footprints

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Intro by Nick Atkins

Hello Fellow Striders. I told you I was overcrafters. I went out too fast, couldn't run after the midway aid station, and hitted 2 walk breaks. I finished the race in 1:45:00 and I felt good. I often asked about how to pace properly. High level runners practice it by locking in on a pace and repeating it over and over. For the rest of us, we really don't know what that pace even is without some trial and error. But we are lucky to have the Sunday Striders series. For a dollar, you can come out and try a different pace in with low risk. While it's not going to help for an ultra, it really helps for the shorter distances. Pace yourself, stay with the leaders on the table in the 5k, 5k or Mentifold, I just kept pushing harder every time I felt myself slacking and found a new 3k pace for me. And what's the worst that happens? I'm wrong, and I fix that? At least I'm not sure 100% for the race. As for the ultra, I'm going out in the next one at the same speed. I can't have to pace and I intend to hold the speed the whole way this time. Send it!

I met many of you were happy Sunday night when you noticed it was still light outside. Spring is almost here, and hopefully, the cold weather is behind us. With spring coming, we have a lot going on. Spring Training, Spring Fling, Spring Sunday Series, Spring Fling, Tacos this month, and Derby Velocity will be starting in April. We have three programs, all starting within the month, and we need your help. We need coaches for all programs. If you have found value in being a member, consider giving back. That's how the club and its members can continue to grow together. If you are interested in coaching, send an mail to
coaches@howardcounty.com

In addition to the usual programs, we are excited to be teaming up once again with Rehab 2 Perform for another workshop. This workshop is going to focus on stretching, working through common running niggles, and general prehab for runners.

I wanted to start this run sooner, but the weather didn't cooperate, and then I figured it would be best to start it when it began to warm up. We are teaming up with Bendito Tacos in Maple Lawn for a first-Friday run! Come out and do a nice easy run, and stay for tacos! What could be better?

Track In A Town Sport To Those Two by Ray Eiler Reprinted from https://runningtwotwo.com with permission

Hi, suke: Members Helene and Gene Myers have been competing at the USATF Masters Indoor Championships and were recently featured in Senior Jock

Helene Myers was 59 years old when she had to enlist all her strength to keep her inner tube to the top of the water slide at the Atlantis resort in The Bahamas.

Now 70 years old, Helene will compete in at least seven events- perhaps as many as 10 at the USA Track & Field Masters Indoor Championships in Gainesville, Fla., Thursday through Sunday.

Here was a dramatic transformation in physical fitness that does not require a complicated explanation.

"I ran up a hill one day," said Helene, when asked how she became so fee o'e.

That was the sparks. Myers ran up that hill and then she started running up more hills. It wasn't long before she was doing half-marathons and throwing things heavier than the inner tube, like the super weight in field events.

When I go to amusement parks now I behave like I behaved when I was a kid," Helene said.

To read the full article click here
https://runningtwotwo.com/blog/those-track-in-a-town-sport-to-those-70-something

Howard County Striders Board of Directors by Larry Stern

The Howard County Striders Board of Directors is proud to announce the opening of our annual awards nominations. Awards will be open until May 9th and will be presented at our Annual Picnic on June 29. Please don't delay, as late nominations will not be accepted. We are looking for all of our deserving members who have made a difference, members who are worthy of special recognition for the time February 26, 2024, through February 25, 2025 of hard work.

To nominate someone, use this form:
https://docs.google.com/forms/d/e/1FAIpQLSfQ7Z8MPQPFA_vdaCUmOm-MFFlwwCJWem_PCbbGbbaG-rwcfw/viewform

Coaching Programs

Boot Step 10k/10M

Registration is open! Jaclyn Herman and Kevin? are taking over the Boot Step 10k/10M classes and Bill Atkinson. We have some big shoes to fill and Rene and Bill will be helping us in the transition. Looking to train for a 10M or 10M race this year? Join the Howard County Striders for one of their prestigious training programs! This program will be capped at 60 participants.

Training Program Structure

The Boot Step 10k/10M Pilot Program is for runners of varying abilities. Participants will do a 3-mile time trial at Wilde Lake High School on April 1st so coordinators can group participants with those of similar abilities.

Weekly training runs will involve a variety of running techniques including speed work and hill work to improve running performance.

All runners must be able to run 3 miles before starting the program.

The program will meet at Wilde Lake High School

We are currently recruiting coaches. Reply to this email is you are interested!

See this link to register:
https://secure.germanyystrent.com/get_information.php?event_id=140866

Running Together by Helen Kettis

After many requests, Howard County Striders will be introducing a new program that is specifically designed for adults with disabilities. The Running Together Program will pilot with the Bellevue Mills High School. This is a peer to peer mentoring program, specifically designed to include all disabilities and running/walking/jogging abilities. We will meet on Wednesdays, for four weeks, starting April 30th and ending June 4.

We are looking for individuals who want to share their love of exercise and running with others as coaches and participants who just want to get moving weekly, socialize, improve their running form, or anything in between.

For more information, contact Helen Kettis
helen.ki@howardcounty.com

Tomorrow Training (F.I.F.T.) by Helen Kettis

F.I.F.T. will be returning again this Spring. We will be meeting on Monday nights, this year, at Oakland Mills High School. We are looking for coaches and participants to join our group. The program is designed for women new to running or returning to running and/or fitness walking. Participants will be in a mentoring and encouraging program. Participants will receive a premium and have access to a members-only Facebook group. You will be able to gain knowledge from our related speakers who will speak before each runs. If this group sounds like something you would like to join as a coach or participant, please contact Helen at
helen.ki@howardcounty.net for information on both programs.

F.I.F.T. begins March 30th. For more information see
https://howardcounty.net/blog/category/fift/

Alternation to 5k by Jen Storch

HC 2025 WOMC, an celebrate community, kindness, connections, and the joy of running. Our wonderful group is a space for sharing goals, training, and uplifting stories that bring us together. Just like a good potluck, our community thrives when we bring different flavors to the table with mutual respect. Our 2025 WOMC participants are wonderful! Congratulations on your running & fitness journey!

Bill Atkinson, Rene Alonso, and Coaches,your passion and energy are inspirational, and we respect your spirit of volunteerism immensely.

BIG SHOUTOUT to Jaclyn Herman & Nick Atkins who will coordinate our Boot Step 10K/10M program. You are a shining example of what it means to step up and make a positive change.

Results

Do you have any results you want to share? Even if you PR'ed your neighborhood loop, let us know! Send results to results@howardcounty.net

Upcoming

Women's Distance Festival

June 1st, 7:30 am

The Howard County Striders host an annual race as part of the Maryland Women's Distance Festival series. This event features female runners and offers special awards for mother and daughter teams.

For more information see: https://bit.ly/wdf-hc2

Registration is open: https://runsignup.com/Race/MD/WDF

Sunday Strides

The Weekly Series is one Sunday Strides!! Since the Weekly Series hasn't been weekly for a while, we decided to change it, to come out whether you are striding or strolling. All paces are welcome.

Sunday Strides will still be divided into three seasonal series. With the new name, we are also introducing yearly awards. These will be for performance and participation, as well as some age-group awards! We are partnering with Bolton Running to include the summer Favorite Fridays Night XC Series into the Sunday Strides Super Series. We are also including the Meet of Miles and Two Person Five Mile relay.

Sunday Strides' Operation Endeavy continues this Sunday on the Patuxent Branch Trail with your choice of a 2 mile or 5k route

As we introduced in the fall series, we are still offering bonus points for all new participants and regular who bring new participants. Let someone know when you register so the points can be applied. And since we are doing age-group awards, please enter your age at the end of the year.

We hope to see you Sunday!

March 16th: Patuxent Branch Trail 2M/5K
March 30th: Clarksville Elementary School 2M/5K

These are low-key fun races. And races in some only. You can run/walk them at any pace you please. If you are training for a race, learning how to pace a race will go a long way to helping you PR. Sunday Strides is a great place to practice pacing. Don't go out going too hard, and being disappointed. Jump in one of our races and find out if that pace is good before your big race! All races start at 2:00 pm. See https://bit.ly/2-and-5-on-sundays for more information.

Group Runs

Bagel Run, Saturdays 7:00 am sharp in the Columbia Sun 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 6-10 miles. The Strikers have run this run every single Saturday for 40+ years. See https://bit.ly/bagel-run-info 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/bagelrun

First Fridays with Bendito Tacos & Tequila, Friday April 4th 6:00 pm, 8176 Meridian Blvd, Fulton, MD 20759

Join us for a casual 3.75 mile run through the Maple Lawn neighborhood and stick around for some Mexican fare at Bendito Tacos. Specialtiesincent for members

Non-Strider local runs

These are not official group runs but are listed to highlight other local group runs many members frequent.

Miller Monday Group Run, Mondays 6:00 am, Miller Branch - Howard County Library

Rehab 2 Perform Run, Tuesdays 5:15, Rehab 2 Perform Columbia Location

Manor Hill Tavern BOTH RUN, Tuesdays 5:30 pm, Manor Hill Tavern-

Foot First Run 6:00 pm, Thursdays, Foot First Columbia Location

Mad City/Africa Group Run, Fridays 6:00 am, Mad City Coffee

See https://bit.ly/ext-runs for more information.

Profiles From the Pack

Any member interested is encouraged to answer the following questions so everyone can get to know their fellow runners. Just reply to this email.

With each issue of FOOTPRINTS, we will be seeking Strider profiles and "selfies", to be included in a future issue, please forward a picture and either use the following questions for a guide or feel free to write what you want.

1. What got you started with running and how long have you been running with the Striders?
2. What are some of the benefits that the Striders programs have for you as a runner? Which is your favorite program and how often do you run with the Striders?
3. What is your favorite race and why?
4. Do you have any goals? What would you say to a fellow runner or a new

runner, to keep them motivated to continue the sport?
5. What do you be bring back to the running community with your acts of volunteering, and why is it important for others to follow suit as well?

You can include anything else you like by replying to this email.

Discounts codes!

Jour (run:jun) hats and apparel, 10%-17
code: RUCONES

resistanceunderwriting.com, these are legit resistance bands! 10% non-sale items
code: howardc

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Howard County Striders P.O. Box 1282
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