



FOOTPRINTS VOLUME 50, NO. 27 07/02/2025

Striders Update: Stay in the loop. Stay motivated. Let's run!

Our Annual Picnic was a HUGE success. Thank you to Marc and Missy Burger for putting everything together and cooking such wonderful food. We also congratulate our new Officers and Directors who will begin their terms August 1, 2025.

Officers

- President: Hafiz Shaikh
Vice President: Faye Weaver
Immediate Past President: Bill Brown
Secretary: Shyam Biswal
Treasurer: Pattie Laun

Directors

- Communications/Webmaster: Kiri Michell
Special Races: Cecelia and Brad Murach
Special Programs: Doug Kornreich
Sunday Strides: Bill Arbelaez
Membership and Volunteering: Xuesong Wang
Social/Newsletter Editor: Holly French
Racing Team: Kevin Ford and Stephanie Reich
Youth and Jr. Striders: Greg Orlofsky

Transitions and Thanks

As new leaders begin, we want to take this opportunity to thank those who have served us over the past few years. Thank you to Bill Brown and Larry Stern who have been our President and Vice President for the past 3 and a half years. Bill will now assume the role of Immediate Past President, while Larry has earned a much deserved break. Thank you to Nick Atkins, who served as our Social Director and Newsletter Editor for the past year. He has kept us connected and informed. During any season of transition, there will be changes. One particular change that is being examined is the frequency of our newsletter. We want to make sure our membership is well informed but not over taxed with emails from the club. For the foreseeable future, you will still receive weekly announcements, but know we value your inbox storage space.

UPCOMING RACES, EVENTS AND TRAINING

Two Person 5 Mile Relay

Oakland Mills High School, Thursday, July 10th, 7PM

Grab a Partner for the Two Person Five Mile Relay!

This exciting event challenges teams of two to cover a five-mile distance, with each partner alternating quarter-mile (400-meter) laps. In total, each runner will complete 2.5 miles of spirited running in a supportive and energetic atmosphere.

Whether you're a seasoned track veteran or new to the oval, this relay is a fantastic opportunity to test your speed and teamwork. Find a partner and get ready to cheer each other on with every lap!

Friday Night XC Summer Series #2

Reservoir High, actually at Lime Kiln Middle parking lot

Friday 18 July 2025 at 7:00pm (registration at 6:00pm)

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

FRIDAY NIGHT XC SERIES 1

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



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