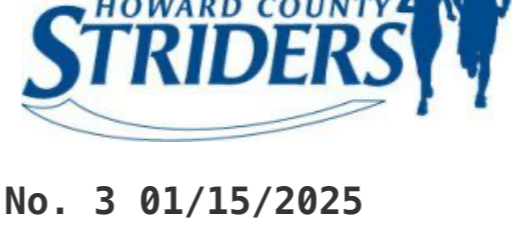


# HOWARD COUNTY STRIDERS NEWSLETTER



Footprints Volume 50, No. 3 01/15/2025

## Intro by Nick Atkins

Hello fellow strider! I hope by now everyone has some decent patches of road or trail to run on. I've been lucky and have been able to run every day this year. I know quite a few people haven't been so lucky, and Sunday Strides was their first run in a week. We were very happy to be able to modify the course and still hold the race. And it was great seeing our Junior Striders out in force!

As mentioned, the Weekly Series is now known as Sunday Strides. We will still have our awards for each seasonal series, but with the new name, we are also introducing yearly awards that will be both for performance and participation. And age group awards as well.

But the big news is we are partnering with our friends at Bullseye Running for the Sunday Strides Super Series! The Friday Night XC races will be part of the yearly series! These are some of my personal favorite races of the year. They bring back memories of high school cross country for me. In addition, our usual Two Person Five Mile Relay and Meet of Miles will also be included. I'm really excited about the Sunday Strides Super Series being a showcase of really the most fun races in Howard County.

We're only a little over a month away from our premier race. The RRCA Club 10 Mile Challenge. We welcome all the other clubs in Maryland and DC to our turf for team competition. Last year we had almost 100 runners and almost had the most runners of any club. Let's make sure we have the most this year. To help the entry fee is reduced to \$10 for our members. Details are below. Let's show the other clubs what club is the best!

## 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

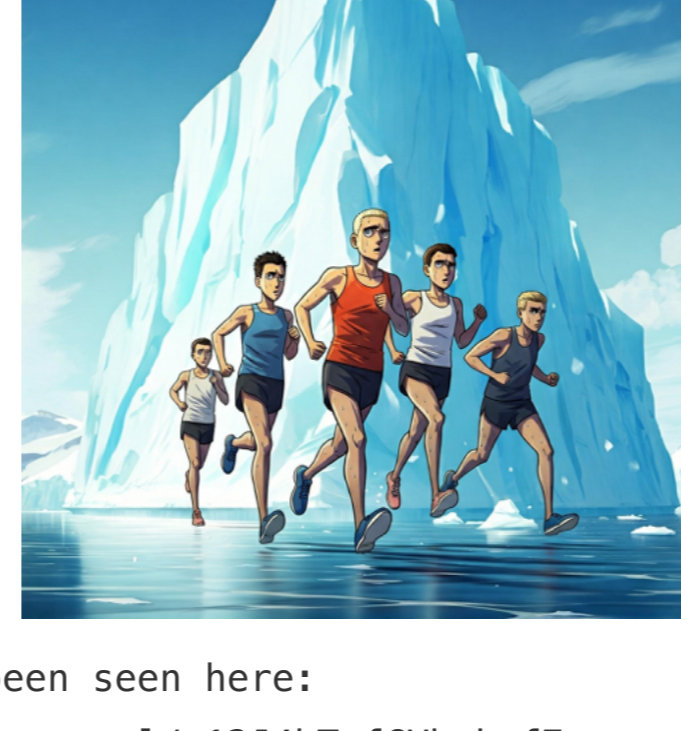
### Hibernation to 5k

Registration is closed and the program is now scheduled to start on the 27th with a time trial. Let's hope the weather cooperates.

## 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)

### Sunday Strides' Operation Iceberg #1 Hammond High School by Marc Burger



Photos/video can be seen here:  
<https://photos.app.goo.gl/z1234bTzFCVbuky7>

67 runners came out for the first race of Sunday Strides' Operation Iceberg at Hammond High School. Mark Eagles and Charlotte Flanigan led all the 5k runners. Adam Wytko and Marsha Demaree paced the 10k runners. The course was modified due to snow on the trail. Most runners ran about .4 miles short at the finish line; others continued on to hit actual mileage. These results are based on place of finish. Also we had more times than finisher cards, so this is a best guess scenario.

Volunteers: Bill Brown(race lead), Nick Atkins, Melissa Burger, Joan Chall, Amanda Idstein, Faye Weaver.

### 5k

1. Mark Eagles 16:00
2. Derek Locktish 16:04
3. Alexander You 16:12
4. Zach Cratin 16:13
5. Nate Cramer 16:34
6. Ethan Becker 16:41
7. Jeffrey Weaver 17:05
8. Caleb Crow 18:21
9. Wes Zaron 18:22
10. Jathan Crow 18:37
11. Julius Olenick 18:41
12. Charlotte Flanigan 18:43
13. Max You 18:44
14. Sophie Sarre 18:46
15. Jasmine DeSimone 18:51
16. Alexandra Carrizales 19:00
17. Christian Carrizales 19:02
18. Tyler Sivitz 19:09
19. Brian Sivitz 19:10
20. Lochlann Boyle 19:26
21. Anya Subramaniam 19:27
22. Elwin Bizimana 19:33
23. Derek Jiao 19:46
24. Sophia Esposito 19:47
25. George Locktish 21:03
26. Eric Johnston 21:17.1
27. Katy Cannon 21:17.2
28. Danny Cohen 21:24
29. Brady Rogers 21:25
30. William Zaron 21:33
31. Phil Rogers 21:37
32. Atticus Sentman 21:39
33. Mike Zaron 21:41
34. Sadie Sentman 21:52
35. John Stanmore 22:09
36. Greg Orlofsky 23:36
37. Elizabeth Cannon 23:52
38. Anastasia Stepanova 24:22
39. Jacob Collier 24:27
40. Marc Burger 24:32
41. Susan Kim 25:01
42. Jack Flanigan 25:54
43. Allison Flanigan 25:55
44. Jinjuan Feng 25:59
45. Mark Cohen 26:50
46. Cindy Cohen 27:12
47. John Ramsey 27:13
48. Iris Mars 28:32
49. Deb Collier 30:15
50. Mary Niland 30:56
51. Josiah Williams 41:54
52. Phil Lang 41:55
53. Lloyd Collier 42:01
54. Tim Ramsey 48:33

### 10k

1. Adam Wytko 33:39
2. Stephen Senick 34:10
3. Luis Navarro 38:20
4. Dominic Mandile 38:52
5. Shannon Sentman 38:59
6. Lincoln Wytko 39:48
7. John Chall 41:06
8. John Way 43:30
9. Kirk Gordon 46:53
10. Marsha Demaree 47:18
11. Chris Farmer 47:32
12. Michael Tracton 48:09
13. Chris Martin 49:12

## Upcoming

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

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 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!

Sunday Strides' Operation Iceberg Continues the Series this Sunday at 2 pm at Swansfield Elementary Schhol. Choose between a 1 mile and 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!

- January 19th: Swansfield Elementary School 1M/5k
- February 2nd: Oakland Mills Middle School 1M/5k
- 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 too hard before your big race! 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

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

[Unsubscribe or Manage Preferences](#)