

HOWARD COUNTY STRIDERS NEWSLETTER



Footprints Volume 49, No. 7 11/20/24

Intro by Nick Atkins

Thanksgiving is right around the corner. And I'm thankful I found the Howard County Striders. I was a high-level junior cyclist and ran track and cross country, because that cross-training made me really fast on the bike. Running was secondary to me at the time. I liked it, but it wasn't my love. Then I petered out. Fast forward through 20 years of smoking and drinking and finally realizing I'm not immortal and I need to take care of myself. I start hiking and then start running again.

Well, naturally I gotta race! Holy s**** races are expensive! So as I'm searching for less expensive races, I came across the Striders Weekly Series. I join the club for \$20 and then each race is a buck? Hell yeah!! I joined the Striders for purely selfish reasons. After a few months, I felt bad and volunteered for the New Year's Prediction Run and then to coach a Hibernation to 5k group. And I loved it! In Sunday school, they would always tell us you get more out of helping people than the people you help get. I never believed it until I started volunteering with the Striders. In the grand scheme of things, is there better things I could volunteer for? Yes. But is it also good to share the joy of running with others? Also yes.

So this is a call to all members. The Striders are 100% volunteer. We always need help. But so does the Food Bank in Jessup. I want everyone to commit to volunteering for a cause that is important to them. In 2025, I hope to add volunteer opportunities for several area organizations/races we can do together as Striders.

I want everyone to send me their stories about how they came to the Striders and what they are thankful for. Make my Thanksgiving newsletter easy! I'll post some of the responses next week! All you need to do is reply to this email.

And just a reminder, we have a strength training workshop with Rehab2Perform tonight. You don't want to miss this! Preregistration is required, and signup is at the bottom of this email.

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

Programs

Hibernation to 5k

H25K is our next program, which will start in mid-January. Signup will begin very soon!

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

Race Team update by Kevin Ford

- Wineglass Half Marathon (NY), October 6th
 - Samantha Merkel, 13th overall (7th AG), 1:25:51
- Greenbrier River Trail Marathon (WV), October 6th
 - Kevin Ford, 1st overall, 2:52:16
- Army Ten Miler, October 13th
 - John Chall, 4th AG, 1:14:40
- Baltimore Running Festival, October 19th
 - [5k] Jacob Englander, 1st AG, 17:02
 - [5k] Marsha Demaree, 1st AG, 23:28
 - [10k] Eric Schuler, 2nd AG, 35:49
 - [Half] Deb Hicks, 1st AG, 1:36:43
 - [Full] Pacers - Faye Weaver, Tunde Morakinyo, Kevin Ford
- McGuire's of Destin Halloween Run 5k, October 30th
 - John Chall, 1st AG, 22:32
- Ocean City Half Marathon, November 2nd
 - Carol Ernst, 2nd AG, 1:51:53
- TCS NYC Marathon, November 3rd
 - Clark Otte, 67th male, Debut, RTR, 2:27:05
 - Hannah Betman, 43rd female, 2:44:43
 - Selvi Rajagopal, 52nd female, 2:46:24
 - Caroline Bauer, 142nd female, 2:55:28
- Run Through the Grapevine, November 3rd
 - Jicheng Liu, 1st AG, 37:58
 - Linda Alms, 5th AG, 48:30
- Horseshoe Crab Hustle Five Miler, November 10th
 - Carol Ernst, 2nd AG, 41:42
- Richmond Running Festival, November 16th
 - [8k] Marsha Demaree, 2nd AG, 37:57
 - [Half] Jacob Englander, 4th AG, 1:17:37
 - [Full] Tunde Morakinyo, 1st AG, 3:06:34

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

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

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