

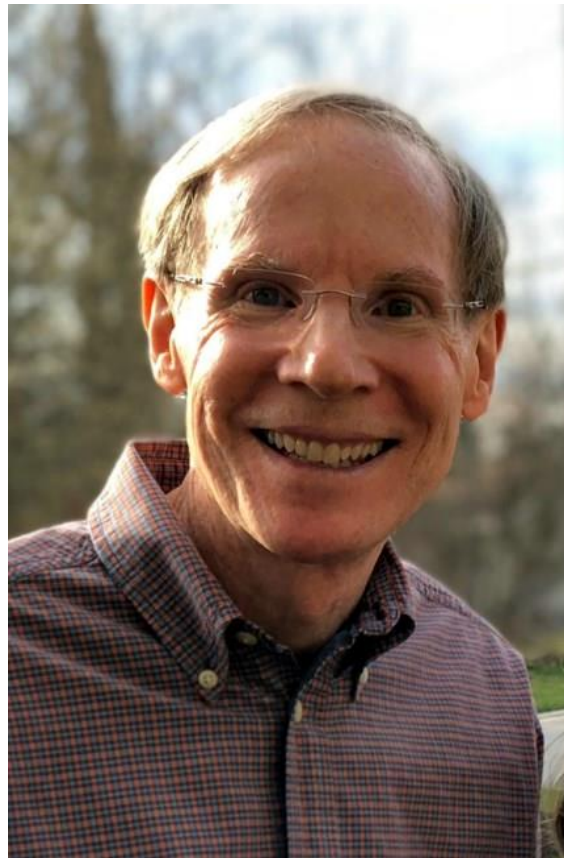
FOOTPRINTS

THE NEWSLETTER OF THE HOWARD COUNTY STRIDERS

VOLUME 43, No. 3 — July 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.



Michael Grogan Fleming

NOVEMBER 11, 1945 – MAY 28, 2019

FROM THE EDITOR

Allan S. Field, managing editor, newsletter@striders.net



Cover Photo: From President **Cecilia Murach**: Dear Howard County Striders: I write with a heavy heart to let you know that **Mike Fleming** passed away last Tuesday, May 28th.

The Howard County Striders Board of Directors would like to extend their condolences to the Fleming family on behalf of the entire membership.

Mike was one of the most recognizable members of the Howard County Striders and a member of the [Hall of Fame class of 2015](#). His contributions to the club were tremendous and significant.

In the early 2000s, Mike began capturing running events, and in 2006 became the manager of the [club's photographic presence](#). He leaves an indelible mark on the history of the Striders, having captured with his lens some of the most candid moments of the club.

Mike was a coach for the Next Step program for nearly a decade, and one of his favorite memories was guiding a number of runners to goal races and personal bests.

Most of all, Mike was a respected mentor, loyal friend, cheerleader.

Upon his induction into the Hall of Fame in 2015, he had this to say about the club: "As much as I enjoy running, and as much as I enjoy taking photos, and as much as I enjoy coaching... the reality is, those endeavors are merely conduits, or means of connecting, with all of **you** - the best set of people you'd ever want to meet, the Howard County Striders. That's the true reward."

His love of running was contagious and inspired so many. He will be sorely missed.

In honor of Mike's memory, donations can be made to the [Johns Hopkins Kimmel Cancer Center](#).

*(Editor: **Greg Lepore** shared a **Mike Fleming** favorite-moment when in 2012, **Mike, Pam Rowe, Marsha Demaree** and **Greg** won 2nd place in the Gettysburg Marathon Relay.)*



Volvo Lady – There is an unsubstantiated rumor that the woman driving the Volvo on West Running Brook on Saturday morning and pushing Bagel runners off the road may have been discouraged from doing so any longer. Until we know more, please do continue to report any incidents to the police and let the Strider leadership know if her bad behavior does continue.

Marathon Times – Are marathon runners slower today than in the days of the ancients? Hard to say as there are so many more marathons to choose from today and so many more runners who want to check off their “Bucket List” a marathon completion. Yet the following statistics tell some story; I am just not sure what story they do tell! But for those who know the Marathon Maryland of yore know that this one, with Satyr Hill at the 18-mile mark after running out and back through the hills of Loch Raven Reservoir, was one tough event.

Then look later in this edition for the feature “Blast from the Past” and the 1983 24-hour relay at Ft. Meade. You just may walk away with a little better understanding why so many of the ancients ran sub-3-hour marathons back in the day. So just for grins, giggles, and possible reflection, enjoy!

EVENT	YEAR	FINISHERS	# UNDER 3 HOURS	% UNDER 3 HOURS
Maryland Marathon	1977	1,545	298	19.3%
Baltimore Marathon	2018	1,963	27	1.4%
Marine Corps Marathon	2018	20,614	152	0.7%

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

TOUGH LOVE ON THE WAY TO THE OLYMPIC MARATHON TRIALS

Submitted by Amanda Loudin, Women’s Running, 3/14/2019. Reprinted with permission of author.



Esther Atkins is competing at the 2020 event as an athlete and a coach—to her husband.

So far, 285 American women have qualified for the 2020 Olympic Marathon Trials. Among them is one competitor who will have more on her mind than her own performance—Esther Atkins is coaching her husband, Cole, to the prestigious starting line, too.

Although it’s not unheard of for distance-running couples to contend at the trials at the same time, a woman calling the shots for her husband’s training is a unique arrangement in a sport that sees few female coaches at the top.

Atkins, 32, qualified for the race in December, by finishing the California International Marathon in 2:36. Her husband, Cole, 33, earned his spot at the Houston Marathon, finishing in 2:18.

The trials are scheduled for February 29 in Atlanta, where the men and women will compete in separate races, though will likely be running at the same time.

Traditionally, the top three men and women are named to the U.S. Olympic team, though the qualification system [released this week](#) by the International Association of Athletics Associations may alter the selection process.

Nonetheless, athletes like the Atkins train hard for the most competitive 26.2 miles there is for American runners. Juggling personal performance needs plus supporting those of her husband-athlete has worked out, so far.

“Our last few buildups have been at different times, so that’s worked well for us,” Esther says. “It was a bit of a lucky draw but it allowed me to prioritize who was getting more attention.”

With the trials on the horizon, however, the Greenville, South Carolina-based couple must find a different approach. They see it as an opportunity to hold each other accountable to early bedtimes, nutrition, ancillary care, and all the details on top of high mileage and intense workouts that are necessary to prepare.

“Neither of us view this as a year-round, sustainable way to live, because it would be exhausting,” Atkins says. “So it’s good to have a condensed period of time where we’re both all in.”

During the buildup to Atlanta, Atkins sees opportunities where she can serve as a coach while focusing as an athlete, as well as customize her training schedule to fill both roles. They can head to the track together, for example, and run different workouts and plan their long runs for different days, so Atkins can tag along next to Cole on the bike to watch his progress.

But how did this arrangement originally take shape? Atkins took on Cole’s coaching duties in the fall of 2017, when Cole was returning from a long injury layoff—though he wasn’t completely sold on the arrangement in the beginning.

“Esther knew my history and how I respond to training, so her approach was lots of aerobic, moderate and controlled running,” Cole says. “I was dubious at first, but decided to trust her.”

Now he says puts complete faith in his wife as a coach—and belief in the system is critical.

“From my end, there are no cons to this arrangement,” Cole says. “An athlete must trust in the coach and follow the overall training plan. When I decided Esther would coach me, I give her control and trust, and it’s been my best decision ever.”

Atkins agrees, calling her husband one of her most coachable athletes.

“It takes some reassurance that he’s doing enough and consistent positive feedback from workouts,” she says. “Sometimes I have to preface statements by saying ‘this is your coach talking,’ but I’m impressed by how smoothly things have gone.”

The Coach is Also Coached

Atkins is guided in her own training by Steve Magness, who coaches at the University of Houston and says her mental game is one of her biggest assets.

“We’ve been working together for three years and in that time, I’ve watched her develop her psychological side,” he says. “She has the ability to reframe and readjust to get the most out of every race she enters.”

Redefining what counts as success in her running has helped Atkins ride the inevitable highs and lows that come with pursuing the sport at the highest levels. She refuses now to subscribe to the mentality that she’s only as good as her last race’s result.

“I’ve learned to focus on my achievements and that’s been a game changer,” she says.

To that end, Magness has been able to tap into Atkins’s mental game and work it to her advantage. For example, he asked her to pace another athlete to temper her expectations in a race when her fitness wasn’t at its peak. The result: Atkins ran better than expected, because she wasn’t focused so much on her own performance.

Much like her coach/athlete relationship with Cole, Atkins has developed the necessary trust with Magness to excel.

“Like any good relationship, we have open communications and a partnership,” Magness says. “She’s empowered to make decisions and move things around on her schedule as needed.”

That flexibility will likely prove useful as Atkins plays her dual role heading into Atlanta. No matter how things shake out, she admits the arrangement will bring an extra level of excitement to the day.

“I can’t wait to see how we place,” she says. “Since I’m Cole’s coach, I win either way.”

ANNUAL CLUB PICNIC JUNE 30, 2019

Submitted by Melissa Burger

The Howard County Striders Annual Picnic was a roaring success. The new location at Guilford Park welcomed about 100 members and their families for hot dogs,

burgers and, of course, some cake. The shade of the park provided lots of space for socializing. The grill was very busy but was very well taken care of by the **Burger** boys, **Marc** and **Chad**. The festivities would not have been complete without the array of giveaways. **Feet First** provided gifts cards along with a gift certificate from **Tim Newton** of **Inspire Movement Physical Therapy**. The Striders provided some race entries and other goodies. The kids enjoyed the playground and the kids raffle. These events continue to be a huge success thanks to our great members who volunteer. Thank you volunteers, see you next year.



Photo Credit: Brad Murach

THE TORCH RUN FOR SPECIAL OLYMPICS JUNE 6, 2019

Submitted by Pattie Laun, volunteer@striders.net

Several HC Striders helped set up our start/finish lines for the Law Enforcement Torch Run for Special Olympics on Thursday, June 6th at Centennial Park. Helping **John Bratiotis** that morning were **James Blackwood**, **Dwight Mikulis**, **Lynda Allera**, **Kendra Smith**, and **Melinda Krummerich**. (Photos by Pattie Laun)





MOAB, UTAH RUNNING RETREAT REPORT

Submitted by Pattie Laun, volunteer@striders.net



In June of 2018, I came across an advertisement for Run Wild Retreats. These were guided trail runs in amazing locations for 4 to 7 days. They included workshops about mindful running and natural running form. Sounded like heaven! I sent in my deposit. My retreat was at the end of March 2019. I could hardly wait!

I chose the Moab Mindful Running Retreat for experienced runners...all women. This retreat was situated near the town of Moab, Utah along the Colorado River. As my retreat dates neared, I focused on learning to run trails so that, while it wasn't required, I would at least have a bit of that knowledge under my belt.

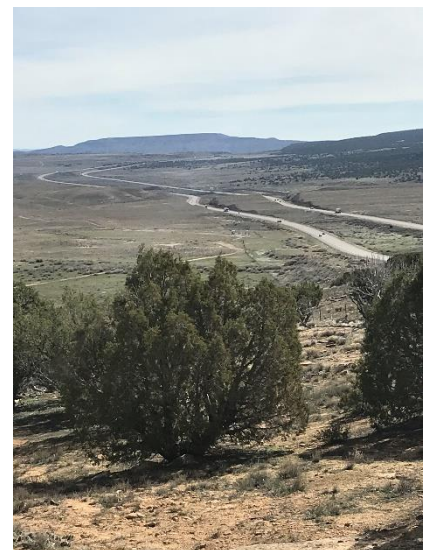
At last...March came, and it was time for me to pack everything that was on the list provided by Run Wild Retreats. Running shorts and capris, long and short sleeved running shirts, rain/wind jacket, pajamas, and ear plugs (?). I wondered what the ear plugs were for...were coyotes howling at night? (I never really found out, maybe it was in case your roommate snored!)

I hopped on my plane to fly to the nearest commercial airport in Grand Junction, Colorado, staying a night there, intending to leave the next morning for the retreat location. I had plenty of



time to stop at Starbucks on my way out of Grand Junction and headed west towards the Utah state line – approximately 37 miles along Route 70, with an astounding 80 MPH speed limit. Actually, it is part of the Interstate system that connects Utah and Maryland – yes, the same as our Route 70 that gets so clogged up during our rush hour! I was at the other end of it!

Forty-five minutes on the road, and I left the highway to start my much slower drive through beautiful desert mountains along the winding Colorado River. And always in my view were the magnificent La Sal Mountains – snow covered, rising in the sky to 13,000 feet. The road was on the one side of the river, and gorgeous, majestic red cliffs lined the other side. I saw the Red Cliffs Lodge in the distance, looking like a ranch or something out of a Western movie. It turns out that over 100 films were made in this area of Utah, many specifically at the Red Cliffs Lodge. I got my room and Day 1 was about to begin.



We met as a group – 17 participants and 2 retreat leaders, introducing ourselves and getting to know one another. We then left the Lodge for our first run. We drove to trails just outside the Arches National Park. We started running, then stopped as a group to experience our first running clinic – the Power Posture. This information would become much needed in the next few days. We ran approximately 5 miles through desert sandstone formations.



Beautiful red hues in the fading sunlight were just spectacular. A few of us actually got lost (I was in this group), and we jokingly called ourselves the Lost Girls, hoping this wasn't going to be a regular occurrence on our longer runs. After eating dinner at the Lodge, it was time for restful sleep in preparation for tomorrow's activities.



Day 2 had us loading into two passenger vans driven by our trail guides – these women owned the company that took people on trails (hiking, running, and biking) in the area. They were amazing, knowing all the possible routes in the mountains we were getting ready to experience. We drove to Moab to pick up our lunch for later in the day, then headed to

Canyonlands National Park, about 6 miles outside of Moab.



Canyonlands National Park is a beautiful conglomeration of sandstone canyons, mesas, buttes, and spires. The rocks and sand are colorful due to the erosion of sandstone that has formed this preserve of 527 square miles. It is known as a high desert, with elevations at the trail head starting at 3,700 feet, rising to over 7,000 feet above sea level. As we started at the trailhead, we wound down into a canyon to a water crossing, then back up rocks to the summit. Along the way up, we stopped to have a clinic that gave us tools to make trail running hills “fun and easy!” They certainly did give useful tips for uphill trail running – short strides, slow the pace, shoulders back. Believe me when I say those tips were repeated verbally during our runs by each one of us many times that day and the next!

At Canyonlands, we saw entire cliffs studded with petroglyphs (carved rock art), believed to have been created between the 6th and 18th centuries by the prehistoric and historical people of the area. One of the trail areas, called Island in the Sky, introduced us to running to the tops of buttes, getting closer to some of the arches and other sedimentary rock formations. Huge cliffs along the trails and overlooks made me feel so fortunate to see this part of the US. And the La Sal mountains kept watch over us for the entire run!



After our 9-mile run, we returned to the Lodge to clean up, and headed back out to Moab for a restorative yoga class and dinner in town. What fun!



On Day 3, we set out for Navajo Rocks, where quite a bit of our run was actually on large boulders of slick rock, marked with short strips of paint for the runner (or biker) to follow the trail. There were 10 miles of trails where we could practice the Day's running clinic, focusing on breathing, while still remembering the form from the day before.

We had the afternoon to rest/use the hot tub at the Lodge, then down the road to the neighboring Sorrell River Lodge for a magnificent dinner – with all 19 of us at one long table!

All the while, we had been having beautiful, albeit colder than normal, weather. Sunny and gentle breezes during the day. On our last day of the retreat, we woke up to ½" of snow on the Red Cliffs and the trails. We drove a few miles to Fisher Towers, where we were to complete a 5 mile up and down some of the towers. However, when snow melts (as it did when the sun came out), the desert sand turns to a mud so slippery, well...I've never seen such slippery mud!



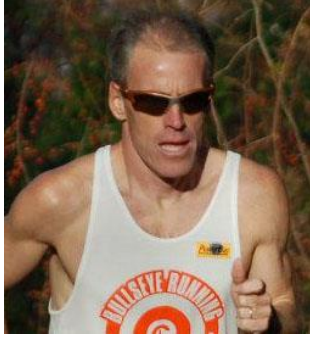
About 1.8 miles up, we had to turn around due to not only the mud, but also to a few spires breaking off farther up the trail. As we wound down to the parking area, we continued our run another 3 miles out to the main road, where our retreat leaders were waiting! Then back to the lodge for breakfast buffet, and to say our good-byes.



This was one of the best experiences I have ever encountered. With the running clinics and the Mindful Running workshops, I got plenty of valuable guidance for making trail running (or any running, for that matter) a rewarding and enduring pursuit. And the stunning views while at the retreat continually caused amazement – this area is one of the most beautiful on Earth. I've made friends (with which I still communicate), and I'll always remember the views of La Sal!

COACHES CORNER

Submitted by Coach Phil Lang



(Editor: Coaches Corner is a new feature that Coach Lang will be contributing to each quarter. With his wife Vickie and others, Phil coached high school cross country and track at Oakland Mills High School from 1995 to 2018, has served as the Howard County Junior Striders/Bullseye Running youth programs coordinator since 2002, and has RRCA and USATF Level 1 coaching certifications.)

Again, I am very aware that many of us just run to feel better, or to lose weight, or as a stress reliever, or a numerous list of other reasons but if you are running to challenge yourself a bit more than that, I hope these chats can provide some things for you to think about.

Another reminder is that adults and kids have different focuses so please don't have them train as an adult. As an example, a mile PR (personal record) would be a much better goal than completing a half-marathon for child. If possible, have kids run with kids while adults run with adults.

Last chat we talked about the 'why' are we running a race question to help determine how and what kind of training should be done. Remember stay healthy and slowly progress.

Now it is time to start putting in more time and working a little bit harder after a few weeks of easy paced shorter runs to ensure the body is healthy at the start of a training plan. Improving one's fitness level is the key ingredient to being able to work harder while staying healthy. The generic rule to follow is increasing your weekly mileage by 10% each week but I would suggest go up 3 weeks in a row then take a step back for a week before increasing again.

Lots of ways to increase your miles of course. If you run a 4th time a week when you usually run 3 times a week is one way. Adding a couple miles or so to your longer run each week is one way. Certainly, an extra repeat when doing your hill repeats or speed sessions or maybe a slightly faster pace for your speed session or up-tempo run so you end up going a little farther works as well.

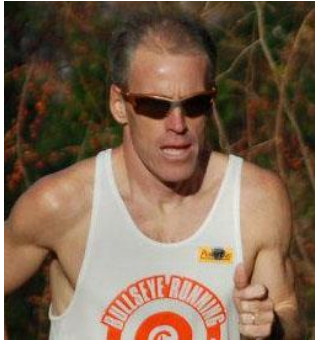
Warning about adding miles: strength and speed work all at the same time. As noted above, stay healthy and slowly progress. Have a long-term approach even if you have an event on the calendar in the short term. Do not do too much too soon. Increase fitness by getting to a level of miles each week you want to get to then as the body gets comfortable at that level, more intense strength and speed can be added. Your body will be ready for more if you did not over stress it while improving your fitness. Don't be in a rush; the body breaks down when you are. Listen to your body and don't force things when the body is suggesting you relax a bit. The old "no pain no gain" saying is nonsense and really leads to more setbacks than success stories.

As noted last chat, have fun with this and don't be afraid to jump in a race just to be with your friends or to get your miles or workout in along the way. Hope to see you at one or some of the Friday Night XC Series events, the Arbutus Firecracker 10k and/or some of the Centennial 1-mile fun runs.

We have now talked about and hopefully built the base and that is certainly getting those wanting to go further headed in the right direction. Many of you want to get into the discussions about helping the body move a bit faster so next chat will focus there before we resume some discussions about those long runs for marathoners in the following chat.

YOUTH PROGRAM UPDATES

Submitted by Phil Lang



The Howard County Striders and Bullseye Running partnered again this Spring to provide 2 youth running programs. A noncompetitive fitness running program had nearly 150 kids practice twice a week for 8 weeks at Centennial High School.

The opportunity to compete with the track and field team program in the Spring and into the Summer brought out 215 kids this year. That group practiced at Oakland Mills High School and competed at a full schedule of meets all Spring.

The club had their opportunity to host a meet on Sunday April 28 at Reservoir High School and nearly 850 kids from our club and many others around the state got to compete in near perfect weather conditions.

Around 100 kids from the team program chose to compete in the AAU Junior Olympic meets this Summer and the top 6 in each age group and in each event at the AAU Regional Meet in Prince George's County the weekend of June 20-23 will advance to the National Championships in North Carolina at the end of July. Good luck team!!!

The Summer Striders is a Summer training program for kids planning to run Cross Country at high school or college in the Fall. This is the 19th year for the program. They practice 3 times a week (Monday evenings at Oakland Mills High, Wednesday evenings at Howard High and Saturday mornings an hour after the Bagel Run starts in the Wilde Lake Village Center behind Feet First). Registrations are still being accepted at the [links](#) on the websites. There are already over 130 signed up and at least one from nearly every high school in the county.

The Fall youth running program registration and details will be finalized in late July but plan for practices to be at Centennial High on Monday and Wednesday evenings in September and October as usual.



FRIDAY NIGHT 5k CROSS-COUNTRY SERIES 2019

Please join us at any or all of the 5k XC races in this special summer series! All ages welcome! Invite your friends!

Entry fee is \$5 for each race. Start times are 6:45pm. Dates and locations are:

- 7/5 at Howard High directly behind the school,
- 7/12 at Mount Hebron High behind the school on the right,
- 7/19 at Hammond High behind the school,
- 7/26 at Centennial High in the stadium,
- 8/2 at Reservoir High, actually at Lime Kiln Middle parking lot and
- 8/9 at River Hill High in the fields past the tennis courts

***** Finish 3 or more of the 6 races and receive a special Strider/Bullseye tech shirt.**

Results will be posted on the Striders and Bullseye web sites (www.striders.net)(www.bullseyerunning.com).

PLEASE NOTE THERE WILL BE NO BATHROOMS AVAILABLE (sorry!).

Contact Phil Lang (coachlang@hotmail.com) with any questions.

Officials ONLY - NUMBER _____

You only need to complete this form once then just check in and pay at future series races!

First and Last Name: _____ **Gender (M or F)** _____

Birthdate: _____ **Email:** _____
(m/d/y)

How did you hear about the series?: _____ **Zip Code:** _____

Waiver/Release I know that running and volunteering to work in club races are potentially hazardous activities. I should not enter and run in club activities unless I am medically able and properly trained. I agree to abide by any decision of a race official or coach relative to my ability to safely complete the run. I assume all risks associated with running in track and field meets, including, but not limited to falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic and surface conditions, all such risks being known and appreciated by me. Having read this waiver and knowing the facts in consideration of your accepting my membership, I, for myself and anyone entitled to act on my behalf, waive and release Bullseye Running, the Howard County Striders, Inc., the Howard County Board of Education and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in these club activities even though that liability may arise out of the negligence or carelessness on the part of the persons named in this waiver. Further, I grant permission to all of the foregoing to use any photographs, motion pictures, or any other record of this season for any legitimate purpose. I understand that bicycles, skateboards, baby joggers, roller skates or blades, animals, and radio headsets are not allowed in races or at practices and I will abide by this guideline.

Signature of Parent/Guardian if child is under 18

X _____ Date _____



Submitted by Paula Stehle, social@striders.net



Women's Self Defense Running Seminar: Saturday, April 6, 2019

On a beautiful Saturday afternoon, sixteen women gathered at the Recharge Gym in Ellicott City to learn about several common scenarios that female runners may encounter and how to protect themselves should danger occur. One helpful tip that was shared is to yell “fire” instead of “help” if you feel threatened, since it is more likely that people nearby will respond to that declaration!

Becca and **Matt**, instructors from 2nd Gear in Laurel, trained the group and provided hands-on practice for the participants. Becca began training in Brazilian JiuJitsu in 2015 to feel more confident about walking to the metro in DC after work and in the process, she found a great workout. Matt is a Brazilian jiuJitsu brown belt who began training in 2003. He enjoys sharing his knowledge to help people discover what they're capable of accomplishing. <https://www.2ndgearbjj.com/>

The women practiced the defense techniques in pairs and left feeling more confident about running safely with a few new moves under their belts! Strider members were able to register for the class at a discounted rate. A big thank you to **Ryan Smith** at Recharge Gym for the use of his facility and for partnering with the Striders Running Club. <https://www.rechargexfit.com/>





Manor Hill Tavern Run and Social: Wednesday, May 22, 2019

Perfect weather and the enticement of a free beer brought out approximately 60 runners to the pub run and social at Manor Hill Tavern in Old Ellicott City. First a scenic 3.4-mile run, followed by a complimentary drink and some delicious snacks provided by Striders, made for a fun and memorable evening! The participants didn't seem to mind that the first half of the route was quite hilly!

Shout out to **Amy Story** and the other managers/staff at MHT for collaborating with Striders to make this event happen on a Wednesday evening. Amy even ran with the group! Please join in for their weekly beer runs on Tuesday nights throughout the year! <https://manorhilltavern.com/>



WELCOME 87 NEW MEMBERS SINCE 3/27/2019

Submitted by Lynda Allera, membership@striders.net

A Aberdeen	Qing Li	Kathryn Rock
April Arnold	Yajing Li	Anna Roth
Elsie Bjarnason	Seung Lim	Charles Rucker
Elizabeth Boorstein	Sarah Lovelidge	Gwendolyn Rucker
Marcie Burkhart	Alison Mathieson	Deanna Sebastian
Kim Burks	Heather Matthews	Adrianna Sita
Ian Cavanaugh	Michael Matthews	Deborah Sita
Samantha Cavanaugh	Richard Mccaffery	Kaitlin Slaven
Weimin Chen	Pamela Mizrahi	Addi Solomon
Jaime Cheret	Emily Moses	Allan Sutherland
Nathaniel Dippold	Karen Nairn	Melissa Thompson
Samuel Essien	Derek Ng	Dionne Thorne
Michael Francis	Chuck Omstead	Karen Tominack
Patricia Franklin	Lara Pagano	Victoria Uttenreither
Sharon Goldsmith	Dominique Palmer	Emmanuel Vas
Fred Gouker	Pamela Palmer	Evelyn Vas
Andrea Green	Marissa Pena	Jovita Vas
Brenda Guardala	Anastasia Phillips	Peter Vas
Zane Hall	Jennifer Phillips	Daniel Wang
Marsha Holt	Kai Phillips	Emily Wang
Julianne Iwaskiw	Lilyana Phillips	Joshua Weiss
Clementine Jackson	Nikolaus Phillips	Joseph Wells
Demetrious Jones	Danielle Pierce	Tyler Wells
Jennifer Kargus	Aldrin Piri	Michael Willis
Erica Kennedy	Dawn Potts	Amy Wortman
Milana Klein	Alicia Ribeiro	David Zaleski
Annette Lanham	Dolores Ribeiro	Nadia Zaleski
Elisa Lassiter	Marco Ribeiro	Sabrina Zaleski
Jennifer Lechner	Rachel Ribeiro	Ulka Zaleski

PROFILES FROM THE PACK

Submitted by Rene Alonso, communications@strides.net



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?

Rachel Collins - I have always enjoyed fitness but was not much of a runner until my late 20's. I found the joy of running when a friend talked me into a race. It wasn't just any race; it was a marathon. I told my friend that I couldn't run more than 3 miles and she was determined to prove me wrong. A year later I did complete the marathon and I was very proud of myself. From there I began to love running but my running goals changed significantly. I find that now I enjoy the shorter races like 5K and trying to beat my personal best time. Although some things have not changed because I really still enjoy the social aspect of running and the best runs are runs with friends!



I really enjoy giving back to the running community and running with them because I feel like they have given me so much. All the runners I've met through Striders have been inspirational, they motivate me, and I love hearing their personal reasons for running. Everyone has their own stories for why they like running. Whether it's for social reasons, to better their health, or just to push themselves to their limits, it's always great to get to know the community.

I always have enjoyed the St. Patrick's Day 5K in Baltimore. I've never been a morning person so it's nice that the race starts in the afternoon and I feel energized to run!



Debbie Smith - I've always been an active person and enjoyed trying different sports throughout my childhood and as an adult. However, it definitely became more challenging trying to fit in exercise as a parent with young children. I started ice skating with my girls and that became my passion (and still is), however, I realized it was not giving me a good enough cardio workout. I started running with one of my daughters after I turned 50 and we signed up for our first 5K - the Striders WDF. At the end of the race (which about did me in!), I ran into an acquaintance who told me about the Striders FIT program for women. I signed up for the next session and it was the best decision I could've made! Not only did my

running and my cardio fitness improve through the program, but I made some wonderful, lifelong friends.

Ten years later, I primarily run for fitness and the social aspect. I'll sign up for some races to keep me motivated and to challenge myself, but I prefer not to focus on pace and distance, but rather fitness and enjoyment. My most memorable race was probably the Baltimore Half-Marathon a few years ago. The training really pushed me, but I had a great training buddy and so it was extra special to complete this challenging race together.

I've never enjoyed cold weather but running gets me outside in winter where I can enjoy a brisk run with friends on Columbia's great trails followed by breakfast and/or a chat. After many seasons participating and coaching with FIT, I became a co-coordinator of the program this year. The program is so wonderful, and I welcomed the opportunity to keep it moving forward. We added a tagline this year - "Fitness -- Fun -- Friendship" - and that truly is what it is all about. We want to encourage women to get outside, enjoy a healthy lifestyle through running, and make some new friends along the way. It can be hard to take that first step, but there will be supportive coaches there to encourage and educate you on how to incorporate running into your weekly routine. We just wrapped up a great FIT season with many participants completing the WDF 5K. I'm already looking forward to next year!

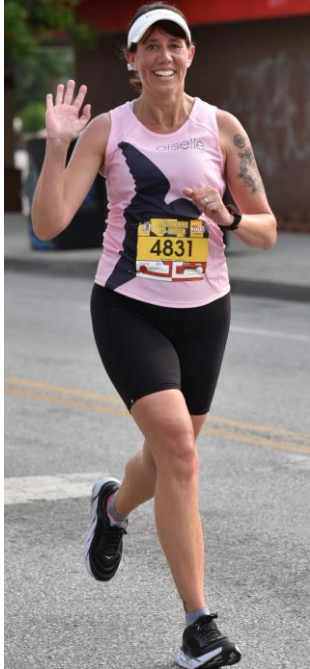
Eileen Levitt – What motivates me to run is that I like to run with other people. I like being outside in the fresh air. I like to be with people with similar interests. People who don't say "enough already about the running."

In terms of volunteering, I started running later in life and a lot of very patient people have helped me on my journey to become a runner. I understand that we all don't have natural talents and that sometimes just being out there and trying is good enough. It gives me a lot of joy to see people who couldn't even run a mile, complete a 5K.

I started running about 6 years ago when I started taking boot camp classes. We had to run a mile at the beginning of class, and I struggled. I couldn't do it. Some friends suggested that I join them and some others in the mornings at Centennial. They told me that trying to run a loop would help me with my mile. They showed me run/walk and eventually I was able to run a complete loop without stopping and they were right about the mile being easier. Of course, 2 miles became 5 and 5 became 10 and now I regularly run half marathons. I still run/walk a lot, but it doesn't matter as long as you finish.

My favorite race is the 2016 Baltimore Half. It was my first half marathon. I had been diagnosed with breast cancer earlier that year and was determined to get past the treatments, be cancer free and run that race. I also ran the entirety of the race with my friend and fellow strider, **Maria Lonergan**. We spent the entire 13.1 miles talking, laughing and enjoying the journey of being there.





Sarah Ringerud - I am endlessly motivated to run and volunteer with the Striders! When my family moved to Columbia 4 years ago, I really struggled with the transition. Being in a new part of the country, with a new job, and missing my friends, was tough. One of my main reasons for running has always been for mental health, so I knew I needed to get into a running routine as soon as possible. I found Howard County Striders from a Google search and joined immediately, asking for and receiving great tips on places to run and local races. I participated in my first Next Step program a couple of years ago and am now on a streak of having been in all the 5k-marathon programs as either participant or coach for 2 years! I love the community, the knowledge shared, and the fun of all that HCS does - training, races, bagel runs, etc. And I also love being able to give back as a volunteer by putting out water on a Saturday morning, helping at a race as course marshal or packet pickup, and coaching.

In my younger days I would head out for a "jog" a few times a year if I felt like I needed to get in shape, but I didn't really start running and racing until my 30s. My running evolved from weight loss and fitness goals to more focus on training for races and performance goals. I love what running does for my state of mind and I love challenging myself! Those who have been in my training groups know that hills are my favorite - I like to get out there and suffer a little bit. For new runners I think it is important to find your own joy in running. Some might find that in marathons, some love all-out pushes like the 400, and for some just easy running out in nature with no competitive goals is what makes them happy. There is no one way to be a "runner"!

My best races have always been 5ks - I seem to be most suited for this distance and race well at this distance. My PR was set a few years ago at a race in San Francisco, associated with a science conference I was attending, that went along the Embarcadero. My favorite race though, was my first 50k. It was up in the mountains in southern Wyoming and running through that gorgeous scenery was absolutely breathtaking (also the altitude)!

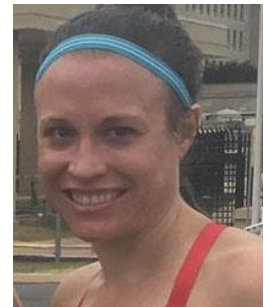
RACING TEAM REPORT

Submitted by Mark Landree and Caroline Bauer



Your Howard County Striders Race Team members were toeing the line at some of the region's biggest races this spring: Cherry Blossom 10 miler, Boston marathon, London marathon, Pike's Peek 10K, and Baltimore 10 miler, just to name a few.

Before we get to all those results, please extend a warm welcome to our most recent Developmental Team member, **Louise Valentine**, and give a round of applause for Callie



Betman making the transition from the Developmental Team to the Elite Team.

First up, the Credit Union Cherry Blossom 10 miler saw some outstanding. For some perspective, this year's race had 17,437 runners (7,146 men and 10,291 women)—that's not a typo, over 17K

runners. Yet **Julia Roman-Duval** placed 21st in 56:30, **Hannah Cocchiaro** placed 32nd in 58:41, **Callie Betman** 95th in 1:05:21, and **Lindsay Pickett** 152nd in 1:08:50. The men also had a strong showing with **Andrew Madison** in 49th place with a time of 53:38, **Mark Buschman** 58th in 54:09, **Jason Tripp** 122nd in 58:37 (1st M45-49), **Kevin Ford** 124th in 58:39, **James Blackwood** 217th in 1:00:01, **Tunde Morakinyo** 261st in 1:02:52, **Jicheng Liu** in 325th in 1:04:27, and **John Chall** in 1:18:24.



Left to right: Jerry Liu, Adam Sachs, Tunde Morakinyo, Julia Roman-Duval, Mark Buschman, Kevin Ford, Jason Tripp, James Blackwood, Andrew Madison, Terrance Baptista. *Photo Credit Joanne Lee*

Only a week later and another portion of the team made the long trip to the Boston Marathon. Even though the weather did not provide ideal conditions and the course is not particularly fast, we saw many strong performances and one outstanding finish. **Craig Lebros** (*pictured to right, photo credit Mrs. Craig Lebros*) ran a blistering 2:35:36 for a new PR and a time that is a mere 2 minutes 13 seconds off the race team record for the distance. Put him on a fast course with better weather and I wouldn't bet against the record falling—no pressure Craig, but we expect amazing things from you in the near future. Yet another amazing PR for the team was seen in **Adam Sachs** running 2:49:07, with a conservative first mile and rock steady splits thereafter, this was an impressive run which no doubt indicates this young runner has nowhere to go but up. **Eric Schuler**, **Jason Tripp**, and **Conrad Orloff** all posted solid times, 2:47:48, 2:49:51, and 2:52:15, respectively. **Ed Wilson** also



made the trip running 3:20:13 on more cross training than any sane coach or orthopedic surgeon would advise—I don't think there is anything that would keep Ed from running Boston. The ladies saw **Faye Weaver** run 3:35:16, **Julia Skinner** 3:49:56, **Deb Taylor** 3:54:42, and **Stephanie Caporaletti** 3:55:02.

Apparently, Boston is a little too close to home for **Julia Roman-Duval** who made the trip across the pond to the London Marathon. Julia ran another impressive marathon with little time to adjust to the time zone, crossing the line in 2:37:15 to place 23rd overall, 3rd female in the non-elite start. What a run!

Closer to home and a tad shorter on the same day, we saw many Striders toeing the line at the Pike's Peek 10K. Known as a PR course due to its net downhill elevation profile, the race offers a number of rolling hills to keep it honest. PR's for the day go to **Hannah Cocchiaro** 2nd in 35:46, **Amanda Beal** 7th (2nd F35-39) in 39:56, **Lindsay Pickett** 4th F35-39 in 40:59, and **Mark Landree** 22nd (1st M45-49) in 35:27. Other strong showings include **Rachel Collins** in 43:28, **Tammy Liu Hermstein** 2nd F50-54 in 46:58, **Kevin Ford** 21st in 35:25, **James Blackwood** 26th in 35:46, **Tunde Morakinyo** 41st (2nd M55-59) in 37:20, **John Chall** 110th (2nd M60-64) in 41:37, and **Ed Montgomery** 129th in 43:34.



Back row: **Alvin Yew**, **James Blackwood**, **Kevin Ford**, **Mark Landree**.
Middle row: **Tasha Hogan**, **Tunde Morakinyo**, **Ed Montgomery**, **Lindsay Pickett**, **John Chall**.
Front row: **Hannah Cocchiaro**, **Amanda Beal**, **Rachel Collins**. *Photo credit Jason Tripp.*

The Baltimore 10 Miler is not known as a fast course and is often very hot and humid, but this year provided better weather than most. Taking advantage of the conditions, **Caroline Bauer** placed 2nd in 1:04:24, while **Andrew Madison** placed 2nd for the men in 55:17 with **Eric Schuler** on his heels placing 4th (1st M25-29) in 55:33. Out of the 3714 runners at this year's event, these Striders represented very well. And yes, **Eric Schuler** was once again interviewed on TV after the race.

Other notable 5K results include **Adam Sachs** winning on a beast of a course at the Kenya Connect 5K for the second year in a row with a time of 16:27, **Eric Schuler** winning the Spring into Summer 5K in 16:54, **Mark Landree** taking 1st male master at the Bel Air Town Run 5K in 17:25 with **John Chall** posting a 20:29, and **Louise Valentine** placing 3rd at the HCS Striders Women's Distance Festival 5K in 21:00 with **Debbie Cohen** taking 1st F60-69 in 26:38.

While 5K in distance, the Spring Hops 5K is not 5K in demeanor. This annual cross-country race tests your grit and **Eric Schuler** took 2nd in 19:33, **Jason Liu** 1st M40-49 in 22:17, and **Tammy Liu Hermstein** 1st F50-59 in 27:56.

Moving up in distance, **Julia Roman-Duval** returned to this year's Lawyers Have Heart 10K to take 7th in 35:58 while **Mark Landree** took home a nice cherry pie at the Cherry Pit 10 miler in 1:02:32, cruising to 2nd place on a hilly course in the rain after a one hour delayed start.

This spring season was full of half marathon results starting with **Julia Roman-Duval** at the Caesar Rodney Half Marathon 1st in 1:17:54, **Faye Weaver** 1st F45-49 in 1:38:04 and **Rachel Collins** 2nd F35-39 in 1:38:30 at the B&A Half Marathon, **Jason Liu** 12th (2nd M45-49) in 1:25:52, **Tunde Morakinyo** 1st M55-59 in 1:26:54, and **Ed Wilson** 2nd M55-59 in 1:32:21 at the Frederick Running Festival Half Marathon, and **Jason Liu** 1st M40-49 in 1:25:13 at the Maryland Half Marathon.

Two weeks after running the Boston Marathon, **Fay Weaver** thought it would be a good idea to run the Big Sur Marathon which climbs over 1700 feet in a time of 3:38:20—the views must have been spectacular, but boy did they come at a price. That's a lot of elevation gain, just sayin'. **Tunde Morakinyo** also made the trip to California to run the San Diego Marathon placing 1st M55-59 in 3:02:43 while **Debbie Cohen** stayed closer to home running the York Marathon in Pennsylvania taking 2nd F60-64 in 4:18:19.

Then, two weeks after Big Sur, **Faye Weaver** took on the Dirty German 50 miler, winning her age group in 10:20:55. That's the Boston Marathon, two weeks, the Big Sur Marathon, two weeks, then the Dirty German 50 miler—makes me tired just thinking about that string of events. Faye is a beast.

As you can see, the Howard County Striders Race Team is alive and well, representing you while throwing down from 5K to 50 miles and taking home the booty in the process.

The racing team would like to thank **Feet First** for their continued sponsorship and support of the team. The continued partnership allows the racing team to represent both **Feet First** and the Howard County Striders, giving visibility to the store while racing locally, nationally, and sometimes even internationally. The racing team looks forward to many more years of the friendship.

BOSTON MARATHON REPORT

Submitted by Richard M. Reinhardt

Every good story has a beginning, a middle and an end. So does every race. When you start, you don't know how it will end.

In 2018 the weather for the Boston marathon was cold and rainy. Many athletes had trouble with running their best in these conditions. I was able to run well in the miserable weather with proper management of my running gear. It looked like it was going to be a bad year at the start, but by the end it was my second fastest Boston Marathon.

In 2019 the weather looked like it was going to give the racers a repeat of the previous year. Race morning - heavy wind and rain was coming down just 3 hours before race time. They ended up shutting down bag drop for a few minutes because of the storms. I prepared to run another race in cold wet conditions. Because of my performance in 2018, I was not worried. As the race start approached, the weather started changing. The rain stopped and the sun started peeking through. Athletes who were prepared to run in their wet weather gear were having to make last minute adjustment decisions. The weather had changed quickly, but it could, and would, change again quickly as the day progressed. I started off running my fastest first 10k at Boston. I was focused on trying to set a new marathon PR that day. The weather did not want to help me with these plans. It started to get hot and humid as it can after a big rain.

I first started feeling the change in my left leg. It was starting to cramp and ache at my current pace. I made the painful decision to back off my pace. It would be better to still finish fast than burn out before the end. I knew the course to come and what could happen if you pushed yourself too hard. The only way I would keep this pace going would be Devine intervention. I made a quick prayer asking God to make my run worthwhile. I had spent so many hours training. Ran so many miles for this day. I didn't want it to be all for nothing. (*Editor: Runner's Prayer learned over the course of my 41 marathons – "God, if you pick 'em up, I'll put 'em down!"*)

As I reached the halfway mark both legs were now beginning to show signs that I would not be able to maintain this pace for the rest of the race. Again, I had to adjust my pace and my goal. The hills of Newton would do nothing to return me to the pace I had planned. I knew I would not reach any of my goals that day and worse, I knew everyone tracking me knew that there would be no miracle finish today. Desperation started to set in. Why was this happening to me?

As I neared the finish, I received a text from my wife to my Apple Watch.

"I know you're hurting, remember how amazing you are to even be where you are."

She was right. Running even a slow Boston Marathon is still something that just 7 years earlier I didn't believe would ever be possible. Here I was running my 6th Boston Marathon. I needed to readjust my focus. I decided that since it was such a beautiful day for spectators, this would be the perfect opportunity to live stream the finish of the race and share the experience with others who may never run this race. I wanted others to know what it is like to finish the Boston Marathon.

I pulled out my phone and with one mile left to run. I started videoing and streaming to Facebook live. There were several runners struggling to make the finish in that last mile. Some walked, some just stood there. I yelled encouragements to them. “Come on, we have less than a mile”, “You have come too far to quit now”, “Let’s go”.

The more I encouraged others the less I felt my own despair. As I got almost to the finish, I saw a group of guys carrying/dragging another runner who was within sight of the finish line. I at first ran past them, but then turned back to see if I could somehow help these caring athletes who put another racer’s finish over their own time. There was no way for me to physically lift the runner who was passed out, so I yelled encouragement to the runners who were dragging him along. If one of the guys faltered, I could be there to take his place. I continued to video as these runners helped get this athlete across the finish line. Once he was across the paramedics took over and we continued on our way.

Later that day I was sent a message with a [link](#) to an article with pictures that defined the day. In one picture, you see me cheering on the runners dragging the athlete to the finish line.



Richard Reinhardt, left, of Columbia, Maryland, Nicholas Haddow, second from left, of Calgary, Canada, and Brian Prendergast, right, of Brick, N.J., help Matthew Harpin, of Marietta, Ga., as they approach the finish line.—Winslow Townson / The Associated Press

My brief detour had put me into an Associated Press photo. My inability to run as fast as I wanted to run put me exactly where I needed to be when I needed to be. My run had been worthwhile.

I contacted **Matt Harpin**, the passed-out athlete, afterwards.

Thank you so much for helping me today! I'm doing much better. They transported me to the hospital for hyperthermia. It was very scary. I'm very grateful for you being there. ☺

I was right on pace up until the 40k. I could sense that I really needed to step up fluids way before that point but thought I was doing ok. I felt things going sideways around 24. And somewhere around the Citgo I got dizzy and my legs started to cramp worse than normal. I stopped to walk but was just feeling very tired but still coherent. I remember a walk run interval down Boylston and people cheering for me to go and that I was almost there. Then I just faded out. I have not felt that feeling before. I do remember a hand on my back guiding me during a few points.

I trained consistently for 18 weeks. And it went really well for me. Of course, all of that training was in much cooler weather. I really should have loaded up on more water before the race. I didn't take in enough that morning. I did drink a ton of water and electrolytes the day before. I have not run a marathon in those temps. By the time I started really increasing my fluid intake it was probably too late.

Thanks again for taking the time to help. It was a terrifying experience at the end.

I had severe dehydration and hyperthermia. Recovered pretty good by 7pm.

They threw me in an ice bath. I came to shortly after that. They were asking a lot of questions, like if I knew where I was, my name, my wife and daughters name. I was very confused at first and thought I had done permanent damage. I knew who I was, but I did not feel right. I regained my mental capacity fairly quickly. They were also able to get my temp down quickly. I can't remember the exact time. They made me stay for a while after I recovered. They did give me a medal. The medical team in the tent was excellent.

SPRING HOPS 5K

Submitted by Melissa Burger



It was hard to make sure that the fourth annual Spring Hops 5K was up to par from previous years which was under the direction of **Marc Hermstein**. It started out with great weather on race morning. Luckily the sky was clear, and it was a pleasant morning which was a nice change from the previous year's days of rain. This course did not disappoint with hills, mud and a great view. The course was fast for the winner **Austin Hayslett** at a time of 18:57. It began to get a little warm when the remaining runners came in including the first place women **Hannah Cocchiaro** at 20:58. The race awarded prizes to the first place Masters male **Sheldon Degenhardt** at 22:13 and Masters female **Brady Crone** at 26:31. The race had a total of 177 finishers who all received a pint glass to be able to fill with beer from Red Shedman Brewery. All finishers enjoyed the post-race food which included pizza.

Betler, Blount, Kostanzer, Perret and Stavlas Win Striders Tripp Scholar/Athlete Competition

After more than 30 years and \$100,000 in grants, the Striders have once again continued the club's tradition of rewarding Howard County High School graduating seniors who have demonstrated achievement and excellence in both academics and athletics – running related. The program is named to honor one of the original club members, Dave Tripp, who was instrumental in developing and envisioning what the Striders might become. Upon his retirement in 2004, his employer, The Rouse Company, made a substantial cash contribution to help the building of an endowment fund.

The choice of winners rests with the Selection Committee of eight highly-qualified individuals who include the following former Striders Presidents, public school teachers, previous winners and Striders Board of Directors members -- **Paul Goldenberg, Dickie George, Bill Arbelaez, Jason Tripp, Joshua Tripp, Nadia Wasserman, Dorothy Beckett and Dave Tripp.**

Five individuals were chosen as recipients for 2019: **Alison Betler** of Centennial High School; **Cora Blount** of Centennial High School; **Meah Konstanzer** of Reservoir High School; **John Perret** of Atholton High School; and, **Christina Stavlas** of Centennial High School.

A couple of examples highlight the accomplishments of this group of five: 1) Weighted Grade Point Averages ranging between 4.31 and 4.69, bolstered by 38 Advanced Placement Courses, and 2) a total of 52 varsity letters earned over the four-year period. In addition, they have committed to attend Towson University, University of Maryland/Baltimore County, Georgia Tech University, University of Maryland/College Park, and Wake Forest University

The Howard County Striders, Inc. are proud of the past performance and future potential of the Scholar/Athlete winners. Anyone interested in learning more or participating is welcome, and since this program is funded by the club, contributions to the Scholar/Athlete program are needed, encouraged and tax-deductible. Visit [here](#) to make your donation to this worthy cause!

OUT OF TOWN/NON-STRIDER RACE RESULTS

Submitted by Greg Lepore and Jim Mahoney



Shamrock 5K Baltimore, MD March 10, 2019

Andrew Madison 15:51	Adam Kramer 23:38	Shaun Malgieri 31:06
Eric Schuler 15:58	Marsha Demaree 23:44	Carol Bianchini 31:06
Kevin Ford 16:27	Wendy Turner 24:11	Efrem Perry 31:12
Jason Tripp 16:32	Kelly Brennan 24:15	Lynda Allera 31:18
Craig Lebro 16:38	Michael Drummond 24:20	Loretta Farb 31:31
James Blackwood 17:18	Joanne Lee 24:46	Erica Malgieri 31:33
Christopher Denno 17:43	Erin Romero 25:08	Krista White 32:55
Frank Volny 18:18	John Collins 25:28	Anne Rubin 33:05
Akintunde Morakinyo 18:21	Ronnie Wong 25:32	Anthony Malgieri 33:40
Hussein Ezzeldin 18:23	Grace Martin 25:36	Mary Windham 34:21
Gregg Ford 18:34	Ana Aguado 26:25	Crystal Ferrari-Smith 65:11
Stuart Pineo 18:57	Eric Malgieri 26:33	Susanne Goldstein 35:27
Dave Berardi 19:14	Amy Montgomery 26:49	Arlene Feldman 35:33
Amanda Beal 19:17	Scott Ortel 27:24	Jerille Lowe 36:05
Dennis Albright 19:48	Megan Cossa 27:36	Todd Pearsall 36:47
Jason Mielke 19:49	Evan Krozy 27:40	Scott Habicht 37:18
John Chall 19:59	Karina Carr 27:45	Sandy Wen 37:37
Rachel Collins 20:14	Emily Stransky 28:10	Warren Pitts 37:39
Louise Valentine 20:14	Jessica Benjamin 28:16	David Keelan 37:57
Faye Weaver 20:20	Sydney Lebrun 28:18	Laura Pitts 37:57
Anna Muench 20:21	Lisa Dignazio 28:22	Lisa Garcez 39:04
Jicheng Liu 20:22	Colleen Wilson 28:50	Stacey Bisnette 39:06
Ed Montgomery 20:55	Eileen Wilson 28:50	Andrea McCants 39:26
Julia Skinner 21:02	Pamela Johnson 29:00	Meg Ortel 40:09
Yasuo Oda 21:03	Andrea Ohara 29:14	Laura Augustine 41:09
Eugene Myers 22:04	Amanda Weeks 29:39	Meredith Bailey 41:10
Dwight Mikulis 22:13	Sue Hale 29:47	Ryan Carr 41:40
Ashley Moss 22:41	Brian Lawton 30:13	Trisha Vargo 41:40
Christine Schauerman 22:54	Ginny Olson 30:42	Helene Myers 42:45
Ella Werdell 22:58	Amanda Cranfill 30:44	Jeanette A Novak 46:42
Nadrat Siddique 23:08	Alex Jeffrey 30:49	Sandra Jordan 47:10
Brett Pusateri 23:15	Emily Smith 30:52	Grace Martin 48:40
Hallie Brokowsky 23:19	Sarah Malgieri 31:03	

**B & A Half Marathon
Severna Park, MD
March 31, 2019**

Rick Nelson 1:24:01
Stephen Bohse 1:24:21
Richard Griffiths 1:31:35
Casey Richardson 1:32:22
Michael Bohse 1:37:37
Faye Weaver 1:38:04
Rachel Collins 1:38:30
Kendra Smith 1:40:27
Robert Burns 1:43:14
Jennifer Dustin 1:47:41
Bram Arrington 1:47:41
Alan Mulindwa 1:54:06
Megan Ressler 1:54:22
Wendy Allen 1:55:28
Alan Tominack 1:55:34
Joanne Lee 1:56:22
Pamela Jock 1:56:47
Kevin O'Shea 1:57:13
Stephanie Spring 2:01:50
Virginia Olson 2:07:59
April Kociolek 2:11:23
Joshua Brunner 2:17:31
Katherine Cavanaugh 2:21:41
Cheryl Ford 2:25:38
Susana Montoya 2:35:29
Julie Baker 2:41:28
Surena King 2:46:19
Arleen Matelock 3:06:13

**Cherry Pit 10 Miler
Edgewater, MD
May 5, 2019**

Mark Landree 1:02:32
Stephen Bohse 1:04:47
Karsten Brown 1:09:18
Michael Bohse 1:12:55
Steve Knoll 1:17:30
Dwight Mikulis 1:19:51
Heeyoung Weddington 1:24:55
Juan Fernandez 1:28:37
Pamela Yao 1:34:30
John Heaphy 1:39:59
Carol Wesolowski 1:49:13

**B & A Marathon
Severna Park, MD
March 31, 2019**

Mike Hasson 3:22:51
Patrick Sullivan 3:31:12
Michael Gelinas 3:37:42
Wade Gaasch 3:49:56
Heather Stroble 4:18:10
Sang Chung 4:38:34

**Westminster Main
Street Mile Run
Westminster, Md
April 10, 2019**

Jake Hayden 5:27
John Way 5:31
Alan Mulindwa 5:43
Henry Peck 5:59
Jeanette Novak 10:51

**AFCEA Central
Maryland Race For
Excellence 5K
Columbia, MD
April 27, 2019**

Stuart Pineo 20:26
Michael Davies 20:27
Jason Mielke 20:49
Gabrielle Wilson 24:29
Alex Garvis 25:18
Andrew Manney 25:40
Ron Lewis 25:51
Andrew Doyle 26:25
Bill Dooley 27:03
Helen Mercer 28:30
Analeen Spezzano 33:28
Randy Parsley 34:05
Mark Schmid 38:19
Vickie Wendt 39:23
Colleen Meighan 43:28
April DePetris 44:25
Leslie Nissenberg 58:16
Frank Bahus 58:27

**Under Armour Sole of the City
10K
Baltimore, MD
April 13, 2019**

Terence Baptiste 36:33
Gregg Ford 39:47
Patrick Sullivan 40:12
Brian Koch 42:12
Kendra Smith 45:15
Dwight Mikulis 48:12
Christine Schauerman 49:24
Brett Pusateri 50:39
Emma Williams 51:04
Ronnie Wong 51:43
Ricardo Silva 52:23
Erin Romero 55:10
Kelli Habicht 56:05
Ana Aguado 56:53
Meghan Harp 57:59
Emily Stransky 58:38
Andrea Ohara 1:00:45
Jessica Benjamin 1:01:14
Chelsea Dunn 1:01:17
Leslie Marsiglia 1:02:04
Karina Carr 1:02:11
Sue Hale 1:03:00
Evan Krozy 1:03:06
Brian Lawton 1:04:05
Pamela Johnson 1:04:06
Carol Bianchini 1:04:38
Emily Smith 1:07:04
Efred Perry 1:07:32
Leah Mwangi 1:09:05
Sherrill Cole 1:12:03
Susanne Goldstein 1:12:08
Erica Malgieri 1:12:45
Megan Cossa 1:13:24
Mary Windham 1:15:38
Carla Aquino 1:22:49
Warren Pitts 1:25:25
Andrea McCants 1:25:45
Vicki Moyer 1:25:45
Scott Habicht 1:28:10
Susan Gum 1:34:50

**Pikes Peek 10k
Rockville, MD
April 28, 2019**

Kevin Ford 35:25
Mark Landree 35:27
James Blackwood 35:46
Alvin Yew 36:09
Akintunde Morakinyo 37:20
Stephen Bohse 38:38
Amanda Beal 39:56
Tasha Hogan 40:34
John W. Chall 41:37
Michael Bohse 42:00
Youlin Qi 42:03
Marc Hermstein 42:24
Stephen Wells 43:00
Rachel Collins 43:28
Ed Montgomery 43:34
Eugene Myers 44:34
William Moran 44:36
John Way 44:43
Matt Bevan 46:57
Tammy Liu 46:58
Feng Gao 49:13
Alan Mulindwa 49:35
Henry Guo 51:28
Alyssa Mitchell 55:07
Amy Montgomery 55:39
Joanne Lee 56:10
Nick Del Grosso 57:19
Maria Ferrucci 58:20
Joshua Brunner 1:02:33
Jessica Contreras 1:02:50
Helene Myers 1:18:02
Jeanette A Novak 1:22:05

**Boston Marathon
April 15, 2019**

(results manually compiled so
may not reflect all Strider

finishers)

Craig Lebro 2:35:37
Eric Schuler 2:47:48
Adam Sachs 2:49:07
Jason Tripp 2:49:51
Conrad Orloff 2:52:15
Christopher Denno 2:56:26
Aaron Ellison 3:04:12
Hussein Ezzeldin 3:08:54
Rick Nelson 3:13:07
Richard Reinhardt 3:14:01
Ed Wilson 3:20:13
Mikhail Petrovskikh 3:21:20
Al Tufano 3:24:16
Kelly Westlake 3:25:59
Yuezhou Jing 3:30:13
Daniel Schofield 3:34:45
Faye Weaver 3:35:16
Cindy Alms 3:48:56
Julia Skinner 3:49:56
Deb Taylor 3:54:42
Stephanie Caporaletti 3:55:02
Wendy Turner 4:04:19
Quana Frost 4:11:20
Wade Gaasch 4:18:58
Nadrat Siddique 4:22:00
Heidi Splete 4:27:55
Tammy Liu 4:28:02
Janeth Scott 4:34:31
Michele Emerman 4:39:40
Linda Alms 4:46:43

**Cherry Pit 10 Miler
Edgewater, MD
May 5, 2019**

Mark Landree 1:02:32
Stephen Bohse 1:04:47
Karsten Brown 1:09:18
Michael Bohse 1:12:55
Steve Knoll 1:17:30
Dwight Mikulis 1:19:51
Heeyoung Weddington 1:24:55
Juan Fernandez 1:28:37
Pamela Yao 1:34:30
John Heaphy 1:39:59
Carol Wesolowski 1:49:13

**Germantown 5 Miler
Germantown MD
May 18, 2019**

Alvin Yew 30:33
John Way 35:36
Eugene Myers 36:19
Marc Burger 39:08
Alan Mulindwa 41:17
James Scarborough 42:59
Pamela Yao 45:01
Alyssa Mitchell 45:05
Rene Alonso 48:33
Melinda Krummerich 56:30
Amanda Idstein 58:46
Sharlene Deskins 1:00:16
Bruce Gordon 1:02:18
Helene Myers 1:07:04
Jeanette A Novak 1:12:38

Strider	"Boston 2 Big Sur Division" of the Big Sur International Marathon		
	Boston 4/15/2019	Big Sur 4/28/2019	Total
Mikhail Petrovskikh	3:21:20	3:22:51	6:44:11
Faye Weaver	3:56:16	3:38:20	7:13:36
Wendy Turner	4:04:19	4:35:31	8:39:50
Wade Gaasch	4:18:58	4:02:03	8:21:01

Matzohball 5K Ellicott City, MD June 2, 2019
Ethan Brown 21:24
Ted Poulos 23:37
Tyler Brown 23:50
Jayden Brown 25:03
Eli Lucarelli 26:11
Miranda Yarowsky 26:34
Jacob Tebben 26:59
Lawrence Baker 28:05
Jane Wettstein 29:40
Stacy Shord 29:51
Randy Parsley 36:19
Arlene Cahn 38:12
Erica Gates 38:23

Bel Air Town Run Bel Air, MD June 2, 2019
Mark Landree 17:25
John Chall 20:29
John Way 21:16
Eugene Myers 21:25
Eric Johnston 25:10
Pamela Yao 25:46
Alyssa Mitchell 26:44
Rene Alonso 28:29
Ronnie Wong 29:11
Amanda Idstein 32:50
Sharlene Deskins 36:14
Helene Myers 38:42
Jeanette A Novak 42:27

2019 Maryland Half and 5K June 8, 2019 Fulton, MD
Half
Christopher Denno 1:21:32
Jicheng Liu 1:25:13
Keith Levasseur 1:26:32
Peter Ward 1:31:00
Qiang Tian 1:31:37
Casey Richardson 1:35:43
Michael Bohse 1:38:31
Feng Li 1:40:22
Boyan Neykov 1:46:33
Ahmad Wardak 1:50:55
Nadrat Siddique 1:51:26
Feng Gao 1:56:31
Morgan Pietryka 1:56:55
Linglei Ma 1:57:31
Henry Guo 1:57:44
Gopal Kollengode 1:57:52
John Dowling 1:58:03
Shannon Sentman 1:58:22
Anna Hogue 2:03:36
Libo Suen 2:07:10
Vincent Devlin 2:10:27
Hui Liu 2:14:58
Grant Zhang 2:22:51
Michelle Luo 2:25:00
Jessica Benjamin 2:27:44
Eric Katkow 2:38:55
Snehansu Roy 2:39:51
Yvette Oquendo-Berruz 2:43:47
John Wheatland 2:52:01
Arleen Matelock 3:01:04

2019 Maryland Half and 5K June 8, 2019 Fulton, MD
5K
Stephen Wells 20:55
Allan Ying 23:06
Adithya Iyer 24:19
Evan Tian 25:14
Emily Smith 31:23
Swathy Iyer 32:16
Erica Gates 35:27
Lawrence Freeman

WE  OUR VOLUNTEERS – ALL **194** SINCE 4/1/2019!

Submitted by Patti Laun, Phil Lang, Faye Weaver and Jessica Stern

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

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

	Bagel Water	Spring Hops 5K	All Fruit Relay	Weekly Races	W D F	Picnic	Coaches	Youth Program	FOOTPRINTS	Torch Run	2 Person Relay
Andrea Aldrich	♥♥										
Lynda Allera			♥		♥		♥		♥	♥	♥
Rene Alonso				♥			♥		♥		
Carrie Anderson	♥										
Nick Anderson							♥				
Bill Arbalaez	♥						♥		♥		
Clarese Astrin					♥						
Jennifer Austin		♥									
Eric Baker					♥						
Eileen Barry							♥				
Caroline Bauer	♥								♥		
Kathy Bayer	♥				♥						
Ed Beach					♥						
Amanda Beal	♥										
Monica Beck							♥				
Jessica Benjamin				♥							
Matt Bevan							♥				
Carol Bianchini							♥				
Stacy Bisnette							♥				
James Blackwood		♥						♥		♥	
Robert Boblitz		♥									
Tammy Boblitz		♥									
Marianne Bogan	♥										
Shane Bogan	♥										
Dennis Boucher							♥				
John Bratiotis	♥		♥							♥	
Katie Breitenbach								♥			
Chris Brewington								♥			
Liz Brock					♥						

	Bagel Water	Spring Hops 5K	All Fruit Relay	Weekly Races	W D F	Picnic	Coaches	Youth Program	FOOTPRINTS	Torch Run	2 Person Relay
Bill Brown											
Chad Burger						♥					
Marc Burger					♥	♥					♥
Melissa Burger				♥♥	♥	♥			♥		♥
Bob Burns								♥			
Steve Burns								♥			
Beth Buschling					♥						
Jennifer Cabrera		♥									
Roland Catalano					♥						
Joan Chall			♥								
Tony Chaprnka					♥						
Chris Chattin								♥			
Huifei Chen		♥									
Guillermo Choy-Leon	♥♥										
Carlos Ciafunes								♥			
Laura Ciasto					♥						
Hannah Cocchiaro		♥					♥				
Cindy Cohen		♥									
Jason Cox								♥			
Annette D'amico							♥				
Damien's Recovery Inc.	♥										
Allison Davis							♥				
Nick Del Grosso		♥									
Marsha Demaree	♥										
Zach Dickerson								♥			
Debbie Ellinghaus								♥			
Hussein Ezzeldin							♥				
Jeremy Falwell								♥			
Maria Ferrucci							♥				
Allan Field									♥		
Alyssa Fisher								♥			
Eric Garland								♥			
Erica Gates							♥				
Michael Gelinas					♥						
Bobby Gessler								♥			
Scott Goldblatt					♥						
Aimee Goldman								♥			
Stacey Gordon	♥										

	Bagel Water	Spring Hops 5K	All Fruit Relay	Weekly Races	W D F	Picnic	Coaches	Youth Program	FOOTPRINTS	Torch Run	2 Person Relay
Marianne Grafov								♥			
Rachel Green Collins	♥										
Prasad Gullapalli		♥									
Susan Gum							♥				
Tom Haard								♥			
Sue Hale					♥						
Lolita Hartman							♥				
Jeff Heiges								♥			
Kevin Hermstein					♥						
Marc Hermstein					♥						
Tammy Liu Hermstein		♥			♥						
Yihua Herschbach					♥						
Emily Howe					♥		♥				
Tim Howe					♥						
Pattie Huffman								♥			
Margaret Hunt							♥				
Amanda Idstein				♥			♥				
Valerie James							♥				
Rose Jenkins							♥				
Kathy Jimenez								♥			
Pam Johnson							♥				
Beverly Johnston							♥				
Eric Johnston				♥							
Jennifer Jun								♥			
Eric Kieley					♥						
Samantha Kieley					♥						
Logan Kim								♥			
Noah Kim								♥			
Susan Kim								♥	♥		
Surena King							♥				
April Kociolek							♥				
Ben Koech								♥			
Melinda Krummerich		♥	♥		♥	♥				♥	
Mark Landree									♥		
Phil Lang									♥		
Vicki Lang								♥			
Annette Lanham		♥									
Pattie Laun					♥				♥	♥	

	Bagel Water	Spring Hops 5K	All Fruit Relay	Weekly Races	W D F	Picnic	Coaches	Youth Program	FOOTPRINTS	Torch Run	2 Person Relay
Craig Lebro					♥						
Joanne Lee					♥		♥				
Greg Lepore									♥		
Eileen Levitt					♥		♥				
Denise Lichaa					♥						
Pu Lifeng	♥♥										
Roger Lin							♥				
Dominique Lincoln								♥			
Jud Lincoln								♥			
Jicheng Liu	♥				♥						
Amanda Loudin									♥		
Michelle Luo					♥						
Margaret Lyman					♥						
Constantine Matsakis								♥			
Jim Mahoney									♥		
Christine Merenda					♥						
Dwight Mikulis							♥			♥	
Mel Miller					♥						
Andrea Misner							♥				
Alyssa Mitchell							♥				
Pam Mooring								♥			
Akintunde Morakinyo					♥						
Memory Morris					♥						
Vicki Moyer							♥				
Cecilia Murach					♥				♥		
Brian Murphy								♥			
Mansur Femi Mustapha					♥						
Winnie Navarro					♥						
Andrea O'Hara							♥				
Ginny Olson					♥		♥				
Greg Orlofsky								♥			
Michelle Pelszynski									♥		
Greg Potter			♥								♥
Tremayne Pritchett								♥			
Mark E Ramstrom		♥									
Scott Reider		♥									
Richard Reinhardt											
Carlos Renjifo					♥				♥		

	Bagel Water	Spring Hops 5K	All Fruit Relay	Weekly Races	W D F	Picnic	Coaches	Youth Program	FOOTPRINTS	Torch Run	2 Person Relay
Mark Ringerud					♥						
Sarah Ringerud		♥					♥		♥		
Andi Roddy		♥			♥						
Phil Rogers								♥			
Julia Roman-Duval					♥						
Adam Sachs		♥									
Lynn Sanetrik							♥				
Terri Schad							♥				
Christine Schauerman							♥		♥		
John Schlehr		♥									
Mark Schmid					♥						
Eric Schuler					♥			♥			
Brad Scott					♥						
Betsy Serp	♥										
Brian Shadrick								♥			
Paula Shephard							♥				
Brian Sivitz								♥			
Gary Sladic		♥									
Debbie Smith							♥				
Kendra Smith	♥♥			♥♥		♥	♥			♥	
Zach Smith					♥						
Paula Stehle		♥		♥					♥		
Mik'yla Stephens								♥			
Larry Stern											♥
Jennifer Storch					♥		♥				
Ben Thomas								♥			
Marlia Tiana					♥						
Alan Tominack						♥					
Carla Trevizo					♥						
David Tripp									♥		
Jason Tripp					♥						
Allyson Tufano								♥			
Louise Valentine		♥									
Aleida Velazquez							♥				
Zayda Vergara		♥									
Frank Volny	♥♥				♥		♥				
Tyler Wade								♥			
Dylan Walker							♥				
Megan Walker							♥				

	Bagel Water	Spring Hops 5K	All Fruit Relay	Weekly Races	W D F	Picnic	Coaches	Youth Program	FOOTPRINTS	Torch Run	2 Person Relay
Faye Weaver					♥		♥		♥		
Michelle Weaver								♥			
Judith Weber	♥										
Ron Weber	♥										
John A. Wheatland					♥						
Ed Wilson					♥						
Shelley Wojcik	♥										
Anne Wood						♥					
Marie Yuille								♥			
Xu Zhang	♥										

STRIDER HISTORY – BLASTS FROM THE PAST

24 HOUR RELAY

by Tim Beaty and originally published in FOOTPRINTS, Volume 3, Number 2, June 1983

The Howard County Striders will participate in the DCRRC/Runner’s World 24-Hour Relay for the SIXTH consecutive year on Saturday and Sunday, August 6 and 7, at Mullen Field, Fort Meade, Maryland.

In the last five years the Striders have fielded ten teams of ten members each, with 99 to 100 starters completing the entire 24 hours. Striders’ team members have come from occasional and 2-mile runners as well as from experienced marathoners. And, while the individual teams have sometimes been arranged to produce a “fast” team, the overall goal has consistently been one of “completing first, competing second.”

The format of the event is simple: a team can have from two to ten members who run one mile each in relay fashion, handing a baton to the next team member at the completion of one mile, with the last team member handing-off to the first, over and over, from noon Saturday through noon on Sunday.

The Striders hope to field at least two teams of ten this year (we had three teams last year) and will require *at least* ten recorders for each team. Please consider participating this year. Talk to any of the many who have run or helped in the past, and join in the “world’s greatest interval workout” for “24 hours of glorious running.”

At the same time, Saturday at noon, and on the same track, 100-mile race and race-walks will begin, followed at 6 p.m. on Saturday by 50-mile race and race-walks. These are just to assure that no one gets bored watching milers, and also so that everyone waiting for his or her mile run can see people who feel worse than they do. Tim Beaty will have entry forms for those interested in these distance races.

24 HOUR RELAY (update)

Originally published in FOOTPRINTS, Volume 3, Number 4, December 1983

The infamous 24 hour relay was held on Saturday – Sunday, August 6 – 7, at the Ft. Meade track under typically hot, humid conditions. The Striders fielded three teams and elected to “mix up” the

runners rather than try to create a “hot shot”: team. The strategy was successful as the Red Team finished fourth overall with 227 miles 1338 yards and the White Team was sixth with exactly 225 miles. The Blue Team put together by Linda Buttner finished sixteenth with 199 miles 902 yards. In the 50 mile race held at 6:00 p.m. Saturday on the same track, Joe Wagner finished fifth in 7:45:35, Tim Beaty ninth in 9:39:52, Paul Biederman thirteenth in 12:42:03.

Team members and their average times:

RED TEAM			BLUE TEAM		
Mark Konodi		6:02.3	James Bitgood		6:55.6
Mike Niles	(11 th overall)	5:18.7	Bob Brown		7:18.8
Scott Lutrey	(3 rd overall)	5:07.3	Jim Buttner		8:36.7
Martin Goode		6:05.9	Linda Buttner		7:02.8
Paul Jedrezjewski	(15 th overall)	5:27.3	Ed Humphries		6:34.1
James Chatham		7:26.0	Liz Humphries		7:13.7
Bob Carels		7:49.7	James Murphy		DNF
Tim Kvech		6:16.7	Kris Riddle		7:10.6
Karl Yergey		5:52.5	Bill Rivers		6:33.0
Arleen Kvech (Dinneen)	7:50.6		Bob Sommerville		7:41.1

WHITE TEAM

Tom Dempsey		6:55.2
Mike Cradler		6:10.9
Dan Clark		5:44.4
Bob Rabold		5:53.0
Phil Wire		6:01.3
Nadia Wasserman		7:43.9
Greg Kubeja		8:43.9
Rod Young	(10 th overall)	5:16.5
Steve Baker	(16 th overall)	5:33.3
Mo Dutterer		6:27.9

BOARD BLATHER

Submitted by Chris Schauerma, secretary@striders.net



The HCS Board meets once a month to discuss club business. What exactly is club business? The newsletter’s latest addition, Board Blather, is a quarterly recap intended to answer that very question.

2019—Second Quarter

Each of us is a member of the Howard County Striders (HCS). Likewise, our running club is a member of the Road Runners Club of America (RRCA). The RRCA is a resource for running clubs nationwide, and in addition to providing insurance for races, the RRCA holds an annual convention providing coach training and certification as well as informational seminars on topics as varied as club financing and trail running. HCS President **Ceci Murach** attended the 2019 convention, participating in seminars on club branding and staying relevant to members, as well as on the dark side of running: runner safety and sexual harassment.

While we as a club cannot solve societal issues, we can foster awareness in our membership. One of our socials this quarter was a self-defense seminar for women. According to our social chair, **Paula Stehle**, the class was both well-attended and received,

and will be offered again in the future. In a nod to Karma, the driver who has been harassing runners on Saturday morning bagel runs finally targeted the wrong person—a Howard County policeman. Stay alert while running, but hopefully the roads just got a little bit safer.

The Next Step programs were in full swing with FIT and 10-Mile programs taking place April to June, and preparations are underway for Half/Marathon and Zero to Weekly as they both begin in July.

Finally, many members commented how much they liked the Montgomery County Road Runners club shirts worn *en masse* at the Ten Mile Challenge. Howard County Strider Club shirts are now available to order. Show your pride in your Howard County Strider membership and [order](#) one today.

BOOK REVIEW

Submitted by Cecilia Murach, president@striders.net



Let Your Mind Run is one of the most meaningful books about running that I have read in a long time.

A nicely written memoir by elite marathoner and American marathon record holder (2:19:36) **Deena Kastor**, the book is an autobiographical account of Kastor's development as a runner from a young age.

Kastor focuses her book on sharing about her career and the power that positive thinking, along with unlearning negative self-talk, had in her ability to conquer running and break past the limits of what she thought was possible. While at a young age, Kastor thought of her running abilities as entirely innate – realizing over time that she had to put in the work to move past mental roadblocks, and cultivate kindness along with discipline, in order to be successful. She skillfully talks about her experiences as an elite athlete while sharing valuable life lessons about the transformation that can occur when we transition from running with fear to running with strength, power, and courage.

I read this book at a very challenging time in my life: I was recovering from a bike accident which resulted in a broken shoulder that sidelined me from any form of running or training (or driving!) for over half a year. As any injured runner, I was feeling isolated and in the middle of self-pity, wondering when I would return to running and in what shape. My husband and I were also moving to a new house, and I was unable to lift boxes or help with many of the needed tasks we had to accomplish as a family. Reading Kastor's book during these difficulties was a breath of fresh air.

Her experiences learning to build a strong, resilient mind, moving past injuries (including the disappointment from being sidelined immediately prior to a potential Olympic medal in 2008) and her outlook of cultivating a positive mental attitude was tremendously encouraging to me. Unlike other running autobiographies, I know I will return to this book time and again to re-learn how to be more disciplined yet kind, resilient yet flexible, and mentally strong while turning negatives into positives.

PRESIDENT'S MESSAGE

By Cecilia Murach, president@striders.net

How quickly Spring has come... and gone! A lot has happened in the last few months.



We had some great races: a fun Spring Hops 5k and an extremely successful Women's Distance Festival 5k. Spring Hops had great turnout in spite of the competition from other races that same weekend. The WDF had one of its largest number of registrants on record with nearly 300 women running the event, many of them as their graduation from the Next Step FIT program. It was a beautiful day to race WDF and thankfully the weather was much kinder than in previous years. A huge thank you goes out to race directors **Marc & Missy Burger** (Spring Hops 5K) and **Emily Howe & Sam Kieley** (WFD 5k) for their hard work in planning these races. And of course, we would not be able to put these events together without all our volunteers. Thank you!

Speaking of races: Don't miss the Summer Friday Night XC Series starting up this month. You can view the schedule [here](#),

With training in full swing, our Next Step 10-mile program concluded with the Baltimore 10 miler, and the Half/Full and Zero to Weekly training programs are almost ready to begin this month. I look forward to hearing about many PRs this Fall! Summer Junior Striders began in June, with 125 runners signed up for this program. By the way, 115 Junior Strider athletes participated in early June at the AAU Junior Olympics. The majority advanced to the next round at Regionals. Way to go!

On the social front, Manor Hill Tavern hosted us for a really nice pub run. Also, thank you to all who attended the Striders Picnic on June 30th – this is always a great time and a wonderful opportunity for the Board of Directors to thank all of our members and volunteers. I hope you enjoyed it! There will be upcoming events in July and August, which will be announced on social media and via email.

Many of you have been asking and finally we can announce that a Trail Run meet up started this past month. Three runs of approximately 6 miles have been scheduled for the Summer. The first one took place on June 23rd. Next two runs are scheduled for July 28th and August 18th. Find out more at [here](#).

With Summer in full swing, we are back to running in the heat – and so grateful for those Bagel Water volunteers. Please don't forget to add your name to the list if you have not yet volunteered to set out water to support your fellow Bagel runners. It doesn't take much effort and it is all planned and spelled out for you in the instructions! You can find out more and sign up [here](#).

Finally, as most of you know, we are mourning the loss of our dear coach, photographer, mentor and friend **Mike Fleming**. I have asked our editor Allan Field to reprint my letter to the membership last month for those of you who may not have received it. Let's continue to honor his memory by sharing our love of running with others.

I want to thank you as always for your support. As your President, I want to hear from you. If you have any questions, concerns or feedback, please reach out to me. And keep the great suggestions coming. I am just an [email](#) away. We would not have a Social program, or a Trail run meet up, had you not voiced your thoughts. I look forward to hearing from you soon.

In the meantime, let's keep running Howard County!

Happy Summer,
Cecilia

2019 STRIDERS LEADERSHIP Board of Directors



Top Row: President Cecilia Murach; Vice President Bill Arbelaez; Immediate Past-President John Bratiotis; Secretary Chris Schauerman; Treasurer Carrie Anderson; Special Races Hafiz Shaikh.

Middle Row: Special Programs Jessica Stern; Communications Rene Alonso; Jr. Striders/Youth Programs Bobby Gessler; Racing Team Mark Buschman; Racing Team Caroline Bauer; Membership (Member Relations) Lynda Allera; Volunteering Pattie Laun.

Bottom Row: Technology/Website Eric Schuler; Membership (Social Outreach) Paula Stehle; Sponsorship Melinda Krummerich.

Vacant: Weekly Races.