

Footprints Volume 50, No. 15 04/09/2025

Intro by Nick Atkins

Hello fellow Striders! Spring stopped heating up, but The Striders haven't. Time trials for programs, Programs starting this week. Workshops, a new group run. Cherry Blossom, spring marathon season. And one of the most unique races of the season. Tonight is the Main Street Mile in Westminster. It's essentially a very downhill road mile down with Main Street closed on a weekday evening. It a race worth experiencing. And a little closer to home, Sunday Strides' Vernal Velocity kicks off this Sunday!

Also if you were not on the Banditos Taco Run last Friday, you missed out! Mark your calendar for May 2nd!

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/1FAIpQLSfm5P2380PDPFa\_uVp0JmG8m-8DPfsgpC28Knl\_H7BDXXSw0/viewform

Coaching Programs

Next Step 10k/10M



Six amazing groups had their first practice yesterday. Thank you to all the coaches who volunteered

Running Together by Helen Kottis

After many requests, Howard County Striders will be introducing a new program that is specifically designed for adults with 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 to activities. We will meet on Wednesdays 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://striders.net/training/running-together/

Females in Training (F.I.T.) by Helen Kottis

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

Credit Union Cherry Blossom Ten Mile Run 2025 by Kevin Ford

Photos can be seen here: https://photos.app.goo.gl/iqYQpywTvpBLaiP8

The Striders Racing Team was in Washington, D.C., over the weekend to compete individually and in the DMV Club Championship at the Cherry Blossom Ten Miler. This year, the team entered squads for the men's and women's categories and fared quite well against the best running clubs in the region.

The women, led by Hannah Betman, posted a very respectable fourth place finish just ahead of MCRRC and within shouting distance of The Dojo of Pain, who claimed 3rd overall. Hannah was 26th overall in the world-class field, posting a time of 58:16. The team's depth was on display on Sunday, as Kiri Michell (62:57), Samantha Merkel (64:51, PR), Stephanie Reich (64:53), and Clare McCabe (67:39) arrived in close succession to round out ladies scorers. The fact that the team achieved this level of success even in the absence of its national-class masters runners bodes well for the future of the team.

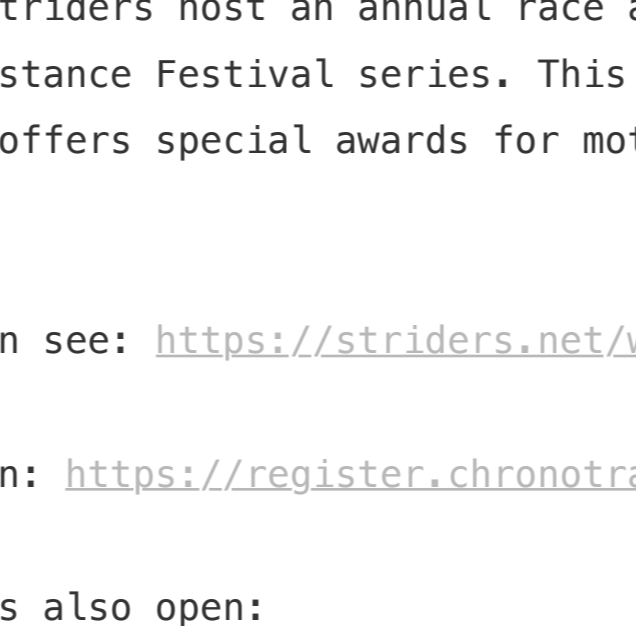
Not to be outdone, the Striders men stepped up big time to reach fifth place in the DMV Championship competition. Clark Otte once again set the tone for the team, setting a club record of 50:30 for the ten mile distance and placing 47th among the men in a race brimming with professional athletes and nationally competitive amateurs. The men's scorers were rounded out by Carlos Renjifo, who set the Racing Team master's record in 54:47, Jason Sammut (55:24), Adam Sachs (55:28), and Kevin Ford (56:57). The men, like the women, placed first among Maryland-based teams in the DMV Championship.

Other highlights from Sunday include Jason Tripp, who claimed victory in an extremely competitive 50-54 age group with a 59:22, and the return of Paul Hugas, who missed considerable time due to several unfortunate injuries in 2024. Welcome back Paul!

Additional details and photos can be found on the Racing Team's instagram page (www.instagram.com/hocoracingteam).

Upcoming

Woman's Distance Festival



June 1st, 7:30 am

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/892519900185/false#invitation

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' Vernal Velocity kicks off this Sunday at Burleigh Manor Middle School with you choice of a 2 mile and a 5 mile race. We hope to see you Sunday!

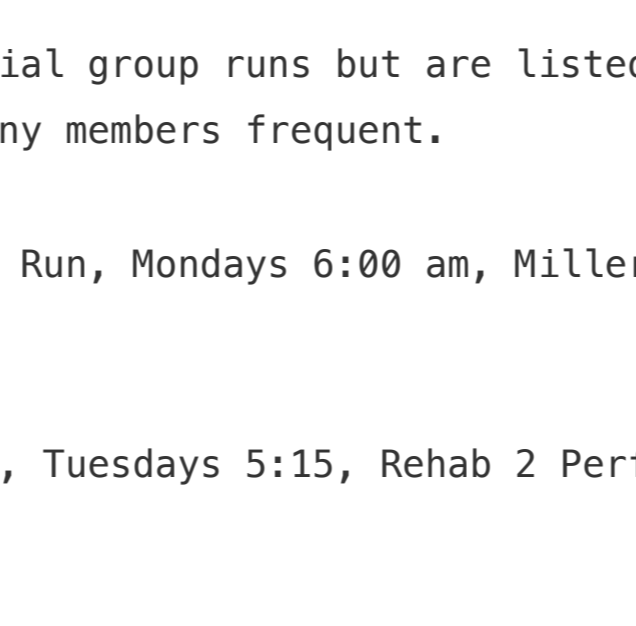
- 04/13/2025 Vernal Velocity #1 2 Mile 5 Mile Burleigh Manor Middle School
04/27/2025 Vernal Velocity #2 1 Mile 5K Hammond Middle School
05/04/2025 Vernal Velocity #3 2 Mile 10K Longfellow Elementary School
05/18/2025 Vernal Velocity #4 5K 10K Patuxent Valley Middle School
05/25/2025 Vernal Velocity #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/ZodaAye



Banditos Taco Run. Friday April 4th, 6:00 pm, 8170 Westside Blvd, Fulton, MD 20759

Join us and Banditos Tacos and Tequila for a casual 3.75 mile run through 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!

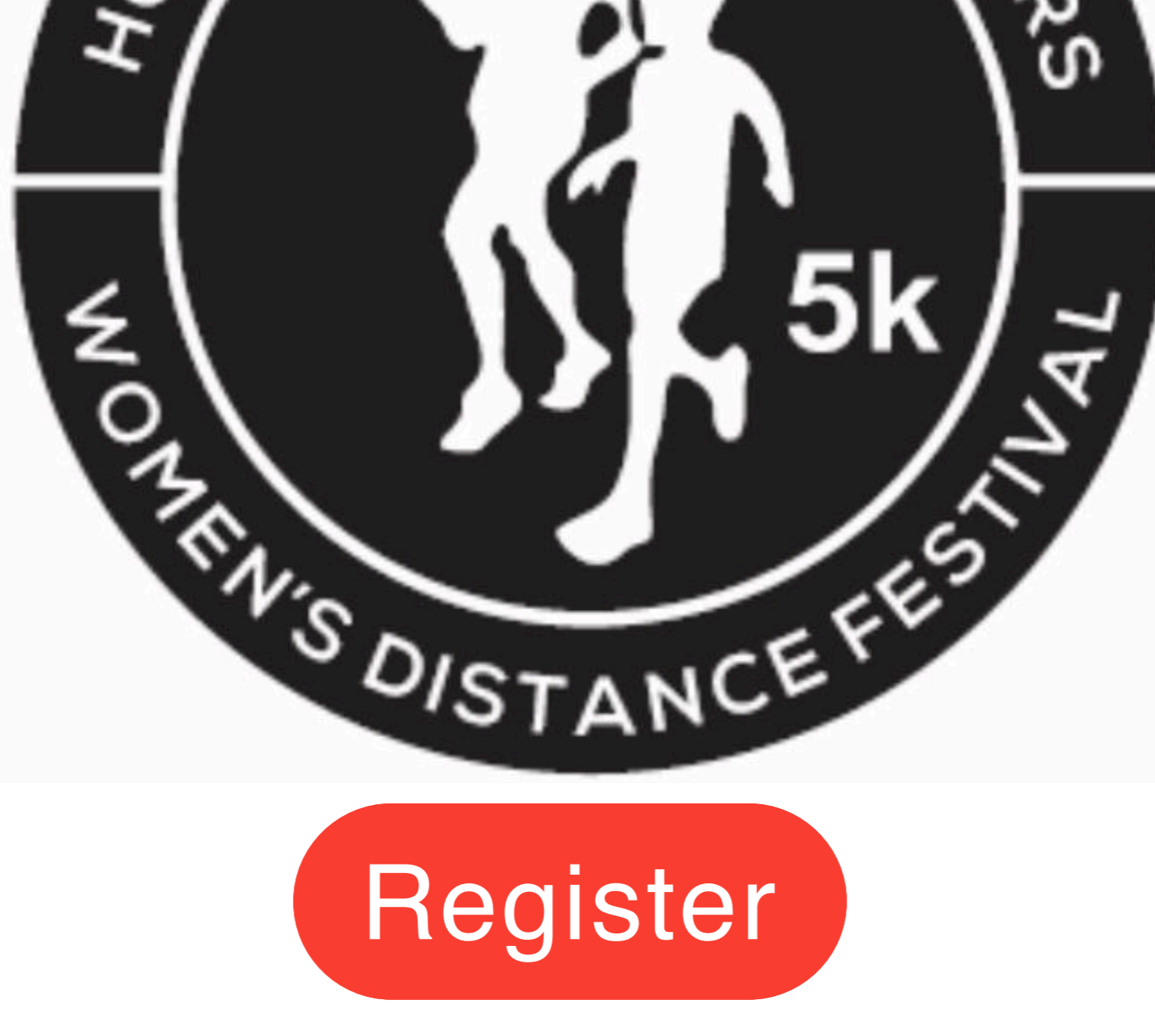
- 1. What got you started with running and how long have you been running with the Striders?
2. What are some of the benefits that the Striders programs have for you as a runner? Which is your favorite program and how often do you run with the Striders?
3. What is your favorite race and why?
4. Do you 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!

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

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



Register

Volunteer

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

Unsubscribe or Manage Preferences