta Farb		♥		♥		
Chris Farmer	♥	♥		♥		
Allan Field					♥	
Brian Fleming			♥		♥	
Linda Fobbs		♥				

Volunteer	Bagel Run H2O	Clyde's 10K	Weekly Races	WDF 5K	FOOTPRINTS	*Program Coaches
Kevin Ford		♥				
Ann Galvin				♥		
Meghan Gawryck				♥		
Bobby Gessler				♥		♥
Sabina Gill		♥				
Renato Gonzalez		♥				♥
David Greenberg		♥				
Sue Hale				♥		
Beth Hannon				♥		
Jeff Heiges				♥		♥
Kathy Hennes				♥		
Marc Hermstein		♥	♥	♥		
Tammy Lie Hermstein			♥			
Colby Higgins				♥		
David Hopkins				♥	♥	♥
David Horrocks		♥				
Donna Hosang		♥				
Emily Howe		♥				♥
Pat Huffman		♥				♥
Paul Hugus		♥	♥			♥
Bud Hunt				♥		
Amanda Idstein			♥♥			
Luke Janik			♥	♥	♥	
David Jenks				♥		
Kathy Jimenez				♥		♥
Fred Jorgensen				♥		♥
David Jun				♥		♥
Karen Jung				♥		
Jennifer Kasisky			♥			
David W Keelan			♥			
Victor Keelan		♥	♥			
Catherine Kilday			♥			
Logan Kim			♥			♥
Noah Kim			♥			♥
Susan Kim					♥	♥
April Kociolek					♥	♥
Ben Koech					♥	♥
Doug Kornreich					♥	♥

Volunteer	Bagel Run H2O	Clyde's 10K	Weekly Races	WDF 5K	FOOTPRINTS	*Program Coaches
Melinda Krummerich		♥	♥♥		♥	
Pete Kruus		♥	♥		♥	
Glenn Kuenzig		♥				
Mark Landree		♥		♥	♥	
Brit Lang				♥		♥
Phil Lang				♥	♥	♥
Vicki Lang			♥	♥		♥
Jeanne Larrison				♥		
Pattie Laun		♥		♥		
Craig Lebro			♥	♥		
Jo Lee				♥		
Joanne Lee		♥				♥
Greg Lepore		♥			♥	♥
Denise Lichaa		♥				
Paula Liggins		♥			♥	
Dominique Lincoln		♥				♥
Jud Lincoln		♥				♥
Ray Lischner		♥				
Jicheng Liu		♥				
Guillermo Loenstein	♥					
Adam Loudin		♥				
Amanda Loudin					♥	
Jim Mahoney					♥	
Harvey Malloy Jr.				♥		
Michael Mbugi		♥				
Noel McCracken			♥			
Hans Meurer			♥			
Dwight Mikulis			♥			♥
Mel Miller				♥		
Susie Montoya				♥		
Jeloni Moore			♥	♥		
Pam Mooring			♥	♥		♥
Akintunde Morakinyo				♥		
Memory Morris		♥				
Amelia Mullican		♥				♥
Brian Murphy		♥				♥
Yasuo Oda				♥		
Karen Ohlrich		♥				

Volunteer	Bagel Run H2O	Clyde's 10K	Weekly Races	WDF 5K	FOOTPRINTS	*Program Coaches
Ginny Olson				♥		
Heather Ordoñez				♥		♥
Greg Orlofsky				♥		♥
Sarah Orosz		♥				
Meg Ortel		♥				
Tricia Owsley				♥		
Efrem Perry				♥	♥	
PALs	♥					
Kelly Proctor				♥		
Karen Ramey			♥	♥		
Ray Ramey			♥	♥		
Carlos Renjifo				♥		
Mark Ringerud				♥		
Sarah Ringerud	♥	♥				
Karin Rodrick		♥				
Phil Rogers		♥				♥
Hala Salama		♥				
Lynn Sanetrik		♥		♥		
Sharon Sartor		♥				
Chris Schauerman	♥					♥
Mark Schmid		♥				
Leigh Schneider			♥			
Eric Schuler			♥			♥
Janeth Scott		♥				
Brian Shadrick		♥	♥			♥
Julia Skinner	♥	♥		♥		
Kendra Smith			♥♥♥♥			
Marianna D Solomotis				♥		
Tamim Sookoor		♥				
Doug Spezzano		♥				♥
Jeffrey Spranza		♥				♥
Paula Stehle		♥			♥	
Mik'yla Stephens		♥				♥
Larry Stern			♥♥	♥	♥	
Jennifer Storch		♥		♥		♥
Ben Thomas		♥	♥	♥		♥
Greg Thomas	♥	♥		♥		
Kadesha Thompson		♥				

Volunteer	Bagel Run H2O	Clyde's 10K	Weekly Races	WDF 5K	FOOTPRINTS	*Program Coaches
Jasmine Tiamfook		♥				
David Toller		♥				♥
Alan Tominack				♥		♥
David Tripp				♥	♥	♥
Jason Tripp				♥		
Ethan Turner			♥♥			
Mitchell Turner			♥♥			
Sarah Turner		♥				
Steve Turner		♥				
Brian Vanisko		♥				
Aleida Velasquez				♥		
Zayda Vergara		♥				
Frank Volny				♥		♥
Tyler Wade				♥		♥
Barb Walters	♥♥					
Tonnie Warfield				♥		
John Way			♥♥	♥		
Faye Weaver				♥		♥
Judith Weber	♥					
John Wheatland		♥				
Ed Wilson			♥	♥	♥	
Liz Winters				♥		
Ronnie Wong			♥			
Adam Wytko			♥			
Lincoln Wytko			♥			
Simon Wytko			♥			
Hua Xiang		♥				
Deanna Yancey		♥				♥
Hao Yang		♥				
Marie Yuille		♥				♥
Yihua (Eva) Zheng		♥		♥		
Yan Zheung	♥					

## WELCOME 56 NEW MEMBERS SINCE APRIL 1, 2018

*Submitted by Lynda Allera*

Chris Adams	Karen Luman
Gabriela Aguilera	Tiffany Melvin
Sandra Anderson	Joel Monza
LeNesha Brown	Stacy Monza
Joshua Brunner	Norma Morales
James Bush	Carrie O'Brien
Raquel Bush	Vonda Orders
Beth Carbonella	Kevin O'Shea
Kateia Drummond	Kiara Otey
Allison Dunn	Alex Pak
Carol Ernst	Alison Pasternak
Ragie France	Avery Powers
Trish Gaffney	Drew Powers
Alexandra Garvis	Mary Powers
Michael Gelinas	Emily Roberts
Joseph Hickey	Krystal Saunders
Kathryn Hobart	Jessica Shackman
Deborah Holmes	Monica Simon
Vanessa Ingle	Gabriel Tokarsky
Lisa Jackson	Gregory Tokarsky
David Jenks	Theodore Tokarsky
Naomi Johnson	Eugenia Torres
Samantha Johnson-Otey	Xuesong Wang
Allison Jones	Ahmad Wardak
Addison Kim	Krista White
Benjamin Kim	Claudia Wincelowicz
Elizabeth Kim	Stephanie Zayas-Morris
Veronica Lucero	Grant Zhang

## PRESIDENT'S MESSAGE

By John Bratiotis



It is worrisome to me to have to cover this topic again, but it seems that we are still dealing with the same issue we had late in the winter, “The Lady in the Silver Volvo Sedan.” If you are unfamiliar with the Silver Volvo, please be very conscious of your environment when running on West Running Brook Road, particularly on Saturday mornings during the Bagel Runs. There is a woman in Silver Volvo sedan that likes to “hug the curb”, if not swerve toward the curb when she sees runner running on the road instead of the sidewalks. In many cases runners have had to jump out of her way and into the grass as she passes by. The Howard County Police have been contacted and several reports have been filed.

The police would like to remind us of a few things to stay safe: if possible run on the sidewalks and if you can't run on the sidewalks please don't fan out across the road; compress the width of your group. If you see a vehicle approaching, form a single file line and get as close to the curb or edge of the road as you can. Please make yourself visible to the driver of the vehicle and if possible make eye contact with the driver. If a driver is behaving recklessly or is driving evasively toward you, call 911 immediately. I know most runners don't carry a phone with them and can't call immediately, so call as soon as you can to report the incident. Please don't wait hours or days to report the incident.

I know most drivers take the time to slow down, give runners plenty of space to pass and are courteous but please be aware of your environment whenever you are running out on the roads because you are the most important part of The Club. Please stay safe and enjoy the roads and trails.

## 2018 STRIDERS LEADERSHIP Board of Directors



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