



FOOTPRINTS VOLUME 50, NO. 30 07/23/2025

TIME TO GET SOCIAL

There are two iconic races coming up, the Bay Bridge Run on November 9 and the Celtic Solstice 5 miler on December 13. We have created social teams for each race, which will provide a discount when we have enough participants. If you would like to join either Social Team, the Team Name and Password are the same, Team Name: HoCo Striders Official and PW: HCS2025. If you have already registered you can still join a Social Team by updating your registration.

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](#).

UPCOMING RACES, EVENTS AND TRAINING

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 25 at Reservoir High, actually at Howard High beside the tennis courts**
7:00pm

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.

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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