# Footprints

Howard County Striders

**Footprints Volume 50, No. 11 01/26/25**

**Intro by Nick Atkins**

Hello Fellow Striders. The woods are turning green again; nice days are the norm. And we have time to enjoy some warm days before the gets unbearably hot. We are taking full advantage of it! We have three programs starting in the next couple of weeks. We have a workshop with Rehab 2 Perform, and we have a new group run starting up. Information for everything is below. Come join us!

**Howard County Striders Annual Awards by Larry Stern**

The Howard County Striders Board of Directors is proud to announce the opening of our annual awards nominations. Nominations 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. Use the attached form to make your nominations for any current Striders member you deem worthy of special recognition for a year (February 29, 2024, through February 23, 2025) of hard work.

To nominate someone, use this form:
https://docs.google.com/forms/d/1FSdBLfVOCTQ0PPqPO_vGd1mQdm-8mFFtwzCWRu_MYA0/edit?usp=sharing

**Stretching and Prehab Workshop**

**Coaching Programs**

**Next Stop 10K/10M**

Registration is live! Jaclyn Harmon and myself are taking over the reins from Renee Alonso and Bill Arbelaez. We have some big shoes to fill, but we are ready to take on the challenge. Whether you are looking to train for a 10K or 10M race this year? Join the Howard County Striders for one of their prestigious training programs! The program will be capped at 40 participants.

Training Program Structure

The Next Stop 10K/10 Mile Program is for runners of varying abilities. Participants will be a 3-mile time trial at Wilde Lake High School on April 1st as 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!

Use this link to register:
https://secure.getmeregistered.com/get_information.php?event_id=54966

**Running Together by Helen Kottis**

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 Footprints Program on Tuesday, April 1st. This is a new program, specifically designed to include all disabilities and running/walking/moving abilities. We will meet on Wednesdays for four weeks, starting April 30th and ending June 4th.

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.

Running Together begins March 31st. For more information see:
https://docs.google.com/forms/d/1ZqmOqm7

**Females in Training (F.I.T.) by Helen Kottis**

F.I.T. will be returning again this Spring. We will be meeting on Wednesday evenings beginning March 26th. This program is looking for coaches and participants to join our group. The program is designed for women who are new to running or returning to running and who run less than a 10 minute mile. It is a very welcoming 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 run related speakers who will speak before most runs. If this group sounds like something you would like to join as a coach or participant, please contact Helen at helenkottis@hotmail.com for more information, or if you are interested in coaching Running Together or F.I.T.

F.I.T. begins March 30th. For more information see:
https://docs.google.com/forms/d/1

**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@hcs.net

**Sunday Strides' Operation Iceberg Final Standings by Marc Burger**

Congratulations to the following runners who qualified for an award during Sunday Strides' Operation Iceberg race series. Please come to the awards ceremony at Clarksville Elementary on Sunday. The series saw 84 men and 61 women compete in at least one event.

While points for Operation Iceberg are wrapped-up, points for the yearly Super Series will still be awarded Sunday.

Men pts needed 50
1. Michael Lewis 100
2. Ryan Kaplan 85
3. Eric Johnston 82
4. Adam Mytko 68
5. Derek Lockliah 65
6. Marc Burger 70
7. Caleb Cina 76
7. Chris Bizzoma 76
8. John Ramsey 75
9. Ryan Hoffman (75)
11. Nick Hitzles 72
11. Derek Jaso 60
11. Joshua Crow 60
13. Greg Grifesby 66
13. Danny Cohen 65
16. Stephen Glascock 63
17. Julian Ghanizh 60
17. Lincoln Wytko 60
19. Ryan Ford 59
20. Alex Hsu 58
20. Dominic Rendile 58
20. Chris Farmer 58
20. Kirk Gordon 58
20. Ken Yun 57
25. Jeffrey Weaver 55
26. Ryan Kaplan 54
27. Jacob Williams 53
27. James Scarborough 53
29. Bill Arbelaez 52
29. Lachlan Boyle 52
31. Ted Parlos 51
32. Brady Rogers 50
33. Zach Flanigan 50
33. Michael Jaron 50
33. Ryan Weaver 50
33. William Jaron 50
33. Marc Cohen 50

women pts needed 50
1.Sophie Serre 120
2. Anja Subramanian 91
3. Kelly Kaplan 85
4. Charlotte Flanigan 86
5. Jennie Delamere 80
6. Amanda Zdatsis 77
7. Mary Mitchell 75
8. Anastasia Stepanova 74
9. Sadie Sorensen 68
9. Lindsay Kidd 68
11. Allison Flanigan 67
12. Jennifer Flanigan 67
13. Emma Flanigan 62
14. Marsha Demarco 60
15. Faye Weaver 52
15. Erin Mary 52
15. Melissa Burger 52
15. Cecilia Serre 52

**Upcoming**

**Women's Distance Festival**

June 1st, 7:30 am

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

For more information see: https://striders.net/wdf/

Registration is open: https://raceplay.chronotrack.com/35233

Volunteer sign up is also open:
https://docs.google.com/forms/d/e/1FAIpQLSdzzz