footprints

STRIDERS

Footprints Volume 50, No. 14 04/02/2025

Intro by Nick Ohlsen

Hello, Fellow Striders! I just got back from the time trial for Nick Ohlsen 10K/10M. It was great to see everyone excited for spring and ready to get the program started. This is just the beginning of a busy week for the Striders, which includes F.I.T. starting Tomorrow and a workshop with Rehab 2 Perform. And a new Striders Group Run! Lots of fun and spring is shaping up to be exciting for running in Howard County!

P.S. Good luck to everyone who will be racing Cherry Blossom this weekend!

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 open until May 8th and will be presented at our Annual Picnic on June 29. Please don't delay, as late nominations will not be accepted. Use the attached form to make your nominations for any of the following awards: Male and female athlete of special recognition who, as of February 28, 2025, through February 23, 2026: of hard work.

To nominate someone, use this form:
https://docs.google.com/forms/d/e/1FAIpLSdfLXVGFCJ8MTPPP