

FOOTPRINTS

NEWSLETTER OF THE HOWARD COUNTY STRIDERS
VOLUME 30, No. 4—WINTER 2010-2011



GOOD WEATHER PLAGUES METRIC

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KARSTEN DOES SPEEDWORK

The leader was some guy in a blue shirt,” *Karsten Brown* observed about the first several miles of the Metric Marathon (26.3 km). *Karsten* and racing teammates *Jason Tripp* and *Peter Keating* all held back while blue-shirt expended himself in the initial going. But *Brown* and *Keating* passed him when they reached the hills of *Ellicott City* around eight miles. *Karsten* knew he had the race won when *Keating* almost veered off course upon entering the bike paths in *Long Reach* village. “I had to wait for *Jason*,” *Mr. Keating* lamented, “although *Karsten* would have beaten me anyway.” *Brown* continued hammering and won in 1:36:21. “I never take a day off,” he said. He had run a 50 km (31 mile) race the day before the Metric Marathon, which he regarded as “speedwork.” “I didn’t run as hard [in the 50k]”, he said. *Brown* said he expects to run a 50 miler next week!

*Ellicott City* resident *Kara Waters* handled the women’s competition with ease, although she too had some trouble staying on course in the twisty bike paths of *Long Reach*. “The guy behind me kept telling me which way to turn,” she said. After finishing (1:46:20), she admitted the Metric was a hilly, difficult course. “It’s best that I didn’t review the course beforehand.” Her four daughters greeted her at the finish line. “She’s stinky!” *Lila Waters* noted. Like the men’s winner, *Waters* is no stranger to long distance racing. In the weeks before the Metric Marathon, she finished the *Baltimore Marathon* and the

## IMPORTANT NOTICE

This is the *last* issue of the Newsletter you will receive in the mail. The Spring 2011 issue and all successive issues will appear on the Strider website around times you would normally receive them in the mail. If you really must have one, hardcopies will be available at your favorite running store and possibly other venues.

We are taking this measure for several reasons: it’s more cost-effective, it saves natural resources, and it alleviates much of the [all-volunteer] labor associated with lugging around masses of paper.

*Marine Corps Marathon*. Maybe she’ll take a break now.

A veritable new-comer to racing, *Donna Wecker* amazingly finished third among the women (1:55:42). She had never run 16 miles before except in a training run the week before, and *Clyde’s 10k* in the Spring was the first 6.2 mile race she had ever run. “I never got into the lead,” *Donna* said, “but I was in

second for a brief time when the other woman went off course.”

The Metric course *was* marked in red and black arrows, and a biker did lead the race, but the top runners lost him on the bike paths. Understandably, they might have been a little rusty at navigating the Metric route because the race had not been run since 2007. Snow and ice had forced cancellation of the event in 2008 and 2009. Anyone who registered for the race in those two years got a free entry this year, any many took advantage of the offer. The race was moved up a month from December to November to prevent a third catastrophe. The weather cooperated this time. It was sunny and pleasant, and the races sold out for the first time in its 34-year history.

The Metric 5k was also staged for runners who couldn't spare two or more hours to run the Metric Marathon. In the shorter race, Harry Colby and *Gary Smolyak* clobbered the men's field (18:08 and 18:10, respectively). Leading from the start, they talked to each other during the competition. In the women's 5k, 46-year-old *Robyn Humphrey* beat 17-year-old *Julie Gessler*, but they had quite a battle. Soon after finishing (19:18), Robyn left for yoga and massage.

All finishers received a pair of gray painters gloves with the Metric Marathon logo, as well as all the Ledo pizza they could eat. Post-race refreshments also included Bagel Bin bagels and Gatorade. Overall and age group winners received wooden plaques and gift certificates from Feet First of Hickory Ridge. 485 completed the Metric, while 316 finished the 5k.

The Howard County Striders put on the Metric Marathon to commemorate the linkage between the old city of Ellicott City and the new city of Columbia, and the course threads both. *John* and *Ann Worley* directed the Metric Marathon and 5k. They have directed the race for many years, and were relieved (along with most of the runners) to finally have some good weather. The Striders wish to thank the Howard County Police for providing traffic control; they also thank dozens of dedicated volunteers who served as course marshals and water dispensers.



*The three horsemen of the apocalypse: Jason Tripp (#431), Peter Keating (#39), and Karsten Brown (#8) started out together and coincidentally finished 3-2-1. (photo by Mike Fleming)*



*Donna Wecker had never raced a 16.3 mile event until the Metric Marathon, where she finished third overall among the women. All the top runners seemed to be wearing racing team singlets. (photo by Mike Fleming)*

## METRIC MARATHON

Columbia, MD – November 14, 2010

### Overall Male

1. Karsten Brown (Front Royal, VA) 1:36:21
2. Peter Keating (Columbia, MD) 1:38:52
3. Jason Tripp (Ellicott City, MD) 1:39:37

### Overall Female

1. Kara Waters (Ellicott City, MD) 1:46:20
2. Kelly Dworak (Carlisle, PA) 1:55:31
3. Donna Wecker (Columbia, MD) 1:55:42

### 1-19 Male

1. Dylan Marty (Columbia, MD) 1:45:12
2. Alexander Blum (Potomac, MD) 1:51:48
3. Chris Turner (Columbia, MD) 1:53:03

### 1-19 Female

1. Maya Mudambi (College Park, MD) 2:10:16
2. Mary Laugesen (Hanover, MD) 2:50:19
3. Maxi Gumprecht (Baltimore, MD) 2:50:35

### 20-24 Male

1. Theo Shapiro (Mt. Airy, MD) 1:52:32
2. Alex Moberg (Woodstock, MD) 2:03:22
3. Peter Hedlund (Columbia, MD) 2:15:17

### 20-24 Female

1. Mary Clair Peroutka (Herndon, VA) 2:09:50
2. Lauren Greenberg (Bel Air, MD) 2:12:41
3. Rachel Shutt (Warrenton, VA) 2:13:15

### 25-29 Male

1. Brian Fleming (Ellicott City, MD) 1:41:26
2. Jeremy Rae (Savage, MD) 1:42:08
3. Peter Ramdial (Bowie, MD) 1:51:24

### 25-29 Female

1. Alyssa Godesky (Baltimore, MD) 2:04:49
2. Melissa Wisner (Washington, DC) 2:07:28
3. Katie Norton (Baltimore, MD) 2:08:03

### 30-34 Male

1. Gregory Hogan (Columbia, MD) 1:45:24
2. Timothy McGee (Columbia, MD) 1:51:14
3. Peter Laanisto (Elkridge, MD) 1:56:21

### 30-34 Female

1. Suzy Serpico (Columbia, MD) 1:56:13
2. Lyuda Anderson (Herndon, VA) 1:58:14
3. Teresa Murphy (Waldorf, MD) 1:59:07

### 35-39 Male

1. David Stevenson (Abingdon, MD) 1:55:20
2. Danny Godin (Crofton, MD) 2:00:46
3. Arpad Romandy (Columbia, MD) 2:04:04

### 35-39 Female

1. Ellie McManuels (Columbia, MD) 2:08:50
2. Beth Lowenthal (Laurel, MD) 2:12:36
3. Birgit Mitchell (Silver Spring, MD) 2:14:47

### 40-44 Male

1. David Doherty (Baltimore, MD) 1:42:31
2. Matteo Mainetti (Fairfac, VA) 1:42:42
3. Jose Ortiz (Jarrettsville, MD) 1:50:54

### 40-44 Female

1. Jean Traub (Alexandria, VA) 2:00:36
2. Kathryn Cloyd (Baltimore, MD) 2:07:55
3. Karen Young (Boyd's, MD) 2:12:48

### 45-49 Male

1. Doug Kuderna (Odenton, MD) 1:42:36
2. Zachary Huffman (Abingdon, MD) 1:51:29
3. Donnie Chapman (Clarksville, MD) 1:56:15

### 45-49 Female

1. Janelle McIntyre (Ellicott City, MD) 2:02:59
2. Patricia Keating (Dayton, MD) 2:04:34
3. Tracy Maccherola (Wolford, MD) 2:15:42

### 50-54 Male

1. Keith McIntyre (Ellicott City, MD) 1:41:41
2. Sean Costello (Ellicott City, MD) 1:56:29
3. Michael Cannon (Springfield, VA) 2:02:15

### 50-54 Female

1. Dorothy Beckett (Columbia, MD) 2:06:27
2. Eileen Martini (Edgewater, MD) 2:36:25
3. Susan Jameson (Ellicott City, MD) 2:38:12

### 55-59 Male

1. George Kroeker (Columbia, MD) 2:00:36
2. Robert Stiles (Largo, MD) 2:13:17
3. Ron Weber (Ellicott City, MD) 2:18:32

### 55-59 Female

1. Esther Hoffberg (Reisterstown, MD) 2:29:04
2. Zohreh Ghaffarian (Columbia, MD) 2:37:48
3. Norma Walker (Ellicott City, MD) 2:38:47

### 60-99 Male

1. Lou Shapiro (Silver Spring, MD) 2:10:45
2. Tom Finucane (Columbia, MD) 2:14:43
3. Rick O'Donnell (Frederick, MD) 2:18:34

METRIC 5k

Overall Male

- 1. Harry Colby (Ellicott City, MD) 18:08

Overall Female

- 1. Robyn Humphrey (Ellicott City, MD) 19:18

1-14 Male

- 1. Joseph Keating (Columbia, MD) 18:48
- 2. Shane McGovern (Silver Spring, MD) 20:39
- 3. Ben Rosicky (Columbia, MD) 22:07

1-14 Female

- 1. Jenna Harrity (Ellicott City, MD) 24:05
- 2. Anna Rose Osofsky (Silver Sprg, MD) 30:27
- 3. Yael Goldschlag (Silver Spring, MD) 30:28

15-19 Male

- 1. Gary Smolyak (Clarksville, MD) 18:10
- 2. Kent Tribble (Catonsville, MD) 18:34
- 3. Kevin Courtney (Woodbine, MD) 19:38

15-19 Female

- 1. Julie Gessler (Ellicott City, MD) 19:31
- 2. Colleen Fridley (Catonsville, MD) 20:07
- 3. Becky Gessler (Ellicott City, MD) 21:53

20-29 Male

- 1. Joseph Siegel (Baltimore, MD) 18:26
- 2. Brian Holman (Odenton, MD) 19:32
- 3. Brian Birnbaum (Ellicott City, MD) 19:35

20-29 Female

- 1. Devon Cumberbatch (Silver Sprg, MD) 24:28
- 2. Kara Beach (Laurel, MD) 26:29.2
- 3. Samantha Maccherola (Elkrdg, MD) 26:29.8

30-39 Male

- 1. Mark Aaby (Ellicott City, MD) 18:58
- 2. Hafix Shaikh (Columbia, MD) 19:41
- 3. Les Raymond (Fulton, MD) 22:00

30-39 Female

- 1. Tiffany Hevner (Columbia, MD) 20:20
- 2. Karen Humm (Odenton, MD) 25:30
- 3. Mimi Gears (Ellicott City, MD) 26:32

40-49 Male

- 1. Dan Laukzemis (Columbia, MD) 20:08
- 2. Scott Doughty (Columbia, MD) 20:24
- 3. Keith Hannan (Clarksville, MD) 20:43



*Dorothy Beckett, first grandmaster female, didn't have any trouble navigating the Metric Marathon course. (photo by Mike Fleming)*

40-49 Female

- 1. Eileen Murphy (Ellicott City, MD) 22:55
- 2. Natalie Smolyak (Clarksville, MD) 23:02
- 3. Barbara Walters (Columbia, MD) 24:31

50-59 Male

- 1. John Chall (Jessup, MD) 18:38
- 2. Bobby Gessler (Ellicott City, MD) 19:14
- 3. Michael Mason (Spencerville, MD) 21:05

50-59 Female

- 1. Pat Wilkerson (Columbia, MD) 20:51
- 2. Deborah Sharp (Columbia, MD) 26:28
- 3. Lisa Lockwood (Owings Mills, MD) 27:51

60-99 Male

- 1. Ken Fox (Columbia, MD) 22:50
- 2. Roger Calvert (Ellicott City, MD) 25:58
- 3. James Christ (Columbia, MD) 28:26

60-99 Female

- 1. Zahra Ghaffarian (Columbia, MD) 30:28
- 2. Emilia Stephens (Columbia, MD) 32:05
- 3. Julie Trapp (Silver Spring, MD) 33:43

## STRIDERS AT METRIC MARATHON

|                      |            |
|----------------------|------------|
| 1. Karsten Brown     | 1:36:21    |
| 2. Peter Keating     | 1:38:52    |
| 3. Jason Tripp       | 1:39:37    |
| 4. Brian Fleming     | 1:41:26    |
| 5. Keith McIntyre    | 1:14:41    |
| 6. Jeremy Rea        | 1:42:08    |
| 10. Dylan Marty      | 1:45:12    |
| Doug Kuderna         | 1:45:24    |
| Timothy McGee        | 1:51:14    |
| James Gilmore        | 1:54:24    |
| Donna Wecker         | 1:55:42    |
| Donnie Chapman       | 1:56:15    |
| Peter Laanisto       | 1:56:21    |
| Sean Costello        | 1:56:29    |
| Lawrence Groman      | 1:58:51    |
| George Kroeker       | 2:00:36    |
| Arpad Romandy        | 2:04:04    |
| Michael Dusenbery    | 2:04:15    |
| Patricia Keating     | 2:04:34    |
| Dorothy Beckett      | 2:06:27    |
| Daniel Kirk-Davidoff | 2:08:20    |
| Ellie McManuels      | 2:08:50    |
| Zachary Sivo         | 2:11:07    |
| Chad Burger          | 2:12:13    |
| Paul Pappas          | 2:16:11    |
| Christopher Battisti | 2:16:40    |
| Bjorn Moreau         | 2:17:18    |
| Rob Weber            | 2:18:32    |
| James Carbarry       | 2:18:54    |
| Jim Feters           | 2:19:22    |
| Wendy Allen          | 2:19:30    |
| Ben Stein            | 2:20:40    |
| Tammy Liu            | 2:20:54    |
| Heidi Splete         | 2:20:58    |
| Nelson Stritehoff    | 2:21:07    |
| Larry Aschliman      | 2:21:14    |
| Chris Farmer         | 2:22:42    |
| Megan Ressler        | 2:23:24    |
| Grace Tran           | 2:24:33    |
| Robert Platt         | 2:26:05    |
| Marc Burger          | 2:26:16    |
| Bethany McGee        | 2:27:35    |
| Evan Calvert         | 2:27:39    |
| Christopher Puin     | 2:29:17    |
| Amelia Mullican      | 2:29:38    |
| Jim Hessler          | 2:31:12    |
| Tom Brown            | 2:31:33    |
| David McGarvey       | 2:31:52    |
| Megan Moundalexis    | 2:32:33.55 |
| Ann Goodwin          | 2:32:33.59 |
| Wendy Glock          | 2:32:37    |
| Aleah Zinalabedini   | 2:34:33    |



*Kasten Brown wasn't the only Metric Marathoner to finish the Rosaryville 50k the day before— so did #382 Judith Weber. (photo by Mike Fleming)*

|                     |           |
|---------------------|-----------|
| Zoreh Ghaffarian    | 2:37:48   |
| Joan Min            | 2:38:15   |
| Patricia Brooks     | 2:38:47   |
| Michael Joyce       | 2:42:30   |
| John Steinecke      | 2:43:16   |
| Clint Henderson     | 2:47:25   |
| Adora Ndu           | 2:48:32   |
| Judith Weber        | 2:48:33.4 |
| Heather Stroble     | 2:48:33.9 |
| Terry Storms        | 2:49:30   |
| Michelle Miller     | 2:52:33.2 |
| Mark Miller         | 2:52:33.3 |
| Glenn Scimonelli    | 2:53:05   |
| Sharlene Deskins    | 2:56:12   |
| Phyllis Rich        | 2:56:36   |
| Kelli Shimabukuro   | 2:58:48   |
| Larry Stern         | 2:58:50   |
| Stephen McGovern    | 3:03:44   |
| Kayla Kahl          | 3:04:49   |
| Jacqueline Williams | 3:05:36   |
| John Atterbury      | 3:06:25   |
| Mark Gautier        | 3:06:55   |
| Jessica Pearsall    | 3:11:38   |
| Amanda Idstein      | 3:12:10   |
| Jennifer Bylsma     | 3:12:26   |
| Jaclyn Klein        | 3:12:37   |
| Robert Gettier      | 3:13:56   |
| Stacey Doherty      | 3:15:31   |
| Todd Pearsall       | 3:17:08   |
| Collin Fugate       | 3:17:26   |



*John Chall, first master to finish the 5k, ran in a singlet and balaclava eve though Halloween was over. (photo by Mike Fleming)*

|                    |         |
|--------------------|---------|
| Dawn Czahor        | 3:18:14 |
| Amy Korman         | 3:40:14 |
| Melinda Krummerich | 3:40:17 |
| Tracy Sinclair     | 3:41:50 |
| Beverly Byron      | 3:42:06 |
| John Collins       | 3:42:58 |
| Jessica Stern      | 3:48:37 |

#### STRIDERS AT METRIC 5k

|                   |       |
|-------------------|-------|
| 2. Gary Smolyak   | 18:10 |
| 5. John Chall     | 18:38 |
| 6. Joseph Keating | 18:48 |
| 8. Bobby Gessler  | 19:14 |
| 9. Robyn Humphrey | 19:18 |
| 10. Julie Gessler | 19:31 |
| Hafiz Shaikh      | 19:41 |
| Colleen Fridley   | 20:07 |
| Christopher Evans | 20:36 |
| Shane McGovern    | 20:39 |
| Pat Wilkerson     | 20:51 |
| Michael Smolyak   | 21:47 |
| Becky Gessler     | 21:53 |
| Les Raymond       | 22:00 |
| Ben Rosicky       | 22:07 |
| Corey Hamilton    | 22:09 |

|                     |          |
|---------------------|----------|
| Tim Howe            | 22:20    |
| Bruce Worley        | 22:22    |
| Amy Gessler         | 22:30    |
| Katie Gessler       | 22:31    |
| Natalie Smolyak     | 23:02    |
| Eric Johnston       | 23:33    |
| Jenna Harrity       | 24:05    |
| Alan Murray         | 24:13    |
| Barbara Walters     | 24:31    |
| Kenny Walker        | 25:04    |
| Elliott Rodberg     | 25:16    |
| Daniel Smolyak      | 25:22    |
| Karen Humm          | 25:30    |
| Roger Calvert       | 25:58    |
| Deborah Sharp       | 26:28    |
| Samantha Maccherola | 26:29    |
| Mimi Gears          | 26:32    |
| Tasha Hogan         | 26:44    |
| Gabriel Gunderson   | 27:35    |
| Emily Howe          | 27:44    |
| Andrea Aldrich      | 28:00    |
| Dennis Fugate       | 28:17    |
| Kit Miller          | 28:44    |
| Isabelle Staines    | 28:46    |
| Caroline Manas      | 29:13    |
| Ferne Kroeker       | 30:18    |
| Lauren Stock        | 30:19    |
| David Rowe          | 31:17    |
| Jon Blankman        | 31:36    |
| Karen Courtney      | 31:59    |
| Doug Holtz          | 32:22.85 |
| Jennifer Sharp      | 32:22.86 |
| Becky Holtz         | 32:27    |
| Julie Trapp         | 33:43    |
| Alison Murrey       | 35:45    |
| Melissa Mulreany    | 37:16    |
| Faye Weaver         | 37:28    |
| Randi Malamphy      | 37:38    |
| Beverly Johnston    | 38:05    |
| Susan Gum           | 38:06    |
| Andrea Bellis       | 38:52    |
| Andrea Wills        | 39:18    |
| Melissa Burger      | 39:28    |
| Austin Pearsall     | 40:21    |
| Carrie Byrum        | 40:45    |
| Alyssa Pazornick    | 41:26    |
| Allison Maliszewski | 42:43    |
| Josephine Pieper    | 43:28    |
| Laura Gonzales      | 43:50    |
| Barbara Calvert     | 44:24    |
| Anne West           | 47:52    |

## KARSTEN WINS ANOTHER ONE

It was a beautiful day for the 7th Annual Knights of Columbus 10k Run, which was held on Saturday, September 4, 2010 at the Shrine of St. Anthony in Ellicott City, MD. 250 runners completed the difficult and challenging 10K course. The Striders own *Karsten Brown* won the men's race with a time of 34:18, while *Suzanne Hurst* of Baltimore, MD, won the women's competition in 41:24. Another 100 people participated in a fun walk and kid's fun run. Everyone enjoyed lots of post race festivities, including music, awards presentations, random prize giveaways, a moonbounce, and refreshments including bagels, donuts, apples, bananas, watermelon, and a snowball stand.

The race was directed by Strider *Doug Angradi*, who also ran in the race, and the timing was provided by Charm City Running.

### STRIDERS AT KNIGHTS OF COLUMBUS 10k Shrine of St. Anthony — September 4

|                                 |       |
|---------------------------------|-------|
| 1. Karsten Brown                | 34:18 |
| 8. Keith McIntyre (1st, 50-59M) | 38:58 |
| 10. John Chall (2nd, 50-59M)    | 40:26 |
| Conner McIntyre (2nd, 16-19M)   | 40:34 |
| Mike Sandy (3rd, 16-19M)        | 41:23 |
| Nicole Dawson (1st, 16-19F)     | 42:56 |
| Paul Eyes                       | 42:59 |
| Ronnie Wong (1st, 60-69M)       | 43:36 |
| Steve Muchnick                  | 43:40 |
| Jeffrey Garstecki               | 43:51 |
| Douglas Eng                     | 43:54 |
| Janelle McIntyre (2nd, 40-49F)  | 45:01 |
| Chuck Jewell                    | 45:51 |
| Sean Dawson                     | 46:21 |
| Mrac Sengebusch                 | 47:45 |
| Russ Antico                     | 47:47 |
| Chris Farmer                    | 49:05 |
| Marsha Demaree                  | 50:18 |
| Devin McIntyre (1st, 1-15F)     | 50:58 |
| Doug Angradi                    | 51:23 |
| Judith Weber (1st, 50-59F)      | 51:28 |
| Chris Reading                   | 51:38 |



*Waiting for the start of the 7th Annual Knights of Columbus 10k at the Monestary on Homewood Road. Photo by Doug Angradi.*

|                               |         |
|-------------------------------|---------|
| Shanon McIntyre (3rd, 1-15M)  | 51:47   |
| Barbara Walters               | 52:12   |
| Ron Weber                     | 52:16   |
| Kenneth Sevik                 | 52:22   |
| Phyllis Sevik                 | 52:34   |
| Judith Comisky                | 53:07   |
| Karen Harvey (3rd, 50-50F)    | 54:36   |
| Patricia Brooks (1st, 60-69F) | 54:51   |
| Terry Storms                  | 55:19   |
| Bruce Breon                   | 55:53   |
| Amelia Mullican               | 56:40   |
| Casey Simpson                 | 57:00   |
| Susan Kim                     | 57:18   |
| Steve Albertini               | 57:55   |
| Clint Henderson               | 59:49   |
| Phil Heiliger                 | 59:59   |
| Theresa Sachs                 | 1:00:42 |
| Mel Quecan (1st, 70-99M)      | 1:00:51 |
| Adora Ndu                     | 1:01:49 |
| Amanda Idstein                | 1:02:15 |
| Kelli Shimabukuro             | 1:07:40 |
| Amy Korman                    | 1:07:42 |
| Mark Miller                   | 1:08:02 |
| Michelle Miller               | 1:08:03 |
| Shuntae Royster               | 1:10:27 |
| Laura Quinn                   | 1:12:26 |
| Jessica Pearsall              | 1:12:37 |
| Kevin Murphy                  | 1:14:49 |
| Jen Spiegel                   | 1:23:41 |
| Sara Prymas                   | 1:38:26 |
| Christina Robinson            | 1:38:27 |

# PATAPSCO RIVER

## BIRTHDAY 60k

Donnie Chapman, GMR

“The first shall be last.”

In September 2000, 20 or so runners met at a starting line in Sykesville, MD, to celebrate several of their number turning 50 that year by running/biking/hiking 50 kilometers. Ten years later, 20 or so runners/bikers/hikers met at the same starting point to celebrate the “ripening” of the same group of 1950 births the Patapsco River Birthday 60k.

The PRB60k course ran along hiking and horse trails that parallel the Patapsco River. (The Patapsco River runs east through Maryland and empties into the Chesapeake Bay in Baltimore). In order to tie the trails together the course has sections on roads as well as a two-mile stretch along a railroad track. Unique to this race, the distance was adjusted to include an expectation of 4-5 miles of “getting lost.” Anyone who could follow the course was rewarded with a “distance bonus”—kind of like paying your property tax early. Of course, maps were available but there were no course markings.

Two of the veteran runners took that spirit to heart. They added more than a few miles of “wandering” and finished tied for last. Many others took forays off course. *Donnie Chapman* and *Betsy Nickle* “won” the event, although that’s not the idea of the 60k. They went off course, of course.

Since this run was in the “fat ass” spirit, many modes of transportation were used to arrive at the finish line. Hence, the various “divisions” listed.

*Tom Brown* organized and directed this event, as well as turned 60. He laid out three principles at the beginning of the event. First, getting lost is a good goal and will probably happen. Second, don’t enter into a railroad tunnel. Third, when all else fails, stay along the river.

*Geoff Baker* lavishly photographed the event, and you can see his pics at [oellaworks.zenfolio.com/prb60k](http://oellaworks.zenfolio.com/prb60k).

Patapsco River Birthday 60k  
Sykesville, MD – Catonsville, MD  
September 25

|                                               |      |
|-----------------------------------------------|------|
| Mountain bike division                        |      |
| Daniel Rizza                                  | 6:16 |
| Laura Hartman                                 | 6:16 |
| Mountain Bike from Marriottsville             |      |
| Rick Hatfield                                 | unk  |
| Run division                                  |      |
| Donnie Chapman                                | 7:18 |
| Betsy Nickle                                  | 7:18 |
| Dennis Albright                               | 7:31 |
| Fred Towner                                   | 7:34 |
| Mark Young                                    | 7:41 |
| Art Perraud                                   | 8:00 |
| Tom Green                                     | 8:00 |
| Eric Katkow                                   | 9:11 |
| Tom Brown                                     | 9:11 |
| Judith Weber                                  | 9:39 |
| Nelson Stritehoff                             | 9:39 |
| Run and shoot photos division                 |      |
| Geoffrey Baker                                |      |
| Run to Alberton Rd. division                  |      |
| Doug Sullivan                                 |      |
| Kerry Owens                                   |      |
| Jimmy Hessler                                 |      |
| Run to Woodstock                              |      |
| Bill MacCormick                               |      |
| Run to Old Frederick Rd.                      |      |
| Steve McGovern                                |      |
| Quadrathon division (run/stroll/bike/drive)   |      |
| Ralph Massella                                |      |
| Pentathlon division (run/drive/run/drive/run) |      |
| Paul Goldenberg                               |      |
| Relay division (hand off in Oella)            |      |
| Rusty Toler                                   |      |
| Duane St. Clair                               |      |
| Run Woodstock to Oella                        |      |
| Lauren Brown                                  |      |
| Kevin Grace                                   |      |
| Run to Marriottsville                         |      |
| Paul Barsotti                                 |      |
| Run from/return to Sykesville                 |      |
| Conrad Fernandes                              |      |
| Run from/return to Woodstock                  |      |
| Sandy Brown                                   |      |

## THE LAST DANCE AT BELMONT

The first and last two-person relay at the grounds of the Belmont Convention Center took place on the crystal clear autumn morning of Saturday, October 23. Fifty-seven teams came out for the 2 x 3 km relay, which ran over immaculately groomed grass of the Belmont grounds. Belmont had never before hosted such a race, although it did once serve as the venue for the Howard County Invitational. The center is being sold at the end of the year, and no one will probably ever race there again. Coach *Phil Lang* of Bullseye Running conceived of and staged the event. The bright orange t-shirt should be a collector's item.

In the actual competition, the male open team of *Mark Buschman* and *Carlos Renjifo* edged the all-master team of *Mark Gilmore* and *Doug Mock* by 12 seconds. Their victory was remarkable because both of them had run the bagel run at 7:00 am just before the relay, and they had to drive fast just to get to the start.

Junior Strider superstars *Julia Nardone* and *Brittany Lang* easily won the race in the all-female category. In the mixed or coed group, *Lauren* and *David Hessler* beat *Vicki Lang* and *Greg MacPhee*.

Awards went to the top five teams in each gender category— no awards for simply being old and finishing! The awards were interesting. In addition to a medal, the winners received a little pumpkin. “It may be too small to carve,” one winner said. “But maybe my dog can eat it.”

[Actually, this may not be the last race at Belmont since Coach Lang is planning another one in December.]

### 2 PERSON CROSS-COUNTRY RELAY Belmont Convention Center – October 23

#### TOP MALE TEAMS (33 teams total)

|                                   |       |
|-----------------------------------|-------|
| 1. Mark Buschman/Carlos Renjifo   | 21:10 |
| 2. Mark Gilmore/Doug Mock         | 21:22 |
| 3. James Blackwood/Luis Diaz      | 22:25 |
| 4. Steve Olenick/Seth Geoghegan   | 22:28 |
| 5. Matthew Gitterman/Charles Kutz | 22:52 |



*Relayers square off at the start of the Belmont's last cross country race. (photo by Brian Fleming)*



*Britt Lang (left) and Julia Nardone (right) flank one of their coaches, Paul Shouse. (photo by Brian Fleming)*

#### TOP FEMALE TEAMS (7 total)

|                                     |       |
|-------------------------------------|-------|
| 1. Julia Nardone/Brittany Lang      | 25:50 |
| 2. Jill Mock/Lisa Farias            | 28:06 |
| 3. Michelle Miller/Madeleine Miller | 30:00 |
| 4. Kirsten Kruus/Elizabeth Towner   | 30:05 |
| 5. Cindy Perkins/Natalie Perkins    | 30:54 |

#### TOP MIXED TEAMS (17 total)

|                                  |       |
|----------------------------------|-------|
| 1. Lauren Hessler/David Hessler  | 26:07 |
| 2. Vicki Lang/Greg MacPhee       | 26:20 |
| 3. Barbara McClain/Shawn Young   | 27:15 |
| 4. Randy Sleight/Jessica Sleight | 27:56 |
| 5. Steve Radant/Pat Wilkerson    | 28:08 |

## BAL'MER RUNFEST

The Baltimore Running Festival has become one of the go-to races in the area. The festival has something for everyone: a national-class marathon, a half marathon, and a 5k, and the marathon even offers a four-member team-relay.

In the longer race, *Karsten Brown* cemented his place as one of the Striders' pre-eminent marathoner. Karsten posted a 2:41:06 and placed 25th overall among 3354 finishers. Placing fourth among the 40-44 women in 3:29, Kate Miller was the top Strider woman. Notable among the marathoners was *Judith Weber*, who ran as a pacer for the 5-hour finishers. She brought her group within a minute of her appointed time. "But I didn't get the prize for the most accurate," she lamented.

*Weems McFadden* again outlasted *John Chall* in the half marathon. "Yeah, but the margin's getting thinner," John noted. The two grandmasters placed 1-2 in the 50-54 age group and were the first Stridermen to finish the half. *Janeth Scott* placed 17th among all women in the half and secured first in her 45-49 age group.

The greatest glory certainly went to the Strider marathon relay teams, which swept all three of the team categories: male, female, and mixed. Not only that, but the three Run-4-Chocolate women's teams finished one-two-three among the 239 female teams. This feat has never before been accomplished by Strider teams in a marathon relay. In the evening afterwards, the Run-4-Chocolates gathered at *Becky Ramsing's* house for a gala celebration that featured nothing but chocolate.

The most surprising performance of the day, though, may have been that of the Tater Trots, a mixed relay team. Anchored by the redoubtable *Chris Farmer*, the Trots ran the whole relay in kilts. Honest.

### BALTIMORE MARATHON Baltimore, MD – October 16

|                             |         |
|-----------------------------|---------|
| Karsten Brown (3rd, 35-39M) | 2:41:06 |
| Stephen Olenick             | 2:48:08 |
| Craig Lebro                 | 2:52:23 |
| Seth Geoghegan              | 2:54:25 |
| Jason Tripp                 | 3:09:00 |

|                      |         |
|----------------------|---------|
| Keith Lavasseur      | 3:09:35 |
| Mark Miller          | 3:11:58 |
| Joe Hanle            | 3:24:06 |
| Donnie Chapman       | 3:27:45 |
| Kathleen Miller      | 3:29:17 |
| Katrina McGowan      | 3:37:58 |
| Todd Pearsall        | 3:41:34 |
| Yasuo Oda            | 3:42:33 |
| Steve Meininger      | 3:43:35 |
| Carlos Castrillon    | 3:45:23 |
| Lisa Fichman         | 3:47:13 |
| Bjorn Moreau         | 3:47:20 |
| George Orlean        | 3:49:51 |
| David Karlheim       | 3:55:26 |
| John Worth           | 3:58:01 |
| Grace Tran           | 3:58:35 |
| David McGarvey       | 3:59:07 |
| Meredith Olsen       | 4:00:44 |
| Fred Towner          | 4:04:37 |
| Katherine Sturtevant | 4:06:22 |
| Kelvin Hong          | 4:09:32 |
| Jim Hessler          | 4:10:51 |
| Sarah Anderson       | 4:15:22 |
| Jessie Holden        | 4:25:12 |
| Dwight Mikilus       | 4:26:39 |
| Zohreh Ghaffarian    | 4:31:36 |
| Evan Calvert         | 4:33:27 |
| Mark Young           | 4:37:01 |
| Terry Storms         | 4:37:17 |
| Wendy Silver         | 4:40:26 |
| Cindee Curtiss       | 4:40:28 |
| Ken Cooper           | 4:41:58 |
| Sarah Thomas         | 4:46:25 |
| Jessica Pearsall     | 4:58:39 |
| Judith Weber (pacer) | 4:59:25 |
| Shuntae Royster      | 5:03:47 |
| Martin Gould         | 5:07:18 |
| Adam Vanderhook      | 5:10:07 |
| John Wheatland       | 5:13:16 |
| Michael Joyce        | 5:13:32 |
| Christina McGravey   | 5:26:36 |
| Stephen McGovern     | 5:32:06 |
| Matt Groom           | 5:52:23 |
| John Collins         | 5:58:09 |
| Robert Gettier       | 6:06:25 |
| —3365 finished       |         |

### BALTIMORE HALF MARATHON Baltimore, MD – October 16

|                              |         |
|------------------------------|---------|
| Weems McFadden (1st, 50-54M) | 1:25:05 |
| John Chall (2nd, 50-54M)     | 1:25:53 |
| Janeth Scott (1st, 45-49F)   | 1:35:17 |
| Hafiz Shaikh                 | 1:36:29 |
| Caroline Bauer               | 1:38:24 |
| Nick Del Grosso              | 1:38:59 |
| Paul Eyes                    | 1:39:04 |
| Marc Burger                  | 1:39:22 |
| Chad Burger                  | 1:43:42 |

|                   |         |
|-------------------|---------|
| Chris Sproule     | 1:46:36 |
| Robert Blanco     | 1:47:17 |
| Russell Antico    | 1:50:23 |
| David Weber       | 1:50:59 |
| Larry Aschliman   | 1:53:28 |
| Ben Stein         | 1:53:56 |
| John Steinecke    | 1:54:19 |
| Megan Moundalexis | 1:55:10 |
| Cecelia Murach    | 1:55:12 |
| Rebecca Holtz     | 1:55:14 |
| Howard Feinberg   | 1:56:48 |
| Wade Gaasch       | 1:57:02 |
| Amelia Mullican   | 1:57:21 |
| Alan Tominack     | 1:58:37 |
| Parice Halbert    | 1:58:52 |
| Ed Tossman        | 1:59:20 |
| Jonathan Bierce   | 1:59:48 |
| Karen Humm        | 2:03:01 |
| Casey Simpson     | 2:03:53 |
| Amanda Fleck      | 2:03:59 |
| Deborah Sharp     | 2:05:45 |
| Raymond Brown     | 2:06:44 |
| Steve Albertini   | 2:07:33 |
| Susan Gleazer     | 2:08:40 |
| Hillary Bierce    | 2:08:48 |
| Adora Ndu         | 2:11:00 |
| Benjamin Bryden   | 2:12:33 |
| Mimi Gears        | 2:13:17 |
| Chris Bryant      | 2:13:22 |
| Anne Kim          | 2:13:26 |
| Glenn Scimonelli  | 2:13:38 |
| Bill Wright       | 2:14:43 |
| Gloria Serrao     | 2:15:34 |
| Bruce Breon       | 2:18:12 |
| Kristin Lohr      | 2:18:59 |
| Anne Gugel        | 2:19:05 |
| Sarah Britz       | 2:22:23 |
| Conrad Fernandes  | 2:22:45 |
| Brian Satola      | 2:24:05 |
| Cynthia Ritchie   | 2:25:18 |
| Wayne Bryden      | 2:28:44 |
| Danny Ives        | 2:31:59 |
| Angela Sanchez    | 2:32:06 |
| James Scott       | 2:33:53 |
| Pauline Chvilicek | 2:38:23 |
| Joay Peterson     | 2:41:52 |
| Amy Korman        | 2:44:03 |
| Kathy Barnett     | 2:44:31 |
| Kim Rodney        | 2:48:58 |
| Tracy Sinclair    | 2:49:37 |
| Mohan Ray         | 2:51:30 |
| Shyamalesh Nandi  | 2:52:01 |
| Abigail Warman    | 2:52:40 |
| Susan Watson      | 2:53:19 |
| Kevin Murphy      | 2:57:45 |
| Karen Feinberg    | 3:01:59 |
| Amy Hammond       | 3:11:36 |
| Anna Barton       | 3:21:34 |
| Carol Fletez      | 3:59:26 |

— 8046 finished.

BALTIMORE 5k  
Baltimore, MD – October 16

|                               |       |
|-------------------------------|-------|
| Tom McManuels (1st, 35-39M)   | 21:18 |
| Julius Esquerra               | 21:24 |
| John MacMillan                | 22:19 |
| Marsha Demaree                | 22:37 |
| Andrew Mullican (3rd, 45-49M) | 22:41 |
| Barbara Walters               | 23:57 |
| Andrea Aldrich                | 29:24 |
| Deanna Green                  | 32:45 |
| Marcy Del Grosso              | 33:38 |
| Beverly Byron                 | 35:00 |
| Jen Spiegel                   | 36:58 |
| Andrea Wills                  | 38:14 |
| Alyssa Pazornick              | 38:21 |
| Julie Abell                   | 42:09 |
| — 2690 finished.              |       |

BALTIMORE MARATHON RELAY TEAMS

Open Male (110 total teams)

|                                                             |         |
|-------------------------------------------------------------|---------|
| 1. Bullseye Running                                         | 2:29:31 |
| (Phil Lang, Mark Buschman, Izzy Mehmedovic, Mikias Gelagle) |         |
| 2. Howard County Striders/ Baltimore-Washington Athletes    | 2:30:27 |
| (Dave Berardi, Peter Keating, Steve Kartalia, Mark Gilmore) |         |

Open Female (239 total teams)

|                                                                     |         |
|---------------------------------------------------------------------|---------|
| 1. Run 4 Chocolate 3                                                | 3:06:29 |
| (Patricia Keating, Julie Thienel, Dena Brzezicki, Vicki Lang)       |         |
| 2. Run 4 Chocolate 1                                                | 3:07:58 |
| (Janelle McIntyre, Jessica Sleight, Dorothy Beckett, Amanda Loudin) |         |
| 3. Run 4 Chocolate 2                                                | 3:08:59 |
| (Tacy Powers, Becky Ramsing, Ellie McManuels, Donna Wecker)         |         |

Mixed Relay (522 total teams)

|                                                                  |         |
|------------------------------------------------------------------|---------|
| 1. Howard County Striders                                        | 2:32:04 |
| (Carlos Renjifo, Kent Werner, Tom Williams, Robyn Humphrey)      |         |
| 50. Ken's Harem                                                  | 3:34:34 |
| (Kenneth Sevik, Phyllis Sevik, Christine Josey, Judith Comiskey) |         |
| 111. Tater Trots                                                 | 3:49:31 |
| (Bromley Lowe, Amanda An, Hal Hguyen, Chris Farmer)              |         |

## TEEN WINS GRAPEVINE SKULL DISCOVERED ON COURSE

A person under 20 years old won the Run Through the Grapevine 8k for the first time in the race's 17-year history. On the notoriously hilly cross-country course at Linganore Winery, Kyle Phillips took the lead after the first mile and was not challenged thereafter. Phil Diven tried to catch up, but couldn't get closer than about 20 meters throughout the remainder of the race. "I was on a bungee cord," Phil said. "Behind by 20m, then 30m, then 10m at the finish." That big hill at 2¼ miles slowed all the front runners except Phillips, who merely pulled away. "Those were among the toughest hills I've ever run," he confessed. Born in the same year that the Grapevine was first run, Kyle runs for Waynesboro High School and had run the Pennsylvania State Cross Country Championship (a 5k) the day before. "I didn't win there," he noted. Because of his age and educational status, Phillips could accept the neither the prize bottle of wine nor the award check, which was instead donated to Waynesboro High.

*Mike Colaiacovo* was the first Howard County Strider to finish. He arrived in 29:20 in fifth place and might have seen Phillips running through the last grapevine. He remained upright throughout the race and earned his bottle of wine.

As she has several times before, Westminster's Sherry Stick dominated the women's competition and won the race. Although the well-known Denise Knickman was on her heels throughout the race, Sherry's greatest danger proved to be a recording glitch that had an unknown woman finishing fourth overall in 29 minutes. Once this error was corrected, Sherry became the uncontested winner. "No, I never saw her [Knickman]", Stick said. Sherry previously won the Grapevine race in 2008, and in 2009 she placed.

The teenage onslaught did not end with Kyle Phillip's victory. Fourteen-year-old *Morgana Ottavi*, who is also a Howard County Strider, edged Diana Poole by 0.8 second to capture third place among the females in 36:06. Morgana runs for Montgomery-Blair High School and had just



*Mike Colaiacovo had never won the Grapevine 8k, and he didn't this year either. He placed fifth overall. (photo by Mike Fleming)*

run the Montgomery County 3A/4A Regionals the Thursday before Grapevine. She holds a 5k PR of 19:27, which she ran on at the Montgomery County Championships on October 23. And she's only in ninth grade!

Phil Devin may not have won the race, but his "Old Dragons" team won the men's open team competition. The team was composed of alumni and former runners from Howard Community College. Their old coach, Steve Musselman, even accompanied them to the race. They felt it quite a triumph to beat the Waynesboro High School "Indians" team!

To no one's surprise, Sherry Stick's team from up around Westminster, BWAC (for Baltimore-Washington Athletic Club), easily won the open women's team competition. BWAC overcame a cursory challenge from Howard County's Run-4-Chocolate women and won for the seventh time in a row. Or maybe

longer, the records don't go further back. They have been winning the women's team races since young Kyle and Morgana were in diapers.

A truly epic team competition arose in the Family Team competition, as the Gesslers' Winery faced off against the McIntyre's Mac Attack ("Mc" attack- get it?). Both teams were lead by their respective fathers, and both featured seasoned high school cross county runners. The Mc's won this round, possibly because *Becky Gessler* was running on a sprained ankle. "Yeah, it hurt," Becky said.

There were 28 teams composed of four or more runners.

A strange discovery was made somewhat further back in the pack. When the later runners arrive, they are usually accosted by wild deer that have been agitated by the passage of so many humans. This year, no live deer appeared, but a dead deer did. As they were running somewhere along the stream on the backside of the course, *Arleen Dinneen* and daughter *Shelly* noticed a deer skeleton. They picked up the skull, mounted it on a stick, and continued the race with the skull held aloft. Arleen carried it all the way to the finish and still won her age group. "I was the only one in my age group," Arleen said. "She [the deer] must have met a bad end."

This year's Run Through the Grapevine followed the same difficult course as usual through the grapevines of the Wineberry Plantation of the Linganore Winery, which is technically in Carroll County not Howard County. Nevertheless, the Howard County Striders staged the event. *Jason Tripp* directed the event, and had the assistance of the Winery and its owner Anthony Aellen. For the first time, the Grapevine employed chip-timing using the Chronotrack Timing system. This may be also the first time any timing chips were ever employed in a cross country race in Carroll County.

Post-race refreshments included four dozen loaves of nut bread, which has been a signature of the event since its inception. In the old days, former race directory *Gerry Clapper* baked all the loaves himself, but in the modern era the baking task has been shared by ten Strider women, most of them



*Arleen Dinneen (left) with Shelly and the skull-on-a-stick. Honest. Maybe it will be mounted. (photo by Mike Fleming)*

members of the notorious Run4Chocolate teams. Indeed, the chocolate nut bread was particularly good. Award winners also received gift certificates for the wine, which they immediately redeemed after the race. Because of the fine autumn weather, many runners lingered after the competition to enjoy wine and condiments on the lush grass of the winery.

A total of 516 runners finished the race, marking the second time the event has logged more than 500 participants.

## THE BREADMAKERS

Dorothy Beckett  
Kathy Bernetti  
Lisa Fichman  
Becky Holtz  
Jayde Kelly

Amanda Loudin  
Janelle McIntyre  
Becky Ramsing  
Nadia Wasserman  
Pat Wilkerson

RUN THROUGH THE GRAPEVINE 8k  
Linganore Winery, Carroll County, MD – 7  
November 2010

Overall Men

|                                    |       |
|------------------------------------|-------|
| 1. Kyle Phillips (Waynesboro, PA)  | 28:37 |
| 2. Phil Devin (Mt. Airy, MD)       | 28:47 |
| 3. Paul Hugus (Ellicott City, MD)  | 29:15 |
| 4. Luke Belford (Baltimore, MD)    | 29:17 |
| 5. Mike Colaiacovo (Baltimore, MD) | 29:20 |

Overall Women

|                                       |         |
|---------------------------------------|---------|
| 1. Sherry Stick (Sykesville, MD)      | 33:47   |
| 2. Denise Knickman (Baltimore, MD)    | 35:20   |
| 3. Morgana D'Ottavi (Silver Sprg, MD) | 36:06.1 |
| 4. Diana Poole (Frederick, MD)        | 36:06.9 |
| 5. Kelly Gruber (Walkersville, MD)    | 36:17   |

1-19 Male

|                                    |       |
|------------------------------------|-------|
| 1. Ryan Kaiser (Waynesboro, PA)    | 32:24 |
| 2. Eddie Quinn (Clarksville, MD)   | 33:12 |
| 3. Thomas Brumbaugh (Columbia, MD) | 33:34 |

1-19 Female

|                                        |       |
|----------------------------------------|-------|
| 1. Julie Gessler (Ellicott City, MD)   | 37:12 |
| 2. Lauren Hessler (Clarksville, MD)    | 38:00 |
| 3. Devin McIntyre (Ellicotte City, MD) | 40:45 |

20-24 Male

|                                   |       |
|-----------------------------------|-------|
| 1. Brian Allen (Laurel, MD)       | 30:24 |
| 2. Ben Thomas (Columbia, MD)      | 32:12 |
| 3. Matthew Rothwell (Raleigh, NC) | 34:14 |

20-24 Female

|                                        |       |
|----------------------------------------|-------|
| 1. Victoria English (Philadelphia, PA) | 41:58 |
| 2. Joan Namasinga (Sykesville, MD)     | 42:22 |
| 3. Anna Wasielewski (Baldwin, MD)      | 42:23 |

25-29 Male

|                                  |       |
|----------------------------------|-------|
| 1. Seth Tibbitts (Baltimore, MD) | 31:21 |
| 2. Charles Bowles (Unknown, PA)  | 32:16 |
| 3. Craig Rohe (Baltimore, MD)    | 37:17 |

25-29 Female

|                                  |       |
|----------------------------------|-------|
| 1. Carly Page (Baltimore, MD)    | 36:55 |
| 2. Karyn Dulaney (Finksburg, MD) | 37:09 |
| 3. Wendy Clark (Laurel, MD)      | 37:45 |

30-34 Male

|                                     |         |
|-------------------------------------|---------|
| 1. Roland Chattaway (Frederick, MD) | 31:37   |
| 2. Brendan Trombly (Cambridge, MD)  | 31:40.0 |
| 3. Michael Tabasko (Cabin John, MD) | 31:40.7 |

30-34 Female

|                                      |       |
|--------------------------------------|-------|
| 1. Jaime Tsamikos (Owings Mills, MD) | 37:34 |
| 2. Jessica Sleight (Columbia, MD)    | 37:53 |
| 3. Shannon Eagen (New Market, MD)    | 40:38 |

35-39 Male

|                                    |       |
|------------------------------------|-------|
| 1. Randy McDermott (Gambrills, MD) | 29:36 |
| 2. Kevin Hewitt (Baltimore, MD)    | 33:22 |
| 3. Dave Stevenson (Abingdon, MD)   | 35:17 |

35-39 Female

|                                        |       |
|----------------------------------------|-------|
| 1. Ellie McManuels (Unknown, NA)       | 38:50 |
| 2. Corey Derrenbacher (Gaithrsbrg, MD) | 42:50 |
| 3. Denise Tripp (Ellicott City, MD)    | 44:11 |

40-44 Male

|                                  |       |
|----------------------------------|-------|
| 1. Joel Carrier (Germantown, MD) | 35:05 |
| 2. Danny Mooney (Hanover, MD)    | 36:03 |
| 3. Scott Doughty (Columbia, MD)  | 37:37 |

40-44 Female

|                                    |       |
|------------------------------------|-------|
| 1. Becky Ramsing (Columbia, MD)    | 41:19 |
| 2. Deb Taylor (Hanover, MD)        | 41:51 |
| 3. Stephanie Grace (Frederick, MD) | 42:07 |

45-49 Male

|                                        |       |
|----------------------------------------|-------|
| 1. Mark Hoon (Kensington, MD)          | 30:33 |
| 2. Sheldon Degenhardt (M'r'ttsvll, MD) | 31:41 |
| 3. Doug Kuderna (Odenton, MD)          | 31:53 |

45-49 Female

|                                         |       |
|-----------------------------------------|-------|
| 1. Janeth Scott (Columbia, MD)          | 37:52 |
| 2. Janelle McIntyre (Ellicott City, MD) | 40:48 |
| 3. Lisa Fichman (Columbia, MD)          | 41:19 |

50-54 Male

|                                       |       |
|---------------------------------------|-------|
| 1. Keith McIntyre (Ellicott City, MD) | 31:57 |
| 2. Bobby Gessler (Ellicott City, MD)  | 36:14 |
| 3. Kevin Sayers (Frederick, MD)       | 37:16 |

50-54 Female

|                                    |       |
|------------------------------------|-------|
| 1. Pat Wilkerson (Columbia, MD)    | 38:46 |
| 2. Dorothy Beckett (Columbia, MD)  | 41:30 |
| 3. Michelle Gerhard (Columbia, MD) | 45:01 |

55-59 Male

|                                       |       |
|---------------------------------------|-------|
| 1. Richard Morgan (Silver Spring, MD) | 37:25 |
| 2. James Carbary (Columbia, MD)       | 39:22 |
| 3. Stephen Rothwell (Columbia, MD)    | 41:33 |

55-59 Female

|                                        |       |
|----------------------------------------|-------|
| 1. Pat MacNabb (Glenwood, MD)          | 45:52 |
| 2. Margaret Sherrod (Millersville, MD) | 47:00 |
| 3. Carole Smith (Frederick, MD)        | 51:52 |



*Mac Attack team (Shanon, Janelle, Keith, and Devin McIntyre) bask in the glow of their victory. (photo by Mike Fleming)*

#### 60-64 Male

1. Timothy Morgan (Damascus, MD) 35:44
2. Doug Hawkland (Dayton, MD) 41:09
3. Wayne Young (Frederick, MD) 47:46

#### 60-64 Female

1. Patricia Brooks (Ellicott City, MD) 48:51
2. Jane Goffrey (Takoma Park, MD) 52:21
3. Leslie Coggins (Monrovia, MD) 1:02:28

#### 65-69 Male

1. Kent Walker (Baltimore, MD) 46:50
2. Eric Katkow (Columbia, MD) 54:25
3. Richard O'Conner (Columbia, MD) 1:09:05

#### 65-69 Female

1. Arleen Dinneen (Ellicott City, MD) 1:19:31

#### 70-99 Male

1. Bill Brandenstein (Ellicott City, MD) 51:35
2. Mel Quecan (Columbia, MD) 52:39
3. Bob Horst (Lancaster, PA) 1:05:05

For complete team results, please consult the website [www.striders.net](http://www.striders.net).

## TOP TEAMS

### Male Open

1. Dragon Alums (P. Diven, B. Allen, B. Thomas, S. Geoghegan, M. Skaggs, N. Hornburg)
2. CMAC (P. Hugus, R. Chattaway, A. Landgraf, D. Snead)
3. Indians (K. Phillips, R. Kaiser, J. Kaiser, D. Kaiser)

### Female Open

1. BWAC (S. Stick, D. Poole, K. Gruber, J. Namasinga)
2. Run for Chocolate (J. Sleight, P. Wilkerson, B. Ramsing, D. Beckett, E. LaBarre)
3. Moms on the Run (W. Jump, M. Ouimette, M. Collins, J. Querry)

### Masters Male

1. OMG (A. Robson, D. Hawkland, S. Anderson, P. Heiliger, R. Duarte, R. O'Conner)
2. MMTC Bikes (S. Moffet, W. Smith, M. Mammel, M. Colohan, W. Veihmeyer)

### Masters Female

1. MMTC Rocks (D. Rudolph, C. Veihmeyer, S. Moffet, K. Sheridan, K. Mitchell)
2. Sour Grapes (P. Brooks, A. Glassberg, M. Meyer, A. Dinneen)
3. The Grape Nuts (K. Hennes, D. Cogle, J. Larrison, K. Hanson, S. Kurth)

### Open Coed

1. 8 Grapes, 2 Bananas, 2 Roses (L. Diaz, K. Lvasseur, H. Montesinos, D. Yi, G. Tran, J. Blackwood)
2. We Run for Ice Cream (K. Hewitt, D. Stevenson, R. Stevenson, A. Wasielewski, K. Wirth)
3. RSRACERS1 (W. Clark, J. Johnson, M. Richey, M. Gidlund, J. Mahoney, J. Curtin)

### Masters Coed

1. PGRC No Whiners (E. Hamilton, C. Larsen, C. Cohen, P. Gasnier, G. Lehr)

### Family

1. Mac Attack (K. McInyre, S. McIntyre, D. McIntyre, J. McIntyre)
2. Gessler Winery (B. Gessler, J. Gessler, A. Gessler, B. Gessler)

## STRIDERS AT GRAPEVINE

|                    |       |
|--------------------|-------|
| 5. Mike Colaiacovo | 29:20 |
| Sheldon Degenhardt | 31:41 |
| Luis Diaz          | 31:47 |
| Keith McIntyre     | 31:57 |
| Seth Geoghegan     | 32:30 |
| Eddie Quinn        | 33:12 |
| Keith Levasseur    | 33:17 |
| Thomas Brumbaugh   | 33:34 |
| Morgana D'Ottavi   | 36:06 |
| Bobby Gessler      | 36:14 |
| Karyn Dulaney      | 37:09 |
| Julie Gessler      | 37:12 |
| Jessica Sleight    | 37:53 |
| Pat Wilkerson      | 38:46 |
| James Carbary      | 39:22 |
| Marc Burger        | 39:27 |
| Joshua Tripp       | 39:30 |
| Shanon McIntyre    | 39:46 |
| Mark Worley        | 40:00 |
| Joshua Meyers      | 40:24 |
| Chris Farmer       | 40:38 |
| Alan Robson        | 40:44 |
| Devin McIntyre     | 40:45 |
| Janelle McIntyre   | 40:48 |
| Tom McManuels      | 50:48 |
| Doug Hawkland      | 41:09 |
| Madeleine Miller   | 41:17 |
| Becky Ramsing      | 41:19 |
| Lisa Fichman       | 41:19 |
| Mark Miller        | 41:26 |
| Dorothy Beckett    | 41:30 |
| John MacMillan     | 41:38 |
| Steven Anderson    | 42:11 |
| Amy Gessler        | 42:14 |
| Kenneth Sevik      | 42:17 |
| David Tarkow       | 42:47 |
| Becky Gessler      | 43:33 |
| Dawn Rudolph       | 44:44 |
| Jerry Ueckermann   | 45:05 |
| David Weber        | 45:12 |
| Pat MacNabb        | 45:42 |
| Richard Griffiths  | 45:56 |
| Judith Weber       | 46:04 |
| Bromley Lower      | 46:08 |
| James Blackwood    | 46:44 |
| Ron Weber          | 47:21 |
| Nathan Macko       | 47:42 |
| Jane Tripp         | 48:23 |
| Patricia Brooks    | 48:51 |
| Gianni Harrington  | 48:53 |
| Phyllis Sevik      | 49:24 |
| Karl Barrus        | 50:00 |



*Two of the bread-makers: Becky Ramsing (left) and Lisa Fichman. (photo by Mike Fleming)*

|                        |         |
|------------------------|---------|
| Kevin Spaulding        | 50:40   |
| Brandon Marquart       | 50:47   |
| Elijah Miller          | 50:58   |
| Phil Heiliger          | 50:58   |
| Susan Kim              | 51:08   |
| William Brandenstein   | 51:35   |
| Rae Marquart           | 51:54   |
| Erin LeBarre           | 52:20   |
| Jason Marquart         | 52:30   |
| Mel Quecan             | 52:39   |
| Jennifer Macko         | 52:52   |
| Clint Henderson        | 53:01   |
| Richard Macko          | 54:09   |
| Eric Katkow            | 54:25   |
| Michelle Miller        | 56:45   |
| Mitchell Krasnopoler   | 56:56   |
| James Scott            | 57:31   |
| Isabelle Staines       | 58:10   |
| Gregory Anderson       | 59:18   |
| Seth Miller            | 59:36   |
| Barbara Boardman-Pavao | 1:00:43 |
| Laura Quinn            | 1:03:38 |
| Amanda Idstein         | 1:04:00 |
| Jaelyn Klein           | 1:04:18 |
| Eddie Quinn            | 1:04:29 |
| Katherine Cavanaugh    | 1:04:41 |
| Memory Morris          | 1:06:22 |
| Jeanne Larrison        | 1:09:16 |
| Arleen Dinneen         | 1:19:31 |
| Shelly Kvech           | 1:19:31 |
| Bob Patchan            | 1:27:42 |

**WELCOME**  
**NEW MEMBERS SINCE 9/11/2010**

Abraham, Harland  
Adegbenro, Isaac  
Adegbenro, Isaiah  
Adegbenro, Sheri  
Adegbenro, Tomi  
Battisti, Sarina  
Belson, Connor  
Boyer, Sherrie  
Campbell, Joanna  
Cavanaugh, Katherine  
Cummings, Brian  
Dulaney, Karyn  
Fioravante, Marjorie  
Godwin, Bobby  
Gundersen, Gabriel  
Gundersen, Gretchen  
Gundersen, Griffin  
Gundersen, Robin  
Hall, Toby  
Harrison, April  
Harrity, Jenna  
Holden, Molly  
Holloway, Tenisha  
Iwanczuk, Debra  
Joyce, Darby  
Joyce, Lydia  
Joyce, Patrick  
Jules Jr., Trevor

Jules Sr., Trevor  
Jules, Deidra  
Kaplan, Aaron  
Kaplan, Ellen  
Kaplan, Jeremy  
Kaplan, Matthew  
Korbelak, Nik  
Kutz, Charles  
Kyzer, Lindsay  
Massie, Tammy  
Massie, Tristan  
Matthews, Juanita  
McGowan, David  
Nellis, Brett  
Oneda, Hannah  
Parlette, Andrew  
Riddler, David  
Riddler, Griffin  
Riddler, Julie  
Riddler, Sasha  
Rupinsky, Jennifer  
Rupinsky, Michael  
Tash, Ron  
Thompson, Bridget  
Thompson, Don  
Thompson, Mary  
Thompson, Scott  
Wang, Jay  
Warren, David  
Wei, Yan

**BAGEL RUN**  
**WATER COORDINATOR**  
**NEEDED**

After 3½ years, *Amanda Loudin* is stepping down from coordinating the water stops for the bagel runs, which means a new Strider is needed to head this important job. Thanks to great volunteer teams like Bogan's Heroes, Team Fight, the Run 4 Chocolate ladies and the racing team, the job is fairly easy these days. Please consider taking over— we all enjoy the benefit of having water on our Saturday morning long runs! Please contact Amanda at [mdloudin1@verizon.net](mailto:mdloudin1@verizon.net).

Amanda Loudin  
410-908-0996



*Bagel runners on a beautiful autumn morning at Centennial Lake. (photo by Jim Carbery)*

## THE HOME MEET

The Howard County Junior Striders held their home meet at Centennial High School on the sunny afternoon of Sunday, October 17. Junior cross country teams from throughout the mid-Atlantic region competed in the five age/gender graded races. Nearly 300 young people ran.

Junior Strider *Maddie Miller* won the 11-12 girls 3k race in 12:22. Although she was the only Strider to win a race, several other juniors came very close to winning. *Maggie Kalbaugh* placed third in the 5-6 year 1k girls' race, *Hamzah Elhabasky* took third in the 9-10 year 3k boys' race, and *Corey Hamilton* placed third in the 11-12 year boy's 3k. *Julie Nardone* and *Lauren Hessler* finished second and third in the 13-14 girls' 4k, while *Joseph Keating* and *Matt Jackson* pushed the early pace in the 13-14 boys' 4k and also finished second and third. Watch for these names and those of the other Juniors in future high school competitions.

The Junior Striders practiced throughout the fall from late August through October. The Juniors were managed this year by Coach *Phil Lang* and his Bullseye Running Company, which operates through a contract with the Howard County Striders. The Junior Striders concluded their season on October 23 with a team party at the Belmont Convention Center.

### JUNIOR STRIDER HOME MEET

#### 1k Girls (5-6 years)

|                    |      |
|--------------------|------|
| 3. Maggie Kalbaugh | 5:36 |
| Emily Forsythe     | 5:41 |
| Sanjana Rao        | 6:00 |
| Romy Delpo         | 6:57 |
| Kahlan LaCount     | 7:32 |
| Olivia Marquart    | 7:33 |

#### 1k Boys

|                   |      |
|-------------------|------|
| 2. Connor Croft   | 4:44 |
| Colin Krause      | 5:27 |
| Peter Keating, Jr | 5:32 |
| Nicholas Kalbaugh | 5:54 |
| Calvin Kraisser   | 6:16 |
| Ahmad Elhabashy   | 6:24 |
| Dylan LaBorwit    | 6:33 |
| Ian MacPhee       | 8:17 |

#### 2k Girls (7-8 years)

|                   |       |
|-------------------|-------|
| Kylie Bowlds      | 10:30 |
| Adelaide Phillips | 10:33 |
| Faith Meininger   | 11:22 |
| Holli Kraisser    | 11:23 |
| Meg Albert        | 12:21 |
| Symrn Chowdhury   | 12:46 |
| Caroline Barrett  | 13:55 |
| Sarah Griffith    | 14:22 |
| Michelle Kavka    | 14:28 |
| Abigail Levy      | 14:36 |
| Diya Amloni       | 15:55 |

#### 2k Boys

|                  |       |
|------------------|-------|
| Tyler Richardson | 8:56  |
| Liam McCaffrey   | 9:21  |
| Mats Chattin     | 10:27 |
| Colin Acton      | 10:34 |
| Roger Thibaudeau | 10:47 |
| Thomas Griffith  | 11:07 |
| Joey Squirlock   | 11:24 |
| Collin Carter    | 11:24 |
| Noah Hanson      | 12:02 |
| Holden Levy      | 13:13 |

#### 3k Girls (9-10 years)

|                  |       |
|------------------|-------|
| Haley Krause     | 14:22 |
| Grace Chaverini  | 14:26 |
| Aryn Forsythe    | 14:27 |
| Zoe Reading      | 14:43 |
| Erica Fenton     | 15:17 |
| Megan Shouse     | 15:39 |
| Mary Kate Shouse | 15:44 |
| Kacie Greenfield | 16:42 |
| Claire Warman    | 16:58 |
| Maria Newell     | 18:52 |
| Sofia Weddle     | 20:57 |
| Mary Delaney     | 21:09 |
| Kate Giammalvo   | 21:57 |
| Emma Griffith    | 22:27 |

#### 3k Boys

|                     |       |
|---------------------|-------|
| 3. Hamzah Elhabashy | 12:56 |
| Tommy McCarthy      | 13:16 |
| Josh Alder          | 13:22 |
| Anders Chattin      | 13:31 |
| Matt Bergquist      | 14:47 |
| Jason Karisser      | 15:08 |
| Tyler Dickover      | 15:09 |
| Andrew Dworski      | 15:15 |
| Veejai Bates        | 15:28 |
| Brendan Carter      | 16:05 |
| Luke Meininger      | 16:25 |

|                |       |
|----------------|-------|
| Elijah Miller  | 16:27 |
| Sam Bowlds     | 16:38 |
| Ryan Rose      | 17:37 |
| Rocco Delpo    | 21:44 |
| Seth Miller    | 21:53 |
| Tyler LaBorwit | 22:40 |

3k Girls (11-12 years)

|                        |       |
|------------------------|-------|
| 1. Madeleine Miller    | 12:22 |
| Megan Prescott         | 14:10 |
| Cassie Hale            | 16:03 |
| Emma Groman            | 16:43 |
| Sabrina Dunkleberger   | 16:45 |
| Sierra Johnson-Dendy   | 16:48 |
| Katie Albert           | 16:54 |
| Diana Towner           | 16:55 |
| Natalie Dryia          | 17:09 |
| Stephanie Dunkleberger | 17:23 |
| Hanna Decre            | 18:03 |
| Josie Kalbaugh         | 18:21 |
| Rosa Kirk-Davidoff     | 18:22 |
| Dina Elsaesser         | 18:23 |
| Katie Murphy           | 18:24 |
| Alice Joo              | 18:55 |
| Amanda Brooks          | 19:00 |
| Holly Holden           | 19:07 |
| Isabella Berkheimer    | 19:32 |

3k Boys

|                   |       |
|-------------------|-------|
| 2. Corey Hamilton | 12:14 |
| Shane McGovern    | 12:34 |
| Kevin Reynolds    | 13:06 |
| Ben Oldhouser     | 13:14 |
| Ben Rosicky       | 13:25 |
| Will Jackson      | 13:29 |
| Nicolas Kruus     | 13:43 |
| Trent Rose        | 13:46 |
| Jason Vanisko     | 14:53 |
| Justyn Allen      | 16:53 |
| Bryson Tullis     | 18:04 |
| Jack Elkonoh      | 21:17 |
| Matthew Island    | 21:34 |

4k Girls (13-14 years)

|                   |       |
|-------------------|-------|
| 2. Julie Nardone  | 17:04 |
| 3. Lauren Hessler | 17:32 |
| Elizabeth Towner  | 19:46 |
| Courtney Colosimo | 19:51 |
| Kirsten Kruus     | 20:07 |
| Julie Decre       | 23:23 |
| Roselyn Dooley    | 25:30 |
| Jessica Allen     | 28:11 |

## JUNIORS AT USATF REGIONALS

The Home Meet was just the beginning of the fall cross country adventures for some of the Juniors. Many continued practices after October. Fifty went to the USA Track and Field Regionals in Williamsport, MD, in November, and a few continued on to the USATF Nationals in Hoover, AL, in December.

Regionals consisted age-graded races from 2k to 5k and included team competitions. Among the stand-out performances, *Kevin Wegner* placed third among the 11-12 boys in the 3k (11:55), and *Brittany Lang* placed second in the 11-12 girls 3k (12:38), leading her girls' team to first place. Kevin's brother, *Michael Wegner*, beat everyone in the 13-14 boys 4k (14:13). Among the high-school age groups, *Hannah Oneda* won the girls' 15-16 5k in 19:33. Although none of the 17-18 boys won a metal medal (top 3), they did win the team competition by placing four in the top 10 finishers. All runners finishing in the top 20 received medals at the regionals, and the Juniors collected a total of 24 of them.

A number of Juniors qualified to run in Hoover, AL, and they'll keep on training until the Nationals— the Super Bowl of Junior Cross Country. In previous years, the Juniors have collected more than one national cross country champ. Stay tuned.

4k Boys

|                    |       |
|--------------------|-------|
| 2. Joseph Keating  | 15:23 |
| 3. Matthew Jackson | 15:46 |
| Bryce Rosicky      | 16:09 |
| Jack Kavka         | 19:42 |
| Eric Metz          | 20:22 |

## FALL CROSS COUNTY

Some of us think of Fall in terms of football, while others think in terms of cross country. Many young Striders participated in cross country programs at their high schools. Pay attention to these names, they are the future of American running.

At least it didn't rain this year at the County Invitational back in September. Glenelg's *Robby Creese* beat River Hill's Scott Heydrick by three seconds to win the boys' race on the hilly, convoluted Centennial cross country course. *Nicole Dawson* of Hammond High School lost to Howard's Hollie Adejuno by a similar margin in the girl's race.

Running for Reservoir High School, former Junior Strider *Eric Schuler* beat race-favorite *Robby Creese* to win the Howard County cross country title way back in October. In the girls' competition then, Striders finished 2-3-4 only a few seconds behind winner Leanne Young, who isn't a Strider.

Schuler won again at the 3A Regionals at Centennial High, while Creese won the 2A Regionals at Oakland Mills on November 3. Striders *Sarah Brand* and *Tiffany Lang* placed 1-2 at the 2A Regionals. Remember November 3? It was cold and rainy.

Maybe it was the hilly course, but Schuler could not duplicate his victories at the State 3A championships at Hereford High School. He finished 10th, and his nemesis Robby Creese achieved great fame by winning the 2A championship for the second year in a row.

### HOWARD COUNTY INVITATIONAL 5k XC Centennial High School – September 10

#### Boys

|                                |       |
|--------------------------------|-------|
| 1. Robby Creese (Glenelg)      | 16:47 |
| 4. Sam Andrews (Oakland Mills) | 17:05 |
| Rylan King (Atholton)          | 17:56 |
| Conner McIntyre (Centennial)   | 18:44 |

#### Girls

|                                 |       |
|---------------------------------|-------|
| 2. Nicole Dawson (Hammond)      | 20:23 |
| 4. Tiffany Lang (Oakland Mills) | 20:46 |
| 8. Anna Demaree (River Hill)    | 21:03 |
| 10. Olivia Joseph (Centennial)  | 21:19 |
| Kelly Schofield                 | 24:22 |
| Emma Warman (Marriott's Ridge)  | 25:01 |
| Erika Laux (Marriott's Ridge)   | 25:17 |
| Emily Elkonoh (Hammond)         | 29:32 |

### STRIDERS AT HOWARD COUNTY XC CHAMPIONSHIPS Centennial High School – October 26

#### Boys 5k

|                         |       |
|-------------------------|-------|
| 1. Eric Schuler (RES)   | 16:43 |
| 3. Robby Creese (GLEN)  | 17:15 |
| 4. Sam Andrews (OM)     | 17:27 |
| 5. Rylan King (ATH)     | 17:33 |
| 8. Chris Sheely (RES)   | 17:53 |
| Conner McIntyre (CENT)  | 18:08 |
| Gary Smolyak (ATH)      | 18:22 |
| Daniel Rau (HOW)        | 18:28 |
| Austin Sungenis (OM)    | 18:29 |
| Edward Richardson (RES) | 18:49 |
| Steven Eastman (HOW)    | 18:50 |
| Louie Chaverini (OM)    | 18:56 |
| Matthew Bylis (RH)      | 19:08 |
| Mackey Boyle (OM)       | 19:21 |
| Tyler King (RES)        | 19:24 |
| Will Woodcock (OM)      | 19:38 |
| Danny Klein (RES)       | 19:40 |
| Ryan Hermstein (MR)     | 19:42 |
| Jeffrey Sham (CENT)     | 19:58 |

#### Girls 5k

|                          |       |
|--------------------------|-------|
| 2. Alyse Gibson (RES)    | 20:21 |
| 3. Tiffany Lang (OM)     | 20:23 |
| 4. Nicole Dawson (HAW)   | 20:34 |
| 7. Cindy Alms (RES)      | 21:02 |
| Sarah Brand (OM)         | 21:38 |
| Angelica Yi (RH)         | 21:46 |
| Caragh MacDermott (GLEN) | 21:58 |
| Caroline Haden (HOW)     | 22:08 |
| Anna Demaree (RH)        | 22:18 |
| Alyssa Hemler (OM)       | 22:21 |
| Emily Miller (RES)       | 23:39 |
| Caroline Chisolm (OM)    | 23:40 |
| Emma Warman (MR)         | 23:55 |
| Kelly Schofield (CENT)   | 23:56 |
| Amanda Tun (RES)         | 24:14 |
| April Anlage (RES)       | 25:54 |
| Lara Celtnicks (OM)      | 27:32 |
| Emily Elkonoh (HAW)      | 29:03 |



*The wild scramble at the start of the Howard County Championships at Centennial High School. (video by Explore Howard County)*



*The pride of Reservoir High, Eric Schuler, shown immediately after his victory at the Howard County Championships at Centennial High. (photo by Nicole Martyn)*

STRIDERS AT  
2A STATE CHAMPIONSHIPS  
Hereford High School – November 13

Boys 5k

|                        |       |
|------------------------|-------|
| 1. Robby Creese (GLEN) | 16:46 |
| 6. Sam Andrews (OM)    | 17:04 |
| Austin Sungenis (OM)   | 18:25 |
| Louie Chaverini (OM)   | 19:04 |
| Ryan Hermstein (MR)    | 19:30 |
| Mackey Boyle (OM)      | 19:33 |
| Will Woodcock (OM)     | 19:37 |
| Cameron Bowling (OM)   | 19:44 |

Girls 5k

|                         |       |
|-------------------------|-------|
| 5. Nicole Dawson (HAW)  | 20:32 |
| 6. Tiffany Lang (OM)    | 20:37 |
| Sarah Brand (OM)        | 21:12 |
| Caragh McDermott (GLEN) | 22:23 |
| Alyssa Hemler (OM)      | 22:55 |
| Emma Warman (MR)        | 23:41 |
| Caroline Chisolm (OM)   | 23:56 |
| Juliana Boswell (GLEN)  | 24:40 |
| Lara Celtnicks (IM)     | 27:04 |

AT 3A STATE CHAMPIONSHIPS  
Hereford High School – November 13

Boys 5k

|                         |       |
|-------------------------|-------|
| 10. Eric Schuler (RES)  | 17:14 |
| Rylan King (ATH)        | 17:37 |
| Dave McGowan (ATH)      | 17:49 |
| Gary Smolyak (ATH)      | 17:50 |
| Danny Rau (HOW)         | 18:20 |
| Brett Nellis (ATH)      | 18:20 |
| Connor Belson (ATH)     | 18:29 |
| Conner McIntyre (CEN)   | 18:32 |
| Andrew Parlett (ATH)    | 18:40 |
| Edward Richardson (RES) | 18:50 |
| Matt Bylis (RH)         | 18:54 |
| Tyler King (RES)        | 19:18 |
| Danny Klein (RES)       | 20:00 |

Girls 5k

|                       |       |
|-----------------------|-------|
| 5. Alyse Gibson (RES) | 20:25 |
| Cindy Alms (RES)      | 21:30 |
| Angelica Yi (RH)      | 21:54 |
| Caroline Hayden (HOW) | 22:11 |
| Anna Demaree (RH)     | 23:31 |
| Kelsey Wood (RES)     | 24:45 |
| Amanda Tun (RES)      | 26:28 |
| April Anlage (RES)    | 27:33 |

## DAWN SAVES THE DAY

To the President:

I am not sure if I am contacting the correct person, but I thought I would start at the top. My name is Hilary B–, and I recently was a guest at the Sheraton Hotel in Columbia. Early this past Saturday morning I got up to go for a run, thinking I was going to do a simple loop or two around the lake. I ended up going through the woods, along a fitness trail that ended up interesting with a road after a while. I noticed a questionable, creepy guy following me (at 7:15 am), and so I joined up with a pack of runners from the GIRL Striders group. I think it was *Dawn Czahor* who particularly welcomed me and reassured me that running in a group was always much safer. I wanted to really commend her and let you all know that you had a great coach and ambassador for the program. I was more freaked out than I let on, and will never forget the kindness of this great group of women, sharing their guidance and even their water with me!

Please pass this on to Dawn. Once again, my appreciation for adopting me into her “pack” and making me feel welcome and much safer.

Sincerely,  
Hillary B–

[*Dawn Czahor* is the Leaders Training Coach of the Getting Into Running Lifestyle (GIRL), and she coordinates and runs with a group on Saturday mornings. They’re training for the Metric 5k, which will be the GIRL graduation race this year.]

## MARATHON CELEBRATES 2500 YEARS

The marathon celebrated its 2500th anniversary on October 31, for that was the date (approximately) that the Athenian army defeated the Persian army at the Battle of Marathon (490 BCE). To communicate the news of the victory, General Miltiades sent a messenger, Phidippides, racing on foot to Athens. The runner only ran about 19 miles (marathons were shorter then), but he had such a tough run that he expired immediately after mounting the Acropolis and crying “Victory!” But P. had just run an ultra of 450 km to Sparta and back, begging the Spartans for reinforcements (they declined, citing religious reasons). So he had not properly tapered for his marathon. Let that be a lesson for us all.

To commemorate this amazing race, which is possibly the oldest athletic event in human history, here are the marathon times of well-know celebrities.

|                                    |         |
|------------------------------------|---------|
| Haile Gebreselassie (Berlin, 2008) | 2:03:59 |
| Lance Armstrong (NY, 2007)         | 2:46:43 |
| Lance Armstrong (NY, 2006)         | 2:59:36 |
| George W. Bush (Houston, 1993)     | 3:44:52 |
| Sarah Palin (Humpy’s, 2005)        | 3:59:36 |
| P. Diddy (NY, 2003)                | 4:14:54 |
| Ophra Winfree (USMC, 1993)         | 4:29:15 |
| Katie Holmes (NY, 2007)            | 5:30:xx |
| Phidippides (Athens, 490 BCE)      | DNF     |



*Phidippides delivering his message of the victory at Marathon. (painting by Luc-Olivier Merson, 1869)*

## TURKEY! TURKEY! TURKEY!

Before gorging themselves on Thanksgiving, the runners of Howard County have traditionally participated in the Turkey Trot 10k in which they attempt to finish the appointed distance at exactly 11 am. No timing devices are allowed, and you don't need to be fast to win—merely accurate.

This year, in spite of the chilly, drizzly weather, 296 turkey trotters appeared at Jeffers Hill Neighborhood Center well before 11 am. In groups or individually, they set out on a route running on the bike paths of Jeffers Hill and Long Reach. Some ran slowly, while some ran quickly. Most seemed to be in a hurry to finish, or at least get in out of the drizzle, because 204 of the 296 completed the 10k before 11 am.

The most accurate runner turned out to be Matt Mace from Arnold, MD. He finished at just 0.32 seconds after 11 am. Matt attributed his excellent pace to his finishing Ironman Arizona the week before. *Patrick Cristaldi* was the closest Howard County Strider to the appointed hour. He finished only 1.09 seconds after 11 am and at least got the third place award. Awards of gift certificates from Feet First went to the three closest finishers, as well as to some of the volunteers. Mr. Mace also earned the traditional Golden Turkey trophy.

The Turkey Trot provided no t-shirts or premiums to its registrants, who paid only a few dollars and had to register after 9 am on the day of the race. After running, the participants crammed into the Jeffers Hill Neighborhood Center for donuts, fruit, fruit juice and coffee. They consumed 18 dozen sugar donuts.

This year the Turkey timing was impeccably accurate because the Striders used the Chrono Track chip system, which recorded the times to one hundredth of a second. Former Strider president *Len Guralnick* directed the event, with a great deal of help from a number of volunteers as well as his wife Ann. Proceeds from the event went to the David Tripp Scholarship Fund for scholar athletes in Howard County schools.



*Costumed as an Indian, Luis Diaz ran the Turkey Trot in (nearly) bare feet. (photo by Chris Farmer)*

### TOP 21 FINISHERS TURKEY TROT 10 PREDICTION Jeffers Hill — November 25

|                         |             |
|-------------------------|-------------|
| Kim Michelotti          | 10:59:44.58 |
| Tom Brown               | 10:59:45.01 |
| Steven Anderson         | 10:59:45.85 |
| Julie Gessler           | 10:59:46.42 |
| Colleen Fridley         | 10:59:46.62 |
| Katie Gessler           | 10:59:48.36 |
| Greg Orlofsky           | 10:59:48.86 |
| Danny Schofield         | 10:59:51.16 |
| Barbara Walters         | 10:59:55.84 |
| Debra Saltz (2nd)       | 10:59:59.09 |
| Matthew Mace (1st)      | 11:00:00.32 |
| Patrick Cristaldi (3rd) | 11:00:01.09 |
| Judith Weber            | 11:00:02.01 |
| David Tarkow            | 11:00:09.21 |
| Glenn Scimonelli        | 11:00:10.65 |
| Bob Bartolo             | 11:00:12.69 |
| Rebecca Alderfer        | 11:00:14.24 |
| Rob Alderfer            | 11:00:14.42 |
| Kathleen Valdivia       | 11:00:14.85 |
| Michael Lynch           | 11:00:15.25 |
| Aaron Valdivia          | 11:00:15.41 |

## ROAD WARRIORS OF THE AUTUMN

Record-breaking heat scorched the road warriors this summer, and they were plenty glad to be able to race in the milder temperatures of the autumn. These pages chronicle their mighty exploits.

### POLICE PACE 5k Centennial Lake Park – September 12

|                                 |       |                    |       |
|---------------------------------|-------|--------------------|-------|
|                                 |       | Elisabeth Jubinski | 26:31 |
|                                 |       | Howard Feinberg    | 27:01 |
|                                 |       | Rae Marquart       | 27:01 |
|                                 |       | Steven Alvertini   | 27:05 |
|                                 |       | Khushal Habibi     | 27:08 |
|                                 |       | Amerlia Mullican   | 27:10 |
|                                 |       | Roger Calvert      | 27:11 |
|                                 |       | Brian Goulet       | 27:15 |
|                                 |       | Cathy Ronning      | 27:19 |
|                                 |       | Emily Howe         | 27:34 |
|                                 |       | Kristen Lohr       | 28:12 |
|                                 |       | Brandon Marquart   | 28:38 |
|                                 |       | Lori Hatfield      | 30:02 |
|                                 |       | Phyllis Rich       | 30:02 |
|                                 |       | Christina Daly     | 30:07 |
|                                 |       | Mimi Gears         | 30:26 |
|                                 |       | Luke Phillips      | 30:34 |
|                                 |       | Lisa Pellegrino    | 30:47 |
|                                 |       | Pauline Chvilicek  | 30:48 |
|                                 |       | Caroline Manas     | 30:49 |
|                                 |       | Kelli Shimabukuro  | 31:16 |
|                                 |       | Lisa Hussman       | 31:35 |
|                                 |       | Elizabeth Koncki   | 31:43 |
|                                 |       | Soo Han            | 31:54 |
|                                 |       | Amanda Idstein     | 32:20 |
|                                 |       | Amy Korman         | 32:43 |
|                                 |       | Michael Prymas     | 33:10 |
|                                 |       | Zane Phillips      | 33:15 |
|                                 |       | Julie Phillips     | 33:35 |
|                                 |       | Adelaide Phillips  | 33:36 |
|                                 |       | Doug Holtz         | 33:37 |
|                                 |       | Memory Morris      | 33:38 |
|                                 |       | Laura Quinn        | 33:38 |
|                                 |       | Becky Holtz        | 33:39 |
|                                 |       | Todd Pearsall      | 33:48 |
|                                 |       | Amy Brewer         | 33:58 |
|                                 |       | Jenni Ferguson     | 34:14 |
|                                 |       | Debbie Newman      | 34:20 |
|                                 |       | Alison Murray      | 34:34 |
|                                 |       | Paula Shepherd     | 35:16 |
|                                 |       | Kristin Johnson    | 35:19 |
|                                 |       | Brian Bender       | 35:26 |
|                                 |       | Caitlin Bender     | 35:27 |
|                                 |       | Melinda Krummerich | 35:49 |
|                                 |       | Shari Ludlam       | 35:50 |
|                                 |       | Debbie Wilhelm     | 36:33 |
|                                 |       | Melissa Burger     | 38:53 |
|                                 |       | Stephanie Feinberg | 39:02 |
|                                 |       | Franklin Phillips  | 39:25 |
|                                 |       | Susan Gum          | 39:26 |
|                                 |       | Andrea Bellis      | 39:40 |
|                                 |       | Laura Gonzales     | 42:26 |
|                                 |       | Jason Marquart     | 43:24 |
|                                 |       | Corey Marquart     | 43:25 |
| 1. Carlos Renjifo               | 15:42 |                    |       |
| 2. Karsten Brown (1st, 30-39M)  | 16:41 |                    |       |
| 3. Michael Wegner (1st, 10-14M) | 16:42 |                    |       |
| 5. Jason Tripp                  | 17:37 |                    |       |
| 6. Phil Lang (1st, 40-49M)      | 18:00 |                    |       |
| 8. Weems McFadden (2nd, 50-59M) | 18:39 |                    |       |
| 10. Greg Schuler                | 18:51 |                    |       |
| Anna Demaree (1st F)            | 19:44 |                    |       |
| David Jun (2nd, 20-29M)         | 19:56 |                    |       |
| Paul Eyes                       | 20:25 |                    |       |
| Yasuo Oda                       | 20:37 |                    |       |
| Ronnie Wong (1st, 60-69M)       | 20:41 |                    |       |
| Christopher Evans               | 21:00 |                    |       |
| Pat Wilkerson (1st, 50-59F)     | 21:09 |                    |       |
| Marc Burger                     | 21:15 |                    |       |
| Arpad Romandy                   | 21:23 |                    |       |
| Kenneth Sevik                   | 21:53 |                    |       |
| Dorothy Beckett (2nd, 50-59F)   | 22:16 |                    |       |
| Nathan Schumacher               | 22:24 |                    |       |
| James Carbarry                  | 22:53 |                    |       |
| Mike Fleming (2nd, 60-99M)      | 23:04 |                    |       |
| Kathleen Wegner                 | 23:05 |                    |       |
| Marsha Demaree (1st, F Coach)   | 23:13 |                    |       |
| Eric Johnston                   | 23:30 |                    |       |
| Bob Hemler                      | 23:37 |                    |       |
| Dean Siedlecki                  | 23:44 |                    |       |
| Chris Reading                   | 24:07 |                    |       |
| David Weber                     | 24:10 |                    |       |
| Alan Murray                     | 24:19 |                    |       |
| Alan Tominack                   | 25:00 |                    |       |
| Phyllis Sevik                   | 25:06 |                    |       |
| Kimberly Orloff                 | 25:49 |                    |       |
| Julia Orloff (2nd, 10-14F)      | 25:53 |                    |       |
| Scott Habicht                   | 25:58 |                    |       |
| Karen Harvey                    | 26:08 |                    |       |
| James Valentine                 | 26:08 |                    |       |
| Jack Goulet                     | 26:11 |                    |       |
| Patricia Brooks (1st, 60-99F)   | 26:18 |                    |       |
| Roger Thibaudeau                | 26:23 |                    |       |
| Nathan Gears                    | 26:30 |                    |       |

|                   |       |
|-------------------|-------|
| Josephine Pieper  | 43:25 |
| Patricia Schupple | 44:36 |
| Nanjui Awunti     | 44:42 |
| Mandi Feinberg    | 45:00 |
| Barbara Calvert   | 46:27 |
| Erin Harrison     | 46:16 |
| Joi Bannister     | 47:26 |
| Marina Ashling    | 48:38 |
| Sarah Costello    | 49:44 |
| Cathy Ritzes      | 55:08 |
| Sara Prymas       | 55:08 |

This time, the Police Pace 5k was an honest 3.1 miles. It was a little soggy that morning, and many did not hang around for the post-race party, which included a hula-hoop contest. Racing team captain *Carlos Renjifo* clobbered the men's field but a full minute. River Hill's *Anna Demaree*, a week after running the Howard County Invitational, took out young Avery Cunningham to win the women's race. All finishers received a chicken sandwich brunch from Outback Steakhouse. This was the second major race recorded by the Striders' new chip system. 547 finished.

BACHMAN VALLEY HALF MARATHON  
Westminster, MD – September 26

|                            |         |
|----------------------------|---------|
| 3. Karsten Brown           | 1:18:46 |
| 9. Phil Lang (1st, 40-49M) | 1:23:31 |
| Greg Schuler               | 1:32:06 |
| Sean Costello              | 1:34:08 |
| Michael Dusenbery          | 1:36:58 |
| David Jun                  | 1:38:14 |
| Marc Burger                | 1:42:03 |
| Greg Lepore                | 1:42:22 |
| Erin LaBarre               | 1:46:50 |
| Grace Tran                 | 1:47:40 |
| Chris Farmer               | 1:48:55 |
| Marsha Demaree             | 1:49:25 |
| Amanda An                  | 1:58:13 |
| Mitchell Krasnopoler       | 2:31:35 |

This well-known race is now run in the memory of Westminster's Dave Herlocker. 190 finished.

FT. MCHENRY TUNNEL RUN 5k  
Baltimore, MD – September 19

|                             |       |
|-----------------------------|-------|
| 1. Carlos Renjifo           | 15:50 |
| Ronnie Wong (1st, 60-99M)   | 20:24 |
| Bruce Worley                | 23:08 |
| Dean Siedlecki              | 23:22 |
| Christine Josey             | 27:24 |
| Shaymal Nandi (1st, 70-99M) | 31:33 |

Guess what the draw was in this race? 768 finished and at least they didn't have to run in the hot sunshine, which was still pretty intense in mid-September. Apparently, the runners did not have to pay a toll.

GREAT ALLEGHENY 15k RUN  
Cumberland, MD – October 2

|                               |         |
|-------------------------------|---------|
| 5. Weems McFadden (1st MM)    | 56:00   |
| 8. Joe Hanle (1st, 50-54M)    | 57:58   |
| Donna Wecker (2nd F)          | 1:04:11 |
| Pat Wilkerson (3rd F)         | 1:04:19 |
| Lisa Fichman (1st MF)         | 1:06:39 |
| Dorothy Beckett (1st, 50-54F) | 1:06:46 |
| Tacy Powers (1st, 40-44F)     | 1:07:23 |

It was a beautiful morning in the Queen City, and every Strider who ran this race won something. 119 finished.

FALLS ROAD 15k  
Baltimore, MD – October 3

|                      |         |
|----------------------|---------|
| 4. Keith Levasseur   | 57:52   |
| 5. John Chall        | 58:08   |
| Michael Dusenbery    | 1:03:40 |
| John Way             | 1:03:57 |
| Greg Lepore          | 1:04:56 |
| Chris Farmer         | 1:11:29 |
| Chad Burger          | 1:12:30 |
| Marsha Demaree       | 1:13:15 |
| Marc Burger          | 1:13:37 |
| Grace Tran           | 1:14:26 |
| Amanda An            | 1:25:28 |
| Christina Caravoulas | 1:54:36 |

The day before, *Keith Levasseur* had won the Glen Burnie Improvement 5k (17:51), and then he rushed up to Falls Road to do this one the next day. So did *Grace Tran*. Some people just can't get enough. 113 finished.

HALF-FULL TRIATHLON  
Centennial Lake Park – October 3

|                                 |         |
|---------------------------------|---------|
| 7. Keith McIntyre (1st, 50-54M) | 4:56:32 |
| Steve Meininger (3rd, 40-44M)   | 5:04:47 |
| Arpad Romandy                   | 5:14:26 |
| Troy Comran                     | 5:21:13 |
| Bill Wheeler                    | 5:22:12 |
| Janelle McIntyre (1st, 45-49F)  | 5:23:56 |
| Sarah Thomas (1st, 18-24F)      | 5:31:28 |
| Bob Burns (2nd, 55-59M)         | 6:06:45 |
| Todd Pearsall                   | 6:07:21 |
| Ed Silverman (3rd, 55-59M)      | 6:32:17 |
| Shelley Yore                    | 6:37:21 |

Another new triathlon in Columbia! As usual, the *McIntyre's* crushed their age/gender groups, and *Bob Burns* tried some race other than a foot race, and he actually did pretty well too. The triathletes swam .9 mile, biked 56 miles, and ran 13.1 miles. The race served as a fund-raiser for the Ulman Cancer Fund. 445 finished.

CHICAGO MARATHON  
Chicago, IL – October 10

|                  |         |
|------------------|---------|
| Mark Buschman    | 2:43:18 |
| Keith Levasseur  | 3:06:59 |
| Philip Rupp      | 3:24:36 |
| Grace Tran       | 3:50:53 |
| Elizabeth Rupp   | 5:16:00 |
| Janelle McIntyre | 5:37:23 |

The date was 10-10-10, get it? Over 35,000 human beings finished this race. Sammy Wanjiru of Kenya won in 2:06:24.

UMBC DAWG CHASE 5k  
Catonsville, MD – October 16

|                             |       |
|-----------------------------|-------|
| Bobby Gessler (1st, 50-54M) | 18:36 |
| David Jun (2nd, 25-29M)     | 19:28 |
| Katie Gessler (1st F)       | 21:56 |

This little 5k attracted 132 runners on the same day as all that hoopla in Baltimore. *Katie Gessler* won her first race.

SCARECROW CLASSIC 5k  
Meadowbrook Park – October 24

|                             |       |
|-----------------------------|-------|
| 4. Jay Sweet (1st, 40-49M)  | 18:40 |
| Marc Burger                 | 20:57 |
| David Miller (3rd, 40-49M)  | 21:11 |
| John Tokar                  | 21:30 |
| Dean Siedlecki              | 23:45 |
| Benjamin Bryden             | 24:53 |
| Cathy Ronning (2nd, 50-59F) | 26:59 |
| Wayne Bryden                | 28:51 |
| Lisa Hussman                | 30:31 |
| Yvette Oquendo-Berruz       | 30:46 |
| Noella Bryden               | 36:50 |
| Arleen Dinneen              | 39:04 |
| Shelly Kvech                | 39:05 |
| Melissa Burger              | 39:16 |

Meadowbrook Park gets another 5k, and another race managed by Charm City. 357 finished.

ARMY 10 MILER  
The Pentagon – October 24

|                              |         |
|------------------------------|---------|
| Weems McFadden (4th, 50-54M) | 1:00:50 |
| John Chall                   | 1:03:14 |
| Robyn Humphrey (3rd, 45-49F) | 1:04:32 |
| Donnie Chapman               | 1:08:33 |
| Hafiz Shaikh                 | 1:08:52 |
| Nick Del Grosso              | 1:13:33 |
| Rick Carter                  | 1:13:58 |
| Chris Farmer                 | 1:16:58 |
| Robert Blanco                | 1:17:45 |
| Julius Esguerra              | 1:18:09 |
| Daniel Jonas                 | 1:21:27 |
| Jeremiah Weaver              | 1:23:07 |
| Alan Tominack                | 1:23:14 |
| Chris Collar                 | 1:24:47 |
| Kevin Federici               | 1:27:56 |
| Marsha Demaree               | 1:28:58 |
| George Olean                 | 1:29:40 |
| Mark Young                   | 1:32:15 |
| Lisa Lowe                    | 1:33:13 |
| Shelley Yore                 | 1:38:54 |
| Lori Cantin                  | 1:59:12 |
| Marjay Conwor                | 2:08:08 |
| Myrtle Hughes-Hanle          | 2:08:12 |

A monstrous field started from the Pentagon on a glorious spring morning. The Army is still trying to compete with the Marine Corps for the largest "citizen's race." 21654 finished.

MONSTER DASH  
Ft. Meade, MD – October 28

|                                  |       |
|----------------------------------|-------|
| 1. Brian Fleming                 | 17:18 |
| 3. James Blackwood (1st, 30-39M) | 17:22 |
| Greg Hogan (2nd, 30-39M)         | 17:38 |
| Sheldon Degenhardt (2nd, 40-49M) | 17:51 |
| Bill Sweet (3rd, 40-49M)         | 17:53 |
| Sean Costello (2nd, 50-59M)      | 19:59 |
| Conrad Fernandes                 | 20:23 |
| John Tokar                       | 21:18 |
| Natalie Smolyak (1st, 40-49F)    | 22:44 |
| Mike Fleming (2 nd, 60-99M)      | 22:46 |
| Alan Murray                      | 24:37 |
| Angela Barkan                    | 24:52 |
| Hector Rosado                    | 31:49 |

This event also featured a Halloween costume contest. The Striders did well in the race, but they did not win any costume prizes. *Mike Fleming* suggests they ran so fast the judges couldn't get a good look at their costumes.

MUSTANG 5k STAMPEDE  
Marriottsville, MD – October 30

|                    |            |
|--------------------|------------|
| 1. Izzy Medmedovic | 16:00      |
| 2. Karsten Brown   | 16:44      |
| 3. Luis Diaz       | 18:27      |
| 8. Greg Lepore     | (PR) 19:50 |
| 9. Marc Hermstein  | 20:00      |
| Marc Burger        | 21:13      |
| Tom McManuels      | 21:38      |
| Chad Burger        | 21:46      |
| Chris Farmer       | 21:59      |
| Aedin Hale         | 22:04      |
| Richard Griffiths  | 22:35      |
| Chris Choi         | 22:44      |
| Marsha Demaree     | 22:52      |
| Alan Tomincak      | 24:00      |
| Amanda An          | 25:33      |
| Rosemary Lather    | 25:38      |
| Eric Johnston      | 26:36      |
| Paula Shepherd     | 35:17      |
| Melissa Burger     | 36:52      |

Actually, there were no stampeding mustangs in this fundraiser for Marriottsville High School, but some runners were in costume for Halloween. 135 finished.

MARINE CORPS MARATHON XXXV  
Iwo Jima Memorial – October 31

|                             |         |
|-----------------------------|---------|
| Conrad Orloff (3rd, 40-44M) | 2:39:15 |
| Keith Levasseur             | 3:15:12 |
| Steve Muchnick              | 3:15:54 |
| George Kroeker              | 3:22:08 |
| Conrad Fernandes            | 3:23:00 |
| Greg Orlofsky               | 3:26:40 |
| Haifz Shaikh                | 3:28:18 |
| Ronnie Wong                 | 3:36:17 |
| Dave Orlik                  | 3:37:56 |
| Michael Mbugi               | 3:50:18 |
| Sang Lim                    | 3:50:20 |
| Betsy Nickle                | 3:52:32 |
| Dennis Boucher              | 4:00:42 |
| Kevin Murphy                | 4:03:02 |
| Pam Rowe                    | 4:08:52 |
| Glenda Rodriguez            | 4:10:47 |
| Joe Hanle                   | 4:10:56 |
| Paul Eyes                   | 4:17:07 |
| Tom Griffith                | 4:24:00 |
| Grace Tran                  | 4:24:24 |
| Meang Jang                  | 4:32:37 |
| Chris Farmer                | 4:36:46 |
| Matt Bevan                  | 4:39:05 |
| Becky Holtz                 | 4:54:05 |
| Anne Kim                    | 4:57:01 |
| Glenn Scimonelli            | 4:57:35 |
| Cheryl Ford                 | 4:59:44 |
| Lindsay Kyzer               | 4:49:49 |
| Khushal Habibi              | 5:00:55 |
| Hillary Bierce              | 5:03:15 |
| Laura Carey                 | 5:22:09 |
| Michael Joyce               | 5:23:11 |
| Martin Gutierrez            | 5:23:49 |
| Chris Bryant                | 5:32:50 |
| Alexander Carey             | 5:38:19 |
| James Bresette              | 6:06:56 |
| Myrtle Hughes-Hanle         | 6:09:55 |
| Mark Gautier                | 6:13:09 |
| Debra Collins               | 6:20:57 |

That's not a misprint. *Conrad Orloff* really did break 2:40 at Marine Corps. That's the fastest marathon time of any Howard Countian this year. It's not a fluke, either. He almost broke 2:40 a few weeks earlier at the Erie Marathon. 21923 finished— more people than finished the Army 10 Miler.

MARINE CORPS 10k  
Iwo Jima Memorial – October 31

|                 |         |
|-----------------|---------|
| James Feters    | 45:10   |
| Alan Tominack   | 50:35   |
| Jon Atterbury   | 51:46   |
| Benjamin Bryden | 53:07   |
| Kevin Murray    | 59:24   |
| Kelly Collins   | 59:53   |
| Phyllis Rich    | 1:02:30 |
| Wayne Bryden    | 1:02:31 |
| Sandi Cone      | 1:03:26 |
| Jennifer Lok    | 1:08:44 |
| Shannon Foster  | 1:10:57 |
| Trisha McLean   | 1:11:33 |
| Amy Korman      | 1:11:35 |
| Tracy Sinclair  | 1:17:40 |
| Kim Rodney      | 1:26:53 |

The People's Marathon also has a People's 10k. 7361 finished.

NEW YORK CITY MARATHON  
New York, NY – November 7

|                 |         |
|-----------------|---------|
| Philip Rupp     | 3:25:51 |
| Bob Burns       | 3:31:45 |
| Ronnie Wong     | 4:05:23 |
| Leslie Gorman   | 4:21:48 |
| Stephen Bupp    | 4:26:47 |
| Howard Feinberg | 4:29:07 |
| Xiao Tu         | 5:00:38 |

All that hype about Subway's Jared Fogle finishing this marathon? He finished in 5:13:28, and every single Strider beat him. A total of 44,829 finished. That's a lot of subs.

VETERANS DAY 50k  
Rosaryville State Park – November 13

|                               |         |
|-------------------------------|---------|
| 4. Karsten Brown              | 3:41:17 |
| Michael Hagan                 | 4:17:41 |
| Conrad Fernandes (1st, MM)    | 4:31:36 |
| Todd Pearsall (3rd, 40-49M)   | 4:41:49 |
| Nick Del Grosso (3rd, 50-59M) | 5:08:23 |
| David Orlik                   | 5:23:58 |
| Judith Weber (1st, MF)        | 5:34:43 |
| Ard Peraud                    | 6:17:46 |
| Mark Young                    | 6:19:05 |

The Annapolis Striders staged this inaugural 50k (31 miles). "It was a beautiful fall day for running through the woods and park," *Conrad Fernandes* remembered. "The trails were nice and clear, with gently rolling hills." Both *Karsten Brown* and *Judith Weber* ran Howard County's Metric Marathon the next day. 89 finished.

SUNTRUST MARATHON  
Richmond, VA – November 13

|                             |         |
|-----------------------------|---------|
| Doug Mock (2nd, 40-44M)     | 2:41:43 |
| Julie Thienel (1st, 45-49F) | 3:24:02 |
| Rebecca Ramsing             | 3:28:53 |
| Amanda Loudin               | 3:32:33 |
| Jane Redmond                | 3:47:11 |
| Ken Cooper                  | 3:55:42 |
| Cary Jacobson               | 4:03:22 |
| Bruce Breon                 | 4:57:57 |
| Xiao Tu                     | 5:24:25 |
| Jean Evansmore              | 6:39:29 |

MCDONALD'S HALF MARATHON  
Richmond, VA – November 13

|                               |         |
|-------------------------------|---------|
| Weems McFadden (1 st, 50-54M) | 1:24:29 |
| Steve Wargo                   | 1:42:38 |
| Jennifer King                 | 1:45:13 |
| Alan Tominack                 | 1:54:36 |
| Shuntae Royster               | 2:19:23 |
| Sara Prymas                   | 3:14:48 |

3756 finished the marathon, and 5548 did the accompanying half.

VETERAN'S DAY 10k  
Washington, DC — November 14

|                |       |
|----------------|-------|
| Carlos Renjifo | 32:00 |
| Kenneth Sevik  | 44:41 |
| Phyllis Sevik  | 50:02 |
| Judith Comisky | 41:16 |

Racing team captain *Carlos Renjifo* ran this 10k in 32:00 and didn't even place in his age group. 3087 finished.

JFK 50 MILER

Washington County, MD – November 20

|                |          |
|----------------|----------|
| Rick Mitchell  | 9:45:55  |
| Lisa Fichman   | 10:08:22 |
| Mark Young     | 11:14:25 |
| Steve McGovern | 13:28:54 |
| John Wheatland | 13:28:56 |
| Eric Katkow    | 13:28:56 |

*Eric Katkow* and *John Wheatland* completed their 10th JFK 50 Miler and are looking forward to receiving the “500 Mile Award” at next year’s dinner. They may not do it again, however. And that *Lisa Fichman*— first mountain climbing in the Andes and now running ultras! 1014 completed this arduous trek.

STONE MILL 50 MILER

Damascus Regional Park, MD — November 20

|                    |          |
|--------------------|----------|
| 7. Keith Levassuer | 9:12:16  |
| 10. Donnie Chapman | 9:16:30  |
| Conrad Fernandes   | 9:23:58  |
| Elizabeth Nickle   | 11:12:39 |
| Judith Weber       | 11:59:51 |

This race was an out-and-back along the Seneca Creek Greenway Trail between Damascus Regional Park and the Potomac River. The route is mostly singletrack dirt and includes stream crossings. A dog bit *Judith Weber* at the seven mile aide station and the wound slowed her down so much that she finished the race in the dark. Her flashlight failed. “There was enough moonlight to keep me out of the bushes,” she said. 116 finished.

PHILADELPHIA MARATHON

Philadelphia, PA — November 21

|                   |         |
|-------------------|---------|
| Phil Lang         | 3:01:31 |
| Jennifer Atkinson | 3:35:33 |
| Joe Hanle         | 3:36:53 |
| Rebecca Holtz     | 4:14:42 |
| John Thornton     | 5:03:01 |
| Xiao Tu           | 5:20:41 |

PHILADELPHIA HALF MARATHON

Philadelphia, PA — November 21

|               |         |
|---------------|---------|
| Lori Kruus    | 2:15:04 |
| Eric Johnston | 2:24:22 |

8944 ran the marathon, while 8397 did the half.

COLD TURKEY 10k

Edgewood, MD — November 21

|                             |       |
|-----------------------------|-------|
| Weems McFadden (2nd 50-54M) | 38:31 |
| John Chall (3rd, 50-54M)    | 38:54 |

Noteworthy is that *Chall* finished less than 30 seconds behind *McFadden*. 490 finished.

NCR TRAIL MARATHON

Sparks, MD — November 27

|                                |         |
|--------------------------------|---------|
| 5. Karsten Brown (3rd, 35-39M) | 2:45:52 |
| Mark Corriere                  | 3:05:47 |
| Steve Bohse                    | 3:13:49 |
| Arpad Romandy                  | 3:28:13 |
| Yasuo Oda                      | 3:29:36 |
| Conrad Fernandes               | 3:38:35 |
| Ronnie Wong (1st, 60-64M)      | 3:41:46 |
| Steve Grufferman               | 3:45:39 |
| John Heaphy                    | 3:57:11 |
| Bob Hollis                     | 4:14:46 |
| Judith Weber                   | 4:17:37 |
| Chad Boothe                    | 4:21:12 |
| Jennifer Hayashi               | 4:22:04 |
| Cheryl Ford                    | 4:52:02 |
| Andrew Sartor                  | 4:57:45 |
| Jessica Pearsall               | 5:24:19 |

It was a clear but chilly morning as the marathoners ran 13.1 miles up the trail, then turned around and ran 13.1 miles down the trail. Two Strider teams participated: 4 Hot Legs (*Alan Tominack* and *Robin Goodwin*) 3:32:55 and Griffin’s Gang (*Tom* and *Ellie McManuels*) 3:31:30.

## SPECIAL RECOGNITIONS

- *Conrad Orloff* ran a 2:40:05 at the Erie Marathon (Presque Isle, PA) on September 12. He was second overall among 468 finishers. But that was just a prelude to a sub-2:40 finish at Marine Corps.

- Life-time member *Ken Fowler* took first place overall at the Jimmy K 5k race at Patapsco state park on September 26. He completed the event in 17:35. In the same race, grandmaster *John Chall* placed fourth and won the 50-59 age group in 18:53. 227 competed.

- *Christopher Bryant*, *Jim Fetters* and *Christine McDaniels* joined Team Microsoft and ran the Ragnar Relay, a 193-mile relay from Cumberland, MD, to Washington, DC. Each member of the 11-person team ran three legs between three and eight miles long, and the running continued through the night from September 25 to 26. The team placed 57th out of 226 teams. Mr. Bryant remembered running at night down a country lane and crossing Antietam Creek at midnight. That's where thousands of soldiers perished in a single action in the Civil War. Spooky.

- With a time of 16:57, *Karsten Brown* finished second overall at the National Law Enforcement 5k in Washington, DC, on October 17. He beat all but one of the 533 finishers, and he doesn't run *just* marathons.

- *Gabriel Rodriguez* won the Blues Cruise 50k in Leesport, PA, on October 3. Not only did he win the 31-miler, he also set a course record of 3:34:07. 305 finished.

- On Halloween, Grandmaster *John Chall* finished 15th overall and 2nd in the over-40 category at the Halloween Half Marathon (+0.4 mile) with a time of 1:33:34. A few days later, John found himself in Key West, where he ran the Zonta ABC 5k and won the 50-59 age group in 18:34. We don't know what a Zonta is, but it can't run much further than 5k, at least not in Key West.



*Gabe Rodriguez setting the course record (3:34:07) at the Blues Cruise 50k up in Leesport, PA. (photo by Glenda Rodriguez)*

# HOWARD COUNTY STRIDERS ANNUAL MEETING & AWARDS BANQUET

Saturday, January 8, 2011  
(*not a Sunday!*)

## The Bain Center

5470 Ruth Keeton Way  
Columbia, MD 21044

### Approximate Schedule:

- 4:00 pm — Set-up (about 12 helpers needed)
- 4:45 pm — Socializing
- 5:00 pm — Brief business meeting with elections and announcements
- 5:30 pm — Pot-luck dinner
- 6:15 pm — Awards and recognitions
- 8:00 pm — Social time
- 8:30 pm — Clean-up

### What to bring:

- Everyone — A main dish for twice the number in your party  
plus, if your last name ends in:
  - A-L — Dessert for four times the number in your party
  - M-Z — Salad/side for four times the number in your party

### What the Striders provide:

- Paper products — napkins, cups
- Plastic ware — forks, spoons, knives (does NOT include serving utensils)
- Drinks — soft drinks, beer, wine

### Who is invited:

- Every member or friend of a member of the Howard County Striders  
However, only paid-up members of the Striders for 2011 will be eligible to  
vote
- Children are welcome — but they are the responsibility of their parents or  
guardians and must remain in the meeting room

### Renew your membership:

- Bring cash or check. Renewals will occur before or during the banquet

For more information contact Bill Arbelaez ([specialprograms@striders.net](mailto:specialprograms@striders.net)) or Donnie Chapman ([membership@striders.net](mailto:membership@striders.net))

## WINTER SCHEDULE

Every mile is two in winter.  
— George Herbert

Let's not sit indoors this winter and grouse about dreaming of California or springtime, or about how the Redskins might have been champions. There's never been a better time to go running than the winter because you don't need to worry about the heat.

Kids seem a bit rambunctious after Christmas? Drop them off with *Coach Lang* for some Indoor Track workouts in late December. This is the first time the Juniors have taken up indoor track. Practices run from December 27 to February 19 at Oakland Mills High School.

Test your resolution to run in 2011 at the 8k Prediction Run at Jeffers Hill Neighborhood Center on New Years Day. Your goal will be to complete the 8k course at exactly 11 am. The Resolution Run is a Strider tradition dating to the days of the Druids. *Len Guralnick* directs, and he could use a few good volunteers.

The Annual Strider Banquet and Awards Ceremony will take place on Saturday, January 8 at the Bain Center. Bring some food to share, enlist for 2011, and meet all your running pals. You might even have won an award for 2010! Check with *Bill Arbelaez* about this event.

The Operation Iceberg winter series begins on the next weekend and runs through March. Can we make it through the season without canceling a race? Check with Glenda Rodriguez ([weeklyseries@striders.net](mailto:weeklyseries@striders.net)).

The Penguin Pace 5k will take place on February 6 on the infamous hills of Longfellow. After the race, a fabulous brunch will take place in the warmth of the Florence Bain Senior Center. Check for more details on the Strider website later.

Winter racing reaches an apex on Sunday, February 27, when the Striders challenge all comers at the 10 Mile Challenge. All able-bodied Strider runners should plan on doing this race. Contact Richard Bernstein for information. Registration for the event will be online soon.

## WINTER 2010-2011 SCHEDULE

- 12/27 9:45a Junior Striders Indoor Track  
Oakland Mills High School  
[bullseyerunning@gmail.com](mailto:bullseyerunning@gmail.com)
- 1/1 >9a **Resolution 8k Prediction**  
Jeffers Jill Neighborhood Center  
[lguralnick@comcast.net](mailto:lguralnick@comcast.net)
- 1/8 4:45p **Annual Banquet**  
The Bain Center  
[arbelaez@bellatlantic.net](mailto:arbelaez@bellatlantic.net)
- 1/16 2pm Winter Series #1 – 2mi, 6mi  
Thunder Hill Elementary School
- 1/23 2pm Winter Series #2 – 5km  
Burleigh Manor Middle School
- 2/6 7:45a Penguin Pace 5k  
The Bain Center  
[check website]
- 2/13 2pm Winter Series #3 – 2mi, 10km, 15km  
Longfellow Elementary School
- 2/20 2pm Winter Series #4 – 2mi, 5mi  
Burleigh Manor Middle School
- 2/27 8am **10 Mile Challenge**  
Howard Community College  
[richard.bernstein@jhuapl.edu](mailto:richard.bernstein@jhuapl.edu)
- 3/6 2pm Winter Series #5 – 1mi, 5km  
Swansfield Elementary School
- 3/13 2pm Winter Series #6 – 2mi, 10km, 15km  
Thunder Hill Elementary School
- 3/20 2pm Winter Series #7 – 5km  
Atholton High School

For more information on these events (and possibly others) check the Strider website:

[www.striders.net](http://www.striders.net)

## PRESIDENT'S LETTER

The Strider Board of Directors has recently made some important changes that you should be aware of. First, we voted in October to immediately remove the lifetime membership option for individuals and families. If you already have a lifetime membership, don't worry—current life memberships will be honored. We just won't be accepting any new ones. Furthermore, current lifetime family membership will not extend beyond offspring who reach the age of 25. If you do something really cool, like running a 2:10 marathon, you can still obtain permanent membership in the Strider Hall of Fame.

Second, the newsletter will no longer be printed as hardcopy and mailed to member households. Instead, the quarterly newsletter will appear at the Strider website ([www.striders.net](http://www.striders.net)). The online version will be expanded to include color photography and web links (when the chipmunks work out the kinks). If you really want a hardcopy, you can schlep over to one of the fine local running stores where we'll cache a few copies.

Third, Coach *Phil Lang* has formed a new coaching company called Bullseye Running. Bullseye has formally contracted with the Howard County Striders as the coaching entity for the Junior Striders. Don't worry, the same top-quality coaches and programs are still available to our youth. Bullseye has already guided them through a successful fall cross-country season and staged two successful meets and a 2-person XC relay. He's also conducting an indoor track program for the youngsters this winter.

Fourth, a committee is working on new guidelines for advertisement, both in the newsletter and online. VP *Dwight Mikulis* has formed this committee, and we can expect some revolutionary new concepts to appear.

As the season winds down and we transition into the holidays, be sure to mark Saturday, January 8, on your calendar. I don't mean the NCAA Football Championship, I mean the Annual Awards Banquet. The Banquet will again be held at the Bain Center and will again feature the best home-cooking in the county. Come join your running friends, renew your membership, vote in the

annual election, and meet the award winners. Maybe *you* won an award?

Finally, support the Striders at the 10 Mile Challenge Race in February. We did not win this team event last year, but a concerted effort from both our men's and women's teams might return the Challenge Trophy to Howard County. Training runs on the Challenge course will be held throughout January and February from the Bagel Bin to help you prepare.

See you on the roads—

— *Nadia*

### YOUR 2010 BOARD OF DIRECTORS

Nadia Wasserman (president)  
president @ striders.net  
Dwight Mikulis (vice-president)  
vicepresident @ striders.net  
Lisa Fichman (treasurer)  
treasurer @ striders.net  
Pat Wilkerson (secretary)  
secretary @ striders.net  
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specialraces @ striders.net  
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Glenda Rodriguez (weekly races)  
weeklyraces @ striders.net  
Bill Arbelaez (special programs)  
specialprograms @ striders.net

## HOWARD COUNTY



## JUNIOR STRIDERS



### **2010/2011 Indoor Track Program operated by Coach Lang, LLC also known as Bullseye Running**

This program is for runners born in 2002 or before. High schoolers not competing with their school team are welcome.

\*\*\* This indoor track program is for experienced competitive athletes who want to train AND compete this winter in preparation for the spring and summer programs. Running shoes (not spikes) are required; ask for the 10% Striders discount if you buy them at Feet First in the Hickory Ridge Village Center or Road Runner Sports in the Gateway Overlook Shopping Center. Racing spikes are not allowed at one of the two facilities we will race at so they may also be considered but only after having training shoes.

The runners will have an opportunity to DO SOME OF OR ALL OF THESE (come when you can):

- become a member of the Howard County Striders for 2011 if they aren't already.
- participate in a week long clinic over winter break (12/27-12/31 from 9:45am to 11:15am at Oakland Mills - meet in the gym in the very back of the school),
- participate in weekly group practice sessions (Saturday's 1/8-2/19 from 10am to 11am at Oakland Mills),
- compete in meets (typically on Sunday's) with other junior runners and sometimes some adults,
- if you mail this track registration form in with the registration form for the December 18<sup>th</sup> Rudolph 5k XC Run or 400 meter kids run or adult walk that event will be half price for the child and any family members that want to participate, \$11 instead of \$22, (got to <http://bullseyerunning.com/> for the entry form)(must mail in – no online registration).

The winter break clinic will help the athletes work on technique as well as conditioning and an indoor gym will be available and used for some of the clinic but if weather permits some work will be done outside on the track as well.

The Saturday practices will likely be outside on the track and include a warm up, stretching, drills, and a workout in groups based on age, ability, health and experience.

\*\*\* Helpful hints: use a bathroom before coming to practice, don't eat what will upset your stomach, bring a drink (water, Gatorade, something like that) to EVERY practice, of course wear running shoes and athletic clothes based on the weather conditions and positive and supportive comments from all adults are mandatory.

The team will compete at several events during the season and the athletes are expected to be a part of the team and test their speed, power and stamina at SOME of these meets. The meets will typically be in Landover, MD or Arlington, VA on Sunday mornings starting at 8am with the first one scheduled for January 9 (1/9 – Landover/PG Sports & Learning Complex, 8001 Sheriff Rd., Landover, MD 20785; 1/16 – Arlington/Thomas Jefferson Community Center, 3501 S. 2<sup>nd</sup> St., Arlington, VA 22204; 1/23 – Landover; 1/30 – Arlington; 2/5 – Landover; and the 14 and under championship meet on SATURDAY 2/26 – Landover). There will likely be another meet in between 2/5 and 2/26 but the date and location have not yet been determined. The athletes will need to pay the small entry fees that some of these meets charge but some of the meets are free. The team will pay the athletes entry fee for the Championship Meet and the USATF membership if they need it. Athletes, parents and coaches can work together to choose events!

Please mail in registrations before the first day of the clinic if possible; registrations will be accepted at the clinic and at practices but mail is preferred. There is no registration deadline but obtaining the t-shirt and other logo items becomes difficult if registration is received late. Emails and web site updates will keep you apprised of everything – <http://www.bullseyerunning.com> and <http://www.striders.net/programs/junior>. Contact Coach Lang with any questions – [bullseyerunning@gmail.com](mailto:bullseyerunning@gmail.com) - and please read the emails from that email address!

HOWARD COUNTY JUNIOR STRIDERS APPLICATION ~ 2010/2011 Indoor Track Team ~

Please mail in registrations before December 18<sup>th</sup> if possible; late registrations will be accepted at the clinic or practice.

**ONE REGISTRATION FORM FOR EACH RUNNER**

First and Last Name: \_\_\_\_\_, Gender: Male or Female, Birthdate (m/d/y): \_\_\_\_\_

Street Address: \_\_\_\_\_, City: \_\_\_\_\_, State: \_\_\_\_\_, Zip: \_\_\_\_\_

Family Home Phone: (\_\_\_\_\_) \_\_\_\_\_, Emergency Cell #: (\_\_\_\_\_) \_\_\_\_\_

Parent's Email: \_\_\_\_\_

Mother and Father's Name's: \_\_\_\_\_ Child's t-shirt size \_\_\_\_\_

• REQUIRED All ages: I want to run with the Junior Striders team! Child's signature: \_\_\_\_\_

Check which program you are registering for:

\_\_\_\_ Program 1 (winter break clinic, practices, meets and t-shirt) - \$80

\_\_\_\_ Program 2 (winter break clinic, practices, meets, t-shirt and uniform) - \$100

\_\_\_\_ Program 3 (winter break clinic, practices, meets, t-shirt, uniform and sweatshirt) - \$135

\_\_\_\_ Program 4 (practices, meets and t-shirt) or (winter break, meets and t-shirt) - \$55

\_\_\_\_ Program 5 (practices, meets, t-shirt and uniform) or (winter break, meets, t-shirt and uniform) - \$75

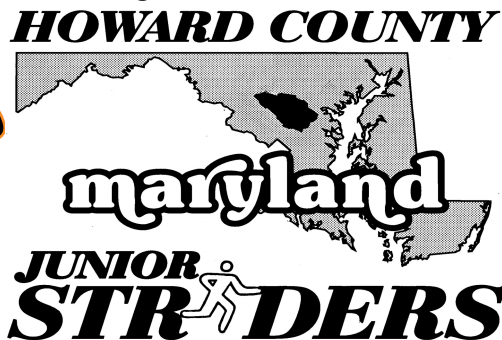
\_\_\_\_ Program 6 (practices, meets, t-shirt, uniform and sweatshirt) or (winter break, meets, t-shirt, uniform and sweatshirt) - \$110

\_\_\_\_ Program 7 Only if already a 2011 Striders member and has a uniform (meets and t-shirt) - \$40

Waiver/Release: I, the undersigned, am the parent or legal guardian of the minor whose name appears above. I know that running is a potentially hazardous activity. I know that the minor should not run unless medically able and properly trained. I agree to abide by any decision of the program director relative to the minor's ability to safely complete the risks associated with running in this program including, but not limited to: falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic and other conditions of the road, track or trails, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, I, for myself, on behalf of the minor, my heirs, personal representatives and assigns do hereby release, waive, discharge and covenant not to sue the Howard County Striders, Coach Lang, LLC/Bullseye Running, the Road Runners Club of America, USA Track & Field, the AAU, the Facility and Sponsors, their respective officers, directors, agents, employees, volunteers and successors (collectively "Releasees") from all liability, loss, claims, demands, possible causes of action, court costs, settlement costs and fees, attorney's fees and any other expenses arising out of the minor's participation in this event/program even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I further authorize and empower the program director or appointed volunteer to consent to and authorize any medical care and treatment for the minor that may appear reasonably necessary as a result of emergency, accident or illness of the minor whether occurring before, during or after the event/program. Further, I grant a limited license to all of the persons named in this waiver to use the participants name, likeness, image, voice, video, athletic performance, biographical and other information, in any format whatsoever, and to distribute, broadcast and exhibit these without charge, restriction or liability, but only for the purposes of advertising or promoting the sport of Athletics or other legitimate purposes. I understand that bicycles, skateboards, baby joggers, roller skates or blades, animals, and personal music players are not allowed for use in this event/program and I will ensure that the minor abides by this guideline.

Signature of Parent/Guardian \_\_\_\_\_ Date \_\_\_\_\_

Make checks payable to Coach Lang, LLC, mail to Coach Lang, 5412 Thunder Hill Road, Columbia, MD 21045.



Don't forget these Strider events this Winter:

Resolution 8k Run – Jeffers Hill Neighborhood Center  
Saturday, January 1, 2011, *after* 9 am

Annual Banquet – The Bain Center  
Saturday, January 8, 4:45 pm

Penguin Pace 5k – The Bain Center  
Sunday, February 6, 8:00 am

10-Mile Challenge – Howard Community College  
Sunday, February 27, 8:00 am

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Return Address:  
Howard County Striders  
P.O. Box 563  
Columbia, MD 21045

**Non-Profit Organization  
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