



FOOTPRINTS VOLUME 50, NO. 34 12/08/2025

Message from the President

Our Striders members holiday party was a big success! I want to thank the new and longtime members who attended our Sunday brunch at the Ale House in Columbia. I would also like to recognize our Social Director, Holly French, for organizing this successful event. Photos from the brunch have been posted on our social media accounts and SmugMug account. During the brunch I had the privilege of making our annual donations to the Howard County Police Foundation and the Howard Community College Educational Foundation. These foundations have supported many Striders races for several decades including our annual 10 Mile Club Challenge in February. Additional donations will be made to Girls on the Run and Maryland State RRCA chapter.

Part of the brunch was dedicated to providing updates on the club including two major developments coming in 2026. The first being our request for public funding as part of our yearlong 50th anniversary celebration. If approved, this funding will be used to establish a permanent feature in Columbia to recognize our contributions to the community. Please continue to write emails of support to the Howard County Delegation as this will increase our chances to be approved. Email writing instructions are found on our website: <https://striders.net/support-striders-legislative-bond-initiative-letter-from-the-president/>.

A committee was formed to develop social events throughout the year to celebrate our anniversary in addition to annual events like the Feet First anniversary run in the spring and the member picnic in the summer. The committee has already started working on refreshing our club logo and applying for the RRCA Runner Friendly Community designation. The Striders and Howard County previously held this designation from 2017 to 2022. Additionally, I am committed to developing an online club store for members to purchase Striders gear to show club pride in the community and at their races.

The second major development is the transitioning of our club management platform to RunSignUp. Currently, we manage our membership, training programs, race registrations, and volunteer registrations on three different platforms. We did some research and spoke with a couple of local RRCA club leaders who have already made the transition to RunSignUp. They spoke highly of the platform, especially the ease of use and customer service. I believe RunSignUp will allow us to manage our membership, training programs, race registrations, and volunteer work in a more efficient manner. We will continue to use a "rolling" registration whereby your membership renewal will occur on your existing anniversary date. We will continue to honor Lifetime and Hall of Fame memberships; however, these members will need to establish a RunSignUp account. More detailed instructions will be released in the coming months.

Lastly, please remember track lights are available Monday and Wednesday nights until March. Information can be found on our [events calendar](#). Stay safe this winter and happy holidays!

Hafiz Shaikh
President

GENERAL BOARD UPDATES

-Merch is coming!

-If you have ideas for social events you'd like to see from us, please feel free to reach out at social@striders.net

More news to come soon!

High School Cross Country Updates

States was Saturday, Nov 8th at Hereford High school 3 mile

2A Men: 1-Trevor Miyagishima, Hammond 16:37, 6-Wesley Zaron Wilde Lake 17:10, 12-Pierce Eatough, Long Reach 17:23, 13-Noah Levy River Hill 17:23, 17-Lucas Chiang River Hill 17:30, 19-Breyen Solowski-Kampherstein, River Hill 17:33, 22-Lucas Ballou, River Hill 17:41, 23-Colin Campbell River Hill 17:43,
Team scores: 1- River Hill 75, 4- Glenelg 159, 8- Wilde Lake 192

2A Women: 2- Alyssa Mattes, River Hill 19:23, 7-Kate Love Glenelg 20:39, 12: Lily Davis, Mt HEBron 21:10, 13-Ayla Sanderoff, River Hill 21:16, 18-Alexa Hester Glenelg 21:30, 24-Lizzy Wiessinger 21:55
Team scores: 4-River Hill 130, 5- Glenelg 154,

3A Men: 5- Jason Oberly Centennial 16:49, 12-Harper Koenig, Centennial 16:59, 14-Zachary Cratin, Mariotts Ridge 17:05, 15-Ian Doll, Centennial 17:07, 16- Shamar Johnson, Oakland Mills 17:07, 18-Cameron Martinez, Atholton 17:11, 19-Jack Marranton, Centennial 17:12, 23-Jackson Pascerello Reservoir 17:15 25-Griffin Eillinghaus Reservoir 17:19.
Team scores: 1- Centennial 77, 9-Mariotts Ridge 251, 10-Oakland Mills 271, 11- Reservoir 295 and 12-Howard 295

3A Women: 6-Kaylee Beal Centennial 19:55, 13-Eleanor Zedora-Smierciak, Howard 20:29, 18-Anya Subramaniam, Mariotts Ridge 20:43, 19-Claire Sivitz Howard 20:44, 20-Emma Floyd Mariotts Ridge 20:44, 21-Gabriela Nguyen Centennial 20:45, 23-Isabella McDonald Guilford Park 20:48, 24-Ela Muniz Reservoir 20:53.
Team scores: 2-Centennial 105, 6-Mariotts Ridge 211, 8-Howard 220, 10-Reservoir 278

RACING TEAM UPDATES

- **Indianapolis Monumental Marathon:** New PRs for **Neta Ezer** (2:55:23) and **Jessica Ponds** (2:56:03)
- **Tunnel Hill 50 Miler:** **Jicheng (Jason) Liu** set a new PR and new open/masters/grandmasters racing team record (6:36:39)
- **Richmond Marathon:** **Jessie Yang** set a new PR (3:07:44)
- **Richmond Half Marathon:** **Clare McCabe** set a new PR (1:24:57)
- **Philadelphia Rothman 8k:** **Jake Englander** set a new PR (28:26)
- **Philadelphia Marathon:** **Adam Sachs** set a new PR (2:35:46)
- **Al Udeid Air Base Turkey Trot 5k:** **Kristen Gray** finished 1st overall (17:38)
- **NCR Marathon:** Big PRs and overall wins for **Samantha Curry** (2:57:30) and **Paul Hugus** (2:34:38 - also a new Masters racing team record)
- **NCR Half Marathon:** **Hannah Betman** finished 1st overall (1:18:03)

Full race recaps can be found [here](#). Want to follow along? Check us out on Instagram @hocoracingteam!

UPCOMING RACES, EVENTS AND TRAINING

Don't Miss the Next Legends of the Fall Races!

Sunday, December 14, 2025 at 2pm
Hammond High School

There will be two distances (5k and 10k.)

Registration takes place on race day. \$1 for HCS members, \$2 for Non-Members, \$3 for HCS Member Family, \$4 for Non HCS Member Family

More information can be found on [our website](#).

Resolution Run Prediction Run 8k

Thursday, January 1, 2026 registration opens at 9am
Jeffers Hill Neighborhood Center
6031 Tamar Drive, Columbia, MD 21045

Join us for this yearly tradition! There's no formal start time, just finish the distance as close to 11am as possible. With a prediction run, you just start whenever you want and whomever finishes closes to 11am wins!

Registration opens at 9am, closes at 10:30am.

Strider Student Members \$1, Strider Members \$5, Strider Family \$10

For more information check out [our website](#)

Hibernation to 5k Training

Begins Monday, January 5, 2026

Meets Weekly at the Oakland Mills High School Track

Get started running or back into the routine of running with this 6 week 5k program!

Registration is [\\$30](#)

More Information is on [our website!](#)

Winter Sunday Strides dates will be announced SOON!

Keep an eye out for some upcoming runs and events!

Details to come soon!

STRIDERS GROUP RUNS



Thursdays at 6:00pm at Feet First in the Wilde Lake Village Center. All are welcome! Most routes go towards or partially around Lake Kittamaqundi. (Some fun side stops including to the Farmer's Market are routine!). Route maps are available upon request inside Feet First.



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

[CLICK HERE FOR MORE GROUP RUNS AND UPCOMING EVENTS](#)



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