



FOOTPRINTS VOLUME 50, NO. 26 06/25/2025

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

Our Annual Picnic is just a few days away. This is a time for us to gather for food and fun, to celebrate our award winners and to conduct a little club business. The picnic will take place Sunday June 29 at Guildford Park from 11:30 to 2:00pm. As a way to say thank you for being a member, the club will provide food and drinks. We will also announce our annual award winners, so come congratulate your fellow Striders. In addition we will be conducting our Annual meeting, which consists of electing the Officers and Directors for our Board. Below is the official slate upon which we will be voting.

**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 Komreich
- Sunday Strides: Bill Arbelaez
- Membership and Volunteering: Xuesong Wang
- Social/Newsletter Editor: Open
- Racing Team: Kevin Ford and Stephanie Reich
- Youth and Jr. Striders: Greg Orlofsky

UPCOMING RACES, EVENTS AND TRAINING



Oakland Mills High School, Thursday, July 10th, 7PM  
Grab a Partner for the Two Person Five Mile Relay!

Get ready for a fun and fast-paced evening of track racing at the annual Howard County Striders' 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!



Oakland Mills High School, Thursday, July 31th, 7PM  
Howard County Striders to Host Annual "Meet of Miles" Track Race. Get ready to lace up your running shoes! The Howard County Striders will be hosting their annual "Meet of Miles" track event on Thursday, July 29th at 7:00 PM at the Oakland Mills High School track. This community-focused event offers a fun and low-key racing experience for runners of all ages and abilities. The evening will feature a series of one-mile races, with heats organized by predicted finishing times to ensure a competitive and enjoyable experience for everyone, from seasoned racers to first-time milers. In addition to the mile, the event will include 400-meter and 100-meter dashes specifically for younger runners, making it a true family affair.

Upcoming Bullseye Events



**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.

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>

