

# HOWARD COUNTY STRIDERS NEWSLETTER



Footprints Volume 49, No. 2

Intro by Nick Atkins

Hello fellow Striders. The rain is gone, and the weather has been great. I think fall is my favorite season to run. The heat and humidity of Maryland summers is gone. Those sweat drenched days are paying off with that fall fitness boost. Fall colors are starting to show, and the past few nights have had that crispness in the air. And speaking of nights, that is the only bad part about running in the fall; daylight is getting scarce. Most of us know how little attention drivers pay. I usually almost get hit in a crosswalk every single run. On my morning commute to work, I probably see ten runners daily with no reflective clothing or light, some running in the street. I can barely see them; don't put yourself in danger. Make sure you can be seen. Stay safe everyone!

As you can see, this week's edition looks a bit different. I'm excited to be able to create a newsletter with more than just basic text. I'm super excited to be using the original logo for the newsletter from 1980! As much as I like the retro logo, there will be a new logo for the newsletter going forward. More details about that to come soon.

Coach's Corner by Nick Atkins

If you have ever been in a group I coached, you probably already know what this will be about. Strides! Strides are probably the easiest thing to implement into your training to improve as a runner. They improve your running economy, they strengthen neuromuscular pathways, and studies have shown that velocity at V02Max is the best indicator of performance from a mile to a hundred miles. Literally moving fast at that speed is a large part of the equation. And that is where strides come in. What are strides? They are not a sprint. They are an acceleration. From your easy-pace jog, start picking up the pace and keep doing that. After a few seconds, reach your top speed and take 6-10 steps at that full speed. After that, stop putting force into the ground and just kind of run in neutral, letting that speed carry you as you gradually slow back down to your jog. It's best to start out doing them on a hill with about a 4-8% grade. As you get comfortable doing hill strides, you can also do them on flat ground. Flat strides are best for speed but have a higher injury risk. Hill strides are better for neuromuscular pathways and muscle recruitment. Do these on most runs 3-5 times, and sooner than later, you will notice every pace you run at feels a little easier.

Programs

Marathon/Half-marathon

It is in the home stretch. Fall races are right on the doorstep.

Building to Bagel by Debbie Cohen, Photos by Xuesong Wang

Building a Base for Bagel-Running Buddies!

The Striders-led 7 AM Saturday morning runs are a staple of Columbia's running community. The "bagel run," so-named for its proximity to the Bagel Bin where runners often congregate and consume calories post-run, is a tradition dating back to 1979—that's right, 45 years! Rain, shine, or snow, runners of all paces wind their way through the rolling hills of Columbia, with routes accommodating distances from six to twenty-plus miles. We meet by the Swim Center adjacent to the Wilde Lake Village Center.

Recognizing that it may not be easy for runners who are new or merely rusty to fall into step with no preparation, we hold an annual training program called "Building to Bagel" to help pave the way. The goal is to help participants gradually build up to six miles, running along many of the same hilly paths and streets they'll encounter on the Saturday bagel runs.

This year's program, coordinated by Doug Kornreich and Debbie Cohen, includes 22 participants and 10 volunteer coaches. We began on Sept. 16 with a two-mile time trial in order to sort participants into groups based on pace. Thanks to our dedicated runners and skilled coaches, our groups had built up to nearly five miles by October 14 th ! The official "graduation run" for participants will take place at the bagel run on Saturday, October 26 th , so please come out to support, welcome and introduce yourselves to these enthusiastic new running community members!!



Hibernation to 5k

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

Results

If you have races or results you would like to highlight, send them to [social@striders.net](mailto:social@striders.net)

Upcoming

Savage 7k, Sunday, October 27, 2024, 8:00 am, Carroll Baldwin Hall (Bullseye Running)

Run Through the Grapevine 8K, Sunday, November 3, 2024, 10:00 am, Linganore Winecellars (Register below at the bottom of the e-mail!)

Turkey Trot Prediction Run 10K Thanksgiving Day, Thursday, November 28, 2023, Jeffers Hill Neighborhood Center

Weekly Series

10/20/2024 Legends of the Fall #4 5K 8K Meadowbrook Park

11/10/2024 Legends of the Fall #5 2 Mile 5 Mile Burleigh Manor Middle School

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.

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!

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

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

**Run Through the Grapevine 8K**  
**Sunday, November 3, 2024 (10:00am)**  
**Linganore Winecellars in Mt. Airy, MD**



REGISTER NOW

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

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