

Footprints Volume 50, No. 20 05/14/2025

Intro by Nick Atkins

Hello fellow Striders. It's getting warmer, and everything is green again. You might be getting the itch to sign up for a race, or maybe you already have signed up for one. What better way to prepare than racing one of our low-cost, low-key Sunday Strides races? At any skill level, racing will be the best workout you can get. Even if you did the Bagel Run or your own long run the day before, following that up with a race is one hell of a training stimulus! And the more you race, the better you learn to pace yourself. Or maybe you want to socialize and run at party pace or even walk. That is ok too! All paces are welcome. This Sunday would be a perfect practice run for anyone doing the Women's Distance Festival on June 1st. For those not running, please consider volunteering. And for the volunteers, we will have a group run after the awards this year!

One final thing that just made it. Next Step Half/Full registration is open! I'll include all the details next week, but for now, you can sign up at striders.net

The Dave Tripp Scholar-Athlete Award by Bill Brown

Each year, the Howard County Striders proudly present the Dave Tripp Scholar-Athlete Award to recognize a high school senior who exemplifies the best of both athletic and academic achievement, as well as commitment to community. The award honors the lasting legacy of Dave Tripp, a Strider Hall-of-Famer whose impact on the local running scene and greater Columbia community has helped make the club what it is today.

The scholarship was established in 2004 in recognition of Dave's 35 years of dedicated service to both his profession and his passion. Upon his retirement from the Rouse Company, where he served as Vice President and Director of Investor Relations and Corporate Communications, Chairman and CEO Anthony Deering contributed \$20,000 to create the Dave Tripp Scholar-Athlete Award. As Dave humbly remarked at the time, "It sure beats a gold watch."

Dave's love for running led him to the Striders in 1977, when the club was still an informal group of local runners. A year later, he became president and began shaping the Striders into the respected organization it is today. Under his leadership, the Striders incorporated as a nonprofit, affiliated with the Road Runners Club of America, and launched signature programs such as the Junior Striders and weekly community races. Dave was instrumental in establishing hallmark events like Clyde's 10k and the Women's Distance Festival 5k. He served as both President and Treasurer, and even now is known for volunteering at local high school meets and helping organize major race finish lines.

The Dave Tripp Scholar-Athlete Award continues to inspire young runners to pursue excellence on the course, in the classroom, and in the community. It stands as a testament to a man who gave so much, and a community that continues to follow in his footsteps.

If you would like to make a donation to the scholarship fund, please follow this link https://secure.getmeregistered.com/get_information.php?event_id=125979

Coaching Programs

Next Step 10K/10M

10K/10M is nearing the end this year. It has been great with amazing coaches and a great group of runners, And even a surprisingly high turnout in the rain last night. That's true dedication.

Results

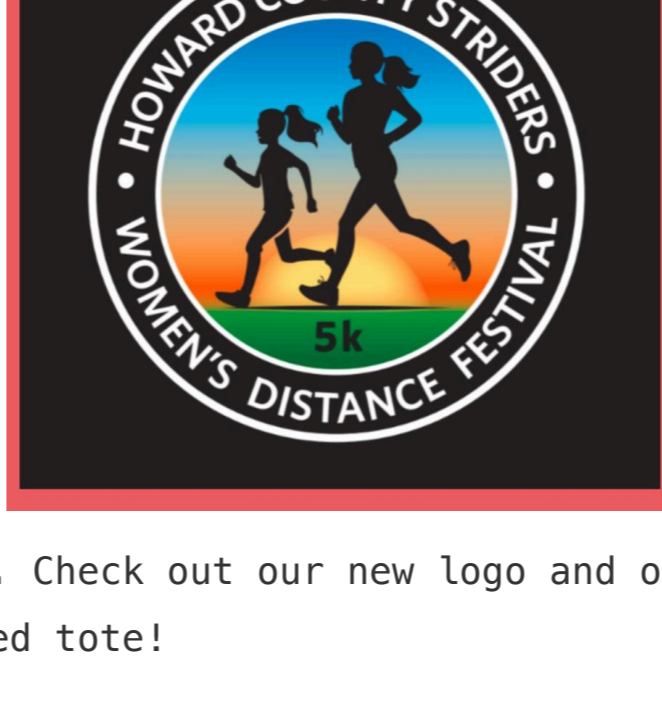
Do you have any results you want to share? Even if you PR'ed your neighborhood loop, let us know! Send results to social@striders.net

Upcoming

Women's Distance Festival



Constructed from new Brandy 400D/PVC PET Polyester 2100D PU 600D Denier 80 Nylon and 600 420D Nylon... Look no further! Meet our new 12L... Features front 100% recycled front carry straps with reflective accents, an attached Stainless Steel bottle opener, and an adjustable shoulder strap.



June 1st, 7:30 a.m. Check out our new logo and our race premium-a twelve-can insulated tote!

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://striders.net/wdf/>
Registration is open: <https://register.chronotrack.com/r/85258>

Volunteer sign up is also open: <https://signup.com/client/invitation2/secure/892519900105/false#invitation>

Sunday Strides

Sunday Strides (formerly the Weekly Series) continues with the Vernal Velocity Series this spring. Enjoy some warmer weather before it gets hot.

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 Howard County Super Series and Meet of Miles and Two Person Five Mile Relay.

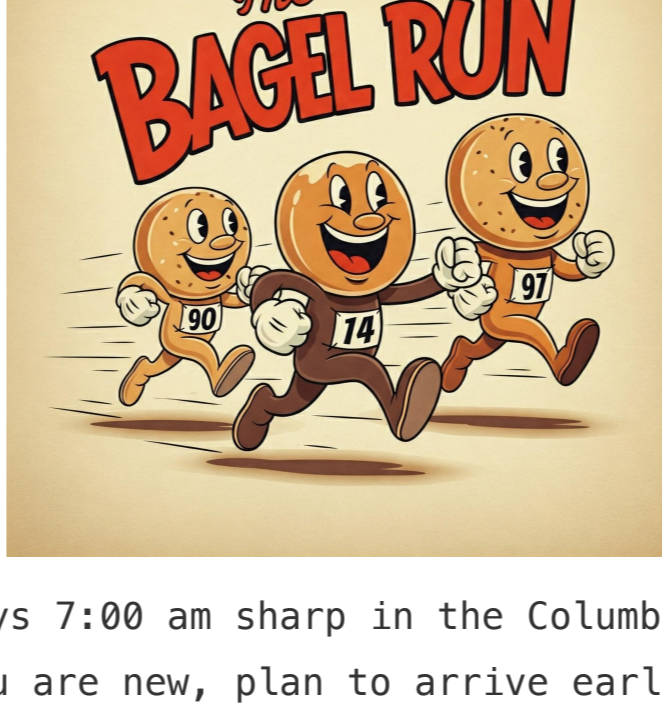
Sunday Strides continues the this Sunday at Patuxent Valley Middle School with your choice of a 5k or a 10k

We hope to see you there!

05/18/2025 Vernal Velocity #4 5K 10K Patuxent Valley Middle School
05/25/2025 Vernal Velocity #5 All Fruit Relay Oakland Mills Middle School
06/08/2025 Vernal Velocity #6 2 Mile 10K Jeffers Hill Elementary School
06/15/2025 Vernal Velocity #7 2 Mile 4 Mile Clemens Crossing Elementary School

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/2pda9e>



Banditos Taco Run Friday June 6th, 6:00 pm, 8170 Westside Blvd, Fulton, MD 20759

Join us and Banditos Tacos and Tequila for a casual 3.75 mile run through the Maple Lawn neighborhood, and meet up at Banditos afterward. Specials/discounts 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 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

Road ID: Go to this page https://roadid.com/pages/groupdiscount?rfn=8680707_367779 to get a 20% off discount code



Register
Volunteer

Howard County Striders PO Box 563
Columbia, MD 21045, USA

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