

Footprints Volume 50, No. 7 02/12/2025

Intro by Nick Atkins

Hello fellow Striders! Does anyone know what a harpsichord is? That's a rhetorical question. I'm going to harp on something and hopefully strike a chord. In about 17 hours, registration closes for the RCRA 10 Mile Club Challenge. While it is a competition, let's be real-I don't have any illusions that I will make a dent in the standings, and many other will not. But this race is more than a friendly competition between local clubs. We are showcasing our running scene to the rest of the DMV. Because of the past success we have had putting this race on we are able to offer a \$30 discount on the \$40 entry fee. So everything else aside, you get to run one of the best 10 mile courses in the area for \$10. It's a dollar a mile! Everything else not aside, let's make our usual strong showing!

The snow is back, but we've had a few weeks of clear roads and trails. This time of year can be gloomy. The Christmas lights are gone, it's cold-and the weather usually isn't on our side. But we finally got Hibernation to 5k underway. All our programs are great, but this one is magical when everyone final gets on the track together to start building towards their goals in 2025. Because of my schedule I do most of my training alone, so it's great to see runners from past programs again as well.

As you can see we have a new logo for the newsletter! Hopefully this will not only be symbolic, but also mark a "next step" forward for the club. I have been reading some old newsletters looking for inspiration for engaging content. I don't want the newsletter to just be my rants/train of thought. I want every member to have a voice. So tell me when I'm an idiot or when you disagree. All you have to do is reply to this email. In fact, reply with anything you would like included in the newsletter! But reading though old newsletters, I am going to bring a section back. And this is Profiles from the Pack. Any member can-and is encouraged-to answer the following questions so everyone can get to know their fellow runners. Again, 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 program 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?

Feel free to include anything else you would like. Again, all you have to do is reply to this email.

Coaches Corner by Nick Atkins

In this coaches corner we're going to be talking about run/walk strategies. First of all, there is nothing wrong with taking a walk break. There are plenty of reason to walk in your run. You might be doing hill sprints and doing a walk recovery. Maybe it's an easy run and you are trying to control your effort. Maybe your fitness is just lacking. And this is mainly aimed at the later. In many of the groups I've coached I've seen runners try way too hard to run as much as possible and then they are gassed and have to take a very long walk recovery. If that is you, on most runs take your walk break before you are gasping for breath. You will find you end up running more since you are not running to the point you can barely breathe. It will also be more enjoyable for the same reason.

Now if you really want to improve, there will be runs where you really have to push it and be gassed before you start walking, but that should not be everyday. Most days do whatever you need to do to make your run enjoyable!

Step Up for the Striders at the RCRA 10 Mile Club Challenge! By Bill Brown

The RCRA 10 Mile Club Challenge is coming up, and I'm asking you to represent the Howard County Striders in one of the most competitive and spirited races of the year! Currently we are behind last year's registration, so please consider running this year. This club-only event is a great opportunity to test your early-season fitness, push yourself alongside fellow Striders, and show our strength as a running community.

If racing isn't in your plans, we still need you! Volunteers play a crucial role in making this event a success. Whether you're handing out water, cheering at the finish, or helping behind the scenes, your support ensures a great experience for all.

Sign up to run or volunteer today and be part of this proud Striders tradition. Let's show up strong!

Race day is Feb. 23rd. Current Striders' members use the code RRCA2025HCS: https://register.chronotrack.com/r/84253

If you are not sure about your membership status, go to this website and scroll down to "Membership Status": https://secure.getregistered.com/get_information.php...

We need volunteers, especially course marshals. As of today, we have only filled about 20% of volunteer spots. Please signup if you are not running: https://signup.com/go/CUTSoWY

Track Lights

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

Programs

Hibernation to 5k

Hibernation to 5k is finally underway and the track is ALIVE!

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

Upcoming



2/23/2025 RRCA Club Challenge 10M, 8 AM, Howard Community College

Registration closes on February 13th!!

Howard County Striders are proud to once again host our fellow Maryland and DC running clubs for a cross-country style team competition on a challenging 10 mile course. This year, we are happy to provide our members with a 75% discount on the \$40 entry fee. Use code RRCA2025HCS when registering (you must have an active membership). Let's show all the other clubs how we do it! Let's try and have the most runners of any club!

More information and registration instructions are here: https://striders.net/rrca-club-challenge/

And if you are not racing, please consider volunteering here: https://signup.com/client/invitation2/secure/4930213980107/false#invitation

Sunday Strides



The Weekly Series is now Sunday Strides!! Since the Weekly Series hasn't been weekly for a while, we decided to rename it. So come out whether you are striding or strolling. All paces are welcome.

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 Sunday Strides Super Series. We are also including the Meet of Miles and Two Person Five Mile relay



Sunday Strides' Operation Iceberg Continues the Series this Sunday at 2 pm at Thunder Hill Elementary School on the 16th with your choice of a 2 mile and a 10k race.

As we introduced in the fall series, we are still offering bonus points for all new participants and regulars who bring new runners. Let someone know when you register so the points can be applied. And since we are doing age-group awards, please enter your age at the end of the year.

We hope to see you Sunday!

- February 16th: Thunder Hill Elementary School 2M/10k
March 2nd: Northfield Elementary School 5k
March 16th: Patuxent Branch Trail 2M/5k
March 30th: Clarksville Elementary School 2M/5M

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 Saturday for 40+ years. 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

Maple Lawn Group Run. 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

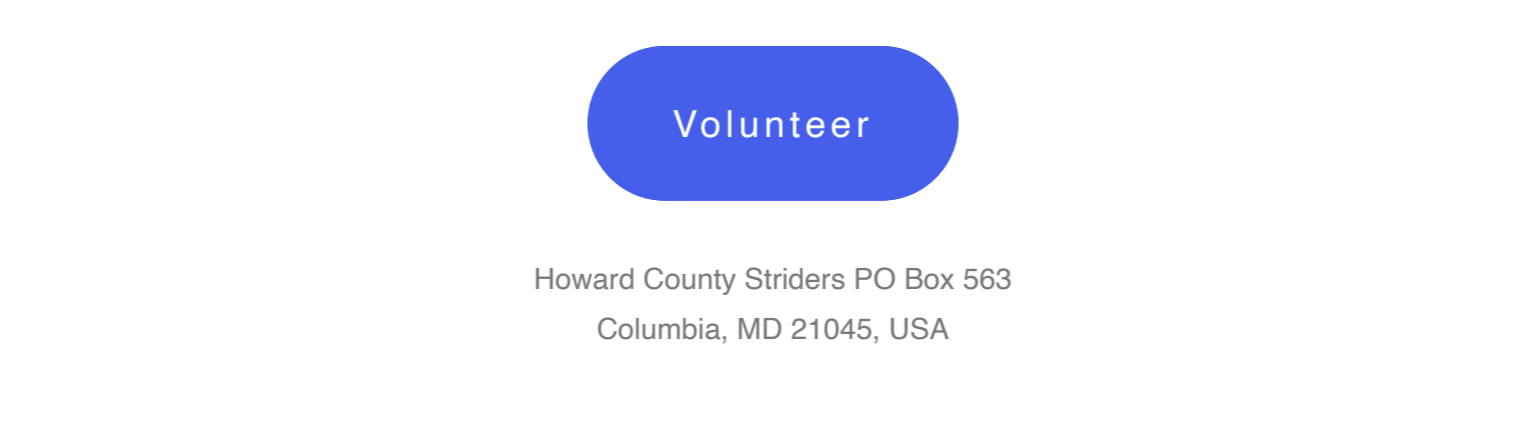
Feet First Fun Run 6:00 pm, Thursdays, Feet First Columbia Location

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

See https://striders.net/events/ for more information.

Discounts codes!

rnrn (rnrn.com) hats and apparel, 10% off
code: NICKHCS
resistancebandtraining.com, these are legit resistance bands! 10% non-sale items
code: hcsbands



Register
Volunteer

Striders use code RRCA2025HCS when signing up!

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