

HOWARD COUNTY STRIDERS NEWSLETTER



Footprints Volume 49, No. 6 11/13/2024

Intro by Nick Atkins

This has been a busy week for me so this is going to be brief. Just a few reminders. Track lights are ongoing. Next week is our strength training workshop with Rehab2Perform. Space is filling up and pre-registration is required. All information is below. Happy running!

Chef's Corner by Nick Atkins

You're on your way home from work and already tired, but you have to get your run in when you get home. Now you're done your run, and you're hungry. Do you want to Doordash a \$15 meal for \$35? Run out and get fast food? Neither option is great, so here is a quick, easy recipe that is mostly hands-off.

Garlic Parmesan Chicken Thighs

You can probably use breasts. Just adjust the cooking time. Pair with baked potato.

- Preheat oven to 375
- Brush olive oil on thighs/potatoes, salt and pepper to taste, add Italian seasoning to taste
- On thighs, cover in breadcrumbs and sprinkle parmesan cheese
- Bake (both chicken and potatoes) for 30 minutes or until temp reaches 165
- Remove chicken and increase heat to 400, potatoes need about 15 more minutes

Pair with house salad for a simple, quick, complete meal

Contests

We are holding a couple of design contests. The first one is for a new design of our newsletter logo. The only requirement is that it includes the name "Footprints." The second contest is for a redesign of the Next Step logo. "Next Step" is the name of our coaching programs. Again, the only requirement is to include "Next Step" in the name. And obviously, they should be running-themed. The prize for both contests is free entry into any Strider race or coaching program in 2025. The deadline is the end of 2024. Send entries to social@striders.net

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 6-8pm
Wednesdays: Centennial High School 6-8pm

Programs

Hibernation to 5k

H25K is our next program, which will start in mid-January. Signup will begin around December.

Results

Legends of the Fall Weekly Seires #5 Burleigh Manor Middle School by Marc Burger

Photos can be seen here:
<https://photos.app.goo.gl/3NmkXCnLcysWS1wC8>

28 runners came out for the Howard County Striders fall weekly series race at Burleigh Manor Middle School. Mark Eagles and Jeanette Novak led the 2 mile runners. Stephen Senick and Linda Alms were the 5 mile winners.
Volunteers: Bill Arbelaez(race lead), Nick Atkins, Melissa Burger, Joan Chall, Amanda Idstein, Mary Niland.

- 2 mile
1. Mark Eagles 11:42
 2. Lincoln Wytko 13:30
 3. Lochlann Boyle 13:33
 4. John Way 14:53
 5. Ted Poulos 16:33
 6. Lee Wilk 18:39
 7. Evan Calvert 19:50
 8. Ronald Schmidt 19:51
 9. Roger Calvert 23:25
 10. James Moreland 27:08
 11. Steve Morton 30:03
 12. Tim Ramsey 33:34
 13. Jeanette Novak 34:09

- 5 mile
1. Stephen Senick 31:54
 2. Adam Wytko 32:29
 3. Steve Turner 37:39
 4. Karsten Brown 38:14
 5. John Chall 40:19
 6. Eric Johnston 40:40
 7. Kirk Gordon 43:26
 8. Linda Alms 43:55
 9. Bill Farrell 44:43
 10. Michael Tracton 44:55
 11. John Ramsey 45:00
 12. James Scarborough 48:35
 13. Shawn Johnson 49:29
 14. Marc Burger 50:47
 15. Iris Mars 57:07

Upcoming

Turkey Trot Prediction Run 10K Thanksgiving Day, Thursday, November 28, 2023, Jeffers Hill Neighborhood Center Registration is on day of race only. Sign up to volunteer here:
<https://signup.com/go/rKVPXfC>

Base Training Strength Workshop, Wed Nov 20, 2024
Hello fellow Striders. Rehab2Perform is graciously hosting us for a special strength training workshop. I am super excited about this. There will be two aspects to this. The first part will be a bare minimum program you can do to increase your injury resistance. And the second part is a more advanced program if you are looking to take your strength training up a notch. And the off season is the perfect time to either start a program or step up to something more challenging. You don't want to miss this. It is going to be November 20th at 6pm at Rehab2Perform's Columbia location at 9881 Broken Land Pkwy Suite 103, Columbia, MD 21046.

Space is limited to 35 participants and pre-registration is required, so sign up early! There will be a release to sign at Rehab2Perform, so please arrive a few minutes early if possible. See the link at the bottom to sign up!

Weekly Series

- 11/24/2024 Legends of the Fall #6 2 Mile 10K Patuxent Valley Middle School
- 12/1/2024 Legends of the Fall #7 2 Mile 10K Jeffers Hill Elementary School
- 12/15/2024 Legends of the Fall #8 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 too hard before your big race! And if you are new to the series or if you are bringing someone new to the series, we are offering bonus points for the overall standings! All races start at 2:00 pm. See <https://striders.net/weekly-series/> 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.

Stay tuned, announcement coming soon!

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

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.

Discounts codes!

rnr (rnr.com) hats and apparel, 10% off
code: NICKHCS

resistancebandtraining.com, these are legit resistance bands! 10% non-sale items
code: hcsbands

BASE TRAINING STRENGTH WORKSHOP

Hosted By Rehab2Perform And Howard County Striders

Limited space, preregistration required

Join us on November 20th at 6 pm

AT REHAB2PERFORM 9881 Broken Land Pkwy Suite 103, Columbia, MD 21046

REGISTER NOW

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

[Unsubscribe or Manage Preferences](#)