



## FOOTPRINTS VOLUME 50, NO. 31 07/31/2025

On this final day of July, as I wrap up my term as President of the Howard County Striders, I want to pause and offer a heartfelt thank you to each and every one of you. It has been a tremendous honor to serve this amazing community of runners, volunteers, and friends over the past three and a half years. I offer deep appreciation for my friend and Vice President, Larry Stern, who has been of tremendous help over my term.

Whether we were coaching or participating in one of our training programs, cheering each other on at training runs, giving it your all during a Sunday Stride or navigating the unexpected challenges of the past few years, I've been constantly inspired by the dedication, passion, and kindness of this club. The Striders are more than a running group—we're a community built on shared miles and mutual support.

I'm incredibly excited about what lies ahead under the leadership of our new President and Vice President. Not only are Hafiz and Faye outstanding runners but also deeply committed Striders who care about the future of the club. I have every confidence that they will guide us with energy, wisdom, and vision.

While I'm stepping down from the presidency, I'm not going far. I'll continue to serve on the Board for the next year as Immediate Past President, doing all I can to support the continued growth and vitality of the Striders. Thank you again for the trust, encouragement, and friendships. It's been an unforgettable journey, and I look forward to all the great miles still to come—together.

Keep running strong,  
Bill Brown  
President, Howard County Striders (at least for today)

### NEWSLETTER UPDATE

This will be the last Footprints Newsletter for the Summer. We are taking a break until September. Look for your edition in your inbox. We are currently assessing the frequency of the newsletter, so be on the lookout in the fall.

## UPCOMING RACES, EVENTS AND TRAINING

### Don't Miss the Meet of Miles TONIGHT

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

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 August 15 at Marriotts Ridge High School by the Stadium entrance 7:00pm**



### 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/>

## 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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