

HOWARD COUNTY STRIDERS NEWSLETTER



Footprints Volume 49, No. 8 11/27/24

"I joined Striders on and off and have done various programs. I did the first step half /full marathon training in 2022 and 2023 and met 2 gals! Andrea and Liz and I have been running together since September 2023 and still going strong! It's led to great laughs, many miles in Howard County neighborhoods and Centennial Park. We did the Annapolis 10 miles in August 2024! Striders brought me the friends I needed for the pace I could run and still laugh! So grateful for them!"—Pooja Regmi

Intro by Nick Atkins

The above is exactly what the Striders is about! We're so lucky to have the best paved trail network in the country, and one of the premiere trail systems on the east coast, all in our backyard. But most of all, we're lucky to have an incredible group of runners! We hope to see many of you at our annual Turkey Trot Prediction Run tomorrow. If you're busy with the holiday, don't worry because our Weekly Series has a quick turnaround from last Sunday, and we have another race on the Sunday after Thanksgiving. Perfect to burn off a few calories. The Howard County Striders wishes everyone a warm and Happy Holidays, and we hope you spend some of the holiday season with us.

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

Weekly Standings by Marc Burger

These are the series standings before the race. We have a quick turnaround with a race this Sunday, the last race to score points. Prizes will be awarded at the final race of the series.

Men pts needed 60

1. John Way 101
2. Ted Poulos 99
3. Michael Tracton 82
4. John Chall 79
5. Eric Johnston 75
6. Kirk Gordon 74
7. John Ramsey 66
7. Mark Eagles 66
7. Stephen Senick 66
10. Roger Calvert 63
11. Lochlann Boyle 62
11. Nick Atkins 62
13. Tim Ramsey 55
14. Bill Arbelaez 52
15. Raghrajun Sivan 51
16. Bill Brown 48
17. Marc Burger 47
18. Steve Moran 44
19. James Scarborough 43
20. Karsten Brown 41
21. Steve Turner 40

Women pts needed 60

1. Linda Alms 104
2. Iris Mars 94
3. Marsha Demaree 87
4. Mary Niland 84
5. Jeanette Novak 82
6. Joan Chall 52
6. Melissa Burger 52
8. Joanne Harrington 43
9. Amanda Idstein 42
9. Aline Waguespack 42
11. Haydee Herrera 41

Legends of the Fall #6 Patuxent Valley Middle School by Marc Burger

30 runners came out for the Howard County Striders fall weekly series race at Patuxent Valley Middle School. Lochlann Boyle and Kateryna Towstapiat were the 5k winners. Alan Mulindwa and Marsha Demaree paced the 10k runners.

Volunteers: Bill Arbelaez(race lead), Nick Atkins, Melissa Burger, Joan Chall, Mary Niland.

5k

1. Lochlann Boyle 22:14
2. Derek Jiao 22:42
3. John Way 24:25
4. Bill Farrell 27:14
5. Ted Poulos 28:15
6. Kateryna Towstapiat 29:47.0
7. JinJuan Feng 29:47.9
8. Michael Towstapiat 29:58
9. Hua Jiao 31:01
10. Leonid Korolov 32:41
11. Jacob Collier 35:47
12. Vladi Basch 36:10
13. Debbie Collier 36:23
14. James Moreland 36:42
15. Roger Calvert 37:33
16. Joanne Harrington 37:44
17. Haydee Herrera 37:45
18. Lloyd Collier 51:35
19. Jeanette Novak 55:43
20. Tim Ramsey 1:01:56

10k

1. Alan Mulindwa 51:38
2. John Chall 52:26
3. Scott Holz 54:43
4. Eric Johnston 55:46
5. Kirk Gordon 57:01
6. Michael Tracton 58:45
7. Marsha Demaree 59:18
8. Marc Burger 1:06:52
9. Iris Mars 1:14:33
10. Judith Judkins 1:16:06

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>

Weekly Series

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!

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

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