



FOOTPRINTS VOLUME 50, NO. 32 10/01/2025

Before we get this month's newsletter, I just wanted to take a moment to introduce myself. Hi! I'm Holly, your new Newsletter Editor and Director of Social Events and Media. I've been a runner for over 13 years and have been very active in the local running community since moving to Maryland in 2013. I started out with Striders back in 2021 as a FIT coach, and this past season I co-coordinated the training group. There will be some changes coming, like this newsletter will now be much less frequent. (More like once a month and as needed rather than weekly.) Also, if you have some ideas of social events you'd like to see from Striders feel free to reach out to me at social@striders.net.

MESSAGE FROM THE PRESIDENT

Since taking office as President on August 1st, I have had the opportunity to meet with numerous runners in our community through our Next Step Program, Sunday Strides races, and Bagel Runs. I had the pleasure of volunteering at our Junior Striders' home cross country meet, hosted by Bullseye Running, and saw first-hand that our young runners are just as competitive as us "seasoned" runners. Additionally, I have met with all the Board members to see what club functions are working and to gauge new ideas for improving engagement with our members. I plan to use these recent experiences and feedback from conversations with club members to help set the club's course for the next two years.

As we settle into fall, the Striders' Board and I are preparing for our usual events including the [Run Through the Grapevine 8K race](#) on November 2nd and the [Turkey Trot prediction run](#) on Thanksgiving morning. For this year's Grapevine race we have teamed up with [Columbia Action Council of Howard County](#) and their [Step Forward Campaign](#). The CAC works with members of our community who are in need of assistance with things such as weatherization, food and housing assistance. I encourage you to sign up for their campaign to help them meet their fundraising goals. By signing up, you will receive a 20% discount on the Grapevine 8K registration.

Our Columbia Classic 10K training program is winding down and the graduation race is coming up this Sunday, October 5th. Our Half/Full Marathon will be concluding in mid-October and the participants will be off to races both near and far. We look forward to hearing about your races and wish you cool temps and good weather on race day! Congratulations to all our participants who dedicated time over the last several weeks and months to become stronger runners.

I encourage you all to stay engaged with the club through volunteering or simply showing up for Saturday morning Bagel Runs. If you have any suggestions, feel free to email me directly at president@striders.net.

HIGH SCHOOL CROSS COUNTRY

High school cross country season is under way. There are a few invitationals that have occurred.

Top of the Hill Invite: Top county women: Alyssa Mattes, River Hill 18:53.35, Claire Sivitz, Howard 19:01.42 and Eleanor Zadora-Smierciak, Howard 19:53.54. Howard was the top county school placing 4th

Top Men: Top County men: Jonathan Harrinton, Howard placed 9th 16:44.06, Noah Levy, River Hill placed 20th 16:59.83 and Johnny Daniel, Howard placed 22nd 17:03.13. Howard placed 5th in team scores.

Eagle Invite: Top county women: 1st: Claire Sivitz, Howard 18:19.50, 2nd: Alyssa Mattes, River Hill, 18:22.07 and 3rd: Kaylee Beal, Centennial 18:45.69 Centennial won the team division.

Top county Men: 5th Jason Oberly, Centennial 15:55.17, 6th Jack Arrington, Centennial 16:03.11 and 8th Harper Koenig, Centennial 16:12.15. Centennial won the team division.

There was a freshman/sophomore division. Top county women: 9th Ella Linera, Reservoir 22:35.53, 12th Elyse Goode, Wilde Lake 23:05.07 and 21st Emillie Serre, Marriott Ridge 23:39.58. Howard scored 3rd in the team division. Top men: 1st Wesley Zaron, Wilde Lake 16:33.21, 2nd Zahary Cratin, Marriott Ridge, 16:44.37 and 4th Ethan Becker, Marriott Ridge, 16:49.61. Marriott Ridge won the team division.

Bull Run Invite. The county was represented in various heats.

Gold varsity top county boys: 5th Zachary Cratin, Marriott Ridge, 17:07.87, 8th, Ethan Becker, Marriott Ridge 17:19.19 and 35th Parker Lewis, Guilford Park 18:40.75 Marriotts Ridge placed 3rd in the team division.

Top county women: 8th Isabella McDonald, Guilford Park 21:12.87, 19th Joahanna Ortega, Guilford Park 21:54.85 and 60th Larkin Eastman, Guilford Park, 25:23.00. Guilford Park placed 8th in the team division.

Maroon varsity: top county boys : 12th Johnny Daniel, Howard, 17:04.0Howard placed 9th in the team division.

Top county women: 6th Eleanor Zadora-Smierciak, Howard 20:17.38, 22nd, Anya Subramamiam, Marriott Ridge, 21:20.32 and 27th Emma Floyd, Marriott Ridge, 21:30.99. Marriott Ridge placed 12th and Howard 13th.

Medium Varsity: top county boys: 8th, Pierce Eatough, Long Reach 17:23.73, 9th, Noah Levy, River Hill, 17:27.26 and 10th Shamar Johnson, Oakland Mills, 17:28.39. Oakland Mills won the team division.

Top county women: 1st, Alysa Mattes, River Hill 19:46.67, 4th Lily Davis, Mt Hebron 21:26.93 and 6th Aspen Yorek, Oakland Mills 21:35.45. River Hill placed 2nd in the team division.

Small Varsity: Top county boys: 4th Trevor Miyagishima, Hammond, 16:58.69, 74th Jude Lidinsky, Hammond 20:19.70 and 94th Richard Jenkins, Hammond 21:05.55.

Howard County Championship is Wednesday, October 22nd at Centennial High School. Come on out and cheer for these amazing youth athletes.

RACING TEAM UPDATES

- **Welcome Sean Caskey, Alexandra Carrizales and Stewart Reich to the team!**
- **Howard County Women's Distance Festival 5k:** **Clare McCabe** (18:47), **Julia Roman-Duval** (18:56) and **Samantha Curry** (19:14) finished 1st, 2nd and 3rd overall!
- **Hannah Betman** earned **overall wins** at many local races: Bel Air Town Run 5k, Baltimore Women's Classic 5k, Arbutus Firecracker 10k, Annapolis 10 Mile Run and Parks Half Marathon!
- **Arbutus Firecracker 10k:** 12 team members competed, and **all earned overall or age group awards!** The women's team swept 1st-4th place: **Hannah Betman** (37:14), **Rachel Roberts** (39:13), **Samantha Curry** (39:47) and **Joy Lewis** (40:00)
- **Sean Caskey** placed 1st overall at the **Dundalk Heritage 6k** (21:40)
- **Paul Hugus** set a 4 mile PR (21:54) at the **Palmer Lake 4th of July Fun Run**, placing 1st in the masters category
- **USATF Masters Outdoor Championships:** **Tunde Morakinyo** set a PR and Grandmasters Racing Team Record in the 800m (2:22.74); **Neta Ezer** placed 1st in the track 5k and road 10k, and also set a Masters Racing Team Record with her 5000m time (18:31.48)
- **Bullseye Summer Series Track Meet #4:** **Carlos Renjifo** set Masters Racing Team Records in the 400m (1:00.13) and 5000m (16:53.68)
- **HCS Meet of Miles:** **Alexandra Carrizales** set a new Racing Team Record in the track mile (5:08)
- **Annapolis 10 Mile Run:** 15 racing team members competed! In addition to **Hannah Betman's** overall win (1:00:07), other highlights included **Clark Otte's** 2nd overall finish (52:53) and **Caroline Bauer's** 1st place Masters finish (1:05:26)
- **Ellicott City Labor Day 10k:** **Stewart Reich** (34:55), **Carlos Renjifo** (35:05), **Andrew Madison** (36:05) and **Alex Livernois** (36:16) finished 1st-4th overall for men; **Alexandra Carrizales** (37:28) and **Joy Lewis** (45:38) placed 1st and 3rd overall for women
- **Harrisburg Half Marathon:** **Jicheng (Jason) Liu** set a new PR (1:20:52) and placed 4th overall/1st masters
- **Susquehanna River Running Festival:** **Samantha Curry** set a new 10k PR (38:26) and finished 1st overall; **Deb Hicks** set a half marathon PR and new Grandmasters Racing Team Record (1:36:02)

Full race recaps can be found [here](#). Want to follow along? Check us out on Instagram [@hocoracingteam!](#)

UPCOMING RACES, EVENTS AND TRAINING

Don't Miss the Next Legends of the Fall Race!

Sunday, October 5, 2025 at 2pm
Swansfield Elementary

Come join us for the third race in the [Legends of the Fall Sunday Strides Race Series!](#) There will be two distances (1 mile and 5k.)

Sunday, October 19, 2025 at 2pm
Thunder Hill Elementary School

Also consider joining us for the fourth race in the [Legends of the Fall Sunday Strides Series!](#) This event will have 2 mile and 10k distances.

Registration takes place on race day. \$1 for HCS members, \$2 for Non-Members, \$3 for HCS Member Family, \$4 for Non HCS Member Family



Columbia Classic 10K THIS SUNDAY!

Sunday, October 5, 2025 at 8am
Downtown Columbia Lakefront

Come run, cheer or volunteer at this year's race!
Online registration closes TOMORROW, October 2nd.
For more information, [visit the race website](#)



Halloween Costume Run with Feet First!

Start getting your costume ready--Information to come soon!



Run Through the Grapevine 8k

Sunday, November 2, 2025 at 10am
Linganore Winecellars, Mount Airy, MD

Join us for this yearly tradition, benefitting the Community Action Council of Howard County!

Registration is still open. If you choose to fundraise for the CAC's [Steps Forward campaign](#) you will receive 20% off your registration fees!

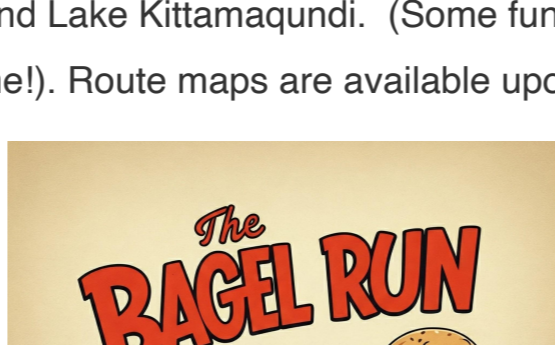
On race morning, we will also be collecting non-perishable food items to be donated to the [CAC of Howard County](#).

[We also still need volunteers!](#)

STRIDERS GROUP RUNS



Thursdays at 6:00pm at Feet First in the Wilde Lake Village Center. All are welcome! Most routes go towards or around Lake Kittamaquundi. (Some fun side stops including to the Farmer's Market are routine!). Route maps are available upon request inside Feet First.



Saturdays 7:00 am 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 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

[CLICK HERE FOR MORE GROUP RUNS AND UPCOMING EVENTS](#)



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