



Footprints Volume 50, No. 9 02/26/2025

Intro by Nick Atkins

Hello fellow Striders. This past Sunday was the RRCA Club Challenge 10 Mile race. It was an amazing day with the racing team sweeping the men's and women's individual, and team overall--in addition to other strong age group and team showings. But more importantly, The Striders showed that Howard County is the jewel of area running. Almost 600 runners took on a legendary 10 mile course. Many of us mid-packers enjoyed seeing fellow runners we haven't seen in a while coming out of hibernation. And I don't know about you, but I took a little bit of pride hearing the fear the words "Carlinda Ave." struck in runners from other clubs. While the pride in our club is warranted, it is also great to meet up with all the other local clubs. There really is no other race like this! If 10 miles was too much, come out Sunday for our Sunday Strides race at Northfield Elementary for one of our best 5k courses. We have some new events coming up, so stay tuned for an exciting spring.

Interview with Hannah Betman

Hannah won the women's race in dominating fashion--by over two minutes this past Sunday. She answered a few questions about the race and the upcoming season. Best of luck this spring!

How did your race go? Did it go to plan?

Race went pretty well! Weather was beautiful, and I felt pretty strong. My basic plan was to be conservative on the first half, knowing how challenging the second half of the course is, and then push harder after making it through the toughest part of the race (up Carlinda/6th mile). I followed the plan, but feel like I could have pushed a bit harder a bit earlier in the race because I felt pretty strong on the last mile. Overall I'm happy with how it went and to take the win!

Was this an A/B/C race for you? What races do you have coming up?

I'd say this was a B race. I always want to show up and run well at this race since it is a team event. We did a few course specific workouts, so I definitely put in effort and focus toward this race. However, I find it hard to be super fit at the end of February while also being in my best shape for the other races I normally have on the schedule in April/May. For that reason, I try to time my fitness out so that I am fit for this race, but not at peak fitness.

I am running the Shamrock 5K in March, Cherry Blossom 10 mile in April, and tentatively planning to run Broad Street 10 miler in early May.

Do you feel like this race is different from other races?

This race is definitely different from other races because of the team aspect. I find motivation in the fact that I'm not just running for my own performance, but to contribute to the team. When things get hard during the race, knowing I'm racing for my team helps me push through. I love that part of this race.

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!

Next Step 10k/10M

Bill Arbelaez and Rene Alonso, long-time coordinators of many of our Next Step Programs, are retiring from leading the 10k/10M program. They have been incredibly dedicated to getting programs rolling before handing the reins to the coaches. We also need some members to step up into their roles. Have you been a coach and want to do more? Even if you haven't coached a program before, we can help you get started in this position. Only a little technical knowledge is needed, mainly about an hour or so weekly on a weekday night.

We are a 100% volunteer organization and rely on dedicated members to keep the gears turning. If you are interested, please send a message to specialprograms@striders.net

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

RRCA Club Challenge 2025 by Kevin Ford



The Howard County Striders had a banner year at the RRCA Club Challenge Ten Miler, taking home first place team honors in the overall female and masters female categories. The strong performances from the ladies combined with newfound depth on the men's team to buoy the Striders to their first co-ed championship in over ten years. Individual wins by Hannah Betman and Clark Otte set the tone early for a very successful day for the team.

In the women's team competition, the Striders continued the dominance they've shown for the last several years with strong support from new members. Four women placed in the top 10 (Hannah Betman, Kristen Gray, Caroline Bauer, Stephanie Reich). Caroline Bauer also led the Striders masters women to a narrow win over Montgomery County Road Runners (20 to 24 points), supported by Julia Roman-Duval, Jessica Ponds, and Lauren Pearlman.

The men were also represented well in the male competitions, finishing sixth in the overall competition behind top-25 performances from Clark Otte (1st), Adam Sachs (16th), and Carlos Renjifo (24th). The grandmasters men fared quite well, finishing second with strong runs from Wei Hu, Jason (Jicheng) Liu, and Ed Wilson.

Full results can be see here: https://striders.net/2025-md-dc-rrca-10-mile-club-challenge-results/

Official photos can be seen here: https://striders.smugmug.com/2025/RRCA-Club-Challenge

Junior Striders at the Armory Youth Winter Invitational by Phil Lang

The youth team went to New York to compete at The Armory--the same track as the Millrose Games were and represented quite well. Monday 2/17/25 -- Armory Youth Winter Invitational
Alex You 1st 13-14 male 800 meters 2:06.53 and 3rd 13-14 male 3000 meters 9:56.58
Max You 3rd 11-12 male 3000 meters 12:01.83
Nate Cramer 2nd 13-14 male high jump 4'11", 10th 13-14 male 800 meters 2:25.48 and 6th 13-14 male mile 5:22.60
Zach Cratin 6th 15-18 male mile 4:57.26 and 4th 15-18 male 3000 meters 9:59.00
Ethan Becker 23rd 15-18 male 800 2:16.97 and 13th 15-18 male mile 5:04.02
Derek Locktish 1st 13-14 male mile 4:48.79 and 1st 13-14 3000 meters 9:43.52

Upcoming

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 this Sunday at Northfield Elementary with a 5k

As we introduced in the fall series, we are still offering bonuses 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/Z0dAye

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.

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!

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

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