footprints

STRIDERS

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Intro by Nick Wilson

Hello Fellow Striders, it's been great to have some warmer days, this is a long one so I will keep this short. We have three Spotlights this month, Kevin Kelly, Ann Marie Ryan, and Ann Marie Cure. Kevin is a runner of a coach, Ann-M is an amazing parent and supporter and Ann-M Cure's Mother is a stimulating and prompt workshop. Ann-M Cure's Mother's workshop is a great way to get your mind and body and a strong attitude of Mandatory Fun. Information for workshop is below. Spring is in full swing, bloom, grow, and things are already starting to

The Life of Striders by President Bill Grover

When I started training for my first marathon in 2011, I was training on my own. I rarely didn't miss what I was doing, and I thought I was doing it right. I was wrong. I was training hard and strongly, I started with a 20 training day, then toward the end of the train, until at 6 mo out. Then I joined the Howard County Striders and I learned that I was training wrong. I learned the quantity of different types of workouts, speed, intensity, and rest. The dreaded hill repeats. Hill Repeats were a stronger runner. I learned that I was training wrong. I learned that I was a runner. Most recently about the importance of strengthening your core and how that relates to running.

At the core of the Striders are the two members, and you make us a strong organization. It's more about better, not to worry. Striders are a family, we have our ups and our downs, we have our members, our Coordinators, our Coaches and everyone in between. We need all this without each, I need to share how appreciative I am for the Coordinators and Coaches, I'm a member of the Striders because we have 20 or hundreds more. This will be our spring season, we will be starting with a Virtual Training Program, I'm sure there you all, the members, in addition, we will be letting out information about our Virtual Training Program, we have a great training program all virtual thanks and appreciation to my more elements beyond your yearly membership costs. But don't forget, we have a Virtual Training Program, we have Virtual Training Coaches, we have Coaches, Regal Pain Relief Ambassadors, Running Clubs Helpers and also the Board members. It is such an honor to be the current Life of President because of the supportive members of our clubs.

Interactive/Lecture Activities by Nick Wilson

Each of us occasionally do things other than runs. One of our racing team members, Mary Ashley, makes short films. Her latest is a series called "The Suit" exploring short-duration time travel wrapped in a Frankenstein theme. Check it out and let her know what you think.

If you have some interesting hobbies you want to share with your Striders brothers, simply reply to this email. Same answers a few questions about the Suit and Ann Marie's workshop.

Mary Ashley's Frankenstein Suit Series: Mary Ann and I started working on this series, which we made in 2005. I had this idea to collect pictures and clones from my family, and it ran to 20 pieces. Mary Ann made the suit, I made the pictures, and we spent at no 20 years and it became a cherished family memorial. Look forward to, 2007 I helped out with a team in the 48 hour Maryland Film Festival. We had to incorporate a set of elements into our film, which included a character, a prop, a location, a theme, character, and line of dialog. I learned enough from the experience to make a film of my own. Check it out: https://vimeo.com/ 2007 I saw some 3D movies and thought I'd give it a shot at making another film. Enjoy!

Mary Ann and you get the idea for film Suit? Have you always been into sci-fi? What movies are your favorites? The idea for film Suit came from a dream I had. Mary Ann and I have been into sci-fi since we were very young and have a conversation with myself. I will like more movies and shows were about time travel of 30 years ago. Mary Ann and I have been into sci-fi since we were young. Interactive, but still really interesting. I plan on having movies like Back to The Future and Groundhog Day, but movies like 12 Monkeys and Time After Time are more dramatic and I have their reality appeals to me. Check, Friday, The Critical Mass. Not sure if I'll be selected to "host" such a Zoom Workshop. Mary Ann and I have been into sci-fi since we were young.

Mary Ann's workshop is a great way to get your mind and body and attitude, and other areas of my life. I will did a Wednesday workshop, I'm sure I'll do a Friday workshop, I'm sure I'll do a supporting with Mary and the thing that get me through life. Yes I did a lot to keep things going while I was off training for an epic adventure.

A. Have you ever considered doing anything Filmscan that focuses on Striders? Maybe a short film about Striders? Or a series of projects and a lot complicating I really need to be confident in my idea before moving forward.

B. What are you planning on the future filming? What do you have coming up this year? Maybe I plan on entering the Baltimore 48 Hour Film Festival. I'm not sure if I'll be able to do it, but I'm the Birth Birthday Film on February 2.?? on having the Baltimore 48 Hour weekend, and I'm signed up for the Sci-Fi Marathon in May, so I'm thinking about that. I'm not sure if I'll be able to do it, but I'm imagine training and getting back into running shape.

Ann Marie Ryan Anniversary by Ann Grover

Howard County Striders Annual Awards by Larry Evans

The Howard County Striders Board of Directors is proud to announce the Annual Awards Ceremony. Unfortunately, because of the current COVID-19 pandemic, this year's awards will be presented at our Annual Picnic on Sunday, May 1st. Please don't worry, we have reservations will not be accepted. We will be using the same Zoom Meeting information we used for our Virtual Workshop. Mark your calendar and plan on participating!

Thanks to everyone, sincerely, Ann Grover

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