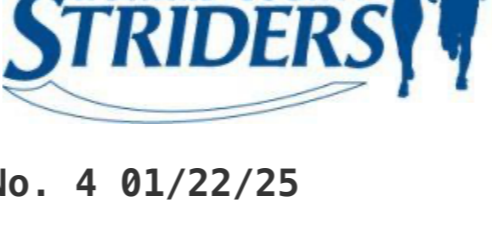


# HOWARD COUNTY STRIDERS NEWSLETTER



Footprints Volume 50, No. 4 01/22/25

## Intro by Nick Atkins

I have been lucky. I still haven't missed a day running this year—not that I'm trying to do a run streak; they're stupid. Just in a good block of base training. The club hasn't been so lucky. So far this year, our first Sunday Strides race course had to be altered, the second was postponed to this Sunday—come out and start racking up points in the Sunday Strides Super Series! And Hibernation to 5k is still trying to do the first time trial. It will be next Monday, whether on the track or at Lake Kittamaqundi. This is my favorite program cause all the groups share the track. It can get crowded, but it's fun being out there with everyone.

The club challenge is sneaking up on us. This year, we are covering 75% of the entry fee! All you have to pay is \$10 for one of the best ten milers in the area. This is really our crown jewel. Let's make sure we are well represented! If you are not racing, please consider volunteering. This race takes a ton of course marshals to pull off.

For over 40 years, the Bagel Run has occurred every single Saturday morning. And we usually have volunteers who put water out for the runners. We had an issue with our sign-up page and had to make a new one. If you have some free time on a Saturday morning consider helping. The new link is <https://signup.com/go/ZzdaAye>

## Cold Weather Gear Part 2 by Nick Atkins

It was brought to my attention that after I wrote a whole long winded thing on cold weather gear, I completely left out gloves... whoops! The problem with gloves, more than any other cold weather gear, is that the need varies greatly between people. But I'll give it a go anyway. The first pair of gloves everyone should have is some cheap knit gloves. You can get them anywhere. For me, they are for when it just starts to get a little chilly. It's best if these fit tight. The next pair you should have is a good pair of windproof gloves. Breaking the wind will go a long way in keeping your finger warm. I use the Arc'teryx Venta glove. Unfortunately, they now cost \$100 for a glove without much insulation. Their fit is weird, and they run very large, which isn't bad. Get your regular size and use the cheap knit gloves as a liner, and this setup will cover you from when you first need a glove down to the low 20's—if not lower.

Another glove I like is the Outdoor Research Lost Coast Fingerless Mitts. They are fleece-lined wool flip-over mitten style. These are good because they have a very large range they can work in. But they are not the greatest in a cold wind.

Another option you can try is hand warmers. I haven't used them for running, but I buy them by the box for construction and ice fishing. I had days on the ice where the temperature didn't get above zero, and I never wore gloves. I'm not sure I would want to fiddle with electric or butane ones. I always used the Hot Hands. But make sure you get the 18-hour ones. They far outperform the 10-hour ones. If you will be out for a while, it might be worth taking a pair in case you choose wrong with your gloves.

I have a couple of other things to mention. I absolutely love cold-weather running, but not everyone is blessed with the natural insulation I have. There is nothing wrong with the treadmill, especially for quality work that would be hard to execute on snow and ice. And if you don't want to get on the treadmill, and still want to do quality work, you may have to adjust your workout. Longer slower stuff like tempo work is good. If you have a hill that is clear, you can use that for shorter faster stuff. You might have heard that the goal of outdoor activities is to avoid sweating in the cold. While that probably won't happen when you're running, you need to wear material that moves sweat from your body. Good quality gear goes a long way—and avoid cotton even more so in the winter. Hopefully this helps you get out more.

## 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. If the track is not available, the time trial will be at Lake Kittamaqundi

### 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)

### Racing Team performance rundown by Kevin Ford

Naptown 5k, December 21st

Marsha Demaree, 3rd F, 23:41

Mid-Maryland Ultra 50k

[50k] Samantha Merkel, 1st F, RTR, 4:02:42

[Relay] Kevin Ford, Jason Tripp, Jason Sammut, Jacob Englander,

Nathan Dordai, Sean Caskey, 1st team, 3:19:03

### Racing Team Record Roundup

- Samantha Merkel is our latest RTR winner, taking the open women's 50k win at Mid-Maryland Ultra 50k on January 4th in 4:02:42

- Carlos Renjifo set the men's master's 5k record at Shamrock in March 2024 in 15:58, and the 10 mile record at RRCA Challenge in 55:02

- Jason Tripp set the men's grandmaster's 10 mile record at Cherry Blossom in April 2024 in 59:03

- Clark Otte set the men's open marathon record at NYC in November 2024 in 2:27:05

## Upcoming

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

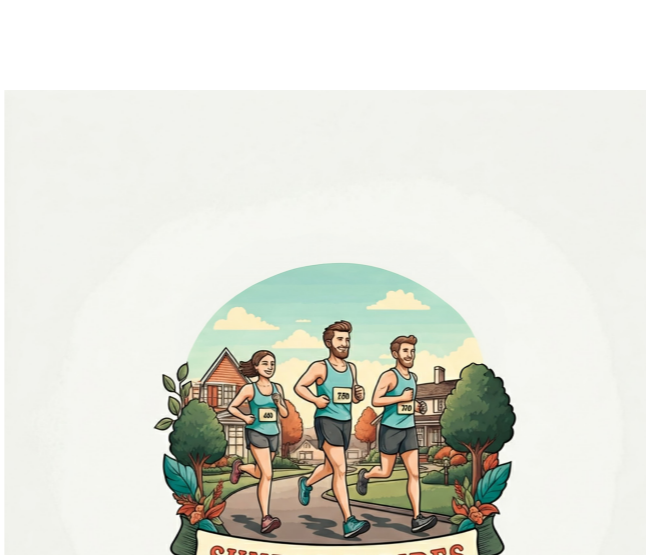


Howard County Striders are proud to once again host our fellow Maryland and DC running clubs for a cross-country style team competition on a challenging 10 mile course. This year, we are happy to provide our members a 75% discount on the \$40 entry fee. Use code RRCA2025HCS when registering (you must 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>

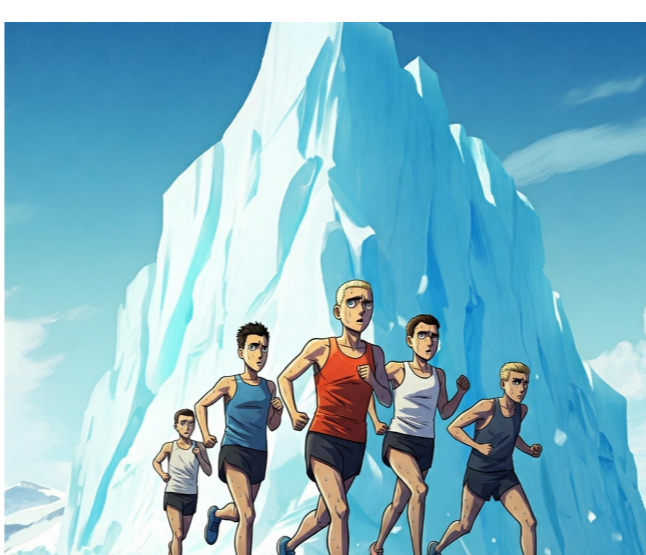
## Sunday Strides



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! We are partnering with Bulleye Running to include the summer favorite Firday Night XC Series into the Sunday Strides Super Series. And 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 Swansfield Elementary School. 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 26th: 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 10th: 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. If you aren't running this week, consider helping to put out water. Sign up here to provide water <https://signup.com/go/ZzdaAye>

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.

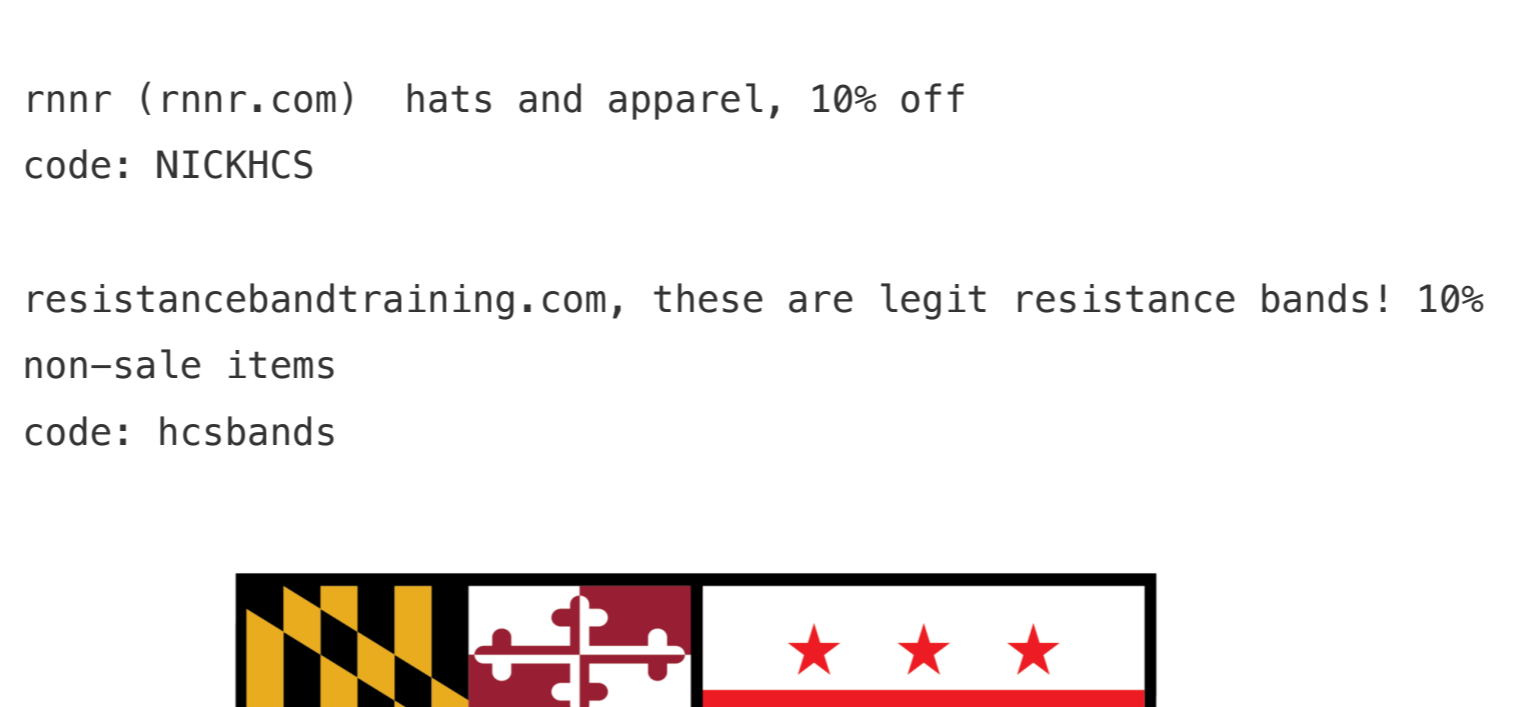
### Discounts codes!

rnrn (rnrn.com) hats and apparel, 10% off

code: NICKHCS

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

code: hcsbands



Striders use code RRCA2025HCS when signing up!



Howard County Striders PO Box 563  
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