



Footprints Volume 50, No. 18 04/30/2025

Intro by Nick Atkins

Hello fellow Striders! I just moved, and it's been busy and stressful, so I will keep this one short. A few important dates are coming up. First is our second Banditos Taco Run this Friday at 6. The first one was a ton of fun. Don't miss out! Time is running out for award nominations, and time is running out before a price increase for the Women's Distance Festival. Information for everything is below. One other exciting announcement. Road ID is offering all members a 20% discount on their products! And pretty much every single one of us should have one. The link is at the bottom in the discount section.

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 9th 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 current Striders member you deem worthy of special recognition for a year (February 26, 2024, through February 23, 2025) of hard work.

To nominate someone, use this form: https://docs.google.com/forms/d/e/1FAIpQL5fm5P2300PDfQ_uVp0JmG8m-8DPfsgpC20Knl_H7b0XXSw0/viewform

Coaching Programs

Next Step 10k/10M

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

Results

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

Congratulations to David Toller. He followed up his recent PR in the half with a marathon PR at Boston with a time of 2hr 48min-4 minutes better than his previous PR!

Upcoming

Woman's Distance Festival



June 1st, 7:30 am Price Increase May 12th Register now!!

The Howard County Striders host 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://register.chronotrack.com/r/85258

Volunteer sign up is also open: https://signup.com/client/invitation2/secure/892519900105/false/in-itation

Sunday Strides

Sunday Strides (formerly the Weekly Series) continues this spring with the Vernal Velocity 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 Bulleye Running to include the summer favorite Friday Night XC Series into the Howard County Super Series along with Meet of Miles and Two Person Five Mile Relay

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

- 05/04/2025 Vernal Velocity #3 2 Mile 10K Longfellow Elementary School
05/18/2025 Vernal Velocity #4 5K 10K Patuxent Valley Middle School
05/25/2025 Vernal Velocity #5 All Fruit Relay Oakland Mills Middle School
06/08/2025 Vernal Velocity #6 2 Mile 10K Jeffers Hill Elementary School
06/15/2025 Vernal Velocity #7 2 Mile 4 Mile Clemens Crossing Elementary School

These are low-key fun races. And races in name 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, going out too hard, and being disappointed. Jump in one of our races and find out if that pace is good before your big race! All races start at 2:00 pm. See https://striders.net/sunday-strides/ for more information.

Group Runs



Bagel Run, Saturdays 7:00 am sharp in the Columbia Swim Center parking lot. If you are new, plan to arrive early and introduce yourself. The run leaves the parking lot at 7 am ON THE DOT. All paces are welcome, and there are runs from routes from 6-20 miles. The Striders have run this run every single Saturday for 40+ years. See https://striders.net/groups/bagel-runs/ for more information.

If you aren't running this week, consider helping to put out water. Sign up here to provide water https://signup.com/go/ZpdpAye



Banditos Taco Run Friday May 2nd, 6:00 pm, 8170 Westside Blvd, Fulton, MD 20759

Join us and Banditos Tacos and Tequila for a casual 3.75 mile run afterward. The Maple Lawn neighborhood, and meet up at Banditos afterward. 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

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

Mad City/Africa Group Run, Fridays 6:00 am, Mad City Coffee

See https://striders.net/events/ 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. Just reply to this email.

With each issue of FOOTPRINTS, we will be seeking Strider profiles and "selfies". To be included in a future issue, please forward 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 programs 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?

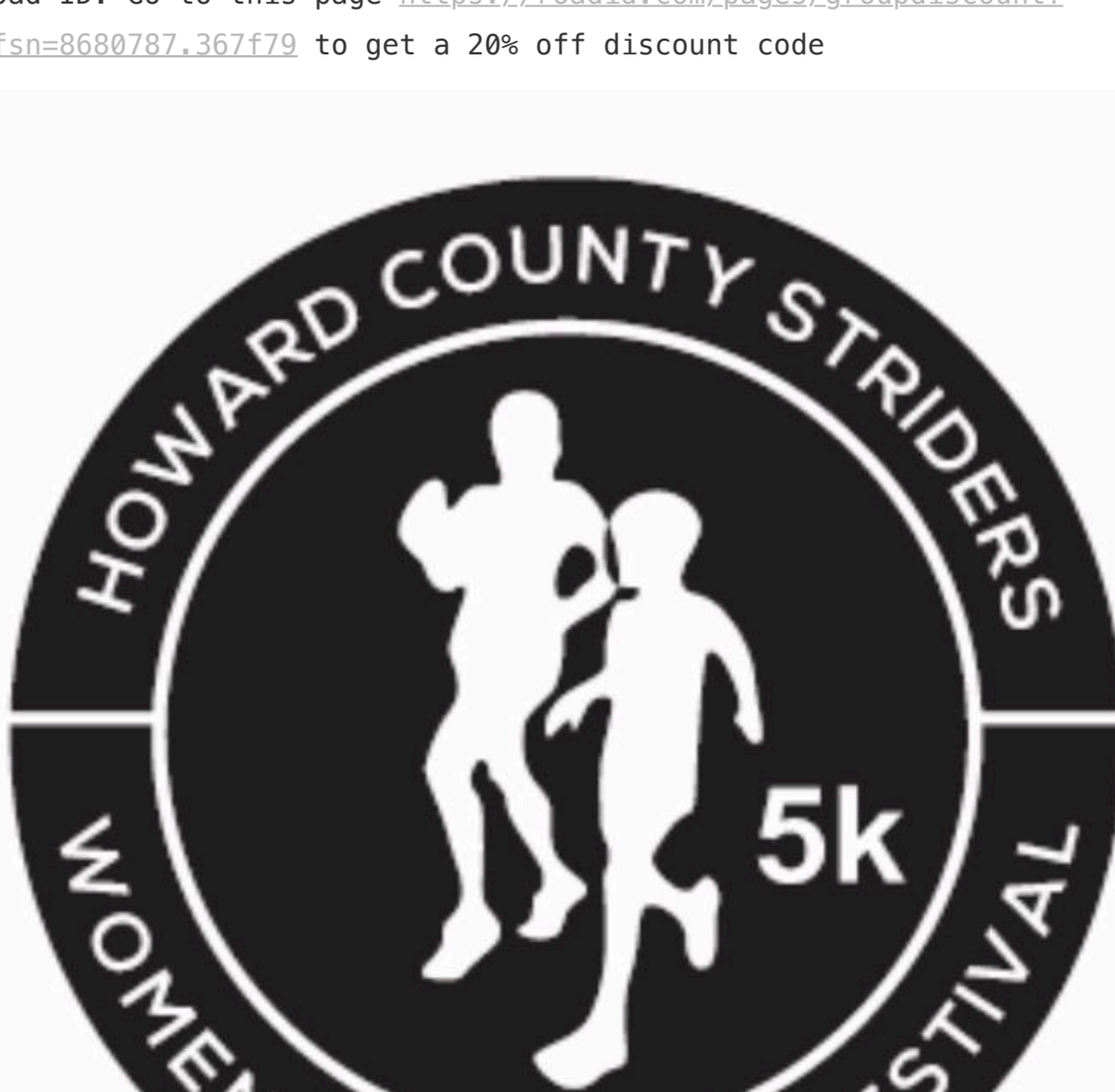
You can include anything else you like by replying to this email.

Discounts codes!

rnnr (rnnr.com) hats and apparel, 10% off code: NICKHCS

resistancebandtraining.com, these are legit resistance bands! 10% non-sale items code: hcsbands

Road ID: Go to this page https://roadid.com/pages/groupdiscount?rfns=8680787_367f79 to get a 20% off discount code



Howard County Striders PO Box 563 Columbia, MD 21045, USA

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