footprints

STRIDERS

Footprints Volume 10, No. 16 04/16/2025

Intro by Nick Hibino

Spring marathon season is here. I know at least one Strider is in London getting ready, And Boston will be here soon after. London is particularly cool this year with a side is shaping up to be absolute must-watch for running fans. Sebastian Sawe is a 2:02 guy looking to join only four others who have run faster. Jacob Kiplimo makes his marathon debut after absolutely destroying the half-marathon world record a few months ago. And Eliud Kipchoge returns to a flat paced marathon as the aging great. He has twice broken the marathon pace against Sifan Hassan. With Bell's untouchability world record as the mark for Sifan we'll a marathon PR is soft for her taken!

And if you are planning a fall marathon it will be time to start prepping before you know it. We hope you do so with our great coaches in our Meet Prep Half/Full program. We are also looking for Strider volunteers to help our coaches with the program. If you are a community stringer by sharing their time and energy. Free coaching and coordinating our training programs to putting out water for the Saturday morning Bagel Runs, these behind-the-scenes heroes help others show up, stay motivated, and reach their goals.

If you haven't yet volunteered this year, now's a great time to start. There are many ways to get involved, even if you only have an hour.

Help set up water stops for the Bagel Run

Help with one of the Weekly Strides Races

Serve as a coach in one of our training programs

You can help coordinate this year's Half/Full Training Program -

Volunteering with the Striders isn't about being the fastest or the most experienced runner. It's about showing up and helping others move. Because when runners feel supported, they go farther.

If you're ready to give back to the community that supports you, send me an email at president@striders.net. And by all who already have done their time- you. You are the reason others keep running.

Women's Distance Festival is a SERIES by Melinda Krumenich

Did you know that the Howard County Women's Distance Festival 5K Race is one of a series of 5K races? The tradition of the Women's Distance Festival series dates back to the Baltimore Road Runners Club's inclusion from longer distances in the Olympics. The Road Runners Clubs of America encouraged its member organizations to hold local events, encouraging women's participation in the sports.

The Maryland RRCA has been supporting this goal by offering an entire incentive. If you can four or more of the eight races in the series, you receive a special medal and recognition. Because of a celebratory hold in October, the pressure have run the gamut over the years: jackets, raincoats, blankets, car seat covers, soft coasters, race bottleneck holders, hoodies, sweatshirts.

Each race has its own personality, although you'll see many familiar faces at each of them. Pressure and prizes vary, from the Baltimore Road Runners Club's Mother's Day Celebration, which runs cow through neighborhoods (Towson, Hampstead, Frederick) and the rest run through parks: Howard and DC tend to be the earliest races, so early to mid-June, and the series always ends with Prince George's, in mid-August. They are all work weather races!

Once the series is over, go to the series award form, and enter your information, including the races you ran or volunteered for. The promise presentation and awards party is usually in late October. If you've entered your information, you'll receive an invitation.

Questions about the series, suggestions for premiums, or any other inquiry can be sent to wdwfpresidentsgmail@groups.com. We look forward to seeing everyone at the races!

2025 Schedule as follows

1. Howard County Striders, 5/3/2025, 7:30 am. https://striders.net/wdf/, Howard Community College

2. DC Road Runners, 6/8/2025, 8:00 am. https://www.eventzone.com/events/2025-dc/-women-distance-festival-run-after-the-women-5k-DH4EQ2 Imm's race available, begins at 8:32 am, Piamont Park, Arlington, VA

3. Montgomery County Road Runners, 6/21/2025, 8:00 am. https://www.mcrrunners.org/, Wheaton Regional Park

4. Annapolis Striders, 7/12/2025, 7:45 am. https://runsignup.com/Race/MD/Annapolis/AnnapolisStridersWDFSheadsDownTown's race available, begins at 8:30 am, West Annapolis Elementary School

5. Westminster Road Runners Club, 7/19/2025, 8:00 am, registration not available yet (club website at https://wrrtsb.com), Wakefield Valley Park

6. Baltimore County Road Runners Club, 7/26/2025, 8:45 am. https://brrc.com/event/women-distance-festival/, Meadowood Park

7. Frederick Steeplechasers, 8/2/2025, 8:00 am, https://www.frederickwdf.com (1 mile fun run at 7:30 am), Frederick Community College

8. Prince George's Running Club, 8/16/2025, 7:30 am, https://pgrc.org/races/upcoming-races/women-distance-festival-5k/ Imm's race available, begins at 8:30 am, Lake Artemesia

See below for information on our race in the series!

Howard County Striders Annual Awards by Larry Stern

The Howard County Striders Board of Directors is proud to announce the opening of our annual awards nominations. Nominations will be accepted from April 16th and will close at midnight on Sunday June 29. Please don't delay, as late nominations will not be accepted. Use the attached form to make your nominations for any current Striders member who gave worthy of special recognition for the a year (February 20, 2024, through February 23, 2025) of hard work.

To nominate someone, use this form:
https://docs.google.com/forms/d/e/1FAIpQLSfVYrIQ8PPDFV_vhqKxbdNu-ZdFfVxqcdRbq_BTVXUqqQ0ZQ_Q/viewform?usp=sharing

If you are interested in helping choose the winners contact Larry Stern vicepresident@striders.net

Coaching Programs

Next Step 10k/10M

We are well on the way with a great group coaches. Program a club veterans have commented how good their coaches are.

Running Together by Nelson Kotila

After many requests, Howard County Striders will be introducing a new program that is specifically designed for adults with developmental disabilities to participate in a 5K together the Howard County Striders this Spring. It will be a welcoming group, specifically designed to include all disabilities and running/walking/jogging abilities. We will meet on Wednesday for four weeks, starting April 30th and ending June 4th.

We are looking for individuals who want to share their love of exercise and running with others as coaches and participants who just want to get moving weekly, socialize, improve their running form, or anything in between.

Running Together begins March 31st. For more information see: https://docs.google.com/forms/d/e/1FAIpQLSfVYrIQ8PPDFV_vhqKxbdNu-ZdFfVxqcdRbq_BTVXUqqQ0ZQ_Q/viewform?usp=sharing

Results

David Tutler want to share that he recently PR'ed in the half-marathon at the DC Rock and Roll Half-marathon with a time 1:36:26. Congratulations David and best of luck for Boston in a few weeks!

Do you have any results you want to share? Even if you PR'ed your neighborhood loop, let us know! Simply reply to this email.

Since I'm asking for everyone else to send in the results they are happy with, I can do all the Westminster Road Runners Mile Split Wednesday and 5K Run on Burleigh Manor 5 mile course. I am happy with both results off just keep running and strides.

Upcoming

Women's Distance Festival

June 3rd, 7:30 am

The Howard County Striders hand an annual race as part of the Maryland Women's Distance Festival series. This event features female runners and offers special awards for mother and daughter teams.

For more information see: https://striders.net/wdf/

Registration is open: https://runsignup.com/Race/MD/Columbia/HowardCountyStridersWomensDistanceFestival5k

Volunteer sign up is also open: https://docs.google.com/forms/d/e/1FAIpQLSfVYrIQ8PPDFV_vhqKxbdNu-ZdFfVxqcdRbq_BTVXUqqQ0ZQ_Q/viewform?usp=sharing

Sunday Strides

Sunday Strides (formerly the Weekly Series) continues this spring with the formal Tuesday Series. Enjoy some warmer weather before it gets hot.

Sunday Strides will still be divided into three seasonal series. With the new name, we are also introducing yearly awards. These will be for performance and participation, as well as some age-group awards! We are partnering with Ballston Running to include the Sunday Strides in their Mile Series. We will have three weekly Sunday Series along with Meet of Miles and two Fridays Fun Mile Relay.

Sunday Strides continues the following Sunday at Longfellow Elementary with your choice of a 2 mile and a 10k.

We hope to see you there!

04/13/2025 Vernal Velocity #1 2 Mile 5k Burleigh Manor Middle School
04/27/2025 Vernal Velocity #2 2 Mile 5K Hammond Middle School
05/04/2025 Vernal Velocity #3 2 Mile 10M Longfellow Elementary School
05/18/2025 Vernal Velocity #4 5K 10M Patuxent Valley Middle School
05/25/2025 Vernal Velocity #5 Fall Fest Relay Oakland Mills Middle School
06/08/2025 Vernal Velocity #6 2 Mile 10M Jeffers Hill Elementary School
06/22/2025 Vernal Velocity #7 2 Mile 2 Mile Clemens Crossing Elementary School

These are low-key fun races. And races in some only. You can run/walk them at any pace you please. If you are training for a race, learning how to pace a race will go a long way to helping you hit the time you are aiming for. Instead of paying 50 dollars, you can pay a few bucks and experience the thrill of a race day race and find out if that pace is a good fit before your big race! All races start at 2:00 pm. See https://striders.net/weekly-series/ for more information.

Group Runs

Bagel Run, Saturdays 7:00 am start in the Columbia Gym Center parking lot. If you are new, plan to arrive early and introduce yourself. The run leaves the parking lot at 7 am PM EDT. All pace are welcome, and there are runs from routes from 6-8 miles. The Striders have run this run every single Saturday for 40+ years. See https://striders.net/bagel-run/ for more information. Bring a water bottle or a hydration pack. Volunteers to put out water. Sign up here to provide water.

Fanditos Taco Run, Tuesday April 4th, 7:30 pm, 8170 Meridian Blvd, Fulton, MD 20759

Join us and Fanditos Tacos and Tequila for a casual 3.75 mile run through the Maple Lawn neighborhood, and meet up at Fanditos afterwards. Specials/discounts for members

Non-Strider local runs

These are not official group runs but are listed to highlight other local group runs many members frequent.

Miller Monday Group Run, Mondays 6:00 am, Miller Branch - Howard County Library

Rehab 2 Perform Run, Tuesdays 5:15, Rehab 2 Perform Columbia Location

Manor Hill Tavern BEER RUN, Tuesdays 5:30 pm, Manor Hill Tavern

Foot First Fun Run 6:00 pm, Thursdays, Foot First Columbia Location

Red City/Virtue Group Run, Fridays 6:00 am, Red City Coffee

See https://striders.net/boards/ for more information.

Profiles from the Pack

Any member can-and is encouraged-to answer the following questions so everyone can get to know their fellow runners. Reply only to this email.

With each issue of FOOTPRINTS, we will be running Strider profiles and "selfies". To be included in a future issue, please forward a picture and either one the following questions for a guide or tell us time to tell your own story:

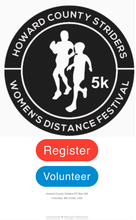
1. What did you start with running and how long have you been running with the Striders?
2. Tell us about your favorite memories the Striders programs have had for you as a runner? Which is your favorite program and how often do you run with the Striders?
3. What is your favorite race and why?
4. Do 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. Tell us about your life outside of running and how connectivity with your acts of volunteering, and why is it important for others to follow such an well?

You can include anything else you like by replying to this email.

Discounts codes!

Jose Cruzan: tacos and apparel, 10% off
code: BUZZARCS

christianbookandfriends@yahoo.com, these are legit resistance bands! 10% non-sale items.
code: hickands



Register

Volunteer

Howard County Striders PO Box 1161
Columbia, MD 21045, USA

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