



FOOTPRINTS VOLUME 50, NO. 28 07/09/2025

DID YOU KNOW??

Our first Summer race is TOMORROW NIGHT, July 10 at 7pm. Join us for the 2-person, 5 Mile Relay at Oakland Mills High School Track. Grab a partner and join the fun. 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! **Race day registration only.** The cost is \$1 for Striders members and \$2 for non Striders members. More information can be found at <https://striders.net/races/two-person-relay/>

DID YOU KNOW??

The Howard County Striders prides ourselves in supporting a variety of organizations in the County. We currently provide financial support to Girls on the Run, Howard County Police and Howard Community College. Additionally we provide financial awards to High School Seniors through the Dave Tripp Scholar-Athlete Award. This year we celebrate the naming of a Conference Room in the new Kahlert Foundation Complex , KC 231.



UPCOMING RACES, EVENTS AND TRAINING

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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