footprints

STRIDERS

Footprints Volume 50, No. 17 04/23/2025

Intro by Nick Atkins

Hello Fellow Striders! Happy post-marathon Monday. Congratulations to all the Striders who ran. I've seen a few and hope to see more cheering in the coming days. 85 men and women did well, with the men placing first in the top 10 and the women placing two. And congratulations to DMB winner Dez, who ran her final professional marathon.

In the running community, though, there is a fixation on the marathon that isn't the best thing. Some runners can feel like they don't have accomplished, or are not "real runners" unless they run a marathon to be a real runner. Besides, the training can become a drain: I like to race a lot. I can't do a marathon every other weekend. But I can do Sunday Striders every other weekend The important thing is to find what you like about running and do that; hopefully with us.

Words from the President by Bill Brown

Only One Hour? You Can Make a Big Difference

Did you know that only 23% of Americans volunteer even one hour a year? That's less than one in four people choosing to give a little time to support something bigger than themselves. It's a surprising statistic, especially when you consider the impact just one hour can have.

Here at the Howard County Striders, we're proud to be part of the 23%. We are especially thankful for the volunteers who make our community stronger by sharing their time and energy. From coaching youth programs and helping beginners lace up their first pair of shoes, to officiating meets and hosting trivia nights, our members serve in countless ways. Many volunteer opportunities are posted on our website, where they often serve as a gateway to other ways to get involved.

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 Striders Races

Serve as a coach in one of our training programs

You can help coordinate this year's Multifull Training Program

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

If you're ready to give back to the community that supports you, send an email at president@howardstriders.net and tell us what already love their time-frame you. You are the reason others keep running.

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. See the attached form to make your nominations for any current Striders member you deem worthy of special recognition for a year (February 26, 2024, through February 25, 2025) of hard work.

To nominate someone, use this form: https://docs.google.com/forms/d/e/1FAIpQLSfXOFZ8DPDPEX_-ynqCcbmm_NFFtnqcJ0mm_RCNHGHbwQ7ccwA/viewform

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

Coaching Programs

Boot Step 10K/10M

We are well on the way with a great group of coaches. Program and flyer entries have commenced on how good their coaches are.

Running Together by Helen Kottkin

After many requests, Howard County Striders will be introducing a new program for people with mobility challenges or other disabilities. The Running Together Program will pilot with the Howard County Striders this Spring. It will be a welcoming program, specifically designed to include all disabilities and running/walking/moving abilities. We will meet on Wednesdays for four weeks, starting April 30th and ending June 18th.

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://striders.net/training/running-together/

Results

Do you have any results you want to share? Even if you PR'ed your neighborhood loop, let us know! Send results to results@striders.net

Race Performance Recap

World Masters Indoor Track Championship, 28 March 2025

1500m
Tuna Moraoglua, 4:54, 5259 AG
Jessica Pando, 5:11, 845 AG

400m
Jessica Pando, 1:09, 1319 AG

Bradley Road Race 10K, 29 March 2025
Kevin Ford, 35:51, 2nd overall male

B&A Trail Half Marathon, 30 March 2025
Caroline Bauer, 1:22:54, 1st overall female
Deb Hickey, 1:36:56, 1st AG
Lindsey Pickett, 1:40:11, 4th AG
Faye Weaver, 1:54:20, 7th AG

Sale of the City 10K, 05 April 2025
Dave Bernard, 43:26, 105th (2nd AG)

Cherry Blossom 5k, 05 April 2025
Marsha Demarco, 24:17, 165th (2nd AG)

Cherry Blossom 10 Mile, 06 April 2025
Men's 30K Championship - 5th place
Women's 30K Championship - 4th place

Clark Otto
50:38
87th (26th AG)
M, 838

Carlos Ramjith
54:07
126th (7th AG)
Masters 8th

Jason Sammut
55:24
147th (11th AG)
M6

Adam Sachs
55:28
149th (11th AG)

Kevin Ford
56:17
202nd (19th AG)

Alex Livernois
57:26
221st (35th AG)

Hannah Barker
58:16
264 (50th AG)

Paul Hogan
58:22
265th (18th AG)

Jason Tripp
59:22
304th (1st AG)

Sarah Englander
1:01:53
414th (18th AG)

Kiri Michell
1:02:57
469th (19th AG)

Samantha Merkel
1:04:11
125th (31st AG)
F4

Stephanie Reich
1:04:13
126th (29th AG)

Clare McCabe
1:07:38
188th (78th AG)

Westminster Mass Street Mile, 09 April 2025
Jessica Pando, 5:12, 3rd overall F

129th Boston Marathon, 21 April 2025 (Today!)
Jason Tripp, 2:52:38, 2548th M (40th AG)
Wei Ma, 3:03:25, 4733th M (207th AG)
Samantha Merkel, 3:05:54, 5004th F (503th AG)
Faye Weaver, 3:46:38, 8334th F (1325th AG)

Upcoming

Women's Distance Festival

June 1st, 7:30 am

The Howard County Striders host an annual race as part of the Columbia 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/WomensDistanceFestival5K

Volunteer sign up is also open: https://docs.google.com/forms/d/e/1FAIpQLSfXMEdSFcTzfaJwxdkqfzzzqbqbqb