



**FOOTPRINTS VOLUME 50, NO. 29 07/16/2025**

**A Great Opportunities for Striders**

The 22nd Annual Ellicott City Labor Day 10K & 5K is scheduled to take place on Saturday, Aug. 30, 2025, at 8:00 a.m. The 10k is a road race through scenic western Ellicott City countryside and surrounding neighborhoods and the 5k is a road/trail (dirt/grass) combo on roads and scenic trails on the Shrine property. Both the 10K & 5K are USATF certified. This is a great family event with lots of activities planned. In addition to refreshments, we will have music, random prizes, a moon bounce and snow balls. We have arranged a discount for Striders from the Race Director. \$5 off individual registration using code: STRIDERSINDIV and \$10 off family registration using code: STRIDERSFAMILY. You can find more information by [CLICKING HERE](#).

**DID YOU KNOW??**

On several Friday nights throughout the summer, the Howard County Striders and Bullseye Running host cross country 5K races at various high school courses in Howard County. Cross country races are generally over grass and are more technical than road races. Please join us at any or all of the 5K XC races in this special summer series! All ages welcome! Invite your friends! **The next race is Friday July 18 at Reservoir High, actually at Lime Kiln Middle parking lot @ 7:00pm**

**UPCOMING RACES, EVENTS AND TRAINING**

**Meet of Miles**

Thursday, July 31, 2025, 7PM  
Oakland Mills High School

The Meet of Miles is an annual track event. Participants complete one mile (4 laps) on the track. There are multiple heats based on expected finish time. There are also 400m and 100m races for the younger kids.

**Event order:**

- Kids 100m
- Kids 400m
- Mile, heat 1, under 6:00
- Mile, heat 2, over 6:00



**Columbia Classic 10K Training Program**

The Columbia Classic is BACK! We're super excited to team up once again with Rip it Events on this amazing race inspired by the legendary Clyde's 10k! We're bringing back our 10k program, specifically designed for this race! The fun kicks off with a time trial at Longfellow Elementary on July 28th! Don't wait too long to sign up, as this program will fill up FAST! If you're interested, be sure to register early! For more information and to register, click here: <https://striders.net/training/10ksummer/>

We also need coaches! Prior coaching experience is not needed. There will be veteran coaches who can assist you if needed. If you are interested in coaching, simply reply to this email and we will direct you to the program coordinators.

**RECENT RACE RESULTS**

**2025 2 Person 5 Mile Results**

18 two person teams came out for the annual Howard County Striders 5 mile two person relay, in which each runner alternates 1/4 mile laps on the track 10 times to reach 5 miles total. The team of Jason Sammut and Kevin Ford led the way.

- 1 Jason Sammut and Kevin Ford 23:52
- 2 Harrison Bassinand Christopher Withee 24:20
- 3 Stewart Reichand Tunde Marakinyo 24:50
- 4 Jason Trippand Mark Buschman 24:53
- 5 Paul Hugus and Sean Caskey 25:12
- 6 Lincoln Wytko and Adam Wytko 26:01
- 7 Austin Donner and Caleb Donner 26:13
- 8 Jicheng Liu and Wei Hu 26:34
- 9 Andrew Gruenberger and Mark Eagles 29:34
- 10 Xuesong Wang and Matthew Leibowitz 29:37
- 11 Keith Levassuer and Sophia Carlton 30:29
- 12 Andrew Pontius and James Pontius 32:30
- 13 Chelsea Nome and Angelina Opeta 32:42
- 14 Lara Pagano and Josh Weiss 33:45
- 15 Joseph Pannarale and Nikolay Booms 34:34
- 16 James Scarborough and Russ Owens 35:17
- 17 Raghurajan Sivan and Ashok Kumar 35:51
- 18 Mary Niland and Linda Alms 41:24

**STRIDERS GROUP RUNS**



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/ZpdpAye>

[CLICK HERE FOR MORE GROUP RUNS AND UPCOMING EVENTS](#)

