

# FOOTPRINTS

THE NEWSLETTER OF THE HOWARD COUNTY STRIDERS  
VOLUME 43, No. 1 — January 1, 2019



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.

## AAU Junior Olympic 11-12 XC National Team Champions



Back row left to right: Hana Weisinger, Mary Gorsky, Gabrielle Shord, Frankie Moore, Aubrey Heiges

Front row left to right: Wren Kucler, Kiley Mann, Robin Kucler

## FROM THE EDITOR

Allan S. Field, managing editor, [newsletter@striders.net](mailto:newsletter@striders.net)



**Cover Photo:** Congratulations to the young women on the cover who are the 2018 AAU Junior Olympic 11-12 Cross Country National Team Champions and also to the coaches and parents who supported all of the young men and women who attended the meet. **Phil Lang's** update on youth running in this issue is a must-read to learn more about these up-and-coming stars.

**“Volvo Lady”:** In the [last issue](#) of *FOOTPRINTS*, I reported on the woman who aims for the Bagel Runners on West Running Brook most Saturday mornings, using her Volvo as a potential WMD. It was later reported on Facebook that high school cross country runners were training on Old Annapolis Road on a Saturday morning when a car veered into them. We are unsure if this is the same woman but as the grandfather of a high school track runner and extremely concerned resident of Columbia, I cannot emphasize enough how careful we must be when running on the roads, especially now that someone is even using their potential WMD against *our* children.

**Annual Awards and Club Meeting/Banquet:** Be the first to know who among your fellow runners receives performance and spirit of running awards for 2018 by attending the Striders annual award and club meeting/banquet on January 6, 2019 from 3:00 PM to 6:00 PM at the Florence Bain Center. Sign-up [here!](#)

**John Bratiotis** will be stepping down as club president at this meeting. If you have any doubts as to how hard it will be to follow him, just review the volunteer grids in this and the past two issues of *FOOTPRINTS* to get just a little idea of how much he contributes to the success of the Striders. Please take a moment to thank John for all he does and will continue to do for the club. January 6<sup>th</sup> also will be a great opportunity to say thanks to the new Board taking office that evening.

The Awards Supplement to *FOOTPRINTS* will be published and available on the [Club News](#) website page immediately following the Banquet.

**This Issue:** Welcome new *FOOTPRINTS* contributor Michelle Pelszynski who immediately steps up to the start line with not one but two wonderful articles this issue. Michelle heard the siren-call for contributors and we are grateful to have her on board, especially given her great writing skills.

Regular readers of *FOOTPRINTS* should recall that the last issue's theme focused on some of our more mature (gracefully aging?!) club members with a promise that this issue would have a theme of the less-than-age-challenged (how's that for PC?!). Both **Phil Lang** and **Susan Kim** delivered on this theme with wonderful submissions focused around the future of our club. Thanks Phil and Susan! And while we are on the subject of youth running, what about 8-year-old Nate Viands who ran a 3:32 at the North Central Trail Marathon in November? Runner's World featured Nate in a nice [article](#) that is worth reading...and the kid is a leukemia survivor!

Although I no longer run, when I did, it was all about distance and road running with zero interest in track or cross country. Yet now that one of my grandsons is running track for Wilde Lake High School, that was all the incentive I needed to travel down to the PG Sports Complex to spend almost

3 hours (arrived late, left early, when do these kids do their homework?) watching Howard County high school young men and women do their thing with track and field. So it took 71 years to realize just what I was missing by mistakenly having no interest in at least track. I was so incredibly impressed by all that I saw that day – the kids competing, the coaches and volunteers supporting them, the enthusiasm of the parents and the kids’ peers, and the sheer impressiveness of the PG Sports Complex. If you don’t know what you may be missing, you may want to visit [www.athletic.net](http://www.athletic.net) and noodle around the website to find a meet that fits your schedule. I’m glad I did and maybe I will see you there in the future! Hmmm, if he takes us X-C, maybe that would grow on me also!

**Next issue of FOOTPRINTS** scheduled for April 1, 2019. In the meantime, run safely, start out slow, taper off, and try not to do anything stupid in between!

## **GROWING UP RUNNING: MEET YOUR NEXT GENERATION OF STRIDERS**

*Submitted by Susan Kim*



Ask a group of kids why they like running, and you’ll get answers that reflect a joy for the sport - and competitive racing - that many of us struggle to hang onto as adults.

Ask 11-year-old **Fritz Orlofsky** (known for his red hair, which only seems to increase his speed) why he likes running, and his answer is: “I like running with my friends on long distance runs.” And, he adds: “I like winning ribbons at races.”

Us too, Fritz!

Early on - just when the schools are handing out “Everyone’s A Winner” ribbons and “We All Deserve a Trophy” trophies, our runner kids come to realize, in *their* sport, they will seldom win first place, especially as their races grow larger and the field gets faster.

When asked what he’s most *proud* of, speedy Fritz says: “I finished third in one of my cross country races last year.”

Running kids are amazing because they work incredibly hard and rarely win. Just like most of us, only many of them seem happier.

At 11 years old, Fritz runs a 3K race. Kids who compete in cross country races run distances based on their ages: 6-and-unders run a 1K, 7-8-year-olds a 2K, 9-12-year-olds a 3K and 13-14-year olds a 4K.

By the time they’re in high school, cross country runners compete in the 5K or increasingly popular three-mile distance.

### **The Junior Striders Family**

In addition to the life lessons Junior Striders teaches our youngest runners, the group becomes a second family, sometimes for many years.

And perhaps no family in Howard County has had more kids go through the Junior Striders program than the **McGeehans**. From oldest to youngest: **Cooper, Chase, Chloe, Cade, Charlotte, Connor** and **Crystal** were all Junior Striders runners (some still are) and the youngest, **Cody**, is an honorary member.

Their father, **Mike McGeehan**, summed up what many Striders parents have realized over the years: "Being a part of the Junior Striders family was an amazing experience for the kids, which set them up for success at the high school level," he said. "We were very lucky to be members of such a great running club."

Coach **Phil Lang** and Bullseye Running have done an extraordinary job of growing this program while still keeping it accessible to all kinds of runners.

Junior Striders coaches are volunteers, and many of them get started when their kids are in the youngest age group: 6-and-under, one of the cutest yet most competitive races on the planet.

After Coach **Katie Breitenbach**, former member of the Striders racing team, moved back into the area, she quietly began coaching the 6-and-unders in cross country in 2018. Her son, **Dash**, is a Junior Strider and, yes, Katie's two other sons are **Miles** and **Chase**, forming a collection of family running-related names.

Ask Dash (who really *can* dash away quite quickly) why he likes running, and he replies, simply: "Because it's fun," then, as an add-on, "and because it's exercise!"

Ten-year-old **Frances Haard**, who has been running with the Junior Striders for several years, said: "I love seeing my friends, and running makes me feel accomplished."

But, Frances acknowledged: "The push to run faster is *hard*." We know, Frances, we know!

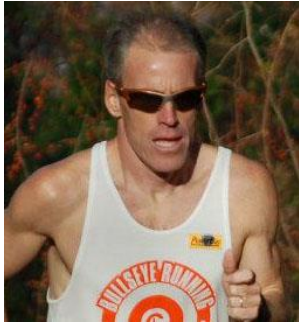
Frances's younger sister, eight-year-old **Ellie**, chimed in that she loves when there are running games at practice. Take a tip from Ellie: Once a month, instead of your usual run, try playing "Sharks and Minnows," a tag game that will have you sprinting fast, dodging your opponent, and finding the joy in running again.

Ellie also talked about what's difficult about running: "It's hard to stop playing and come to practice but I'm happy when I get there." Again, what can we learn from Ellie? It's hard to stop playing, working, cooking and driving your kids around to get a run in, but you'll be happy you did!

Have many good runs in 2019, kids. You inspire us.

## YOUTH RUNNING UPDATE

Submitted by Phil Lang



The Fall XC youth program ended with a bang on December 1, 2018 at Victor Ashe Park in Knoxville, TN. About 15% of the Fall XC program kids and parents decided to practice for another month and travel to the AAU National XC meet as a team. The course conditions were wet and muddy, honestly the muddiest we have seen. We arrived the day before and jogged the course as a team and knew the added challenge that was in store for the kids Saturday. The times ended up being significantly slower than the kids had hoped for due to the weather related course conditions but the coaches discussed that topic with the kids at the pre-race team meeting at the hotel after the team dinner.

Spirits were high race morning as the hard training that was put in and the wet and muddy conditions we had here in Maryland all Fall had everyone feeling that if anyone could handle this situation, we could. In the middle of approximately 2,000 runners from all over the country were 31 kids representing our fine club. Beneath four tents near the finish line, the kids, parents and coaches prepared for each of the 7 races in which we were entered. The muddy conditions even caused a delay of nearly an hour as the timing equipment was having issues. As the day went on, the amazing support of the parents and healthy competitive spirit and drive from the kids made the coaches feel as proud as they could be. Mud was all over the brand new uniforms, a shoe was sucked off in the mud and our female captain was unable to finish (luckily she appears to be fine now) but as the kids raced to beat as many other competitors as they could, the results came in very positive.

For the boys, **Quinlan Ballou** earned new runner of the year while **Griffin Ellinghaus** might have had the best effort of the day and **Evan Quinn** earned another AAU award as a top 25 finisher. For the girls, **Claire Sivitz** is our new runner of the year and **Gabrielle Shord** had the best effort of the day and was awarded with an All-American honor as the 5th 12-year-old. **Wren** and **Robin Kucler** also earned All-American honors placing 5th and 6th as 11 year olds. **Kiley Mann** and **Frankie Moore** won AAU awards for placing in the 25 as well. To put a cap on this season, **Gabrielle, Kiley, Wren, Robin, Frankie, Aubrey Heiges, Hana Weisinger** and **Mary Gorsky** scored an amazingly low 38 points to win the AAU Junior Olympic 11-12 XC National Team Championship for the second year in a row!

The Spring youth running programs will begin around April 1 and are for kids from 5 to 14, elementary and middle school. If your child would like to run, we would love to have them involved in one of the programs in 2019! Stay tuned to the [team website](#) to see updated information as it becomes available. Of course beginners are welcome as most kids have never run officially before.



[Bullseye/HoCo Striders Youth – Bullseye Running](#)

Winter Track Team – Practices this Winter with Coach Lincoln will be on the Oakland Mills High track most Tuesday's and Wednesday's at 6pm, if the weather cooperates. Meets will be on some Sundays at the PG Complex starting with one on 12/16 and ending with the opportunity to compete in the AAU Indoor National meet the weekend of March 8-10.

[www.bullseyerunning.com](http://www.bullseyerunning.com)

## RUN THROUGH THE GRAPEVINE: IF I CAN JUST MAKE IT UP THAT HILL

Submitted by Michelle Pelszynski



Last November's Run Through the Grapevine marked its 24th year. It was the first year the race moved to the second Sunday of November to accommodate the Across the Bay 10k race. We caught up with **Eric Aellan**, Manager and RTTG race coordinator at Linganore Winery, to learn about the history of this iconic yet challenging course.

About 27 years ago, Linganore hosted a 5k at the farm. The gentleman who ran the race suddenly no longer had interest. Eric's brother, Anthony, lived in Columbia and his neighbor, a well-known member of the Howard County Striders decided to take over the race. **Gerry Clapper** changed the distance to an 8k. At one point there was talk about changing the course to avoid the "deer hill" but that upset some people; they like the challenge.

"Nobody is going to hit a speed record on this course. If you want a cake walk, go run the Shamrock 5k; it's all downhill," said Eric, chuckling a little bit.

Although hilly, it's still a race favorite for many, including 25-year old **Mark Eagles**. Mark has raced it since 2013 and this year, won 1st place in his age group (21-25). Mark plans on making it an annual tradition because it is a challenging course. According to Mark's GPS watch, the first hill has a 26.6% grade incline.

"It's pretty brutal. I've wasted energy in past years trying to run up it when walking would have been the more efficient strategy. The rest of the course is difficult, too. There aren't any flat sections of significant length," explained Mark. "I feel accomplished when I'm able to power through a tough course despite the toughness. Plus, it makes the flat road courses seem much easier."

That's probably why the wine tastes that much sweeter at the end of the race. There is always plenty of food and beverages after as reward. Eric has learned that runners, at least after this race, are dry white wine drinkers.

This year marked Eric's first time running the course. Since then, he has joined a running group and is now training for two Spring races - the Cherry Blossom 10-miler and the B&A Half Marathon. Eric will probably Run Through the Grapevines again this year. Organizers are considering upping the ante by making it a bit longer. You'll just have to sit tight or start hill training to find out!



As for Mark, you'll see him out at Striders regular series, Meet of the Miles and the Clyde's 10k. Yes, he'll be back at Linganore in the Fall. "This race is unique in that it draws a primarily road-running-focused crowd to the cross-country scene. It's cool to be able to race on unfamiliar terrain, but to do so with familiar faces."

## VOLUNTEERS – THEY MAKE OUR WORLD GO AROUND!

Submitted by Pattie Laun



I've really enjoyed my new job as Volunteer Coordinator since taking over for Larry Stern last August. Since I recently retired from teaching science, I've enjoyed putting together my weekly Facebook "Funny Thing About Water..." articles, and I hope you have enjoyed reading them.

The volunteer participation in Striders is amazing! Whenever there is a race for which I must produce a volunteer [SignUp](#) page, people always respond! It's the volunteering that makes this organization work and you guys are up to the task. Please be sure to put your full name, a correct email address, if possible, a cell phone number in [SignUp](#) when you are responding. We want to make sure we can contact you, if needed, and give volunteer credit where credit is due.

## 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?

**Lynda Allera** - Hi my name is Lynda, and I love to run! I started running about 8 years ago in a Basic Training class. I had watched my sons run and wanted to have fun too!

When I started to run races I realized that it would be great to run a little faster, so a friend encouraged me to join the Striders and participate in the Next Step program. The next thing I knew, I had made wonderful friends and yes, I was running faster. Soon I was coaching and coordinating programs. I have participated in many races, including five marathons and two half Iron Man triathlons.

Running gave my body the fitness level needed to combat cancer. When I was diagnosed with stage 3A lung cancer, my doctors were able to treat me very aggressively, including chemo, radiation and a lobectomy. I was able to



continue walking and running through my treatments, working from running 400 feet and resting to being able to run a full marathon. The friendships developed from running miles side-by-side brought me great strength.

I have never enjoyed every single step of a marathon before, but this time I did! It was a celebration of life and a healthy lifestyle!

*Editor: Lynda also is a Striders Board member, serving in the role of Membership/Member Relations.*



**Doug Kornreich** - *What got you started with running and how long have you been running with the Striders?* After going to the Duke Diet and Fitness Program and losing 30 pounds, I began running in September of 2005 as a way to keep exercising. I joined the AIDS marathon program, which was a fundraising program, that would get you from nothing to a half marathon in 4 months. So I figured I would do that, and the main thrust of that program was using the run/walk method which worked. I finished the Miami Half Marathon in a little under 3 hours in January of 2006. After that several of us who had trained for Miami said that if we could do a half, then we could do a full. So we signed up for the Marine Corps Marathon, trained together, and I completed my first full marathon in October 2006 in a little less than 6 hours and 30 minutes. Having completed my first full, I was looking for a program that would keep me motivated and help me train for future races and that is when I discovered the Striders. I did my first Next Step Half/Full in 2007 and have been participating in Next Step as either a runner or a coach ever since.

*What are some of the benefits that the Striders program have done for you as a runner? Which is your favorite program and how often do you run with the Striders?* The biggest thing that Next Step has done for me is that I have always come away from it with new friends -- not just people with whom I can run. Also it motivates me to get out multiple times a week knowing that I am meeting people to do my training runs and my long runs. I am sure that I would not have had the self-motivation to keep running through 12 marathons and many more half marathons and 10 milers. Additionally, I have always found plenty of people ready to provide advice or something new to try that might help me. I enjoy the Next Step programs and also the Bagel Runs for the long runs --- I will usually run with the Striders at least twice a week between the training program and the Bagel Run.

*What is your favorite race and why?* My favorite race that I have ever done is the New York Marathon (which I have done twice). Although it's a little disappointing that the fastest runners have finished before the slower runners have even started, New York is an exciting place to run, and the crowds to cheer you along the way are amazing. There is really nothing like the excitement of the New York Marathon. My favorite local race is the GW Parkway Classic 10 miler, which starts at Mount Vernon and runs along the Parkway to finish up in Old Town Alexandria. It is in April and the weather is usually as beautiful as the views. I have found it a much more civilized alternative to the Cherry Blossom 10 miler which seems to have gotten too big.

*Do you have any goals? What would you say to a fellow runner to keep them motivated to continue the sport?* What I have found in running is that I ultimately have one simple goal: keep moving. I broke a 2:30 half marathon and a six-hour marathon in 2016. But since then, I have realized that pushing myself to break those marks by a few minutes isn't really a motivating goal. What is motivating is to get out and run with friends at a comfortable pace. Being out there and moving is

what's most important. I've been reading Dean Karnazes' book 50/50 (about him doing 50 marathons in 50 states in 50 days) and one thing he wrote that really spoke to me is that he has never found running "fun" -- it is hard work, but there is great satisfaction in having accomplished something. The other theme that came out in this book was that running with others makes the miles pass more pleasantly and is more motivating than simply setting a new PR. Setting aside time to do something for yourself with others is very important to recharging yourself to get through the rest of your week. That is the ultimate long-term motivation -- self-improvement with friends.

*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?* Having been one of the runners near the back of the pack (sometimes at the back of the pack), I think that when I coach Next Step that I can empathize with others who are in that situation. But whatever the pace, there are always new people who are looking for others with whom they can run -- and from whom they can learn something. But we always need more people who have experience and that are looking to share what they have learned to welcome others and grow our Howard County Striders Community.

## **STRIDER HISTORY – BLASTS FROM THE PAST**

### **IN THE DAYS OF THE ANCIENTS – AN EARLY HISTORY OF THE BAGEL SHOPPE RUN**

*By Jim Carbary (pictured)*

*(Editor: This article originally appeared in the Summer 1990 (VOL. 10, No. 2, page 8) issue of FOOTPRINTS; much has changed since then while much remains the same. The article was retyped by yours truly so any changes from the original or typos are mine alone. We hope you enjoy this new FOOTPRINTS feature, Strider History – Blasts from the Past!)*



At precisely 7:00 am every Saturday morning, runners assemble in the parking lot behind Feet First and commit themselves to the joys and the vicissitudes of weather, traffic, hills, dogs, and other constants of long distance running. They run singly or in groups, fast or slow, short or long. They finish running at the same place they started, and then repair to the Wilde Lake Bagel Shoppe to consume bagels, discuss runs, injuries, sexual activities, and other items of the general social discourse. This behavior describes what has become known as the Bagel Shoppe Run, and this article chronicles it.

In the beginning, in the Days of the Ancients, the Bagel Shoppe did not exist. In fact, only Feet First existed. **Warren Ohlrich** founded the store in 1979 because he wanted to *run* rather than live out his days as some foolish government analyst. **Dick Hipp**, who was also a government analyst, worked with Warren at Feet First. Together, they sold miraculous footwear like the Nike Elite Classic, the Brooks Vintage and the Etonic RoadWorker. They worked out of the small, one-room establishment that you wouldn't recognize as Feet First. [In the Days of the Ancients, when there were no triathletes, a runner only needed a good pair of shoes.]

Warren and Dick were both fanatical runners. They were into long stuff like 20 miles and marathons, and they trained accordingly. At precisely 7:00 am every Saturday morning, before they opened Feet First at 10:00 am, they would go for their long runs of the week. Usually going 16 or 20 miles, sometimes in 7 mile loops, they pioneered Homewood Road, Folly Quarter, Mt. Albert, and Route 108; present-day Bagel Runners follow essentially these same routes. And the next day,

Sunday, they'd go race a 10 or 20 miler in DC, Baltimore, or maybe even Harford county. [In the Days of Ancients, runners were tougher than they are today.]

Being a member of the fledgling Howard County Striders, Warren soon notified the membership of these refreshing Saturday morning jogs that he and Dick enjoyed. A few Striders began running with Warren and Dick because they didn't want them to gain any special advantage in local races. [In the Days of the Ancients, runners were more competitive than they are today.] These early groups included familiar Strider names such as **Dave Tripp, Paul Sobus, Jerry Andrews, Al Yergey, Kathy Heckman, Hubert Chadwick, and Joe Wasserman** – many of whom have already passed into Legend.

As time passed, other runners joined the Feet First Corps. The group began running harder. They began to think they were racing. For example, one damp, drizzly October morning, **Martin Goode** ran the 16 miles course (back when it really was 16 miles) in 1:28:19, and the next year he ran into Legend with a 31:40 at Clyde's (back when it really was 6.21 miles). [In the Days of the Ancients, runners ran faster than they do now.]

So how did the Bagel Shoppe Run ever gets its moniker? Well, after each Saturday morning run, the Feet Firsters would satiate their hungers by visiting a local Roy Rogers and consuming vast amounts of sausage, bacon, eggs, and cheese omelets, which Roy supplied in an all-you-could-eat buffet. [In the Days of the Ancients, runners ate more than they do now and didn't worry about silly things like cholesterol or fat.] Then one day, **Jerry Andrews** brought in a magazine article, maybe from *Runner's World*, which is what everybody read in those days. The article said that eating fat and cholesterol caused heart disease and arterial sclerosis, and that runners shouldn't eat sausage, eggs, and cheese, and that they should consume only complex carbohydrates like spaghetti, bagels, and whole wheat bread.

A revelation came over the Ancients! From that day forward, they vowed to eat no meat or fat or cholesterol (except maybe for a greasy pizza now and then) and that is how began the Era of Modern Running As We Know It. Conveniently, the Bagel Shoppe had just opened in Wilde Lake. The New Runners stopped going to Roys after their morning runs and began going to the Bagel Shoppe to eat bagels. The morning runs became known as the Bagel Shoppe Runs, and the custom of eating bagels after putting in mileage on Saturday mornings has continued to this day.

## WHY RUNNING AND ANTIBIOTICS DON'T ALWAYS MIX

By *Amanda Loudin* – reprinted by permission of the author from *Competitor Running*, 1/6/2017



Cold and flu season is upon us and inevitably, some of us will end up on antibiotics at some point this winter. The faster we can get through whatever bug it is we picked up, the faster we can get back out to training, right?

Yes, except when we're talking about a certain class of antibiotics, called fluoroquinolones. Commonly known by their prescription names—Cipro, Levaquin, and Avelox—this group of antibiotics can have dangerous side effects for runners. Specifically, the drugs can weaken tendons, leading to injury and even rupture.

Terzah Becker, from Longmont, Co., knows this all too well. This fall her physician prescribed a round of Cipro for a urinary tract infection, which she willingly took. "Even though I was aware of the implications, I've had UTIs progress to kidney infections so I wasn't going to mess around," the 44-year old marathoner says.

A few days into her regimen, the mom of two headed to the track with her children to help them fulfill mileage for their 100-mile club. “I was keeping it nice and easy because I’d noticed some stiffness in my calf muscles,” she says. “But then the kids challenged me to a 100-meter race and I went for it.”

Becker felt a frightening sensation—not quite a pop, but she knew something was amiss. “Suddenly I could barely walk,” she says. “I hobbled my way back around the track just to get the kids three miles total. But for the rest of the weekend I was limping. And because of what I knew about Cipro, I knew I needed to go see my doctor.”

Matthew Sedgley, a sports medicine physician at MedStar Ortho and Sports Medicine in Maryland, says that tendons are at an increased risk for injury both during and after a round of fluoroquinolones. “Like any group of antibiotics, these drugs are very useful but also have side effects,” he says. “This is especially true for athletes who might already have some weakness or degeneration of tendons like Achilles or quadriceps.”

Much of the problem, he says, lies in the fact that patients often receive the medications at urgent care or minute clinic-like settings. “Here the physicians don’t know the patients and their activities and so might not share the warnings,” he says. “If I know a patient is a runner, I always tell them to be cognizant of the potential side effects.”

There have been enough complaints about the damage associated with the drug class that the FDA actually strengthened its warnings about it this past summer. The agency added a “blacked box warning” to the antibiotics—its most serious—for their effects on tendons, joints, muscles and nerves. The warning points out that adverse effects can occur anywhere from a few hours to weeks after taking the medications.

Physical therapist Heather North, DPT, of Boulder, Colo., has treated several patients who have suffered tendon damage while on fluoroquinolones over the years. “The drugs destroy the tendons’ ability to regenerate normally,” she explains. “The Achilles is a very typical spot to see the damage because it takes so much force.”

For patients who experience minor damage, North can usually have them back up and running within a few weeks. “But for a full rupture, athletes are looking at losing a good year off running,” she says. “It’s an awful situation.”

### ***The Right Course of Action***

So what should you do if you are prescribed a fluoroquinolone? You have a couple of options, says Sedgley. “There’s almost always a medication alternative,” he says. “People have allergies to drugs, for instance, and have to make other choices.”

As an educated consumer, it’s important to share that you’re a runner with your physician and ask about alternatives. “This is particularly important if you are on any type of steroids, which in combination with these antibiotics, makes you that much more vulnerable,” Sedgley points out.

In some cases, however, the physician will rule that fluoroquinolones are the best option. The FDA’s new warning suggest that physicians reserve the drugs for cases when no other options are available for acute sinusitis, acute bronchitis and urinary tract infections. The agency stated that the risks generally outweigh the benefits of the medications.

If you find you are prescribed a fluoroquinolone with no other options, bide your time wisely, say both North and Sedgley. “It’s a very individual response, but generally, take it easy,” North says. “Avoid quick movements, bounding and jumping for a while.”

Sedgley agrees. “Most of the risk comes from eccentric movements, when the muscle is fired and lengthened,” he explains. “So downhill running can be a problem.”

If you are concerned, take a couple of weeks to lay low and concentrate on exercises that involve concentric, or muscle shortening, movement. A bicep curl is an example of this type of exercise.

In Becker's case, a few weeks of downtime did the trick after feeling that ominous sensation at the track. "I got in to see my doctor a few days after the incident, and by then I was walking fine, though my tendon and calf were still both very stiff," she says. "He probed my tendon and found nothing damaged. This was very reassuring, and he advised me to refrain from running for another week."

Becker spent a couple of weeks swimming and doing time on the elliptical just for safe keeping, then eased back into running. Both she and her physician felt Cipro was the right course of action, in spite of the tendon scare. "I wouldn't hesitate to use the drug again if I had a UTI," she says. "But I'd probably back off running while on it."

## GET INSPIRED: THE 2018 TRAIL RUNNING FILM FESTIVAL

Submitted by *Michelle Pelszynski*



If you are a trail runner, aspire to be one, or are one in your dreams, watching athletes push themselves to their physical and mental limits is inspiring. (For the average person, there's another word that comes to mind.) The touring Trail Film Festival stopped at the Landmark Harbor East in Baltimore last month and captivated audiences with 10 short, yet fulfilling, films. Here are a few highlights in case you need some motivation signing up for your next big race:

- **Common Ground:** Three friends decided to get together in 2017 and make a statement about the preservation of public lands in the United States. They embarked on a 250-mile, week-long adventure from Bozeman to Red Lodge, Montana. It helped draw attention to the importance of the "common ground" surrounding Yellowstone National Park and encourage others to explore our beautiful backyard.
- **Running the Kalalau Trail:** Husband and wife travel to Kauai to tackle the Kalalau Trail along the remote Nā Pali Coast. The 11-mile trail usually takes hikers 2-3 days to complete, but their plan was to run the entire 11 miles out and 11 miles back in less than a day. The scenery is gorgeous – 5 lush valleys, towering cliffs, and ending at Kalalau Beach.
- **Is This Fun?** Two perspectives of a challenging new course for trail runners, the 9 Dragons in Hong Kong, takes you in to the psyche of a trail runner. The steep and dangerous terrain is also stunning in its contrasting views of the city and country.
- **Unsupported:** Five well-known ultrarunners - including Brett Maune, Allen Currano, Andre Bentz, Gavin Woody, and Catra Corbett – attempt the FKT ("Fastest Known Time") of the 219-mile John Muir Trail. Enough said.
- **Dick's RASH:** One runner sets out to summit Mt. Rainier, Adams, St. Helens, and Hood, back-to-back, without a crew. The 247-mile, 74,000 feet of elevation is enough to make anyone hallucinate.
- **Driven:** You have heard of Warrior Dash and Tough Mudder, but Survival Run Canada takes this to a whole other level. This ultra-obstacle race takes place in Squamish, British Columbia. From swimming in glacier waters, carrying multiple tree logs through check points, you will be amazed at these athletes' strength!



Visit [www.trailfilmfest.com](http://www.trailfilmfest.com) to watch previews of all the films. Get inspired!

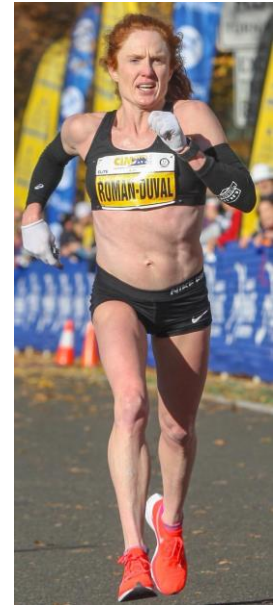
## RACING TEAM FALL UPDATES

Submitted by Mark Landree



### Breaking news:

Have you heard? She did it! She made the A standard! If you don't know what I'm talking about, then let me explain. Our very own **Julia Roman-Duval** (pictured to right, photo credit CIM) has met the A standard qualifier for the 2020 Olympic Marathon trials, set a PR, and set a Racing Team Record recently at the California International Marathon in a stacked field running 2:36:31 (22<sup>nd</sup> overall, 1<sup>st</sup> F35-39). **Jason Tripp** made the women's B standard by running a blistering 2:42:25 (291<sup>st</sup> overall, 5<sup>th</sup> M45-49) but doesn't get to go to the women's trials due to his pesky Y chromosome. Sex discrimination? You decide... Rounding out the Striders team at CIM was **Amanda Beal** setting a PR in 3:12:24.



### Now back to our regularly scheduled programming:

The Howard County Striders Race Team is alive, well, and growing. Please extend a warm welcome to **Adam Sach**, **JiCheng Liu**, **Hannah Cocchiaro**, and **Lindsay Picket** as well as congratulate **Faye Weaver** on her move from the developmental team to the elite team. Congrats and welcome to you all.

Coming from Washington State, I'm no stranger to wet weather but this year in the mid-Atlantic has been a bit extreme. Over 70 inches of rain for the year is a tad much even for this webbed footed runner. As you'll see below, all the rain only seemed to nourish your Howard County Striders Racing Team as personal records (PR) and race team records (RTR) abound.

**Faye Weaver** started off the fall racing season with an RTR at the Shepard's Spring 100K, taking 1<sup>st</sup> place in a time of 11:11:43.



**Ed Wilson** (pictured to left, photo credit Jason Tripp) was talked into running the Marine Corps Marathon and wasn't sounding so positive heading into the race. It seems you can't always believe what you hear as Ed reset the Male Grand Masters RTR at the marathon distance in 2:55:08 (1<sup>st</sup> M55-59). Ed just seems to be getting better with age—motivation for us all.

A week later and a few states away, **Erin Chamberlin** took a big chunk out of the Female Masters RTR by running 2:59:07 (6<sup>th</sup> F40-45) at the New York City Marathon—a race not known for PR's. Definitely worth trying to chat Erin up about the race as I'm sure there must be a few stories from a race with approximately 53,000 runners. Erin was joined that weekend by **Faye Weaver** setting a PR in 3:20:26 (448<sup>th</sup>), **Kelly Westlake**

(694<sup>th</sup>), and **Stephanie Caporaletti** (1816<sup>th</sup>).

The Army 10 Miler is a super competitive club staple in October. **Julia Roman-Duval** put forth a solid effort in 57:16 (2<sup>nd</sup> overall) in her build up to CIM. The men's side saw **Carlos Renjifo** post a 56:19 (34<sup>th</sup>), **Mark Bushman** 56:42 (41<sup>st</sup>), **Jason Tripp** 57:18 (49<sup>th</sup>, 1<sup>st</sup> M40+), **Ed Wilson** 1:03:31 (214<sup>th</sup>, 1<sup>st</sup> M55-59), and **Yasuo Oda** 1:14:17 (1057).

**Tammy Liu Hermstein** took the win at the Beer and Brat 5K in 23:03 while **Amanda Beal** (27:37) and **Eric Schuler** (24:28) both won the Savage 7K.

The Baltimore Running Festival was another very good weekend for the team, seeing Jason and Julia battling it out again. For the marathon, the ladies saw **Julia Roman-Duval** take the win in 2:47:42 (1<sup>st</sup>), **Deb Taylor** 3:41:57 (50<sup>th</sup>, 1<sup>st</sup> AG), and **Faye Weaver** 4:14:29 (pacing the 4:15 group). The gents saw **Jason Tripp** 2:47:43 (10<sup>th</sup>, 1<sup>st</sup> M40+) and **Kevin Ford** 2:55:19 (17<sup>th</sup>). The HCS Men's Marathon Relay Team, consisting of **Tom Williams**, **Andrew Madison**, **Ryan Bull**, and **Mark Bushman**, took 1<sup>st</sup> place in 2:32:27. The half marathon saw **Tammy Liu Hermstein** post 1:55:17, while the 5K saw **Rachel Collins** 20:46 (8<sup>th</sup>, 2<sup>nd</sup> F35-39), **Tammy Liu Hermstein** 21:46 (16<sup>th</sup>, 1<sup>st</sup> F50-54), **Brian Shadrick** 18:23 (15<sup>th</sup>, 1<sup>st</sup> M40-45), and **Dave Berardi** 18:48 (25<sup>th</sup>, 1<sup>st</sup> M50+).



*Pictured left to right at BRF: Ryan Bull, Tom Williams, Terrance Baptista, Jason Tripp, Mark Bushman, Dave Berardi. Photo credit Mark Bushman*

Personal records are generally few and far between and should thusly be celebrated. **Amanda Beal** PR'd at the Disney Wine & Dine half marathon in 1:29:09 (2<sup>nd</sup>), **Adam Sachs** at the Across the Bay 10K in 35:36 (4<sup>th</sup>, 1<sup>st</sup> AG), **Deb Taylor** at the Rosaryville 50K in 5:32:16 (9<sup>th</sup>, 1<sup>st</sup> AG), **Faye Weaver** at the Zaching Running Festival 10K in 43:10 (3<sup>rd</sup>), **Mark Landree** at the Race 13.1 Baltimore half marathon in 1:21:07 (3<sup>rd</sup>), and **Hannah Cocchario** at the Rehoboth Seashore marathon in 2:52:30 (1<sup>st</sup>) as well as the Celtic Solstice 5 miler in 30:25 (2<sup>nd</sup>). An impressive list across many distances, congratulations to all.

Records are great, but racing is often about duking it out for position rather than watching a clock. The following Striders battled valiantly and came out on top: **Erin Chamberlin** at the Huff and Puff 5K in 21:31 (1<sup>st</sup>), **Jason Tripp** at the Run Through the Grapevine 8K in 31:31 (1<sup>st</sup>), **Eric Schuler** at the Centennial High School Turkey Trot 5K in 17:31 (1<sup>st</sup>), **Julia Roman-Duval** at the Zaching Running Festival 10K in 36:25 (1<sup>st</sup>), **Andrew Madison** at the Race 13.1 Baltimore half marathon in 1:13:29 (1<sup>st</sup>), **Adam Sachs** at the Patterson Park 5K in 16:39 (1<sup>st</sup>), and **Julia Roman-Duval** at the Celtic Solstice 5 miler in 28:07 (1<sup>st</sup>, RTR as well).

Winding down the fall racing season and getting into the holiday spirit always includes the ever popular Celtic Solstice 5 miler held in Druid Hill Park and this year's edition did not disappoint as the premiums were beautifully embroidered, the spiced wine was warm, and the cookies were plentiful as well as amazingly delicious. The men appeared to be on a mission to be first in line for the cookies with **Carlos Renjifo** taking 3<sup>rd</sup> place in 26:13, followed by **Craig Lebro** in 28:01 (9<sup>th</sup>), **Jason Tripp** in 28:10 (10<sup>th</sup>), **Tunde Morakinyo** in 31:28 (35<sup>th</sup>, 1<sup>st</sup> M50+), **Ed Wilson** in 31:32 (38<sup>th</sup>, 2<sup>nd</sup> M50+), **Dave Berardi** in 31:34 (42<sup>nd</sup>, 3<sup>rd</sup> M50+), and **John Chall** in 33:17 (64<sup>th</sup>, 1<sup>st</sup> M60-64). The women saw **Julia Roman-Duval** finish as the third Strider in 28:07 (1<sup>st</sup> female), **Hannah Cocchario** in 30:25 (2<sup>nd</sup>), **Faye Weaver** in 34:30 (10<sup>th</sup>, 1<sup>st</sup> F45-49), **Julia Skinner** in 36:53, **Deb Taylor** in 37:07 (1<sup>st</sup> F50+), and **Debbie Cohen** in 43:01.



*Pictured at Celtic Solstice, back row left to right: John Chall, Ed Wilson, Dave Berardi, Jason Tripp, Carlos Renjifo, Tunde Morakinyo, Julia Roman-Duval, Hannah Cocchario, Faye Weaver. Front row Yasuo Oda. Photo credit Yasuo Oda.*

As you can see, the fall racing season has been very productive and simply would not happen without these individuals putting in countless miles at odd hours and in sometimes less than ideal weather. However, the support provided by the entire Howard County Striders community motivates us all to represent you to the best of our abilities.

## WELCOME 42 NEW MEMBERS SINCE SEPTEMBER 11, 2018

*Submitted by Lynda Allera*

Kareem Arnaout	Kerry Kelleher	Tom Powers
Noura Arnaout	Tara Lemons	Emily Riley
Heidi Brandon	Thomas Liu	John Riley
Fay Carroll	Stephen Lockhart	John Riley
Hannah Cocchiaro	Julie Minano	Michelle Riley
Katharina Coen	James Moore	Gaile Rodilla
Bristol Cole	Cassandra Okechukwu	Adam Sachs
Brian Donoughe	Sarah Panah	Lesley Sasnett
Stephanie Evans	Ethan Peeples	John Schlehr
David Greenberg	Lindsay Pickett	Matt Sherry
Nivine Hafez	Peter Pourzand	Anisha Shirgur
Allison Howe	Jameson Powers	Badri Shirgur
Henry Hwu	Lynne Powers	Saanika Shirgur
Vaishali Jahagirdar	Thomas Powers	Robert Zacarias

## WE OUR VOLUNTEERS – ALL 138 SINCE 10/1/2018!

*Submitted by Patti Laun, Phil Lang, Jessica Stern and Meg Walker*

**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!](#)

NAME	Bagel H2O	Turkey Trot	Weekly's	Grapevine	X-C	Coaches	FOOTPRINTS
Ana Aguado	♥						
Lynda Allera							♥
Rene Alonso		♥				♥	♥
Carrie Anderson	♥						
Nick Anderson	♥						
Bill Arbelaiz		♥	♥	♥	♥	♥♥	
Wen Jie Bai	♥♥♥						
Kathy Baker	♥					♥	
Ed Beach		♥					
Sarah Beach		♥					
Amanda Beal						♥	
Monica Beck	♥						
Anna Boblitz				♥			

NAME	Bagel H2O	Turkey Trot	Weekly's	Grapevine	X-C	Coaches	FOOTPRINTS
Robert Boblitz							
John Bratiotis		♥	♥♥♥♥♥		♥		♥
Katie Breitenbach						♥	
Bill Brown			♥				
Julie Brown	♥						
Marc Burger			♥♥♥♥				
Melissa Burger		♥	♥♥♥♥				
Bob Burns						♥	
Mark Buschman							♥
Jim Carbary							♥
Katy Cavanaugh	♥						
Joan Chall			♥♥♥				
Pam Cheung	♥						
Hannah Cocchiaro	♥						
Cindy Cohen				♥			
Debbie Cohen	♥						
Meg Cossa	♥						
Jason Cox						♥	
Amanda Cranfill	♥						
Marsha Demaree						♥	
Sharlene Deskins			♥				
Manuel Evangelista		♥					
Ali Ezzeldin			♥				
Hamza Ezzeldin			♥				
Hussein Ezzeldin			♥♥				
Mariam Ezzeldin			♥				
Loretta Farb	♥						
Maria Ferrucci						♥♥	
Allan Field							♥
Brian Fleming		♥					
Kevin Ford	♥						
Erica Gates						♥	
Bobby Gessler						♥	
Aimee Goldman						♥	
Sue Hale	♥						
Jeff Heiges						♥	
Mary Lou Henderson						♥	
Marc Hermstein				♥			
Tammy Liu Hermstein					♥		
Tiffany Hevner						♥	
Erin Hoffman	♥						

NAME	Bagel H2O	Turkey Trot	Weekly's	Grapevine	X-C	Coaches	FOOTPRINTS
Greg Hogan						♥	
Emily Howe	♥						
Alyson Hudson	♥						
Bud Hunt		♥	♥				
Amanda Idstein		♥	♥♥	♥		♥	
Kerry Jimenez	♥					♥	
Soon Kang	♥						
Pat Keating					♥		
Logan Kim						♥	
Noah Kim						♥	
Susan Kim						♥	♥
Surena King						♥	
April Kociolek	♥						
Ben Koech						♥	
Doug Kornreich							♥
Adam Kramer	♥						
Melinda Krummerich				♥		♥♥	
Meredith Kulikowski				♥			
Mark Landree							♥
Phil Lang						♥	♥
Pattie Laun		♥		♥			♥
Joanne Lee	♥	♥					
Greg Lepore							♥
Paula Liggins						♥	
Dominiqu Lincoln						♥	
Jud Lincoln						♥	
Aileen Linton	♥						
Jicheng Liu		♥					
Maria Longergan	♥						
Amanda Loudin							♥
Kate Luke						♥	
Andrew Madison				♥			
Jim Mahoney							♥
Alice Martin	♥						
Dwight Mikulis			♥				
Alyssa Mitchell						♥	
Erin Mitchell	♥						
Amy Montgomery				♥			
Ed Montgomery				♥			
Stacy Monza	♥						
Pam Mooring						♥	

NAME	Bagel H2O	Turkey Trot	Weekly's	Grapevine	X-C	Coaches	FOOTPRINTS
Akintunde Morakinyo			♥				
Tyler Mosman				♥			
Ashley Moss	♥						
Amelia Mullican	♥						
Brian Murphy						♥	
Yasuo Oda							♥
Ginny Olson	♥		♥				
Greg Orlofsky							
Sounak Patel		♥					
Michelle Pelszynsky							♥
Pamela Peseux	♥						
Jose Portuguez		♥					
Mark E. Ramstrom		♥					
Chris Reading						♥	
Carlos Renjifo	♥						
Mark Ringerud				♥			
Sarah Ringerud	♥						
Julia Roman-Duval	♥			♥			
Adam Sachs	♥		♥				
Rachel Sanborn	♥			♥			
Lynn Sanetrik	♥						
Matt Schell							
Greg Schuler					♥	♥	
Brian Shadrick						♥	
Hafiz Shaikh		♥	♥		♥		
Dirin Sine						♥	
Matt Skaggs						♥	
Kendra Smith		♥	♥♥♥		♥		
Jessica Stern		♥					♥
David Tripp					♥		
Jason Tripp	♥	♥					♥
Wendy Turner	♥						
Aleida Velasquez	♥						
Frank Volny						♥	
Megan Walker						♥♥	♥
Jessie Wang	♥						
Xeusong Wang	♥						
Faye Weaver						♥	
Judith Weber			♥				
Ed Wilson		♥		♥		♥	
Anne Wood	♥						

NAME	Bagel H2O	Turkey Trot	Weekly's	Grapevine	X-C	Coaches	FOOTPRINTS
Jessie Yang	♥						
Pamela Yao	♥						

## OUT OF TOWN/NON-STRIDER RACE RESULTS

*Submitted by Greg Lepore and Jim Mahoney*



**Bachman Valley Half  
Marathon  
Westminster, MD  
September 30, 2018**

Stephen Senick 1:23:27  
Sheldon Degenhardt 1:27:11  
Kelly Westlake 1:30:54  
Scott Matthews 1:36:28  
Casey Richardson 1:39:16  
Rachel Sanborn 1:41:21  
Hafiz Shaikh 1:42:03  
John Way 1:42:15  
Dwight Mikulis 1:51:34  
Ron Weber 1:53:24  
Marc Burger 2:03:05  
Andrea Ohara 2:25:03  
Amanda Idstein 2:46:13  
Mel Quecan 2:56:37

**Annapolis Striders  
Metric Marathon  
Harwood, MD  
September 30, 2018**

Mark Eagles 1:42:20  
Zach Valentine 1:45:59  
Mark Landree 1:48:34  
Stephen Bohse 1:55:00  
Ed Wilson 2:01:32  
Yasuo Oda 2:02:12  
Karsten Brown 2:02:40  
Katelyn Meixner 2:23:48  
Lori Levine 2:33:08  
Alan Mulindwa 2:35:14  
Gabriela Aguilera 2:38:52  
Lisa Dolezel 2:38:54  
Karen Raraigh 2:47:37  
Kimberly Gillette 2:47:39  
Carol Wesolowski 2:51:11

**Wineglass Half Marathon  
Corning, NY  
September 30, 2018**

Carol Ernst 1:42:27  
Clarese Astrin 1:50:03  
Denise Lichaa 1:51:38  
Bill Brown 1:52:45  
Denise Drenning 1:53:52  
Joel Williams 1:54:27  
Kimberley Williams 1:58:14  
Emma Williams 1:58:16  
Joanne Lee 1:59:26  
Monica Beck 2:04:21  
Pattie Laun 2:08:11  
Leslie Marsiglia 2:09:03  
Alana Harris 2:09:04  
Julie Brown 2:11:59  
Sue Hale 2:12:25  
Paula Stehle 2:15:19  
Ginny Olson 2:26:57  
Becky Smith 2:35:48

**Wineglass Marathon  
Corning, NY  
September 30, 2018**

Mikhail Petrovskikh 3:07:41  
Frank Volny 3:22:36  
Ashley Moss 3:32:52  
Jennifer Storch 4:20:54  
Robert Anderson 4:38:30  
April Kociolek 4:52:56  
Katherine Cavanaugh 5:30:07

**BRRC Night Moves Trail  
Race  
Baltimore, MD  
October 6, 2018**

Russ Owens 44:25  
Mark Eagles 47:12  
Mikhail Petrovskikh 56:20  
Juan Fernandez 1:19:02  
Susan Kim 1:20:21

**Discover Downtown 5K  
Columbia, MD  
October 7, 2018**

Eric Schuler 17:05  
Lochlan Boyle 20:17  
Frank Volny 21:10  
Shannon Sentman 21:35  
Dan Sebring 21:53  
Joe Sluz 23:42  
Lily Decker 24:12  
Willie Flowers 24:30  
Deborah Cohen 26:18  
Edith Manney 28:15  
Andrea Ohara 30:24  
Andrew Manney 33:06  
Mary Carter 33:19  
Susanne Goldstein 33:41  
Laura Miller 37:00  
Krista White 37:48  
Eileen Barry 39:02  
Renee Dubois 39:13  
Deborah Smith 39:14  
Jennifer Cisneros 43:35  
Mohan Ray 45:13  
William Smith 45:46  
Crystal Ferrari-Smith 45:48  
Allison Dunn 47:50  
Kathy Dunn 52:44

**Chicago Marathon  
Chicago, IL  
October 7, 2018**

Nathaniel Dordai 2:50:53  
Rick Nelson 2:58:48  
Pamela Jock 3:34:31  
Yi Arnold 3:40:43  
Stephanie Caporaletti 3:45:51  
Amanda An 3:48:36  
Yihua Zheng 3:51:18  
Dwight Mikulis 3:51:55  
Michele Emerman 3:57:05  
Christine Schauerman 3:57:44  
Nadrat Siddique 4:04:43  
David Hopkins 4:04:54  
Melissa Garcia 4:15:28  
Samantha Kieley 4:19:42  
Ana Aguado 4:26:01  
Regina Steuer 4:36:37  
Robert Boblitz 4:53:40  
Alan Mulindwa 4:58:35  
Lynda Allera 5:42:11  
Richard Hall 5:47:33  
William Smith 6:00:47

**Baltimore Running  
Festival - 5K  
October 20, 2018**

Jicheng Liu 18:07  
Brian Shadrack 18:23  
Patrick Sullivan 18:26  
Dave Berardi 18:48  
Nicole Mcnamara 19:06  
Phil Lang 20:03  
Rachel Collins 20:46  
Tammy Liu 21:46  
Marsha Demaree 24:10  
Christine Schauerman 24:23  
Erin Romero 25:30  
Alana Harris 26:41  
Lisa Dignazio 28:04  
Pat Sullivan 28:15  
Karina Carr 28:44  
Amanda Cranfill 28:47  
Eric Malgieri 28:55  
Roger Lin 28:58  
Jennifer Coletta 31:20  
Stephanie Spring 32:28  
Anne Rubin 33:24  
Erica Malgieri 33:26  
Eric Myers 34:03  
Trisha Vargo 34:26  
Sheree Myers 34:46  
Christine Comfort 37:28  
Alyssa Cotler 37:30  
Mark Schmid 40:02  
Jeanette A Novak 40:09  
April Davis 41:47  
Catherine Scollick 42:02  
Grace Martin 51:19

**Baltimore Running Festival**

**Half-Marathon**

**October 20, 2018**

**WOMEN**

Louise Valentine 1:41:46	Jessica Stern 2:09:22	Julie Brown 2:29:32
Carol Ernst 1:46:17	Amy Weatherholtz 2:11:14	Kathryn Hobart 2:30:26
Morgan Pietryka 1:49:36	Stephanie Spring 2:11:25	Lavina Fathony 2:35:03
Natalie Beach 1:51:27	Aileen Linton 2:11:53	Erica Malgieri 2:37:10
Clarese Astrin 1:53:54	Andrea Ohara 2:12:45	Sarah Beach 2:38:49
Denise Lichaa 1:53:59	Emily Stransky 2:17:09	Trisha Vargo 2:40:43
Tammy Liu 1:55:17	Anne Rubin 2:18:35	Amanda Idstein 2:41:40
Lori Levine 1:55:19	Stacy Monza 2:18:38	Kadesha Thompson 2:43:25
Sylvia Devlin 1:55:41	Kerry Jimenez 2:18:46	Stephanie Szewczyk 2:43:58
Jennifer Coletta 1:56:18	Sue Hale 2:18:52	Carol Bianchini 2:44:25
Lili Barouch 1:57:10	Carol Wesolowski 2:20:19	Pamela Johnson 2:44:46
Janee Spruill 1:58:07	Susan Kim 2:21:34	Emily Roberts 2:48:05
Amelia Mullican 2:00:37	Alyssa Cotler 2:24:30	Christine Comfort 2:48:25
Jane Wadsworth 2:02:35	Wendy Crockett 2:27:06	Stacey Bisnette 2:48:27
Alyssa Mitchell 2:03:29	Barbara Boardman-Pavao 2:27:18	Erin Moyer 2:48:32
Pamela Yao 2:04:59	Kaydian Bennett 2:28:18	Aleida Velasquez 3:02:26
Anne Delean 2:06:06	Amanda Weeks 2:28:20	Vicki Moyer 3:05:11
Roselyn Dooley 2:06:51	Christine Marquart 2:29:10	Lolita Hartman 3:59:56
Ana Aguado 2:07:21	Ella Crocetti 2:29:23	

**MEN**

Terence Baptiste 1:22:15	Robert Walker 1:52:23	Eric Malgieri 2:14:47
Sheldon Degenhardt 1:26:23	Marc Burger 1:54:21	Hamid Janloo 2:25:26
Gregg Ford 1:30:25	George Olean 1:56:12	Evan Krozy 2:25:58
Brian Pryse 1:36:06	Adam Kramer 1:57:28	Jade Marquart 2:29:10
David Mikulis 1:41:21	Willie Flowers 1:59:03	Joel Monza 2:31:29
James Rogers 1:42:01	Ben Stein 1:59:21	Charles Crockett 2:33:01
Lloyd Huxtable 1:43:26	Roger Lin 1:59:50	Efrem Perry 2:35:55
Frank Bahus 1:44:25	Shane Strutz 2:02:51	Edward Beach 2:38:49
Russ Owens 1:46:01	Jim Bendel 2:05:26	Todd Johnson 2:44:46
Jason Mielke 1:46:56	David Lamparella 2:08:04	Douglas Kornreich 2:55:56
Timothy Jock 1:47:40	Vincent Devlin 2:08:46	Mohan Ray 3:34:18
Steve Knoll 1:48:07	Michael Oliver 2:10:24	
Kevin Hencke 1:48:26	Will Smith 2:13:04	
Dennis Mellinger 1:51:22	Bill Dooley 2:13:41	

**Baltimore Running Festival  
Marathon  
October 20, 2018**

Julia Roman-Duval 2:47:42  
Jason Tripp 2:47:43  
Kevin Ford 2:55:19  
\*Aaron Ellison 3:04:31  
Stephen Turner 3:06:32  
\*Hussein Ezzeldin 3:14:39  
Al Tufano 3:22:54  
Haley Kappey 3:23:45  
\*Akintunde Morakinyo 3:34:40  
Mark Hyatt 3:34:46  
Heidi Splete 3:39:57  
Keith Lévasseur 3:40:11  
Frank Volny 3:41:49  
Deb Taylor 3:41:57  
Casey Richardson 3:46:39  
Dingming Xiong 4:01:44  
Denis Kikanzira 4:03:44  
Alan Tominack 4:04:13  
Heather Stroble 4:06:48  
Yoon Yi 4:08:43  
\*Faye Weaver 4:14:29  
Jess Hencke 4:16:54  
Nadrat Siddique 4:21:24  
Lisa Dolezel 4:25:58  
Michelle Pelszynski 4:26:02  
Ronnie Wong 4:26:51  
\*Dwight Mikulis 4:29:28  
Maurice Emery 4:33:40  
Margaret Lyman 4:33:51  
Kevin O'Shea 4:36:50  
David Hopkins 4:44:51  
Karthik Gopalakrishna 4:47:40  
Sang Chung 4:48:43  
Erin Mitchell 4:52:40  
Juan Fernandez 4:57:53  
Elizabeth Carbonella 5:23:27  
Brian Koch 5:23:43  
Zohreh Ghaffarian 5:31:49  
John Wheatland 5:52:30  
Eric Katkow 5:52:31  
Thomas Green 6:28:10  
Mel Quecan 6:58:20  
\* **Pacer**

**Cross Country on the  
Farm 5K  
Derwood, MD  
October 21, 2018**

Henry Hwu 21:47  
John Way 22:22  
Tim Hwu 26:23  
Eric Johnston 28:04  
Mary Niland 32:56  
Hans D. Meurer 35:57  
Jeanette Novak 48:24

**Marine Corps 10K  
Washington, D. C.  
October 28, 2018**

Nicholas Howard 39:32  
Nicole Bickhart 51:59  
Amy Montgomery 56:53  
Ed Montgomery 56:54  
Bill Wolf 1:07:35  
Trisha Vargo 1:09:10  
Aleida Velasquez 1:14:54  
Kelli Shimabukuro 1:25:44

**Patapsco Valley 50K  
Baltimore, MD  
October 27, 2018**

Jicheng Liu 3:55:09  
Mikhail Petrovskikh  
4:03:02  
Aaron Ellison 4:09:33  
Hafiz Shaikh 4:43:52  
Gregory Hogan 4:44:53  
Mark Corriere 4:45:27  
Linglei Ma 5:04:58  
Tonnie Warfield 5:57:08

**Downs Park 5 Miler  
Pasadena, MD  
November 3, 2018**

Mark Eagles 27:41  
Stephen Bohse 29:34  
Karsten Brown 31:04  
Rachel Collins 34:08  
Michael Bohse 36:18  
David Hopkins 39:53  
Pamela Yao 40:13  
Carol Wesolowski 44:13

**Rosaryville Veteran's  
Day 50K  
Upper Marlboro, MD  
November 10, 2018**

Lokesh Meena 4:09:25  
Stephanie Caporaletti  
5:32:04  
Deb Taylor 5:32:16  
Karsten Brown 5:44:13  
Cary Jacobson 5:53:54  
Michelle Pelszynski  
6:34:34  
Lisa Dolezel 6:34:49  
Jill Calhoun 6:34:52

**Run Under the Lights 5k  
Gaithersburg, MD  
November 17, 2018**

Dylan Jock 24:03  
Emily Zanni 26:19  
Pamela Jock 27:58  
Cayden Jock 27:59  
Becky Smith 35:23  
Sloane Templin 35:29  
Melinda Krummerich 41:06

**Cold Turkey 10K  
Odenton, MD  
November 18, 2018**

Karsten Brown 37:14  
John Chall 37:43  
Steve Knoll 40:39  
Pamela Yao 49:25  
Carol Wesolowski 51:44  
Jeanette Novak 1:16:32

**Marine Corps Marathon  
Washington, D. C.  
October 28, 2018**

Ed Wilson 2:55:08	Sarah Ringerud 4:14:41	Michael Oliver 5:18:57
Alexander Zelinka 3:03:43	Rachel Sanborn 4:17:07	Ginny Olson 5:20:04
Keith Levasseur 3:05:24	Nadrat Siddique 4:18:10	Maria Lonergan 5:22:09
Xuesong Wang 3:22:05	Henry Guo 4:18:52	Ronald Lewis 5:24:02
Scott Matthews 3:31:50	Pamela Cheung 4:21:48	Louie Brennan 5:28:26
Adam Malizio 3:36:21	Aileen Linton 4:27:24	Chrissy Marquart 5:34:43
Yan Zhang 3:39:09	Bill Brown 4:28:03	Jade Marquart 5:34:43
Bok Sung Jung 3:47:26	Catherine Scollick 4:30:44	Katherine Cavanaugh 5:35:59
Roger Lin 3:48:16	Gopal Kollengode 4:37:01	Lisa Garcez 5:36:24
Steven Burns 3:52:21	Kimberly Gillette 4:44:15	Pamela Schmidt 5:36:24
Libo Suen 3:54:36	Heather Stroble 4:48:44	Snehansu Roy 5:38:11
Justin Carnahan 3:57:57	April Kociolek 4:58:29	Amanda Idstein 5:46:07
Dylan Schoneweis 3:59:35	James Moore 5:00:05	Randy Parsley 5:46:50
Feng Gao 4:02:30	Julie Brown 5:01:35	Stacey Bisnette 5:52:57
Feng Li 4:11:07	Christopher Bickhart 5:04:25	Kadesha Thompson 6:04:39
Bob Schahfer 4:13:49	Alan Mulindwa 5:05:10	Arleen Matelock 6:36:52
Scott Reider 4:14:35	Douglas Spezzano 5:07:14	Lynne Galiatsatos 6:55:29

**MCRRC Turkey Burnoff  
10 Mile  
Gaithersburg, MD  
November 24, 2018**

Ted Poulos 1:10:29  
John Way 1:17:22  
Pamela Yao 1:34:51  
Lynne Powers 1:51:29  
Megan Walker 2:03:39  
Melinda Krummerich 2:03:40  
Sharlene Deskins 2:11:45

**NCR Marathon  
Sparks Glencoe, MD  
November 25, 2018**

Jicheng Liu 2:56:36  
Al Tufano 3:18:10  
Youlin Qi 3:23:28  
Yan Zhang 3:26:07  
Yasuo Oda 3:26:40  
Victoria Broderick 3:45:59  
Alan Tominack 3:58:22  
Bill Brown 4:02:57  
Ronnie Wong 4:50:37

**NCR Half Marathon  
Sparks Glencoe, MD  
November 25, 2018**

Nathaniel Dordai 1:16:21  
Nicole McNamara 1:26:56  
Scott Matthews 1:32:39  
Louise Valentine 1:36:22  
Catherine Kilday 1:40:16  
Glenn Kuenzig 1:42:45  
Alessandro Ferrucci 1:44:33  
Mark Ringerud 1:48:08  
Janee Spruill 1:56:20  
Tim Dietz 1:56:32  
Sarah Ringerud 1:56:41  
Xuesong Wang 1:59:40  
Joanne Lee 2:02:26  
Randy Reitenauer 2:07:05  
April Kociolek 2:09:30  
Carol Wesolowski 2:11:55  
Stephanie Szewczyk 2:32:45  
Kadesha Thompson 2:33:39  
Heather Stroble 2:39:38

**Celtic Solstice 5 Mile Run**  
**Druid Hill Park, Baltimore, MD**  
**December 15, 2018**

Carlos Renjifo 26:13	Pamela Cheung 43:35	Karina Carr 54:48
Craig Lebro 28:01	Kimberly Gillette 43:42	Jessica Benjamin 54:49
Julia Roman-Duval 28:07	Kelli Habicht 44:03	Kelly Green 54:51
Jason Tripp 28:10	Willie Flowers 44:15	Anne Wood 54:52
Kevin Ford 30:18	Michael Tracton 44:18	Aleida Velasquez 54:56
Hannah Cocchiaro 30:23	Colleen Wilson 44:33	Ginny Olson 55:03
Akintunde Morakinyo 31:26	Aggie Wojdon 44:44	Kelly Proctor 55:48
Edward Wilson 31:32	Ana Aguado 46:33	Alana Harris 56:25
Dave Berardi 31:34	Jane Wadsworth 46:41	Lynda Allera 56:49
Jeffrey Berger 32:33	Bill Dooley 47:18	Patricia Sanders 57:01
John W. Chall 33:17	Douglas Dixon 47:19	Krista White 57:29
Mikhail Petrovskikh 33:29	Aileen Linton 47:26	Susanne Goldstein 57:57
Lochlann Boyle 33:33	Megan Cossa 47:27	Warren Pitts 58:01
Jason Mielke 34:20	Danny Mooney 47:50	Paula Stehle 58:27
Faye Weaver 34:30	David Lamparella 48:03	Terri Schad 1:00:05
Yasuo Oda 35:22	Pattie Laun 48:05	Erica Gates 1:00:06
Dennis Albright 36:26	Matthew Fichman 48:17	Kadesha Thompson 1:00:37
Frank Bahus 36:48	Alyssa Cotler 48:18	Nancy Burns 1:00:48
Julia Skinner 36:53	Lisa Dignazio 48:19	Leslie Glick 1:00:58
Deb Taylor 37:07	Stephanie Spring 48:20	Rebecca Smith 1:00:59
Eugene Myers 37:25	Claudia Eckstrom 49:04	Suzie Kim 1:01:10
Lisa Fichman 39:09	Alice Martin 49:08	Laura Pitts 1:01:51
Steve Muchnick 39:38	Meghan Harp 49:20	Martin Flajnik 1:02:00
Audrey Moeser 39:43	Shelly Milsted 49:23	Stacey Bisnette 1:02:43
Henry Peck 40:29	Karen Luman 49:29	Kelli Shimabukuro 1:03:06
Lili Barouch 41:09	Ralph Massella 49:36	Maria Costello 1:03:49
Hallie Brokowsky 41:21	Julie Riddler 49:37	Karen Ohlrich 1:04:27
Carol Ernst 41:26	Kevin Wiechelt 50:18	Kathryn Bayer 1:05:47
Clarese Astrin 41:28	Kathryn Baker 50:36	Helene Myers 1:07:01
Denise Lichaa 41:35	Barbara Walters 50:50	Bram Arrington 1:07:24
Dwight Mikulis 41:38	Sarah Nemser 51:49	Scott Habicht 1:07:56
Kevin O'Shea 42:03	Eileen Wilson 53:02	Meg Ortel 1:08:17
Juan Fernandez 42:50	Sara Benjamin 53:13	Jeanette A Novak 1:12:09
Deborah Cohen 43:01	Shannon Biggs 53:15	Lori Levine 1:19:31
Susan Kim 43:02	Erin Moyer 53:32	Jim Mahoney 1:30:32
Gabriela Aguilera 43:04	Memory Morris 53:48	Jennifer Cisneros 1:36:52
Ronnie Wong 43:09	David Riddler 54:04	

## PRESIDENT'S MESSAGE

By John Bratiotis



As my time as President of the Striders comes to an end, I would like to take one last time to thank all the volunteers who have made things happen in the Striders. From the board members, the race directors, the scoring team, program coordinators, coaches, course marshals, and “The Elite Coning Team”, thank you. Thank you for getting up earlier than any racer on race day. Thank you for staying up late and labeling and chipping thousands of race bibs. Thank you for clearing off race courses the day before a race so that runners could find their way. Thank you for taking time to make sure that all the runners and program participants had their expectations exceeded. With you all of you the club would not be what it is today.

Over the past several years the Police have informed us that eventually there would be a fee associated for the Support Services. In the late fall the police let us know that in 2019 those fees would start to be applied to all races that required police support. We have been very fortunate compared to other counties and districts that the Howard County Police have not been charging for the Support Services because it has allowed us to keep lower race fees. The club will have a few decisions to make on how to best to deal with these new fees while continuing to produce quality races. Looking ahead at races in Howard County you will probably see increased race fees, some races folding, and some will be restructuring.

Again, thank you for the support you have showed me and the club over the past two years. It has been an honor to be The President of the Howard County Strider.

## OPERATION ICEBERG SERIES

For those who don't know about the smaller series races, you MUST join. They only cost \$1 for members (\$2 for non-members). The low-key vibe of these is a great way to test your speed, run some new distances, learn new routes, and get your kids (or other loved ones) out there. It also feels good to see your name on the posted results!

Upcoming dates and locations (all at 2 p.m.):

January 13<sup>th</sup> – Burleigh Manor Middle (Hilly 2- and 5-mile courses)

January 20<sup>th</sup> – Northfield Elementary (Flat, fast 5k course)

January 27<sup>th</sup> – Longfellow neighborhood (2-mile or 10k courses)

February 10<sup>th</sup> – Operation Iceberg Awards at Meadowbrook Park and a 5k or 10k race in the area

## 2018 STRIDERS LEADERSHIP Board of Directors



**Top Row:** President John Bratiotis; VP Cecilia Murach; Immediate Past-President Donnie Chapman; Newsletter Bill Arbelaez; Treasurer Rob Gettier.

**Middle Row:** Secretary Chris Schauerman; Special Programs Jessica Stern; Jr. Striders/Youth Programs Bobby Gessler; Technology/Website Eric Schuler; Volunteering Pattie Laun; Racing Team Caroline Bauer.

**Bottom Row:** Racing Team Mark Buschman; Special Races Hafiz Shaikh; Membership (Member Relations) Lynda Allera; Communications Rene Alonso; Membership (Social Outreach) Paula Stehle.