

Footprints Volume 50, No. 10 03/05/25

Intro by Nick Atkins

Hello fellow Striders! I am bouncing off the walls. My taper has started last week for Seneca Creek Greenway 50k this Saturday. My race build was short, but high quality, and it is nice going into a race... well, probably overconfident. But I'll take that over the alternative. MCRRC still needs a few volunteers if you want to see an ultra up close and see me moving slowly. I worked one of the aid stations last year, and it was a great experience. The volunteer link will be at the bottom of the article

Now I won't be anywhere near the front, unless I sprint off the line to rip the first downhill with no one in my way. But that's what makes this sport so great. We are all lucky enough to be a part of a sport where you don't have to win to win. A PR can be a win. A PR on a course can be a win. PR on a Strava segment can be a win. Pacing yourself properly can be a win. Being on a run and just feeling good is definitely a win. Sometimes, just getting out the door is a win--and sometimes, even realizing it's better to take a nap is a win.

So I encourage everyone to find some wins. And if you need a little bit of help, our popular spring programs will be starting soon. Next Step 10k, Females in Training. And new this year, Howard County Striders are proud to introduce Running Together--a program for runners with disabilities. We always need coaches for every program. And we need coordinators for the 10k program. Don't worry if you have never coached a program before we can get you started! Reply here or to specialprograms@striders.net if you are interested.

To volunteer for Seneca Creek:
https://runsignup.com/Race/Volunteer/MD/Gaithersburg/MCRRCSenecaCreekGreenwayTrailMarathon50K

Track Lights

Howard County Striders is once again providing track lights for safe running this winter at the following tracks:
Mondays: Oakland Mills High School 6-8 pm
Wednesdays: Centennial High School 6-8 pm

Programs

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 Howard County Striders this Spring. It will be a welcoming 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 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.

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

F.I.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 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 Helen.kottis@striders.net for information on both programs.

Junior Striders Youth Spring Track and Field Program by Phil Lang

Registration for the 2025 Bullseye Junior Striders Youth Spring Track and Field program will close on March 5. Practices will start with our annual mandatory time trials (100 meters and 400 meters for everyone) in Mid-March. We will have 2 practices each week, days will change, unfortunately due to high school sports schedules. Meets are on Sunday afternoons for those that want to come to those. Click, Bullseye/HoCo Striders Youth and High School - https://www.bullseyerunning.com/youth/ for more details and to register.

Hibernation to 5k

Hibernation to 5k is wrapping up next week with a fun two-person five-mile relay. The graduation run is at the Sunday Strides race on the Patuxent Branch Trail

Next Step 10k/10M

Bill Arbelaez and Rene Alonso, long-time coordinators of many of our Next Step Programs, are stepping down from leading the 10k/10M program. They have been incredibly dedicated to getting programs rolling before handing the reins to the coaches. We need members to step up into their roles. Have you been a coach and want to do more? Even if you haven't coached a program before, we can help you get started in this position. Only a little technical knowledge is needed, mainly about an hour or so weekly on a weekday night.

We are a 100% volunteer organization and rely on dedicated members to keep the gears turning. If you are interested, please send a message to specialprograms@striders.net

Results

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

Sunday Strides' Operation Iceberg #5 Northfield Elementary School by Marc Burger

Meteorological spring might have started Saturday, but winter said not so fast. Thank you to everyone who came out to run or volunteer today! Join us in two weeks on the Patuxent Branch Trail for your choice of a 2 mile or a 5k.

53 runners came out on a chilly windy day for the Sunday Strides' Operation Iceberg #5 at Northfield Elementary School. Mark Eagles and Charlotte Flanigan were the 5k leaders.

Volunteers: Bill Arbelaez(race lead), Marc Burger, Joan Chall, Joanne Harrington, Amanda Idstein, Iris Mars, Faye Weaver, plus 3 junior strider parents--thank you.

Photos by Faye Weaver can be seen here: https://photos.app.goo.gl/15xa0G2svktoNwBHA

5k

- 1. Mark Eagles 18:02
2. Stephen Olenick 18:06
3. Stephen Senick 18:41
4. Derek Jiao 20:22
5. Julius Olenick 20:32
6. Daniel Cohen 20:55
7. Caleb Crow 21:09
8. Shannon Sentman 21:13
9. Elwin Bizimana 21:18
10. Charlotte Flanigan 21:49
11. Jathan Crow 22:11
12. Adam Doll 22:18
13. Sophie Serre 22:35
14. Harper Rupprecht 22:43
15. Jasmine DeSimone 22:55
16. Anya Subramaniam 22:56
17. Josiah Williams 23:08
18. Sophia Esposito 23:11
19. John Chall 23:14
20. Graham Kempf 23:15
21. Matt Kempf 23:24
22. Eric Johnston 23:31
23. Ted Poulos 25:08
24. Scott Holz 25:13
25. Brady Rogers 25:23
26. Marsha Demaree 25:29
27. Linda Alms 25:32
28. Clara Curtis 25:46
29. Ayla Sanderoff 25:52
30. William Zaron 25:56
31. Mike Zaron 25:57
32. Sadie Sentman 26:09
33. Kirk Gordon 26:19
34. Emilie Serre 26:34
35. Greg Orlofsky 26:35
36. Nick Atkins 26:41
37. Emma Flanigan 27:47
38. Michael Tracton 27:51
39. Fred Jurgensen 28:15
40. James Scarborough 29:36
41. Heidi Feng 29:41
42. John Ramsey 29:52
43. Jack Flanigan 30:18
44. Mark Cohen 30:23
45. Mary Niland 33:20
46. Emerson Gray 33:21
47. Isaac Ambinder 33:24
48. Emily Ambinder 33:25
49. Jessica Gray 33:26
50. Roger Calvert 38:29
51. Charlie Riesz 48:16
52. Steve Moran 53:13
53. Tim Ramsey 53:30(started early)

Upcoming

Sunday Strides



The Weekly Series is now Sunday Strides!! Since the Weekly Series hasn't been weekly for a while, we decided to rename it. So 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 Bulleye Running to include the summer favorite Friday 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 Iceberg continues March 16th on the Patuxent Branch Trail with your choice of a 2 mile or 5k race

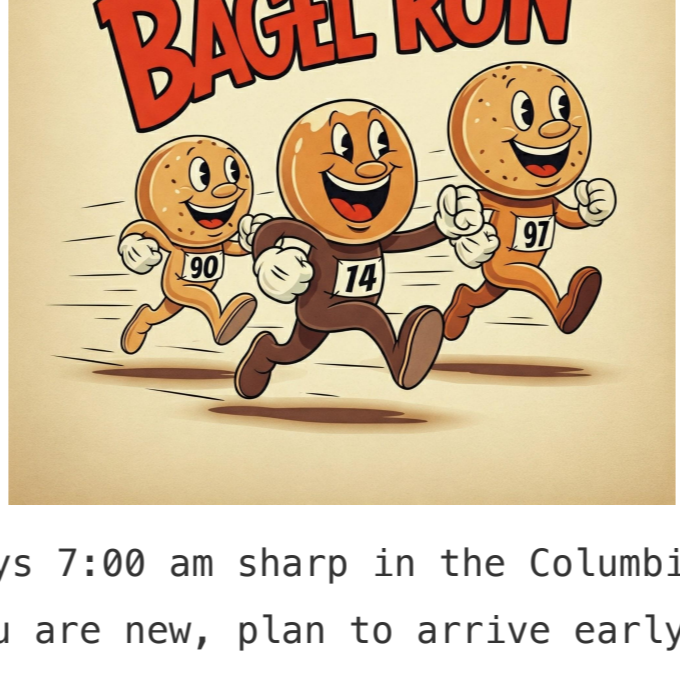
As we introduced in the fall series, we are still offering new runners. Let someone know when you register so the points can be applied. And since we are doing age-group awards, please enter your age at the end of the year.

We hope to see you Sunday!

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

These are low-key fun races. And races in name 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 hit the time you are aiming for. Instead of paying 50 dollars, going out 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://striders.net/sunday-strides/ for more information.

Group Runs



Bagel Run, 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

Maple Lawn Group Run. Stay tuned, announcement coming soon!

Non-Strider local runs

These are not official group runs but are listed to highlight other local area 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 BEER RUN, Tuesdays 5:30 pm, Manor Hill Tavern

Feet First Fun Run 6:00 pm, Thursdays, Feet First Columbia Location

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

See https://striders.net/events/ for more information.

Profiles from the Pack

Any member can--and 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 tell your own story!

- 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. In what ways do you 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!

rnnr (rnnr.com) hats and apparel, 10% off
code: NICKHCS
resistancebandtraining.com, these are legit resistance bands! 10% non-sale items
code: hcsbands