

# HOWARD COUNTY STRIDERS NEWSLETTER



Footprints Volume 49, No. 3 10/23/2024

## Intro by Nick Atkins

Hello, fellow Striders. I hope I'm not annoying you with these weekly emails. I just want everyone to know what's going on. If you aren't interested, I just ask you not to unsubscribe. Just delete the email. That way, we'll be here for you if you ever want to make a change.

As I said last week, the retro newsletter logo will only be temporary. And that is where you come in! We are holding a contest to design a new logo for the newsletter. The only requirement is to include "Footprints" in the design. You have until the end of the year to submit a design.

When I pitched that idea to the board, they informed me they also wanted a new design for the Next Step program. Next Step is our branding for our coaching programs throughout the year. So we are going to have two contests that will go until the end of the year. The first one is for a newsletter logo, and the second one is for a new logo for our Next Step programs. Both contests offer a prize of free entry into any Striders race or program in 2025. So do your best, and let's see what you got!

## Coach's Corner by Nick Atkins

My main goal with this section of the newsletter is to give my fellow Striders easy things to add to your program that will benefit your running but affect everything else minimally. We're all busy right!??? So when you get done with your run, do your little stretches. Then, after that, do calf raises! And do them every day you run during the week (and on the weekend too, if you want). You don't have to spend a lot of time doing them. Just one set of 10-20. But doing them most days is where the power in it lies. Without getting too technical, calf raises increase stiffness in your lower leg, and stiffness is actually a good thing! What you are basically doing is increasing the spring in your step. So the best way to do them is on steps, single leg and taking three seconds on the up and three seconds on the down, where your heel will go below the step. That is the best way to strengthen your Achilles tendon. But even if you are too impatient to do them that slow, you will see a benefit in doing them faster. No matter what, it takes three minutes after your run, and it's another simple, easy strategy to stack that will produce surprising benefits.

## Programs

### Marathon/Half-marathon

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

### Building to Bagel by Debbie Cohen

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

### Striders Race Team by Kevin Ford

The Howard County Striders Racing Team showed strongly at the Baltimore Running Festival on Saturday, 10/19. Several members won or placed in their age groups across various race distances, including Jacob Englander (5k, 1st AG), Marsha Demaree (5k, 1st AG), Deb Hicks (Half, 1st AG), Dave Berardi (Half, 1st AG), Jason Tripp (Half, 1st AG). Striders were also represented in various pacing groups for the BRF marathon, including Caroline Bauer (3:20 pace group), Kevin Ford (3:20), Tunde Morakinyo (3:30), and Faye Weaver (4:30).

The Racing Team was also represented last weekend at the Chicago Marathon. Jessie Yang ran a very evenly-paced race for 3:14:37. This performance was good for 98th in her AG at a competitive, world-class event.



### Legends of the Fall #4 Meadowbrook Park

Awesome turnout! 33 runners came out on another non-fall-like day. Proper Results will be posted soon. Photos can be seen here:

<https://photos.app.goo.gl/1RE9LBATKLzqykvB8>

HOWARD COUNTY STRIDERS WEEKLY RESULTS SHEET

Place	Name	Time	Place	Name	Time
1	Mark Eagles	18:15.7	1	Stephen Senek	34:34
2	Alan Wierzbicki (20pts)	23:22	2	Kirk Gordon	37:13.0
3	Lockton Dingle	23:26	3	Steve Jaenck	37:37
4	Paul Rube	27:06.4	4	John Crall	38:28
5	John Ramsey	28:43.8	5	Kyan Besley D	39:05
6	Shawn Johnson	31:12	6	Eric Johnston	40:40
7	Alan Mulvonen	31:58.7	7	John Way (non long)	43:35
8	Roger Calver	33:55.8	8	Scott Hiza (non long)	44:13.4
9	Sachitha Rajawarjuni	40:36	9	Michael Tracton	54:20
10	Raymond Simon (20pts)	40:38	10	Lucas Mackel	57:07
11	Mary Noland	40:56	11	Julie Mackel	57:37
12	Karla Aloss (20pts)	41:25.4	12	Haydee Herrera	1:00:43
13	Ravi Sundaram (20pts)	41:56.4			
14	Lucas Mackel	44:50.0			
15	Steve Moran (20pts)	46:10.4			
16	Thomas Mulvaney	50:14.4			
17	Bill Brown	51:02.47			
18	Michelle Brown	51:02.48			
19	Janette Moran	51:15.49			
20	Tom Ramsey	51:54			
21		51			
22		52			
23		53			
24		54			
25		55			
26		56			
27		57			
28		58			
29		59			
30		60			

Volunteers: Joanne Harrington, Bill Aebler, Marsha Demaree, Nick Atkins, Jean Chalil

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, Carrol 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!)

Volunteer here: <https://signup.com/client/invitation2/secure/1042708144031/false#/invitation>

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

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 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 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

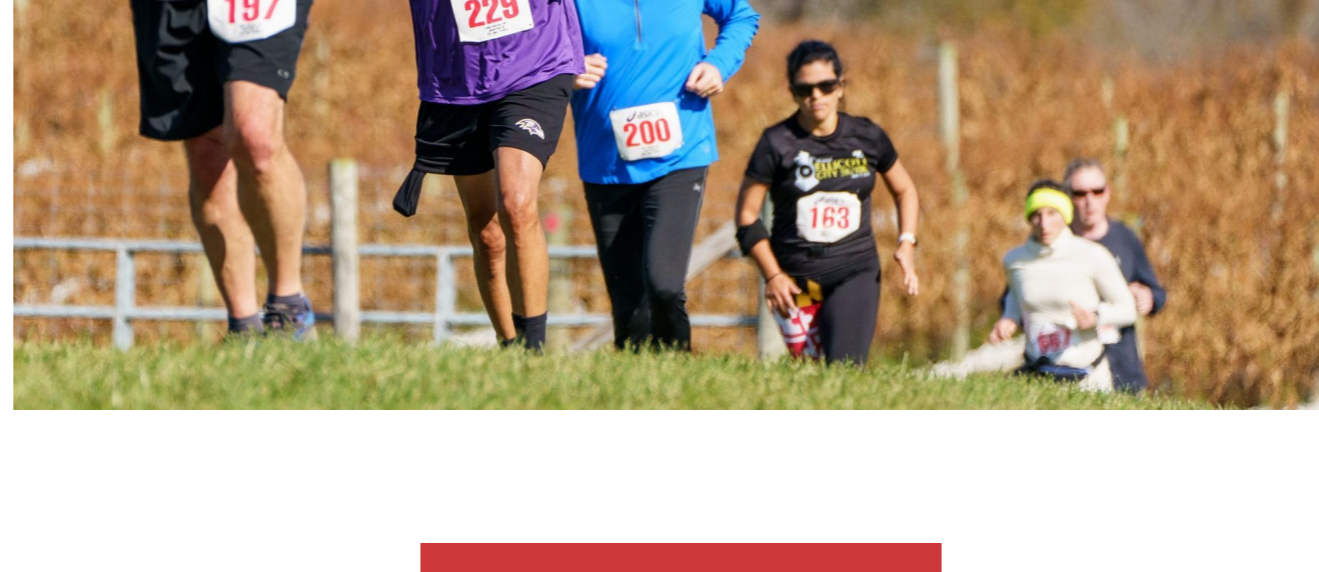
See <https://striders.net/events/> for more information.

## 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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