



Footprints Volume 58, No. 8 02/19/2025

Intro by Nick Atkins

What an insane week it has been. Six world records were set in 9 days. Grant Fisher outkicked Cole Hocker to set the indoor 3000m WR at the Milrose games. And barely an hour later, Yared Naguse WR'd off Hobbs Kessler to set the indoor mile WR-with a 19 year old Cmeron Meyers on their heels. The women didn't set records, but the women's mile was a tactical race with Georgia Bell coming through with the win when she looked well out of contention. Then on Thursday, things heated up again with Jakob Ingebrigtsen attempting the indoor mile WR in Liévin, France. He requested an official 1500m split and broke both world records.

Not to be outdone, Grant Fisher broke Kenenisa Bekele's 2004 5000m indoor WR a week later at the David Hemery Valentine Invitational. And records kept falling. Running nerds woke up to see something unbelievable. Jacob Kiplimo shattered the half marathon world record with a time of 56:42-going 48 seconds faster than the previous record. Set to make a marathon debut in London, sub two hours might actually happen in a legal race. I don't have anything clever to tie any of this in. It was simply one of the greatest weeks of distance running ever.

Other than that, registration is closed for the Club Challenge, but we still need volunteers. If you are not busy this Sunday morning, please give us a hand with our biggest event of the year. Sign up to volunteer here:

https://signup.com/client/invitation?secure/4938213980107/false#/invitation

Budget Approval by Pattie Laun

After reviewing the Proposed 2025 Proposed Budget at the January 2025 Board Meeting, the budget was presented to the HCS membership for approval via Google Form.

With 29 respondents, there was a 93.1% approval for the 2025 Budget.

If you have any questions, please reach out to me at treasurer@striders.net

Thank you to everyone who participated.

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.

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

Junior Striders Youth Spring Track and Field program

Registration for the 2025 Bullseye Junior Striders Youth Spring Track and Field program will close on March 5. Practices will start with our annual mandatory time trials (100 meters and 400 meters for everyone) in Mid-March. We will have 2 practices each week, days will change unfortunately due to high school sports schedules. Meets are on Sunday afternoons for those that want to come to those. Click, Bullseye/HoCo Striders Youth and High School - https://www.bullseyerunning.com/youth/ for more details and to register.

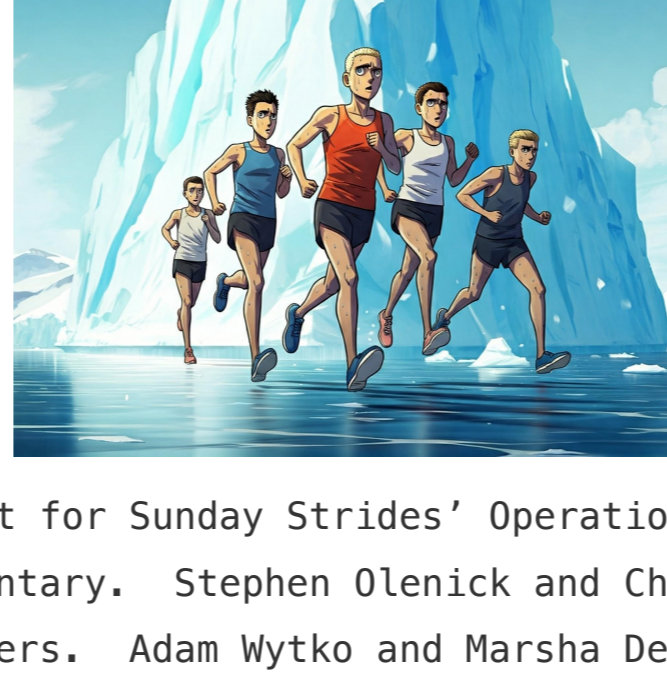
Hibernation to 5k

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

Sunday Strides' Operation Iceberg #4 Thunder Hill Elementary School by Marc Burger



61 runners came out for Sunday Strides' Operation Iceberg #4 at Thunder Hill Elementary. Stephen Olenick and Charlotte Flanigan led the 2mile runners. Adam Wytko and Marsha Demaree pace the 10k/6mile runners.

Volunteers: Marc Burger(race lead), Joanne Harrington, Amanda Idstein, Faye Weaver.

- 2 mile
1. Stephen Olenick 11:32
2. Jeffrey Weaver 12:33
3. Julius Olenick 13:10
4. Luke Hennigan 13:14
5. Caleb Crow 13:16
6. Derek Jiao 13:24
7. Eric Myers 13:33
8. Elwin Bizimana 13:49
9. Greg Orlofsky 13:51
10. Jathan Crow 13:53
11. Brian Sivitz 13:58
12. Tyler Sivitz 13:59
13. Charlotte Flanigan 14:00
14. Sophie Serre 14:03
15. Colin Myers 14:18
16. Emma Flanigan 14:22
17. Alison Flanigan 14:25
18. Adam Doll 14:28
19. Graham Kempf 14:29
20. Daniel Cohen 14:30
21. Anya Subamianiam 14:31
22. John Way 14:41
23. Harper Rupperecht 14:43
24. Sadie Sentman 14:49
25. James Blackwood 14:52
26. Sophia Esposito 15:00
27. Simon Wytko 15:16
28. Lincoln Wytko 15:17
29. Lochlan Boyle 15:21
30. Mike Zaron 15:35
31. William Zaron 15:39
32. Brady Rogers 15:42
33. Katy Cannon 15:56
34. Audra Hennigan 16:23
35. Jack Flanigan 16:42
36. Clara Curtis 16:43
37. Emilie Serre 16:45
38. Jacob Collier 16:59
39. Ted Poulos 17:16
40. Nick Atkins 17:47
41. Linda Alms 17:53
42. Mark Cohen 19:11
43. Lula Pieck 22:14
44. Mike Pieck 22:15
45. Mary Niland 22:40
46. Kaia Yang 22:46
47. Jasmine Yang 24:31
48. Tim Ramsey 31:46
49. Lloyd Collier 33:09
50. Jeanette Novak 35:11
51. Debbie Collier 48:15(ran long)

- 10k/ 6mile choice
1. Adam Wytko 37:19
2. Stephen Senick 39:05
3. Shannon Sentman 44:53
4. Eric Johnston 51:08
5. Robert Geisler 51:23
6. Marsha Demaree 53:27
7. Chris Farmer 56:54
8. James Scarborough 1:05:43
9. John Ramsey 1:05:46
10. James Moreland 1:33:24

Upcoming

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

Registration is closed, but we still need volunteers! https://signup.com/client/invitation?secure/4938213980107/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 on March 2nd at Northfield Elementary with a 5k

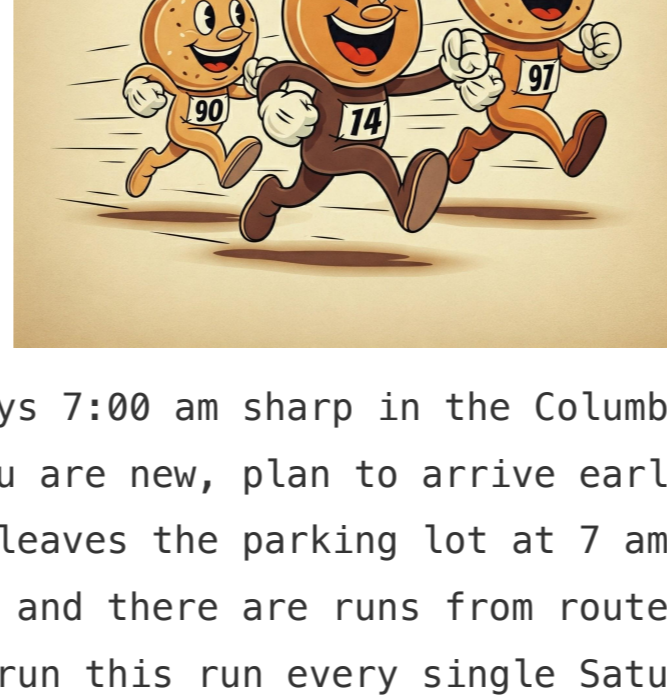
As we introduced in the fall series, we are still offering bonus points for all new participants and regulars who bring new runners. Let someone know when you register so the points can be applied. And since we are doing age-group awards, please enter your age at the end of the year.

We hope to see you Sunday!

- 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 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/zpdgaye

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!

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

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



Volunteer

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

Unsubscribe or Manage Preferences