

HOWARD COUNTY STRIDERS NEWSLETTER



Footprints Volume 49, No. 11 12/18/2024

Intro by Nick Atkins

Hello fellow Striders!! I hope you are as excited about Christmas as I am. I hope you join us on our Striders Christmas Fun Run this Saturday! I get cheery around this time of year. But I also know a lot of people don't. Dealing with family, for whatever reason, can be stressful. Sometimes family sucks. But I can promise you, sitting there alone isn't the answer. Friends can be family. And the Striders are both friends and family. If you need a pick me up this time of year, this is it!

Since this is the season of giving, we need a Strider to fill a vacant secretary position on the board of directors. If you are interested in becoming more involved with the group, this is your chance. Send a message to president@striders.net if you are interested.

Don't forget we also have the Resolution run coming up on New Year's Day. And our Hibernation to 5k training program starts up soon after the new year. If you are interested, you will want to sign up soon. The time trial for groupings is on the 6th. We hope to see you there, but if we don't, we wish you a very Happy Holidays!

Contests

We are holding a couple of design contests. The first one is for a new design of our newsletter logo. The only requirement is that it includes the name "Footprints." The second contest is for a redesign of the Next Step logo. "Next Step" is the name of our coaching program. Again, the only requirement is to include "Next Step" in the name. And obviously, they should be running-themed. The prize for both contests is free entry into any Strider race or coaching program in 2025. The deadline is the end of 2024. Send entries to social@striders.net

Track Lights

Howard County Striders is once again providing track lights for safe running this winter at the following tracks:
Mondays: Oakland Mills High School 6-8 pm
Wednesdays: Centennial High School 6-8 pm

Programs

Hibernation to 5k

Registration is open!! More information and registration is here: <https://striders.net/training/hibernation-5k/>

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

Legends of the Fall Weekly Series Race #8 Clemens Crossing Elementary and overall results by Marc Burger

Thank you to everyone who came out for our final Weekly Series race of the Fall. Overall awards were handed out. Congratulations to John Way and Iris Mars, who won the overall titles. We will see you in a few weeks when the winter series begins.



Photos from today's race can be seen here: <https://photos.app.goo.gl/fw2sJx8zwCQw1CNx9>

Sunday's results:

25 runners came out for the final Howard County Striders fall weekly series race at Clemens Crossing Elementary. Mark Eagles and Lula Pieck were the two mile winners. Alan Mulindwa and Faye Weaver paced the 4 mile runners. This race served as the awards race for this season; runners who accumulated enough points were given Dunkin Donuts gift cards.

Volunteers: Bill Arbelaez (race lead), Nick Atkins, Melissa Burger, Joan Chall, Joanne Harrington.

2 mile

1. Mark Eagles 12:05
2. John Way 14:52
3. John Chall 15:22
4. Ted Poulos 16:56
5. Eric Johnston 17:47
6. John Ramsey 17:50
7. Marc Burger 18:33
8. Lula Pieck 21:39
9. Mike Pieck 21:40
10. Michael Tracton 22:05
11. Mary Niland 22:31
12. Linda Alms 22:34
13. Roger Calvert 24:12
14. Kaia Pieck 24:35
15. Steve Moran 33:08

4 mile

1. Alan Mulindwa 30:45
2. Faye Weaver 32:52
3. Marsha Demaree 33:05
4. Kirk Gordon 35:41
5. Fred Jorgensen 35:43
6. James Scarborough 39:37
7. Leonid Korolov 41:28
8. Iris Mars 41:35
9. Haydee Herrera 43:21
10. Judith Judkins 46:16

Overall Results:

The following runners have qualified for an award for the 2024 Howard County Striders fall weekly series. This season saw 54 men and 24 women participate in at least 1 race. Please come out to Clemens Crossing Elementary this Sunday 15th to be recognized.

Men pts needed 60

1. John Way 142
2. Ted Poulos 131
3. Michael Tracton 120
4. Eric Johnston 116
5. Lochlann Boyle 102
6. John Chall 100
7. Kirk Gordon 92
8. Nick Atkins 82
9. Marc Burger 78
10. Tim Ramsey 75
11. Roger Calvert 74
12. Bill Arbelaez 72
13. John Ramsey 66
13. Mark Eagles 66
13. Stephen Senick 66
13. Michael Towstopiat 66
17. Bill Brown 65
18. Karsten Brown 63
19. James Scarborough 62

Women pts needed 60

1. Iris Mars 134
2. Marsha Demaree 129
3. Linda Alms 125
4. Mary Niland 114
5. Jeanette Novak 99
6. Joanne Harrington 80
7. Haydee Herrera 77
8. Melissa Burger 72
9. Joan Chall 62

Racing Team performance rundown by Kevin Ford

Zaching Against Cancer Running Festival, November 23rd
[5k] Faye Weaver, 1st AG, 11th F, 22:43
[10k] Eric Schuler, 2nd AG, 8th M, 37:33

Tuckahoe 25k, November 23rd
Samantha Merkel, 2nd F, 1:58:25, under previous course record

Philadelphia Marathon, November 24th
Jason Tripp, 3rd AG, 186th M, 2:49:58

Assorted Turkey Trots, November 28th-30th
[5k] Eric Schuler, 2nd AG, 8th M, 18:08 at YMCA Turkey Trot
[5k] Stephanie Reich, 2nd F, 18:29 at the Frederick Turkey Trot
[5k] John Chall, 1st AG, 31st M at the RunDown Hunger at the LARS Turkey Trot
[5 mile] Jacob Englander, 28:38, 7th AG at the Alexandria Turkey Trot
[5 mile] Alex Livernois, 27:43, 2nd AG, 5th M t the Westfield Turkey Trot

NCR Marathon, November 30th
Jessica Ponds, 3rd F, 3:06:05

Celtic Solstice 5 Miler, December 14th
Adam Sachs, 1st M, 27:28

Hannah Betman, 1st F, 28:50

Jason Tripp, 1st AG, 7th M, 29:29

Qiang Tian, 15th M: 32:01

Samantha Merkel, 2nd F, 32:09

Jason [Jicheng] Liu, 1st AG, 32:22

Jessie Yang, 5th F, 33:51

John Chall, 36:27, 1st AG, 36:27

BMW Dallas Marathon, December 15th
Kevin Ford, 13th AG, 38th M, 2:57:54

Upcoming

12/22/2024 Rudolph Run 6k and 2 Person Relay

2pm start Sunday 12/22/24 at Oakland Mills High School!

3k loop (half on grass and half on bike path/sidewalk) will be done twice by those running the 6k open and once each by the relay people.

AWARDS – 36 PIES from Sugar Bakers (18 for the relay and 18 for the 6k)

Each person on the winning relay teams (coed, male and female) (combined ages for 3 categories to be determined depending on entries) will get a Sugar Baker pie.

Winner in these 6k categories will get a Sugar Baker pie: both genders, overall, master, 15 and under, 16-25, 26-39, 40-49, 50-59, 60-69 and 70 and over.

Keeping the price down for the holidays so no event shirt but the first 100 registrations will receive a pair of red Bullseye Running socks!

Packet pick up (Friday 12/20/24 from 4-6pm at Feet First Sports) and race morning.

Come start the holiday celebrations with us again this year!

For more information see:

<https://www.bullseyerunning.com/event/rudolph-run-6k-and-2-person-relay-4/>

1/1/2025 Resolution Run Prediction Run 8K

A prediction run is entirely different from other races that you've run in the past. Rather than finishing first or running the fastest, the object of a prediction run is to finish as close to a certain time as possible. In the case of the Howard County Striders prediction runs, the goal is to finish as close to 11:00 am as possible. One way the Striders prediction runs differ from many other runs is that you get to start whenever you want – whoever finishes closest to 11:00 am wins. Oh, and one important thing: you CANNOT use any sort of timing device. Also, no baby strollers, iPads, headphones, or animals.

After the run, enjoy refreshments in the neighborhood center while we announce the awards for the top 3 closest finishers.

Weekly Series

Winter Series will be starting soon. Stay tuned for details.1

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 too hard before your big race!

And if you are new to the series or if you are bringing someone new to the series, we are offering bonus points for the overall standings! All races start at 2:00 pm. See <https://striders.net/weekly-series/> for more information.

Group Runs

Striders Christmas Fun Run, Saturday December 21, 6 pm, Longfellow Elementary School. Join us for a casual run through the Longfellow and Beaverbrook neighborhoods to look at Christmas lights. Get in the holiday spirit and dress festively. There will be two routes: one a little under 3 miles and one about 3.5 miles. Please look at the routes so you are familiar with them. And this will be at night. Please have lights or at least reflective clothing. We hope you will join us and enjoy some of the holiday season with us!

Routes:

<https://www.strava.com/routes/3300932741164339916>
<https://www.strava.com/routes/3300933302402739916>

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-run/> for more information.

Stay tuned, announcement coming soon!

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.

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