

HOWARD COUNTY STRIDERS NEWSLETTER



Footprints Volume 50, No. 2 01/08/2025

Intro by Nick Atkins

Hello fellow Striders. I hope everyone was able to enjoy the winter weather over the weekend. Everything is so pretty when the snow is fresh, and the trees are dusted with snow. Now, we're left with a slushy mess that will be frozen in the mornings and evenings. Sidewalks might not be shoveled. Roads might not be fully plowed and are more narrow. Be careful in the coming days. Your regular route might not be runnable. If you want to get outside, you might be stuck doing loops in your neighborhood. Adjust your footwear for the conditions, and stay safe. A few missed runs in January are better than a few missed months. Maybe take the time you're unable to run and start a strength program!

A lot of people nowadays poo poo New Year's resolutions and people who don't stick to them. Don't let that discourage you, even if you didn't stick to it in the past. Maybe this is the time you stick to it. And if you need a little help, consider signing up for our Hibernation to 5k program. While this program is mainly designed for working on 5k fitness, you don't have to be training for any race in particular. It is a good introduction to speed work and to meet runners who run at your pace. The program's start got pushed back a week due to the weather. If you still want to sign up, the information is below.

Registration is open for the RCAA 10 Mile Club Challenge. This year, we pay 75% of the \$40 entry fee, so all you have to pay is \$10! Let's get as many runners representing as possible. We're the host club. Let's have the most runners! Our first Sunday Strides race is this Sunday. This year, we will still have the three regular series, but we will also have a year-long super series that combines all three series points to crown year-long champions. We will award both placings and participation. And award age group prizes as well. We will also continue to award bonus points to new runners and to regulars who bring new runners. So get a leg up on the competition and join us this Saturday.

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

With the weather, the program start is pushed back a week. So you can still register! 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

14th Annual Mid-Maryland Trail Event by Phil Lang

62 of the 92 that started the 14th Annual Mid Maryland 50k finished. Patrick Blair won in a time of 3:27:58, less than a minute off the event record, and Samatha Merkel was the first woman in a time of 4:02:42, setting the woman's event record by almost 13 minutes. 57 relay teams joined in as well, and the APL Pie team (Sean Caskey, Nathaniel Dordai, Jacob Englander, Kevin Ford, Jason Sammut, and Jason Tripp) won in 3:19:03 in, I think, the 3rd fastest relay time in event history. Another great day for runners in Howard County and beyond.

Full results:

<https://results.chronotrack.com/event/results/event/event-84356>

Upcoming

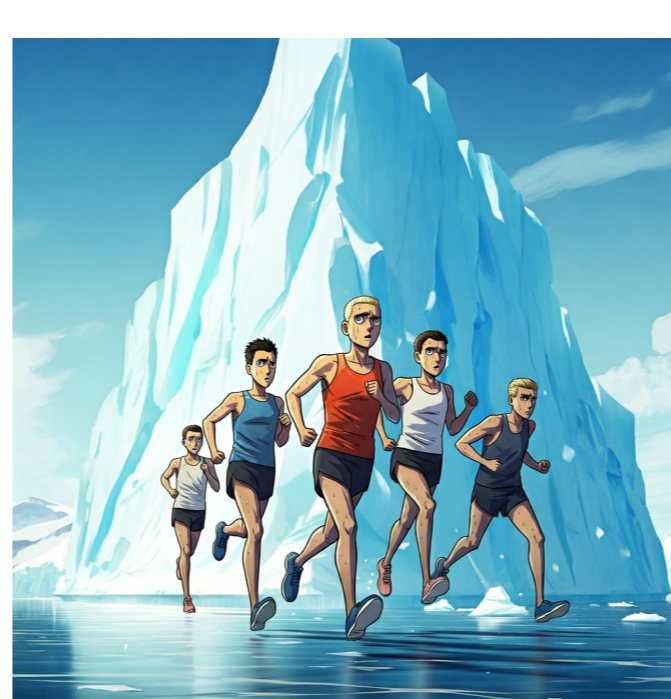
2/23/2025 RRCA Club Challenge 10M 8 AM

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!

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



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 kicks off the Series this Sunday at 2 pm at Hammond High School. Choose between a 5k and a 10k. 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 12th: Hammond High School 5k/10k

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!

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

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

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