

FOOTPRINTS

THE NEWSLETTER OF THE HOWARD COUNTY STRIDERS
VOLUME 43, No. 1 — January 7, 2019
Awards Supplement



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.

2018 Strider Award Winners



Top Row Left to Right: Kathy Jimenez, Sarah Beach, Lynda Allera, Deborah Cohen, Jessica Stern, Faye Weaver, Julia Roman-Duval, Katie Meixner, Faith Meininger, Pamela Cheung.

Bottom Row Left to Right: Xeusong Wang, Hussien Ezz ElDin, Mikhail Petrovskikh, Akintunde Morakinyo, Jason Tripp, Andrew Madison, Deb Taylor, Keith Lvasseur, Markeith Hogan.

Photo Credit: Ben Sussman

Hall of Fame Inductees

Dennis Albright

Nominated by Paul Goldenberg

There are two major categories from which Howard County Strider Hall of Fame candidates are selected and they are not mutually exclusive. The first category includes members who excelled as runners. This was the category from which the original Hall of Fame members were selected because they dominated the annual competition for Runner of the Year. Several years after we first elected members to the Hall of Fame, we realized that there was a second group of runners who were just as worthy of membership in our Hall of Fame. These were members who had a major impact on the club in particular and running as an activity in general. This group were those few Strider volunteers who really make it happen. Regardless of which group the successful candidates have predominantly represented, I have noticed that in the end the most salient attribute has been the sense that they share a commitment to give back to the club and the sport that they love.



In the years since my election to the HOF, I have had the privilege to participate in the annual selection process.

Over those the years there have been many outstanding candidates and I have been delighted to support the recognition of their contributions. Today, I am pleased to nominate Dennis Albright to the Howard County Striders Hall of Fame in recognition of his body of work in support of the Striders' core mission to promote running and a healthy lifestyle in Howard County.

Over the almost 18 years I have known Dennis he has always been the first person to step up to do the grunt work. When he has been critical of how we do things, he has never been shy to let me, and others, know what we could do better and he has always been willing to take on the big job of implementing the improvements he has suggested. Several years ago, Dennis felt obligated to comment on some areas in how to improve the Clyde's 10K. I suggested that he should take on the job of race director, and he didn't hesitate for a moment. Under his direction, Clyde's 10K grew to its highest all-time number of registered runners, topping out at well over 2,000 runners. When the Striders needed someone take on the lead job supporting the Howard County high school cross country meets, Dennis took on that role as well.

Dennis runs a successful personal training business. Without going into specifics as I really don't want to embarrass him or those he has helped, Dennis has helped out many runners, and others, by supporting them through his "day job" when runners have needed the type of help and support that he can give them recovering from both physical and psychological trauma.

Dennis Albright's enthusiasm, commitment, sense of humor, can-do attitude, and willingness to do whatever it takes to get the job done for the Striders has made us a better club. Dennis has a habit of asking me what the Striders do for our members. He knows that I think our biggest impact as a club can be found in our efforts in support of our community of runners as well as the larger community we are all part of. I think that few Striders contribute more to what makes our club what it is than Dennis Albright.



Caroline Bauer - Caroline began running after college in 2010 as a way to meet friends and stay in shape. She quickly realized that she could be competitive with the right training and she fell in love with the marathon and the long runs, especially the 50k distance. After a two-year hiatus following the birth of her first child, Caroline joined the Striders Racing Team and became a major competitor in the regional running scene. In 2016 Caroline ran 59:21 to place as the fifth American in the Cherry Blossom 10 miler. She also set the Striders Racing Team record for the 50-mile distance at the Stone Mill 50 Miler. Caroline joined the Striders Board of Directors where she has led the Striders Racing Team. Wearing the racing team blue singlet, Caroline has won races around the region, including the Penguin Pace, Clyde's 10k, The Annapolis 10 Mile, and the Shamrock Virginia Beach Half Marathon. She has twice run 2:47 at the marathon distance and has the goal of running 2:45 to qualify for the US Olympic Trials. Along the way, she has met some great friends that she's run through the night, over the mountains with, and had fun racing experiences both near and far.

Julia Roman-Duval-

Julia is a French-born 36-year-old astrophysicist at the Space Telescope Science Institute in Baltimore, and a competitive distance runner. She started distance running in early 2014. Prior to that, she was a competitive triathlete, having won several sprint and Olympic distance triathlons. In 2007 and 2008, she was the collegiate champion for the North-East conference. She also qualified for the Ironman 70.3 World Championship in 2008. After the birth of her 3 children in 2009, 2011, and 2012, in 2013 she joined the HoCo training groups and racing team who launched her on a competitive running path. Distance running then became a lifestyle. She ran several racing team records between 2014 and 2018. She qualified for the marathon Olympic team trials in December 2015 by running 2:40:55 at the California International Marathon and again in December 2018 by running 2:36:31 at CIM. She competed in the Trials in February 2016 and finished 50th out of 206 female runners. She broke team records this year at every distance from the 5K to the marathon: 5k (16:47), 5 mile (28:07), 10k (34:10), 10 mile (56:23), half-marathon (1:16:29), and marathon (2:36:31) and finished 1st American (3rd female) at the 2018 Broad Street 10 miler and 22nd out of 72 elite women (3,653 total females) at the US Marathon Championships at the California International Marathon.



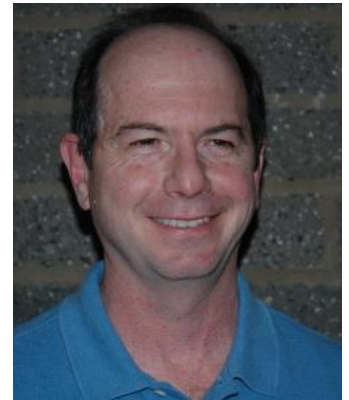
Julia now has the attention of the French national marathon team coordinators and while we do not want to apply any additional pressure, we expect to see more accolades from Julia over the coming year.

President Awards



Lynda Allera - Lynda is a lung cancer survivor. This time last year, Lynda was undergoing treatment for Stage 3A lung cancer after being diagnosed while training for the 2017 Chicago Marathon. She was faced with many health and personal challenges and could no longer run fast or run later in the day due to air quality. She had chemotherapy & radiation, a lobectomy (lung surgery) and more chemo. Where most would have quit, Lynda stepped up and became the lead organizer for the Next Step 10 miler and coached the Hibernation to 5k training program. She also volunteered to serve on the Board of Director as Membership Chair. She started running again –from a place where she was not able to run 400 feet without stopping for breath, to being able to run 26.2 miles in a celebration of life and health at the 2018 Chicago Marathon.

Jim DiSciullo – For the past 20+ years, Jim DiSciullo has been the man behind the curtain for the Striders scoring team. In the late 90's he developed the software that the Striders have been using to score Striders races even to this day. On the rare occasion that Jim was not at a race to score an event, he was always available via the phone to provide support, helping to resolve any issue that might have popped up. Around 2014, Jim announced that he was ready to step down and retire from the scoring team and every time the Striders needed a volunteer to score a race, Jim was there. There were times when we didn't get a chance to ask for a scoring team lead before Jim had stepped in to volunteer his services and expertise. Finally, in 2018, Jim let the Striders know that he was retiring and this time he was serious. To prove he was serious, he started turning over all his scoring items that he had been acquiring over the years to other members of the scoring team, forcing us to accept the fact that Jim had finally, officially, unequivocally retired.

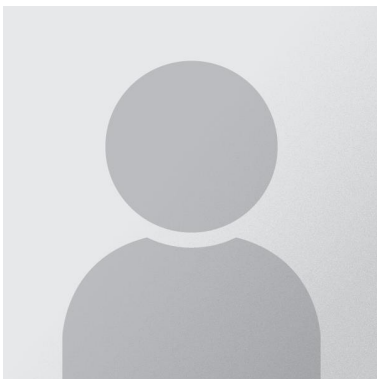


Reese Razzaque - As Reese and Steven move on from Feet First to the next phases of their careers, I would like to thank Reese for providing support to The Howard County Striders and the running community in general for the past eight years. Whenever we needed any type of prize or award for a social event or race, Reese and Feet First were always there, willing to help in whatever manner she could. Thank you for being a supporter, sounding board and partner and good luck to you and Steven in your future "crime fighting" endeavors.



2018 Volunteer of the Year
Bud Hunt, Dave Greenberg and Randy Parsley
“The Elite Coning Crew”

Bud, Dave and Randy, also known as “The Elite Coning Crew,” have been an integral part of Strider races for several years. Each has volunteered to put down and pick up cones at Penguin Pace, 10M Challenge, WDF and Clyde’s. They have had to endure cold, ice, rain and heat while placing hundreds of cones. Randy and Bud have offered up their personal vehicles and trailers for the Striders. They show up the day before the race to load cones and are the first ones to arrive on race day. During the race they take open course marshal spots then pick up cones behind the last runners. The Striders are appreciative of their commitment to the club and their volunteerism. Without their help, our races would definitely NOT be possible!



Pictured Left to Right: Bud Hunt (no picture), Randy Parsley, Dave Greenberg.

2018 Runners of the Year

Julia Roman-Duval - Numerous 1st place finishes including overall winner of the Baltimore Marathon (pictured at finish line). Set three race team records (RTR) in 2018. Ran an Olympic Trials Qualifying time at the California International Marathon.

Broad Street 10 Miler, 3rd overall, 1st US finisher, 56:23 RTR

Pike's Peek 10K, 1st Overall, 34:10 RTR

Kelly Shamrock 5K, 1st Overall, 16:47 RTR



Andrew Madison - Andrew Madison started running at the age of 12 in local 5k-15k races with the Annapolis Striders. After running track in high school for South River in Anne Arundel County, he ran Division I Track and Cross Country for UMBC. Since graduating college, Andrew has explored the longer distances, running his first marathon in the fall of 2010 (Baltimore) and then running the 2016 Boston marathon in 2:37:11, finishing 80th overall. Tackling the most competitive races is his forte: 10th overall at the RRCA 10 mile challenge in 54:30, 2nd overall at the Kelly's Shamrock 5K in 15:30, 61st overall at the Cherry Blossom 10 miler in 54:24 (while if asked he will say he is disappointed in this time, it is still smoking fast), 9th overall at the Pike's Peek 10K in 32:38, and 1st overall at the Baltimore Inner Harbor Half Marathon in 1:13:29. Andrew can also be found most summer Friday nights at the cross country series races leading the way and following it up with some reps on the track afterwards for good measure. Of particular note this year, Andrew was only 13 seconds off his PR at the half marathon distance with a newborn in the house—now that's impressive.

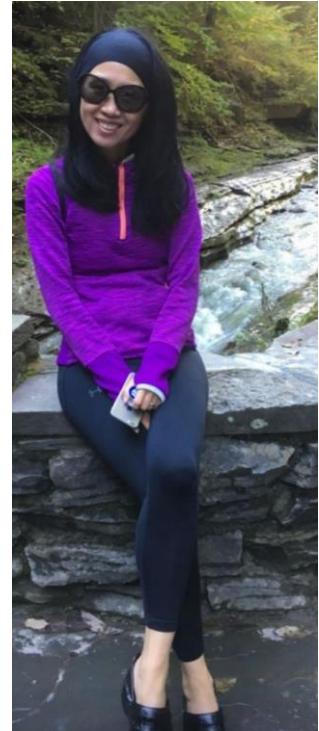


2018 Coach of the Year

Jennifer Storch – *In the Words of Nominator A:* Jen is one of the most encouraging coaches I have worked with. Her passion for running shined through as she worked with the B2 group at FIT 2018. I was lucky enough to co-coach with her and was impressed as I watched her naturally counteract negative thoughts among the participants with her positive "you can do it" attitude. She made hard goals seem achievable by bringing her own experiences, knowledge and hard work to bear, and never lost faith in the group members ability to achieve their goals.

Jennifer is an inspiring Coach. She has tremendous coaching abilities and she keeps pushing you to do more and better. She listens and gives you the support you need. She always praises you of your accomplishments as she works hard to accomplish her goals. She helps you to reach, and personal messages. Jennifer has been always part of Striders who has been the best at bringing other talented people to participate and to give back as a coach.

In the Words of Nominator B: FIT is the first running program I joined in my 50+ years. I've never run before and running was the last thing I would pick for exercise. Before joining the FIT program, I could hardly believe I could go from zero to 5K in 6 weeks. Thanks to Jen who always encourages us, runs with us side by side, cracks a joke here or there to make the training more fun. Slowly I felt I could achieve more than I thought and started to enjoy running. Jen cares for us more than just training. When she saw I had no appropriate running clothes, she brought me her extra running t-shirts, shorts, and hat which really warmed my heart. At my first 5K race – WDF - Jen was there cheering on every member in our group. I finished my 1st 5K race joyfully and made my PR. Today I'm still running regularly thanks for the FIT program and my wonderful coach Jen. That's the reason I nominate her as the best Coach of the Year.



2018 Junior Striders Coach of the Year



Kathy Jimenez -

Kathy has been a valuable piece to the Junior Striders program, jumping in with both feet to lead a group in both the Spring and Fall seasons. Always gushing about how much fun coaching is, and sharing stories of Junior Striders' activities with others, Kathy is enthusiastic and essential in helping the team succeed.

Photo Credit on right: Ben Sussman



2018 Master Runners of the Year (40 or above)

Faye Weaver - Faye has had an amazing year of running. She has PR'ed in distances from 5k to 100k. She has won or placed in many of her races this year and always helps others achieve success! Faye is a dedicated Striders coach and a fun and supportive teammate. Faye has PRs at the following distances for the 2018 Award year: 5K, 5 miles, 10K, 10 miles, Half Marathon, Marathon, 50K, and 100K. She also qualified for the Striders Development Team at the beginning of the year and now has qualified for the Striders Elite team.

RRCA 10 Mile Club Challenge, 1:12:35, PR
Kelly's Shamrock 5K - 20:45 - PR
Clyde's 10K, 45:10
Dirty German 50K, 5:19:16, PR
Parks Half Marathon, 1:35:15, PR
Shepard's Spring 100K, 11:11:43, PR
NYC Marathon, 3:20:26, PR by 8.5 minutes
Dawson's Father's Day 10k, 1st Female, 43:58
Women's Distance Festival 5k, 3rd Female, 21:19
Mid-Maryland 50K, 5:25:44, PR by 18 minutes



Jason Tripp - Jason has had one of his best running years yet, running his second fastest marathon (2:47) as a training run at age 46. Prior to this fall marathon, he ran some very fast 10k and 10-mile races. Significant improvement over previous years' performances. He has consistently been the top Male Master Strider all year long.

Baltimore Running Festival, Marathon, 10th Overall, 2:47:43
Army 10 Miler, 1st Master, 57:18
Annapolis 10 Miler, 2nd Master, 58:31
Lawyers Have Heart 10K, 39th Overall, 35:11
Pikes Peek 10K, 25th Overall and 2nd 45-49 Masters, 34:33
Kelly's Shamrock 5K, 1st Master 40-49 and 22nd Overall, 17:35
Cherry Blossom 10 Miler, 1st Master, 58:21
Frederick Half Marathon, 1st Master, 1:18:03

2018 Grand Master Runners of the Year (50 or above)



Deb Taylor - *In the Words of the Nominator:* I am excited to nominate Deb Taylor for the Howard County Striders 2018 Female Grandmaster Runner of the Year award. Deb had another outstanding running season placing in six out of the seven running races she participated in. After being hospitalized for a week in June with a tick-borne illness, Deb came back strong to place in her remaining races. I have included race results below. In addition to her outstanding running results, Deb also took several 3rd place age group awards at the Bear and DITR Olympic triathlons. She also qualified and raced at the USAT Age Group National Olympic triathlon and the Ironman 70.3 World Championships in South Africa. Along with her strong racing results, Deb also promotes running as a physical therapist and running coach where she has helped several members of the Striders get back to racing. With her impressive results in 2018, I believe Deb should be considered as a front runner for this award

RRCA Club Challenge 10 Miler, Grandmaster Champion, 1:13:23
DC Rock & Roll Half Marathon, 2nd Place Age Group, 1:39:56
Annapolis 10 Miler, 1st Place Age Group, 1:16:49
Baltimore Marathon, 1st Place Age Group, 3:41:57
Rosaryville 50K, 1st Place Age Group, 5:32:16

Akintunde Morakinyo - In addition to his success as a top tier competitive age group champion, Tunde also gives back as a pacer, notably at the Baltimore Running Festival Marathon. In addition, Tunde successfully competes over a wide spectrum of distances from the indoor 1500 meters up to the marathon.

Kelly's Shamrock 5K, 1st place 50-54, 18:18
Richmond Marathon, 1st place 50-54, 3:03:47
Cherry Blossom 10 Miler, 3rd place 50-54, 1:03:24
Baltimore 10 Miler, 2nd place 50-54, 1:07:07
USATF Master Indoor Championships 1500m, 8th place, 4:48:25



2018 Senior Grand Master Runner of the Year (60 or above)



Deborah Cohen - Debbie Cohen has become a real tour de force for women's senior grand-masters running. She quickly rose from running for "fun and cross-training" to winning her age group or senior grandmaster in most of the races that she competed in this year. This has been a tough running year for her because of a stress fracture requiring 3.5 months off, followed by another 3-4 weeks off because of a stress reaction in the other foot. However, she still managed to complete 9 races and either won her age group or got senior grand master in 7 of them. She won her age group in a five miler in Grafton, MA (Grafton Gazebo Race) with a time of 44:24, which was shortly after coming back from injury.

She also completed two marathons this year. She won her age group in the Monster Mash Marathon in Delaware, albeit with a very slow time because of a "shoe issue" - she forgot her shoes and had to buy a random new pair the night before. She somehow managed to finish the entire marathon with terrible blisters, wearing the wrong shoes, and STILL won her age group! Her marathon time was just a few minutes short of qualifying for Boston for the 3rd time. She also previously qualified for Boston in both 2017 and 2018.

Debbie has persevered despite significant injuries, always training smart and coming back strong. She is a great role model for younger and older runners alike. She has such a consistently positive attitude and is always determined to do her best, no matter what the conditions.

Clyde's 10K, 1st Senior Grandmaster, 55:49
Women's Distance Festival 5K, 1st in Age Group 60-64, 25:45
Monster Mash Marathon, 1st in Age Group 60-99, 4:36:01 (with the wrong shoes on!)
Veterans Day 10K, 5th Overall and 27th in Age Group 60-64, 53:19
Philadelphia Marathon, 17th Overall and 51st in Age Group 60-64, 4:26:08

Frank Bahus - Frank ran his first race, the Baltimore Running Festival 5K, in 2010 at age 56. Prior to this year, his running highlight was qualifying for and running the Boston Marathon in 2017. Despite the passage of eight years since his first race, Frank ran his fastest 5K and marathon times in 2018. In his seven races this year, he took home four 1st place, two 3rd place, and one 4th place Age Group Awards despite being one of the oldest runners in the 60-64 age group. Even his 4th place finish was quite an accomplishment with a 2019 Boston Marathon qualifying time of more than 25 minutes under the standard. He was listed in the 2018 Potomac River Running Regional Rankings as the number 19 runner in the 60-64 division. Frank enjoys sharing the benefits and joy of running with co-workers, family and friends. He was the team captain for the Raytheon Runners at the AFCEA 5K in 2018 and is especially proud of his son, Alex, who just ran the Marine Corps Marathon, his first marathon ever!



Baltimore Running Festival Half-Marathon, 3rd in 60-64 AG
Across the Bay 10K, 1st in 60-64 AG
St. Patrick's Day Shamrock, 5K, 3rd in 60-64 AG 125th Overall, 21:00
Sole of the City, 10K, 1st in 60-64 AG and 93rd Overall, 45:09
AFCEA Central Maryland Race for Excellence, 5K, 1st in 60-69 AG & 37th Overall, 22:15
Run for the Red Marathon, 4th in 60-64 AG & 208th Overall, 3:44:16 BQ by 25 minutes
Charles Street 12 Miler, 1st in 60-64 AG & 125th overall, 1:32:44

2018 Most Improved Runners of the Year

Jessica Stern - Jess had a PR in every race she ran this year!!! She cut 14 minutes from her half time, 6 minutes from her 10 miler, 15 minutes from her 10K time, 3 1/2 minutes from her 5k, and 3 minutes from her 5 miler. This young runner had a mission this year. It was to focus on her running and PR in every distance she could run. Mission Accomplished! Early morning training runs, hot and humid runs...Jessica would not be deterred. Hitting every goal in every raced when she toed the line. Her last PR wasn't even planned. Just going out to run a fun 13.1 miles, she "accidentally" PR'd the Baltimore Half Marathon for her 2nd half PR of the year. Her love for running and working hard got her to her achievements. Jess has had a PR in this year at 5 different race lengths and several of them were the exact same races as previous PRs which makes the achievement very high quality. All the races below are certified. She has done this despite not being a "new runner". Much more difficult to hit PRs after several years of running.



DISTANCE	PRIOR	NEW PR
5k	2009 Police Pace 31:30	2018 Penguin Pace 27:38
5 Mile	2001 Celtic Solstice 49:52	2017 Celtic Solstice 46:25
10K	2009 Clyde's 1:11:35	2018 Clyde's 56:36
10 Mile	2012 RRCA Club Challenge 1:45:53	2018 Army 10M 1:39:34
Half Marathon	2017 Frederick 2:23:31	2018 Frederick 2:11:45 2018 Baltimore 2:09:22

Sarah Beach - Sometimes improving as a runner is more of a marathon than a sprint. For Sarah Beach, 2018 was the culmination of eleven years of steady improvement.

Sarah started running in 2008 in the Striders women's program. She attended both the FIT and GIRL Next Step programs and completed her first Women's Distance Festival in a modest time of 37 minutes. Still, she was hooked on the sport, and soon became a coach encouraging others to become runners. Over the first ten years of her running career, she would go on to participate or coach in 7 of the 8 Striders Next Step programs, signing up for these training endeavors a total of 23 times. Heading into 2018, she had run 12 half marathons but had always shied away from a full



because she was convinced it would take her over 6 hours to complete one. Ultimately however, finishing a full marathon became her passion, and she decided 2018 was going to be the year she would dedicate to achieving that goal.

Slowed by a battle with vertigo for the first half of the year, she wasn't able to start serious training until July. Once underway though she achieved a whole bunch of personal training firsts:

- first ever runs over 13 miles,
- first time running Bagel to Beer (as a 17-mile training run),
- first 20 milers, and
- first time being the first car in the swim center parking lot at 4:55am.

The result? Success at the Richmond Marathon with a 5:48 (13:16 per mile) finish thus completing her first full comfortably below that 6-hour mark, a feat she hadn't even dreamed of eleven years before; Baltimore Half Marathon in 2:38:49 (12:07 per mile); Women's Distance Festival 5K in 36:34 (11:48 per mile); and, Baltimore and Annapolis Half in 2:37:02 (11:59 per mile).

Mikhail Petrovskikh - Mikhail had a phenomenal year running races from 1mile to 50 miles. All his hard work shows with 7PR's in 1 mile, 12miles, 25k, half marathon, full marathon, 50k and 50miler! One of his biggest PR's was Stone Mill 50 miler from a 9:45:56 in 2017 to 8:33:05, over an hour PR! So many PR's deserve the Most Improved Runner Award.

Wineglass Marathon, 3:07:41, 7:10 pace, PR
PV 50K, 4:02:04, 2hr 48min improvement for PR
Richmond Half, 1:27:18 PR from 1:31:25
Stone Mill 50 Mile, 8:33:05; Previous 9:45:56
Centennial Mile, 6:08; Previous 6:45



2018 New Runners of the Year



Katie Meixner - Katie was a Next Step Group 1 participant this year, less than a year after she started running in October 2017, when 4 miles seemed to her like an "epic distance" (her words). By the time training started she had logged two half marathons with a PR of 1:48. She trained hard all season-long in pursuit of her first full marathon. She also battled through a few tough weeks and for a time thought she wasn't cut out for Group 1. She stuck with it and had a great first marathon time - net 3:42:47 at Richmond. Excellent work and results in just over one year of distance running.

Xuesong Wang - Xuesong started running in the end of last year just to lose some weight and immediately became a big fan of running. He has lost over 30 pounds after starting running. He joined two sessions of Striders Next-Step training program and benefited from this program a lot. Not only did he reach his goal on losing weight this year but also performed really well in a lot of races. He Boston Marathon qualified at his first marathon race - MCM this year. He is a role model of successfully losing weight and improving running performance within our running friends circle. I strongly recommend him as the New Runner of the Year.

Marine Corps Marathon, 3:22:05, Boston Qualifier!
Maryland Half Marathon, 1:49:18
Army Ten Miler, 1:14:43



Hussein Ezz Eldin - Hussein has integrated quickly into the Striders family and has been a very positive member. He has gone from casual running on his own in 2017 to being a much improved, regular runner who also gives back. Not only has he worked on his own results but also helped coach during Next Step. A real example of putting the Strider training into play for himself and the running community. He improved from his previous PR at NY Marathon in 2016 of 3:59 to Erie Marathon this year at 2:58 - an hour improvement!

5K of 19:02 2018 vs. 21:36 at ISPOR Boston 5K.
Clyde's 10K at 43:51
Dirty German 50K at 4:54
Clyde's 10K in 43:51
Kelly St. Patrick's 5K in 19:02
Erie Marathon in 2:58

2018 Ultra Runner of the Year



Keith Levasseur - Keith is a long-standing member of the Howard County Striders and an avid runner in the local community. He has been running ultra-marathons for several years and has dozens of top-tier finishes. This year has been another impressive year for Keith. While juggling family, work, and law school, Keith somehow managed to find the time to train for and complete ten ultra-marathons, including four 50ks, five 50-milers, and a particularly grueling 100-mile race, known for being the toughest on the East Coast. In these races, he consistently finished in the top 25%, including multiple top-20 finishes this year. On top of being an incredibly solid trail runner, Keith has also dedicated his time to mentoring and training new trail runners to help improve their performance and achieve their running goals. He also spent many hours maintaining trails in Maryland state parks, selflessly giving back to the local trail running community. For both his impressive running performance this year and his honorable contributions and dedication to the ultra-running community, I believe that there is no person more deserving than Keith to be recognized as the Striders Ultra Runner of the Year for 2018.

- Stone Mill 50 Mile, 19th Overall, 9 hours 14 minutes (*pictured above*)
- Mountain Masochist Trail Run, 17th Overall, 9 hours 4 minutes
- Grindstone 100 Mile, 58th Overall, 28 hours 3 minutes
- Catoctin 50k Trail Run, 17th Overall, 6 hours 35 minutes
- Promise Land 50k, 64th Overall, 6 hours 43 minutes
- Bull Run Run 50 Mile, 87th Overall, 10 hours 34 minutes
- Terrapin Mountain 50k, 49th Overall, 6 hours 9 minutes
- Holiday Lake 50k, 43rd Overall, 5 hours 28 minutes
- JFK 50 Mile, 117th Overall, 8 hours 44 minutes
- Stone Mill 50 Mile, 13th Overall, 8 hours 40 minutes

2018 Next Step Runners of the Year

Pamela Cheung - *In the Words of the Nominator*: Pam's dedication to running using the Next Step plan is amazing. She always made sure she was running the required number of miles, days per week, etc. Even in the hottest weather, even while on vacation...Pam was out there getting it done - always with a smile on her face. Her Tuesday night training runs were on Strava along with a really nice narrative about what it was like, the weather, etc. The same is true for her long runs, including pictures of nature along the way. I was fortunate to run with her many times, sometimes just doing the last 10 miles of a grueling 18-miler, sometimes the entire (shorter) run. Always uplifting, always positive! After 10-M Next Step, Pam completed (I think she PR'd) the Baltimore 10-miler. She then completed the Marine Corps Marathon after Half/Full training.



Stello Carnahan - *In the Words of the Nominator*: Stello fearlessly jumped into our programs, starting with the 5K and finishing with Next Step Half/Full. He's steadily improved over the year, and even did Bagel to Beer! I had the pleasure of coaching him in Next Step 10-Mile. Over the course of the year, he dropped a whole mess of weight and has become so strong. He's well-received and well-liked by anyone he meets.

2018 Junior Strider Runners of the Year



Faith Meininger - Although not competing with the club any longer, Faith Meininger was a rock star throughout 2018 as a freshman at River Hill High School. She earned a silver and two golds at the indoor County meet plus a silver in the 2 mile and a gold with a 5:14 in the mile at the State meet. Outdoor, she earned a bronze in the mile at Counties and States, and gold at both of those meets in the 2 mile. This Fall, she was 3rd at the Cross Country County meet and 10th at the Cross Country State meet.



Markeith Hogan - Markeith qualified for 4 events (100 hurdles, 200 hurdles, high jump and 4x100 relay) at the USATF Junior Olympic Nationals this past summer and has been one of the Junior Strider sprinter stars for several years now.



2019 STRIDERS BOARD OF DIRECTORS



Top Row: President Cecilia Murach; Vice President Bill Arbelaz; Immediate Past-President John Bratiotis; Treasurer Carrie Anderson.

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.