



Footprints Volume 50, No. 1 01/01/2025

**Intro by Nick Atkins**

What a year this has been in running. On February 14th, Kelvin Kiptum tragically died in a car crash. He was only 24 and was already the world record holder in the marathon. Jasmin Paris became the first woman to complete The Barkley Marathons. The US men dominated the distance events on the Olympic Track, and Sifan Hassan dominated the women's distance all on her own. One of the oldest ultra course records—the men's record at Leadville from 2006—fell to David Roche. Jakob Ingebrigtsen smashed the 3000 world record in what almost seemed an afterthought post-Olympics. And Ruth Chepng'etich destroyed the women's marathon record—becoming the first woman to run under 2:10:00.

My year of running was not so memorable. I started off with a stress fracture I didn't go to the doctor for. I had one good race: a track mile at Midsummer Night's Mile. After that, issues with the heat. When I started feeling better, I did the slowest build ever and am getting back in pretty good shape. So, I'm looking forward to doing more races this year. I started with the Rudolf Run 6k last week.

While I didn't race a lot this year, I volunteered at a ton of Weekly Races and joined the Board of Directors for the Striders. My biggest goal was to make it easier for members—and any local runners—to find out what was going on running-wise in the area. That's why our calendar is now filled with local group runs daily. And that's why I brought the newsletter back. But I also brought it back so everyone has a tangible connection to the club.

This edition marks the 50th volume of the newsletter. And 2025 isn't going to be any different. Hopefully, you are getting ready to head over the Resolution Run when this gets to your email. I'll see you all at the water stop with a surprise. And it's time to get registered for Hibernation to 5k. If you are worried about cold nights, there is a whole article below about cold weather gear. We will be adding a new group run on Friday evenings very soon. More workshops, and we are always looking for creative ways to engage our fellow Striders. One thing that won't be the same is our Weekly Series. This year, we are introducing yearly awards! There will be some age groups and participation awards. More information will be coming as soon as we work out the details. Also, if you haven't noticed, the Weekly Series hasn't been... weekly. So starting on January 12th, we are renaming the series "Sunday Strides"! So come out and use these races to make strides in your fitness and make strides in friendship with your fellow Striders!

**New Year's Message by Bill Brown**

As we say goodbye to 2024 and welcome 2025, let's take a moment to celebrate the miles we've logged and the friendships we've built along the way. Your passion for running and supporting one another continue to make this club stronger every year.

As I reflect on 2024, it was a challenging year for me in terms of running. I was looking forward to running the Boston Marathon, but was unable to because of health issues. In fact, I had to stop running entirely in 2024 in order to heal. You, the Striders kept me motivated and I'm so happy to have returned to the running in the past two months.

In the year ahead, may we find new challenges, set bold goals, and enjoy every step—together. I'm hopeful and excited for 2025. In particular, I'm looking forward to the upcoming RRCA Club 10 mile Challenge on Sunday February 23. This year the club will cover 75% of the registration fee so it will only cost you \$10. A registration link will be available soon so please mark the date on your calendar.

Whether you're racing for the podium or running for the joy of it, I'm grateful for the energy and heart you bring to our community.

Wishing you a joyful, healthy, and runtastic 2025!

**Cold Weather Gear by Nick Atkins**

I guess I'm a little late writing this. I kind of can't believe I didn't think of doing this article before. The most important thing when running in the cold is not to start your run warm and cozy. You will sweat and then freeze. First off, wool is amazing. It can still keep you warm when wet. If it has a tight weave, it can block the wind a bit. I'll start at the bottom and work my way up.

To start, do not get goretex shoes. A good pair of wool socks is all you need in most cases. Find a thickness that works for you. Darn Tough are great socks and have a lifetime warranty. If you need more protection for your feet, I've had good luck with Seal Skinz waterproof socks. Just make sure you follow the washing instructions. For the legs, I've become a tights guy. They're just more comfortable to me. I have a few pairs of Tracksmith Turnover tights that get me down to around freezing, lower if the wind isn't blowing. Colder than that, I have a pair of Craft that have panels at the knees and groin for wind protection and are fleece lined. When it gets super cold, tights are less effective because you want an air gap for more insulation. So you may want a shell over your tights.

For the upper body, a wool baselayer is best, and a lot of times is enough. I wear a Tracksmith Harrier long-sleeve down to the mid 30's. After that a good shell will trap heat and block the rain. But no shell no matter how expensive does both at the same time. But Warm sweat is better than cold rain. I also like the Brook Canopy Jacket. It stuffs into its only integrated sack you can wear like a tiny backpack, which is great when you want to bring a jacket along in case it's colder than you thought. For me, it has to be very cold before I need a midlayer to go between the base layer and the shell. This is the area where you can go cheap and just get a fleece.

For the head, it's really up to you for comfort. I wear a regular running cap down to around freezing. After that I switch to a thin merino wool beanie. And if it's really cold I'll add an ear warmer. Also when it's cold and windy a turtleneck is nice cause it blocks the wind getting in. A gator will do the same job and can also cover you face and can be adjusted for the temperature.

If it is icy/snowy and you still want to go outside and run (me), Kahtoola makes a could out carbide spikes that go over your shoes. The Nao spikes a for icy conditions. And their Exospikes for more significant snow. Hopefully this will help some of you to get out more in the cold. It doesn't have to suck!

**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](mailto:social@striders.net)

**Upcoming**

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, iPods, headphones, or animals.

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

2/23/2025 RRCA Club Challenge 10M 8AM

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 (must have an active membership). Let's show all the other clubs how we do it!

Register here: 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**

Operation Iceberg begins on January 12th, 2pm at Hammond High School with your choice of a 5k or a 10k

I'll post the full schedule next week

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**

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.

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!**

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

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



Register

Use code RRCA2025HCS when registering

Volunteer