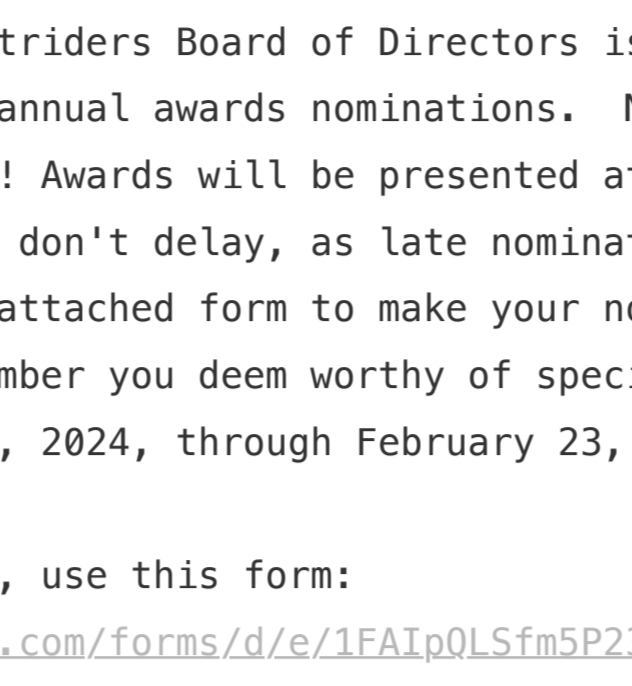


Intro by Nick Atkins

Hello fellow Striders. I'm getting settled in my new place, and I am loving it! I'm looking out my window across Lake Elkhorn at the Pavilion. Every day, I get to pick a new route to run. Columbia really is one of the best places to run. The network of trails and the many cul-de-sacs afford nearly endless options with little to no traffic. And it is also home to the best running club around! Sunday Strides' Vernal Velocity is in full swing, as is Next Step 10k. The Women's Distance Festival is coming up in less than a month. If you plan to race, the price increases on May 12th, so sign up now! If you haven't visited the site recently, head to striders.net. Our new webmaster, Kiri Michell, has been hard at work giving it a needed refresh, and it looks great! And one more reminder that time is running out to nominate fellow Striders for annual awards! Information on how to do so is below.

Howard County Striders Annual Awards by Larry Stern

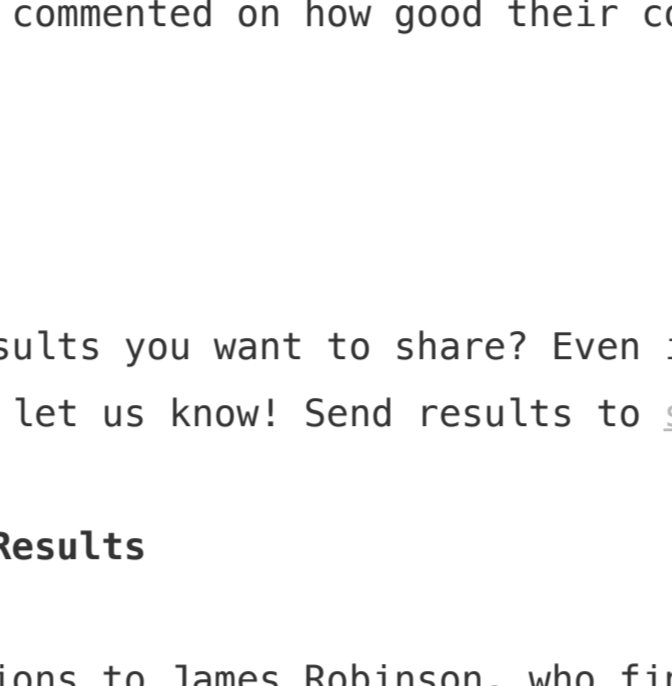


The Howard County Striders Board of Directors is proud to announce the opening of our annual awards nominations. Nominations close in two days on May 9th! Awards will be presented at our Annual Picnic on June 29. Please don't delay, as late nominations will not be accepted. Use the attached form to make your nominations for any current Striders member you deem worthy of special recognition for a year (February 26, 2024, through February 23, 2025) of hard work.

To nominate someone, use this form: https://docs.google.com/forms/d/e/1FAIpQL5f5SP2380PDPFg_uVpDj6G8m-80PfgpC20nL_H7bD0XSv0/viewform

Coaching Programs

Next Step 10k/10M



We are well on the way with a great group of coaches. Program and club veterans have commented on how good their coaches are.

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

Individual Member Results

A huge congratulations to James Robinson, who finished his first 100 miler in a time of 23:03:19. Under 24 hours in the first one is impressive!

Youth Track Meet at Reservoir High by Phil Lang

Bullseye hosted a massive youth track meet Sunday, April 27, at Reservoir High.

Twenty local youth track teams, plus a couple of kids from the Manhattan Track Club attended. 959 kids competed, 274 from the Bullseye Running/HoCo Junior Striders!

Junior Striders had 19 individual winners and both the 13 and over boys and girls won the 4x800 relay. We also won the team score for every age group boys and girls except the 15-18.

The volunteers, coaches and kids were amazing hosts and represented the sport and our club incredibly well.

All the results can be found at <https://live.bulleverunning.com/meets/50729>

Sunday Strides' Vernal Velocity #2 Hammond Middle School by Marc Burger

30 runners came out for the Sunday Strides' Vernal Velocity #2 at Hammond Middle School. John Way and Samantha Merkel led the way in the one mile race. Adam Wytko and Linda Alms were the 5k winners.

Volunteers: Bill Arbelaez (race lead), Nick Atkins, Joan Chall, John Chall, Eric Johnston, Iris Mars.

- 1 mile
1. John Way 6:53
 2. Ted Poulos 7:50
 3. James Merkel 9:54
 4. Samantha Merkel 9:56
 5. Juliette Conway 10:18
 6. Desi Conway 10:18
 7. Lucinda Wytko 11:19
 8. Terri Wytke 11:19
 9. Roger Colvin 11:24
 10. Charlie Riesz 15:00
 11. Jeanette Novak 16:06
 12. Annabelle Farmer 17:28
 13. Chris Farmer 17:28

- 5k
1. Adam Wytko 19:22
 2. Stephen Senick 20:30
 3. Lincoln Wytko 21:45
 4. Karsten Brown 22:08
 5. Kam Yee 23:07
 6. Alan Mulindwa 24:49
 7. Sam Martin 25:35
 8. Kirk Gordon 26:23
 9. Chris Martin 26:40
 10. Shawn Johnson 27:25
 11. James Scarborough 28:21
 12. Michael Tracton 28:28
 13. Linda Alms 40:10
 14. Mary Niland 40:10
 15. Roland Catalano 40:30
 16. Amanda Idstein 40:55
 17. James Moreland 42:56

Sunday Strides' Vernal Velocity #3 Longfellow Elementary School

17 runners came out for Sunday Strides' Vernal Velocity #3 at Longfellow Elementary School. John Way and Annabelle Woods led the 2 mile runners. Stephen Senick was the 10k winner.

Volunteers: Bill Arbelaez (race lead), Bill Brown, Marc Burger, Melissa Burger, Joan Chall, Iris Mars, Mary Niland.

- 2 mile
1. John Way 14:12
 2. John Chall 14:55
 3. Eric Johnston 15:24
 4. Shawn Johnson 17:08
 5. Ted Poulos 17:15
 6. Nick Atkins 17:16
 7. Annabelle Woods 21:35
 8. Scott Woods 21:36
 9. Bruce Shaffer 24:47
 10. James Moreland 32:12
 11. John Winkert 32:54
 12. Jeanette Novak 35:04

- 5 mile
1. Stephen Senick 41:25
 2. Kam Yee 47:43
 3. Kirk Gordon 57:07
 4. Chris Farmer 1:01:21
 5. James Scarborough 1:01:39

Upcoming

Woman's Distance Festival



June 1st, 7:30 am Price increase May 12th Register now!! 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/892519908105/false#/invitation>

Sunday Strides

Sunday Strides (formerly the Weekly Series) continues this spring with the Vernal Velocity Series. 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 Bullseye Running to include the summer favorite Friday Night XC Series into the Howard County Super Series along with Meet with Miles and Two Person Five Mile Relay

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

05/18/2025 Vernal Velocity #4 5K 10K Patuxent Valley Middle School

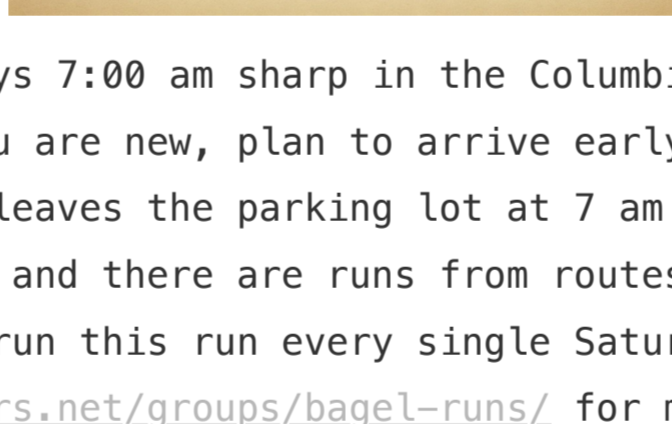
05/25/2025 Vernal Velocity #5 All 11K Fruit Relay Oakland Mills Middle School

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 places 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 to 40+ miles. The Howard County Striders have run this run every 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/ZaddAve>



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?

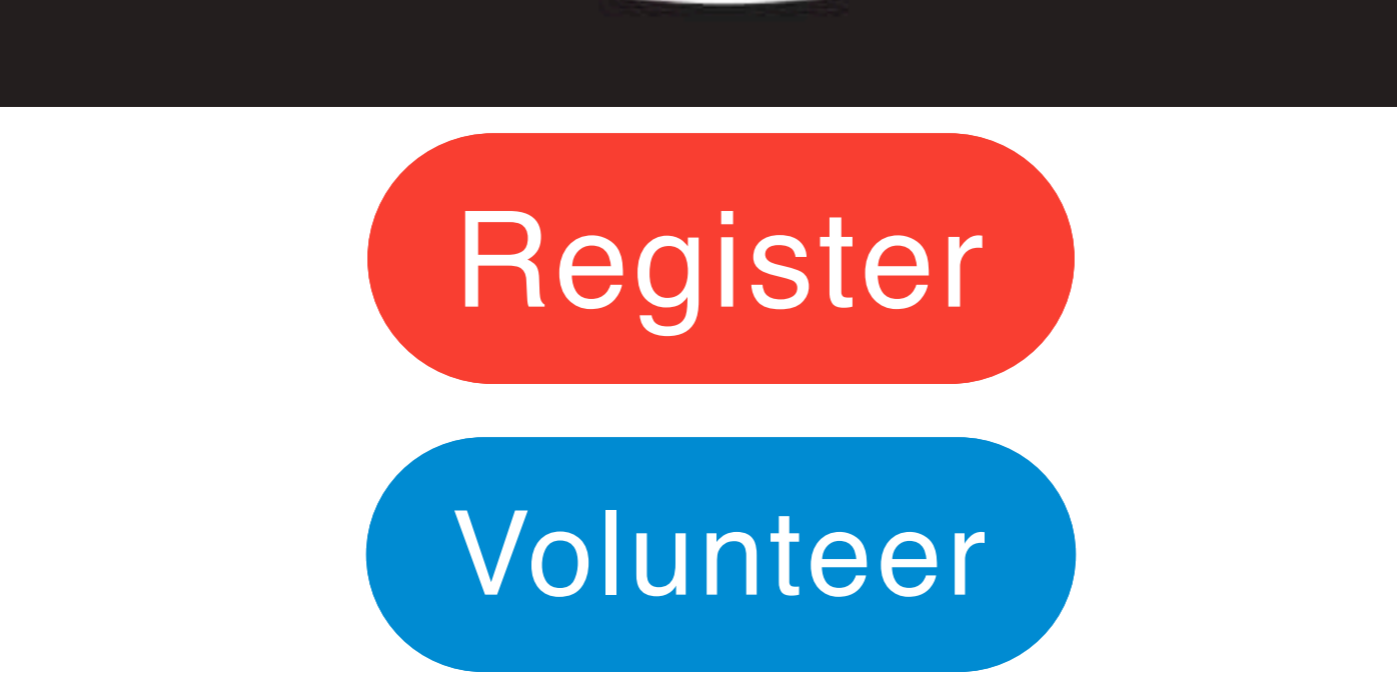
You can include anything else you like by replying to this email.

Discounts codes!

rnnr (rnnr.com) hats and apparel, 10% off
code: NICKHKS

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=8688787_367479 to get a 20% off discount code



[Register](#)

[Volunteer](#)