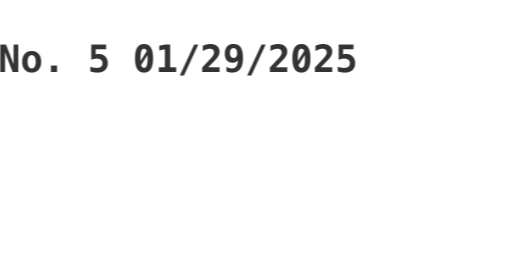


HOWARD COUNTY STRIDERS NEWSLETTER



Footprints Volume 50, No. 5 01/29/2025

Intro by Nick Atkins

Hello fellow Striders. It's finally not bone chillingly cold. I'm happy that by the end of the week all my inaccessible routes will be opened again and I can get some much needed variation. Unfortunately, all my trails will probably be mud for the next few months. I just hope they dry out by early March cause my training has been going pretty good and I think I'm ready to be a rival club, but they put on a great event and this is a very accessible and affordable 50k if you are interested in dipping you feet into ultras. We'll just make sure we beat them in the Club Challenge! Just for some perspective, I've wanted to drop every single mile and 5k I've ever raced. Never felt that in a 50k. Don't be scared!

Sunday Strides had great weather as did the time trial Monday night for Hibernation to 5k. And speaking of coaching programs, we are always looking for volunteer coaches. You do not have to be an expert coach or anything. And there are plenty of people that can help to get you started. If you are interested in volunteering in one of our programs, reply to this email and we will get you in touch with the program coordinators.

I'm not a fan of big races, but I do like Cherry Blossom. I didn't get in this year, so I'm going to be a little self serving. If you can't do the race I am looking for a bib transfer. Even if you don't give it to me, try and transfer to a Strider first!

2025 Budget by Pattie Laun

The Howard County Striders will approve our new budget virtually this year. We are asking all members to vote on the question below. Your input is valuable and we need your responses!! Please vote by Monday, February 3, 2025. Each current member should vote on their form.

Note: You must be a current member of the Howard County Striders in good standing to vote on the new budget. If you are not currently up-to-date with your Howard County Striders Membership, please go to <http://getmeregistered.com/HowardCountyStriders> to update your standing.

If you have a question about the 2025 Budget, please email either Pattie Laun (treasurer@striders.net) or Bill Brown (president@striders.net)

RRCA Club Challenge 10 Mile by Bill Brown

I'm so excited as we gear up to host the annual RRCA 10 Mile Club Challenge at Howard Community College on Sunday, February 23, 2025. This popular event brings together running clubs from across the region for a spirited 10-mile race, fostering both competition and camaraderie.

Why Participate?

Team Spirit: Join fellow Striders in representing our club on home turf.

Challenge Yourself: Tackle a 10-mile course designed to test and inspire runners of all levels.

Community Engagement: Be part of a tradition that unites the local running community in a friendly yet competitive environment.

You can register here: <https://register.chromotrack.com/r/84253>
Registration Fee is \$40. The Club will cover \$30 so your cost is only \$10, that's just \$1 per mile. Use code RRCA2025HCS when registering

Don't miss this opportunity to contribute to our club's legacy and enjoy a memorable racing experience. Let's come together and make the 2025 RRCA 10 Mile Club Challenge a race to remember!

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

Is finally underway with a time trial at Lake K

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 #2 Swansfield Elementary by Marc Burger

Photos/videos can be seen here:
<https://photos.app.goo.gl/VrRz6tW1a62wQfC39>

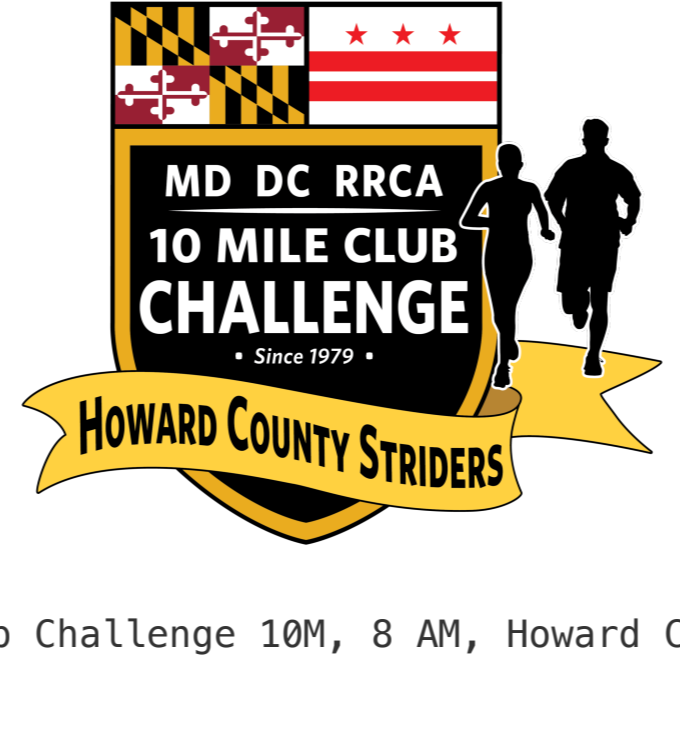
69 runners came out for the Sunday Strides' Operation Iceberg race at Swansfield Elementary School. The 5k course was altered due to snow/ice on the trail. Derek Locktish and Sophie Serra led the 1 mile runners. Adam Wytko and Deb Hicks were the 5k winners.

Volunteers: Bill Arbelaez (race lead), Nick Atkins, Melissa Burger, Deb Hicks, Amanda Idstein, Iris Mars.

- 1 mile
1. Derek Locktish 5:03.0
 2. Mark Eagles 5:03.4
 3. Zach Cratin 5:05
 4. Alexander You 5:14
 5. Ethan Becker 5:28
 6. Cameron Martinez 5:30
 7. Josiah Williams 5:49
 8. Fritz Orlofsky 5:54
 9. Jathan Crow 5:56
 10. Caleb Crow 5:57
 11. Colin Campbell 6:00
 12. Derek Jiao 6:11
 13. Greg Orlofsky 6:16
 14. Elwin Bizimana 6:18
 15. Tyler Sivitz 6:19
 16. Brian Steib 6:20
 17. Andrew Steib 6:22
 18. Graham Kempf 6:28
 19. Matt Kempf 6:29
 20. Sophie Serre 6:30
 21. Phil Rogers 6:31
 22. John Way 6:33
 23. Brady Rogers 6:31
 24. Mike Zaron 6:36
 25. Allison Flanigan 6:38.2
 26. Anya Subramaniam 6:38.4
 27. William Zaron 6:41
 28. Emma Flanigan 6:55
 29. George Locktish 6:57
 30. Katy Cannon 7:01
 31. Serena Lao 7:04
 32. Jacob Collier 7:21
 33. Harper Rupprecht 7:26
 34. Sadie Sentman 7:33
 35. Ted Poulos 7:34
 36. John Ramsey 7:36
 37. Jack Flanigan 7:46
 38. Brian Campbell 9:56
 39. Catherine Campbell 9:57
 40. Jim Harrington 10:29
 41. Lucinda Wytko 10:48
 42. Terri Wytko 10:49
 43. Annabelle Farmer 13:45
 44. Chris Farmer 13:46
 45. Tim Ramsey 13:47
 46. Lloyd Collier 14:30
 47. Joanne Harrington 14:40
 48. Phil Lang 17:49

- 5k
1. Adam Wytko 17:38
 2. Dominic Mandile 20:51
 3. Kam Yee 20:58
 4. Lochlan Boyle 21:47
 5. David Karalov 21:54
 6. Deb Hicks 21:57
 7. Eric Johnston 23:14
 8. Marc Wenson 24:34
 9. Simon Wytko 25:22
 10. Lincoln Wytko 25:23
 11. Michael Tracton 27:16
 12. Anastasia Stepanova 27:19
 13. Marc Burger 28:30
 14. Bill Stahr 28:59
 15. Karen Young 29:36
 16. Leonid Korolov 30:17
 17. Haydee Herrera 32:10
 18. Mary Niland 32:59
 19. Debbie Collier 33:24
 20. Ronald Schmidt 33:59
 21. Conar Kehoe 35:01

Upcoming



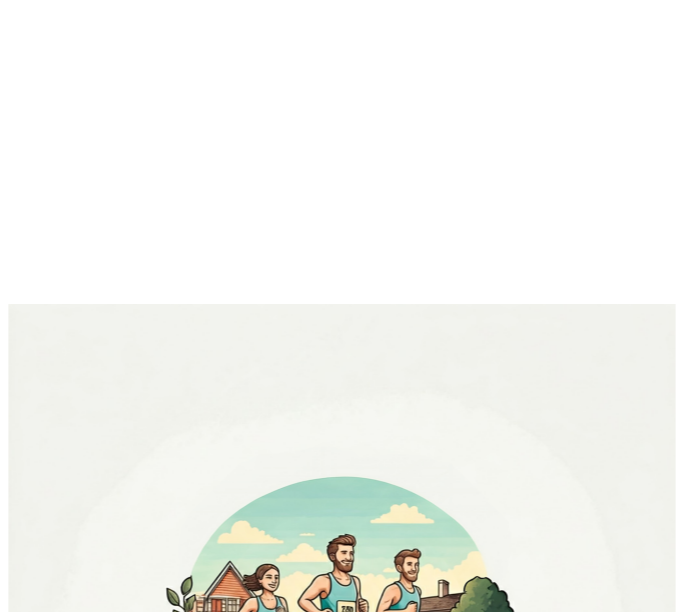
2/23/2025 RRCA Club Challenge 10M, 8 AM, Howard Community College

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 with 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 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 the Series this Sunday at 2 pm at Oakland Mills Middle School. Choose between a 1 mile and a 5k.

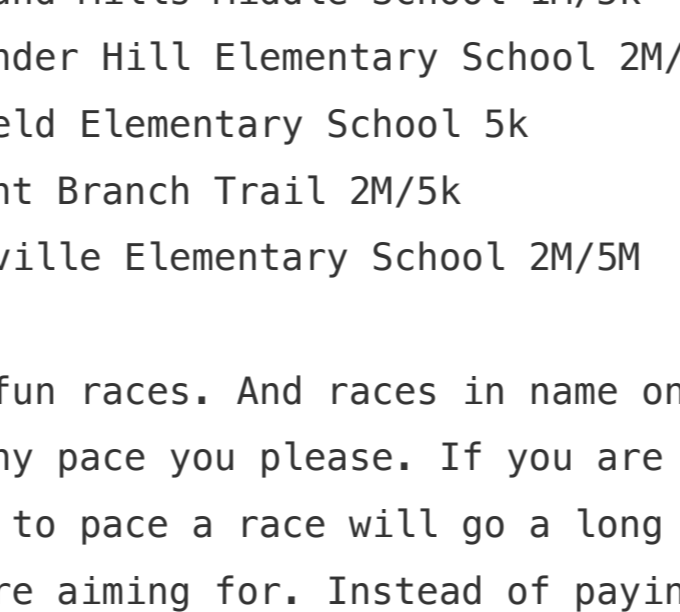
As we introduced in the fall series, we are still offering bonus points for all new participants and regulars who bring new runners. Let someone know when you register so the points can be applied. And since we are doing age-group awards, please enter your age at the end of the year.

We hope to see you Sunday!

- 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/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/Znd0dyve>

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

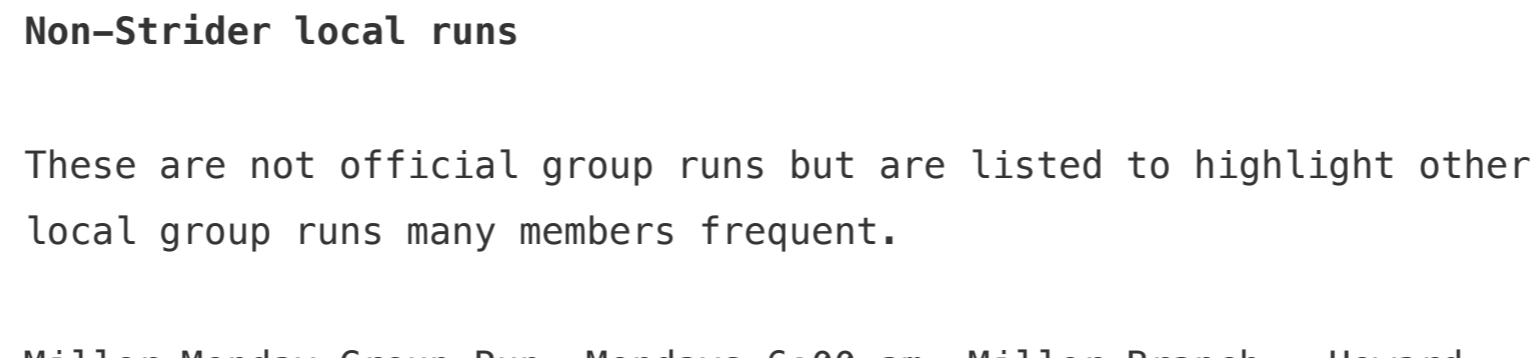
Mad City/Africa Group Run, Fridays 6:00 am, Mad City Coffee

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](#)

Striders use code RRCA2025HCS when signing up!

[Volunteer](#)

Howard County Striders PO Box 583
Columbia, MD 21045, USA

[Unsubscribe or Manage Preferences](#)