

FOOTPRINTS



NEWSLETTER OF THE
HOWARD COUNTY STRIDERS
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FALLS ROAD WHIPS HOWARD COUNTY AGAIN AT CHALLENGE

BUT STRIDER MEN PREVAIL
IN DESPERATE BATTLE FOR
MEN'S TEAM CHAMPIONSHIP

Last year Dave Berdan won the Annual 10 Mile Challenge in an amazingly fast time of 51:43. At this year's race, Ryan McGrath, captain of the Falls Road Running team offered a bonus of \$100 to his teammate Alexander Battaglino if he could better that time. Having every intention of collecting, Battaglino bolted from the start and immediately assumed a commanding lead. "He went out so fast that we thought he'd fade and we'd real him in," said *Carlos Renjifo*, captain of the Howard County Strider/Feet First racing team. Battaglino kept a relentless pace, however, and slowed down only slightly in the hilly section of the course around six miles. "I never looked back," he said, "so I really didn't know how far ahead I was." He finished nearly two minutes ahead of Matt Barresi in second place. Battaglino clocked 51:34 – nine seconds ahead of Berdan's time— so he earned his bonus.

The top Strider finisher was *Matthew Barresi*, who used to run for Atholton High School and now resides in Falls Church, VA. Matt and Carlos ran together for most of the race and finished second and third among the men. They worked together to beat off repeated attacks by the Falls Road runners, and in the end succeeded.



Kara Waters beat all the other women at the 10 Mile Challenge. (photo by Jim Carbary)

Falls Road may have claimed the top finisher, but they placed only six in the top 20 finishers, while the home team from Howard County placed seven in the top 20. This was enough for the locals to win the men's team trophy. The top 12 men scored, with the next 80 serving as "displacers."

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In the wake of Alexander Battaglino, Striders Carlos Renjifo (1374) and Matt Barresi (1252) jockey for position in the early going at the 10 Mile Challenge. (photo by Doug Hawkland).

Howard County's *Kara Waters* won the woman's race in 1:01:55 by a margin similar to that of Battaglino. She ran the race as an independent last year, but signed on with the Striders this year and ran several minutes faster, mostly competing against the men. "There were some good hills," Kara said about the course. Her time and margin of victory were all the more amazing since she had just finished the Rock 'n Roll Marathon (Arizona) a month ago in 2:52:31. She plans to improve her time by doing some speedwork in the near future.

Kara's valiant effort wasn't enough for the Strider women, however, to beat back the women's team from Falls Road. Lead by Denise Knickman, the Falls Road women collected the next five places behind Waters and swept their team to a resounding victory in the women's team challenge. "It was the best race I've had in a while," Denise said. The top six women on a team scored.

The mixed or coed team victory was decided by a scoring system as complicated as

the NFL's tie-breaker rules. Fortunately, the scoring was handled by a computer, which eventually determined that the boys and girls of Falls Road had also won the mixed team championship. By dint of its two team victories, the Falls Road runners also took the overall championship. They retained the ancient trophy, which dates to 1980. Battaglino and Waters also took home trophies for their individual victories, and the men's, women's, and mixed teams received trophies. But there were no more awards, since this was purely a team challenge race. All finishers did receive the trademark painter's gloves.

While many on the Falls Road team reported personal records, only one of Strider seems to have achieved that elusive goal: *Donna Wecker*. She ran with *Robyn Humphrey* for the whole 10 miles and wound up with a time of 1:08:28. Except for training runs, it was her first 10 miler.

The race was directed by *Richard Bernstein*, who received support from dozens of Howard County Strider volunteers and the Boy Scouts. The Howard County police not only provided traffic control, they also gave Battaglino a motorcycle escort throughout his 10-mile jaunt. The Striders also wish to thank Steve Musselman and the Howard Community College, which served as the venue for the race and allowed use of its gymnasium for post-race ceremonies.

Ten complete teams from all over central Maryland and the District of Columbia competed in the 10 Mile Challenge, which is an official RRCA Championship race. The Challenge race also represents the first race in the Maryland RRCA Grand Prix Championship series. Although 800 signed up for the race, only 564 finished. The registration of the 800 individuals marked the largest field ever for the 10 Mile Challenge and the first time the event ever closed out. Some people showed up on race morning to register, but were turned away.

RRCA 10 MILE CHALLENGE
Howard Community College, Columbia, MD
27 February 2011

Top 20 Men

1. Alexander Battaglino (Falls Road)	51:34
2. Matthew Barresi (Howard County)	53:21
3. Carlos Renjifo (Howard County)	53:27
4. Tristram Thomas (Falls Road)	53:51
5. Ed Aramayo (Falls Road)	53:57
6. Dustin Meeker (Falls Road)	54:02
7. Dave Miller (Unattached)	54:30
8. Andrew Madison (Howard County)	54:37
9. James Henry (Montgomery County)	55:03
10. Mark Buschman (Howard County)	55:39
11. Garrett Ash (Falls Road)	56:00
12. Kyle Stanton (Howard County)	56:14
13. Luke Bedford (RASAC)	56:22
14. Daniel Miranda (Baltimore)	56:54
15. Karsten Brown (Annapolis)	57:01
16. Alex Loper (RASAC)	57:09
17. Randall McDermott (Howard)	57:25
18. Seth Tibbitts (Falls Road)	57:29
19. Philip Diven (Howard County)	57:34
20. Matthew Klaschus (RASAC)	57:53



Alex Battaglino (right) took charge of the race at the outset. (photo by Jim Carbury)

Top 20 Women

1. Kara Waters (Howard County)	1:01:55
2. Denise Knickman (Falls Road)	1:03:49
3. Diane Heiser (Falls Road)	1:04:17
4. Melissa Majundar (Falls Road)	1:04:57
5. Suzanne Hurst (Falls Road)	1:06:47
6. Jaclyn Truncellito (Falls Road)	1:07:04
7. Stefanie Commins (Howard County)	1:07:16
8. Megan DiGregorio (Falls Road)	1:08:09
9. Megan McNew (Falls Road)	1:08:18
10. Robyn Humphrey (Howard County)	1:08:25
11. Donna Wecker (Howard County)	1:08:28
12. Patricia Soumoff (Montgomery)	1:08:38
13. Caroline Bauer (Howard County)	1:08:43
14. Kristin VanEron (Baltimore)	1:08:49
15. Nicole Deziel (Montgomery)	1:11:00
16. Ulrike Robinson (Montgomery)	1:11:34
17. Utonna Sherrod (Annapolis)	1:11:57
18. Sarah Lebro (Howard County)	1:12:01
19. Alyssa Godesky (Falls Road)	1:12:19
20. Audrey Perlow (DC)	1:12:20

Men's Teams (low score wins)

1. Howard County Striders	198
2. Falls Road Running	222
3. RASAC	522
4. Montgomery County Road Runners	814
5. Baltimore Road Runners	834
6. DC Road Runners	1199
7. Frederick Steeplechasers	1433
8. Annapolis Striders	1455
9. Westminster Road Runners	1885
10. Prince Georges Road Runners	2703

Women's Teams

1. Falls Road Running	28
2. Howard County Striders	60
3. Montgomery County Road Runners	121
4. Baltimore Road Runners	178
5. RASAC	320
6. Frederick Steeplechasers	333
7. Annapolis Striders	389
8. DC Road Runners	456
9. Westminster Road Runners	598
10. Prince Georges Road Runners	678

Mixed Teams

1. Falls Road Running	497
2. Howard County Striders	532
3. Montgomery County Road Runners	1286
4. RASAC	1350
5. Baltimore Road Runners	1408
6. DC Road Runners	2056
7. Frederick Steeplechasers	2322
8. Annapolis Striders	2502
9. Westminster Road Runners	3198
10. Prince Georges Road Runners	4490

Total Team Participants

Falls Road Running	32
Howard County Striders	115
Montgomery County Road Runners	88
RASAC	43
Baltimore Road Runners	64
DC Road Runners	28
Frederick Steeplechasers	42
Annapolis Striders	39
Westminster Road Runners	26
Prince Georges Road Runners	21

for complete results and
more pictures check at

www.striders.net

A NOTE FROM PRESIDENT DWIGHT
ABOUT THIS RACE

As everyone knows, it takes a lot to put on a race and the 10 Mile Challenge is no exception. A big thank you to our Race Director, *Richard Bernstein*, our everything else Director, *Paul Goldenberg*, the finish line crew, numerous course marshals, *Tom McManuels* on Food Patrol, *Steve Musselman* and Howard Community College, *Jimmy Williams* our Emcee and the scoring crew headed by *Jim DiSciullo* and quite a few more HC Striders who assisted.



The 10 Mile Challenge trophy. We didn't want it anyway. (photo by Jim Carbary)

RESOLUTION RUN

Some people may have had a hard time getting out of bed on New Year's Day, but at least 157 of them not only got up but also run 8 km (4.97 miles) before 11 am because that was the objective: to finish the distance at exactly 11 am. The catch was that no timing devices were allowed. Running on dead reckoning, 72 runners finished before the hour and 85 finished after. Afterwards, they congregated in the Jeffers Hill Neighborhood Center for fruit juice, coffee, and sugary donuts.

Mindy Lee came the closest to the 11 am, crossing the finish line 1.66 seconds after the hour. Unfortunately, Ms. Lee did not remain for the awards ceremony at the Neighborhood Center, so the award (a wrapped secret present) went to the second-most accurate runner, Bram Arrington, from Ellicott City. Mr. Arrington finished 2.04 seconds after 11 am. The closest Strider was *Bill Wheeler*, the third best estimator, only 3.89 seconds after the hour.

The Resolution Run also featured an extremely difficult trivia contest with 10 questions on current events. The mean score was about 50% in spite of very liberal scoring. *Jason Tripp* won the contest with 56%, but he didn't even come close to being the most accurate runner.

Finally, event photographer Mike Fleming won a random volunteer prize. In a previous prediction run, Mike had won a stuffed turkey that he hid in his basement.

The Resolution Run was directed by *Len Guralnick*. Benefits for the run go to the David L. Tripp Scholarship Fund. Mr. Tripp himself was on hand. He designed and graded the trivia quiz. One finds it interesting that his son got the highest grade.



Gabe Hiza gives the signal near the half-way point of the Resolution Run. He didn't come close to finishing on time, though. (photo by Jim Carbary)

TOP FINISHERS AT RESOLUTION RUN

Roger Calvert	10:59:42
Micheal Dusenbery	10:59:43
Carrie Murthy	10:59:43
Heather Kanstanzer	10:59:49
Timmy Usher	10:59:49
Richard Griffiths	10:59:52
Nathan Presnell	10:59:53
Kyle Andrews	10:59:53
Mac Ramsey	10:59:55
Robert Blanco	10:59:55
Mindy Lee (1)	11:00:01.66
Bram Arrington (2)	11:00:02.04
Bill Wheeler (3)	11:00:03.89
Glenn Scimonelli	11:00:04
Becky Gessler	11:00:09
Amy Gessler	11:00:09
Carroll Thumel	11:00:11
Timothy May	11:00:16
Mike Fleming	11:00:18
Robert Hollis	11:00:19
Jeffrey Garstecki	11:00:19



Strider Gran Prix winners with their bags. "We can fill them with bagels," Brian Fleming said. (photo by Mike Fleming)

MARYLAND GRAND PRIX

Congratulations to the following Howard County Striders, who won awards in the 2010 Maryland RRCA Grand Prix Series:

Grace Tran	3rd Female overall
Brian Fleming	1st, 25-29 M
Keith Levasseur	1st, 30-34M
Micheal Dusenbery	2nd, 30-34M
Greg Lepore	1st, 35-39M
Marc Burger	2nd, 35-39M
Phillip Lang	2nd, 40-44M
Marsha Demaree	1st, 45-49F
Weems McFadden	2nd, 50-54M

To earn this accolade, participants had to run at least three of the nine races in the 2010 Grand Prix series. These races included the 10 Mile Challenge, Springburst 8k, Bel Air Town 5k, and the Metric Marathon. This year, award winners received bags. Maryland RRCA representative *Phil Lang* presented the awards at the 10 Mile Challenge race.

HIGH SCHOOL INDOOR TRACK

Throughout the winter, Howard County high schools participate in indoor track meets, which are usually held at the Prince George's Sportsplex in PG County. The Sportsplex does not have a standard-size track, and runners have to do extra laps to reach, say, 1500m, but at least they don't have to contend with snow and ice. A number of younger Striders, the ones who will soon be coming to collegiate teams, enjoyed some excellent performances.

COUNTY MEET – January 21 PRINCE GEORGES SPORTSPLEX

Girls' 500m	
4. Anna Demaree (RH)	1:24
Girls' 800m	
1. Anna Demaree (RH)	2:25
Girls' 1600m	
1. Tiffany Lang (OM)	5:28
4. Caragh Macdermott (GL)	5:33
6. Alyse Gibson (RES)	5:45
Girls' 3200m	
1. Nicole Dawson (HAW)	11:46
3. Tiffany Lang (OM)	11:48
Boys' 800m	
1. Robby Creese (GL)	1:58
2. Eric Schuler (RES)	2:03.5
3. Josh Campbell (RES)	2:03.7
5. Conor Belson (ATH)	2:07
Boys' 1600m	
1. Robby Creese (GL)	4:22
2. Eric Schuler (RES)	4:30
3. Conor Belson (ATH)	4:31
Boys' 3200m	
1. Sam Andrews (OM)	9:54
4. Rylan King (ATH)	10:25
5. Gary Smolyak (ATH)	10:26

PASS THE CELTS, PLEASE

Those Striders not vacationing during the holidays entertained themselves at the annual Celtic Solstice 8 Mile Race through Druid Hill Park. The weather cooperated this year– in '09 runners suffered through a snowstorm and only 388 finished. No problem in 2010– 2297 finished. In fact, conditions were so kindly that many ran in shorts.

The race boiled down to a battle between Howard County's *Carlos Renjifo*, racing team captain, and Dave Berdan, a running machine who had previously won the Solstice ('06, '07, '08). Actually, Berdan scorched our valiant captain, so there isn't much to write about. "I can't blame it on the ice," Carlos said. "There wasn't any." Carlos placed second, only six seconds ahead of third, but a minute behind Berdan.

Chip times are reported.

CELTIC SOLSTICE 5 MILER

Druid Hill Park, MD – 18 December 2010

2. Carlos Renjifo	26:08
6. Mike Colaiacovo (1st, MM)	27:51
10. Jason Tripp (1st, 35-39M)	28:49
Brian Fleming	29:26
Dave Berardi (2nd, 50-54M)	30:12
John Chall (3rd, 50-54M)	31:18
Steven Muchnick	33:01
Hafiz Shaikh	33:58
Janeth Scott (2nd, 45-49F)	35:14
Ronnie Wong (1st, 60-64M)	35:16
Paul Kirk-Davidoff	35:17
Daniel Kirk-Davidoff	35:28
Rebecca Ramsing (1st, 40-44F)	35:44
Isaac Kirk-Davidoff	35:32
Amanda Loudin (3rd, 45-49F)	35:46
Nick Del Grosso	36:09
Marc Burger	36:11
Laura Hartman	36:23
Dorothy Beckett (1st, 50-54F)	36:43
Julie Thienel	37:23
Grace Tran	37:40
Marsha Demaree	38:15
Ted Hartman	38:08
Jessica Sleight	38:36
Andrew Sartor	39:07
Dawn Rudolph	39:07
Mike Fleming (2nd, 65-59M)	39:46



Well-known Bagel Runner Steven Anderson casts a wary glance at the camera somewhere in the Celtic 5 Miler. (photo by Brian Fleming)

Jim Mahoney	40:24
Jim Fetters	41:06
Lili Barouch	41:23
Steven Anderson	41:53
Carrie Anderson	42:05
Angela Barkan	42:11
Katrina McGowan	42:17
Mark Young	42:29
Dwight Mikulis	42:45
Dean Siedlecki	42:48
Todd Loudin	43:10
Nicholas Ramsing	43:24
Barbara Walkters	43:25
Shelley Yore	43:51
Steven Albertini	43:58
Jennifer Hayashi	44:00
Elizabeth Towner	44:18
Elizabeth Cowan	46:01
Ann Goodwin	46:20
Deborah Sharp	46:52
Mary Thompson	47:25
Sharon Madden	48:37
Michael Joyce	49:00
Wendy Silver	49:46
Mimi Gears	50:35
Tom Brown	52:11
Christina McGovern	52:18

Full results at www.celticsolstice.com.



The 2011 Board of Directors. Back row, left to right: Bill Arbelaes, Marsha Demaree, Donnie Chapman, Dwight Mikilus, Rob Gettier, Carlos Renjifo, Bobby Gessler. Front row: Pat Wilkerson, Nadia Wasserman, Jim Carbarry, Brian Fleming, Amanda Loudin. (photo by Joe Wasserman)

THE BANQUET

For the first time in their 35-year history, the Striders moved their annual Awards Banquet to Saturday evening (January 8). This may have been merely a logistical move, although suspicions arise about scheduling the banquet to allow members to watch certain NFL playoff games.

Members began arriving at the Bain Center around 4:30 pm. They eventually seated themselves around the 22 tables available in the assembly room. When more people arrived, two more tables had to be requisitioned. Altogether, 160 persons attended—possibly the largest number ever. The participants brought copious amounts of food and placed it on tables at the end of the hall. The Striders provided plates, plastics, soft drinks and wine.

A brief business meeting preceded the feeding. *Nadia Wasserman* and *Dwight*

Mikilus conducted this meeting. As the first order of business, Dwight introduced the new Strider logo. This new logo celebrates the 35th anniversary of the Striders. A contest was held to determine a logo from over 15 entries submitted. The logos of *Julie Phillips* and *Julia Skinner* earned the runners-up awards, and *Heidi Kirsch* won the overall contest winner for best logo. The Board of Directors and the general membership voted on the top logos. Heidi won a special prize for her winning entry, which will now appear everywhere on Strider items.

The second business item consisted of amending the By-Laws to expand the Board of Directors to the five officers—President, Vice President, Secretary, Treasurer—plus Immediate Past President, plus a maximum of nine other directors, all to be elected by majority vote at the Strider annual meeting. This amendment was readily adopted by unanimous vote.

YOUR 2011 HOWARD COUNTY STRIDER
BOARD OF DIRECTORS

Officers

Dwight Mikilus	President
Bill Arbelaez	Vice President
Pat Wilkerson	Secretary
Rob Gettier	Treasurer
Nadia Wasserman	Immediate Past Pres.

Directors

Carlos Renjifo	Racing Team
Jim Carbary	Newsletter
Paul Goldenberg	Special Races
Brian Fleming	Website
Bobby Gessler	Youth Programs
Donnie Chapman	Membership
Glenda Rodriguez	Weekly Series
Marsha Demaree	Special Programs
Amanda Loudin	Media-Communications



George and Ferne Kroeker were the first through the line. George apparently sampled every dish. (photo by Jim Carbary)

Then Treasurer *Lisa Fichman* reviewed the final finances of 2010 and introduced the proposed budget for 2011. Copies of the financial statements had been provided at each table. “2010 was a good year,” Lisa noted, “We had a 15% increase in income, mostly from the special programs and the races.” She also noted that our major expenditures were related to the purchase of revolutionary new timing equipment.

The next order of business was to thank the 2010 Board of Directors and introduce the new 2011 Board. As each was called, the board member stood up for recognition. Lisa Fichman was stepping down as Treasurer, to be replaced by *Rob Gettier*. *Amanda Loudin* joins the board as the new Communications chairman, while takes over Special Programs from *Bill Arbelaez*, who become the Vice President. The 2011 board walked to the front of the room so everybody could see them. The membership then voted without dissent to elect the incoming board.

Finally, it was time to eat. “Please go up the food tables with decorum,” Bill Arbelaez said, and he required that members line up according to the row of the tables at which they were seated. Some grew restive at this procedure, although everyone eventually

passed along the food tables. Entrees included the usual pasta dishes and several pizza, always a favorite of runners. Several items distinguished themselves: *Dorothy Beckett’s* corn chowder, *Ronnie Wong’s* curried chicken, and Daniel Wecker’s curried lamb over rice. The desserts occupied several other tables. Among these were the *Nora Blanco* cupcakes adorned with candied running shoes and the exquisite carrot cake by Genelle Wecker, Daniel’s daughter.

Some members scarcely had time to get seconds when Nadia and Dwight launched into the donations part of the banquet. The Striders made cash donations to the Howard County Fire and Rescue (*Donnie Chapman* accepting), the Howard Community College (*Izzy Mehmedovic* accepting), Girls on the Run (Lisa Fichman accepting), and the Howard County Police Foundation. At least the police sent two representatives to receive their donation: Crystal Cooper and Major Bender. “It is an honor to work with the Striders,” the Major said.

Nadia then acknowledged the support of three running stores that are major sponsors of the Striders: Charm City, Road Runner Sports, and Feet First. *Doug Mock* from Road Runner and *Jeff and Karen Cohen* from Feet first were somewhere in the audience.

Nadia continued with the Hall of Fame inductions, which were determined by the Hall of Fame Committee, itself consisting of the (so far) 24 members of the Hall of Fame.

Hall of Fame Inductees – *Ken Fowler, Robyn Humphrey, and Pat Wilkerson*

The Striders began inducting members into the Hall of Fame in 1998. Currently there are 25 members. Nadia requested that those members present should stand and be recognized. After this, she began reviewing the new inductees.

Ken started his running career as a Junior Strider in 1981. A couple years later he ran for Centennial High School and was the Maryland High School State Champion in cross country. He went on to run cross country and track at Villanova University. He won the Columbus Chase 10k twice and the National Corporate 5k once. During one of his Chase victories, possibly his best race, he beat fellow Hall of Famer *Gerry Clapper*. He ran his fastest 10k (29:59) at the Penn Relays. “I got lapped by John Scherer and Ken Fox.” In 2009, Ken was inducted into the Centennial High School Athletic Hall of Fame. He has volunteered at a number of Strider races, most notably the Run Through the Grapevine. He currently competes at the sport of duathlon (run-bike-run), where he has qualified four times for the World Championships. His personal bests include a 4:10 mile, an 8:55 two-mile, 12:17 5k, 24:10 five mile, and that 29:69 10k.

Robyn Humphrey has been a Howard County Strider for 25 years and is the longest-serving member of the Strider racing team. She either wins or places in her age group in virtually every race in which she participates. Robyn earned Runner of the Year honors twice and Master Runner of the Year uncounted times. She owns personal record of 18:03 for 5k, 38:30 for 10k, 1:03:30 for 10 miles, 1:29 for the half marathon, and 3:09 for the marathon. She is married with one child, and when she’s not running she enjoys hot yoga and golf.

Pat Wilkerson came to the Striders after being a member of the Baltimore Road Runners. That was a long time ago. Some of her highlights include qualifying for the U.S Olympic Marathon Trials and a 2:49:23



Nadia instructs new Hall of Fame member Ken Fowler to remove the plastic bag before using his plate. (photo by Mike Fleming)

marathon. As a master and now a grand-master, she consistently places high in area races and is always ranked in the *Washington Running Report*. An active volunteer, Pat serves as a coach in many of our special programs and as a member of the Strider Board of Directors. Her personal records include a 18:05 for 5k, a 37:31 for 10k, a 62-minute 10 miler, and a 1:22 for the half marathon.

After the inductions, Nadia issued the awards for runners of the year. Actually, the Junior Runner awards were given out immediately after dinner, either because the kids had to go to bed early (on Saturday night?) or because somebody forgot the program schedule. Anyway, Nadia made clear that the general membership nominated numerous individuals for the annual awards, and that an official committee deliberated on the various nominees. The results are as follows.

Junior Runners of the Year – *Sam Andrews*
and *Julie Nardone*

A former Junior Strider, Sam now runs for Oakland Mills High School. Still only a sophomore, he has become the number one



Junior Runner of the Year Julie Nardone was carefully instructed NOT to point the plate at the camera. (photo by Mike Fleming)

distance runner for the school and, during the cross country season, posted several 5k times under 17 minutes. Some of his greatest races came during the regionals, where he finished second overall in (17:05), and the state 2A championships, where he finished sixth overall (17:04).

Julie has been a Junior Strider for several years and has competed in a variety of Junior races. She finished second among the 13-14 year old girls in the 4k (17:04) at the Junior Strider Meet in October, and went on to place 70th overall among her peers at the USATF National Meet in December (15:50). In addition, Julie won the women's Meet of Miles race in 5:52.

Volunteers of the Year – Grace Tran and Mike Fleming

Grace unfailingly served the weekly race series throughout 2010 at the equipment lead. "If you've ever done something like this," Nadia said, "you know what a thankless task it is." Grace also helped coach the Next Step 10k/10mile and Half/Full Marathon programs. She takes her turn watering for the Bagel Runs on Saturday morning and is a member



New Runner of the Year Mike Mbugi gets another one of those plates from Nadia. (photo by Mike Fleming)

of the sponsorship committee. Look for her in 2011 at the coordinator for the Next Step 10k/10mile program.

Mike has become the official photographer of the Howard County Striders. Most of the photos you see on the website and in the newsletter were taken by Mike. Striders find him everywhere photographing their activities. Indeed, his work was conspicuously displayed as the projection backdrops for the banquet, and he sat in the front row photographing everything that went on during the banquet. Just watch out for Mike!

New Runners of the Year – Micheal Mbugi and Donna Wecker

When Mike began the year, he could barely run a lap around the track at Oakland Mills. Joining in all three Next Step Programs of 2010, he made amazing progress. He required 59:11 to run his first five miler at the Spring Series, but by the Summer Series, he had lowered that time to 37:19. Similarly, his first 5k runs required over 28 minutes, but he ran Damien's 5k in June in 24:00. Mike also competed in the All Fruit Relay as an "orange," and in the Two-Person Five Mile

track relay in the Summer. He finished the summer season with a 1:23:11 at the Annapolis 10 Mile run.

Donna started running early in 2010 and her progress was so swift that she was considered a candidate for Master Female Runner of the Year. At Clyde's 10k, she surprised her 45-49 age group by running a 44:47 (2nd 45-49 F). In the Fall, she finished second among all women at the Great Allegheny 15k with a time of 1:04:11. In November, Donna placed third among the females at the Metric Marathon – 1:55:12 – and she had only run that distance the week before as a training run. She was also a member of a Baltimore Marathon Relay Team. Look for Donna's exploits in the future.

Most Improved Runners of the Year – *Steve Olenick and Rebecca Holtz*

Steve has been a Howard County Strider since he was in high school, and now at 35 years of age, is enjoying one of the best running years of his life. He set personal records at almost every race he ran this year. Notable among his achievements was a 16:38 PR at the Shamrock 5k in Baltimore, a 27:49 at the Rockville Twiligher 8k, a 35:25 at Clyde's 10k (2nd, 30-34 men), and a 58:09 at the Annapolis 10 Miler (1st, 35-39 men). Steve capped a sensational year with a 2:48:08 at the Baltimore Marathon, which was a personal record by 12 minutes. In presenting the award, Nadia reminisced about seeing Steve run in high school.

Like Steve, Becky set personal records at many of the races she ran in 2010. She began the year by setting a personal record of 1:54:35 at the B&A Half Marathon. She improved her 5k time by 1½ minutes (25:38) at the Women's Distance Festival. At the Annapolis 10 Miler, Becky ran a 1:31:04, a PR by three minutes. She lowered her half marathon time to 1:46:31 at the Baltimore Half Marathon and concluded the year with a 4:14:43 at the Philadelphia Marathon, an improvement of 15 minutes. Becky also served as a coach for the Next Step Program.

Ultrarunners of the Year – *Karsten Brown and Betsy Nickle*

Karsten says that he never takes a day off and that he treated the Metric Marathon as a speed workout. We could also recite a long list of his 2010 Marathons, but his ultras results speak for themselves. He won outright the Capon Valley 50k (3:54:31) and the Dahlgren Heritage 50k (3:55:06). He finished the Massanutten Mountain 100 Miler in 29:15:24, and he finished fourth overall at the Catoctin 50k (5:19:44) and the Rosaryville 50k (3:41:17). What about his marathons? He won the first and only Snowmageddon Marathon (2:58:55), finished third at the B&A Marathon (2:48:00), second at Frederick (2:52:39), and topped them all with a 2:45:52 at the NCR Trail Marathon.

Unlike most of us, Betsy seems to get faster and stronger as the miles go by, and she used this uncanny ability to compile a masterful catalog of ultra finishes in 2010. In her very first 50k, Seneca Creek, she ran a 7:26:47. At the Hinte-Anderson Trail 50k, she lowered that time to 7:04:14, but she really became a Force at the North Face Endurance Challenge 50k with a 6:22:58. She lowered that PR even more to 6:18 at the Potomac Heritage 50k (only 100 competitors allowed!). She completed her first 50 Miler at Stone Mill in 11:12:39.

Peculiarly, neither of the Ultrarunners of the year were on hand to receive their pewter plates. Some speculated they might be out training.

Grandmaster Runners of the Year – *John Chall and Dorothy Beckett*

John Chall is one of the very few grandmasters anywhere who can break 20 minutes for a 5000m course. He did this several times in 2010: at the Musical Madness 5k (19:22), the Armed Forces 5k (18:45), Bel Air Town 5k (19:03), the Run for Remembrance 5k (19:51– a hot day, as we have heard), and at Damien's 5k (19:13). Sure, he ran some longer distances, too, including Clyde's 10k (39:36, 2nd 50-54M), Pikes Peek 10k (38:43), Twiligher 8k (32:11). John finished third in his age group at the

Annapolis 10 Miler (1:07:05) and at the Knights of Columbus 10k (40:26).

By our count, Dorothy won her age group in eight major races in 2010, including Clyde's 10k (45:16), the Columbia Women's Distance Festival 5k (21:46), the Allegheny 15k (1:06:46), and the Metric Marathon (2:02:22). She was the first master woman to finish the Musical Madness 5k (22:16). She also ran the Cherry Blossom 10 Miler in 1:14:35, finished second among the grandmaster women at Pikes Peak 10k (44:52), and also second in her age group at the Run Through the Grapevine 8k (41:30).

Master Runners of the Year – *Mike Colaiacovo* and *Conrad Orloff* (shared) and *Robyn Humphrey*

Mike started the year by bolstering the cause at the 10-Mile Challenge, where he contributed a 56:48. At the Cherry Blossom 10 Miler, his time of 56:13 actually won third place among the 40-44 men, and he did even better at Pile's Peek 10k, where he placed second in the age group (34:08). He was the first master to finish Clyde's 10k (34:22). Mike ran on the Broad Street 10 Miler coed team (58:29). He finished fifth overall at the Run for Remembrance 5k (17:10) and at the Grapevine 8k (29:20).

Conrad did run a few shorter races during 2010, including Clyde's 10k (1st, 40-44M, 34:54) and Run for Remembrance 5k (1st master, 17:02), but he earned his cred this year by running two stunningly-fast marathons. In September, Conrad completed the Presque Isle Marathon (Erie, PA) in 2:40:05, a time that placed him second overall among 468 runners. He reprised that effort in October with a 2:39:15 (3rd, 40-44M) at the Marine Corps Marathon in DC.

Robyn is no stranger to Howard County racing and has served longer as a member of Strider racing teams— over 15 years— than anyone else. She started the year with a 1:08:45 at the 10 Mile Challenge, then went on to win her age group at the Outback 5k (20:20). She won outright the AFCEA 5k in 20:02, the Armed Services 5k in 19:59, the Run for Remembrance 5k in 21:03 (it was a hot day!), and the Metric 5k (19:18). She won the master's competition at Damien's 5k



Captain Carlos Renjifo accepts his golden plate for Runner of the Year. (photo by Mike Fleming)

(19:56), Columbia WDF 5k (20:10), and the Annapolis 10 Miler (1:12:08). Continuing her salute to the Armed Forces, Robyn also placed third among the 45-49 women at the humongous Army 10 Miler with a 1:04:32.

Although Mike and Conrad were absent, Robyn was there to add another plate to her pewter collection.

Runners of the Year – *Carlos Renjifo* and *Pam Maldeis*

Captain of the Strider racing team, Carlos was always one of the fastest runners in any race he ran. Heroically, he contributed a 54:49 (6th overall) to the Strider cause at the 10 Mile Challenge in February. He lowered this to a 53:34 at the Cherry Blossom 10 Miler in April. Just the week before, he won Clyde's 10k in 32:47. Carlos also won the Run for Remembrance 5k (16:16), the Police Pace 5k (15:42), and the McHenry Tunnel 5k (15:50).

He finished second in the 25-29 age group at Rockville's highly-competitive Twilighter 8k (26:15).

Although she got injured in September, Pam still enjoyed one of the best years of any Striderwoman. She ran with the first-place Strider coed team at the Broad Street 10 Miler, where she contributed a 1:02:19. She won the Musical Madness 5k (18:19) and won her 25-29 age group at Rockville's Twilighter 8k (29:34). At the Strider's WDF 5k, she a 17:53 and finished second only to All-American Caroline Tynan. (Pam actually won the Baltimore WDF in 18:24, beating over 2000 other women.) Pam also finished second overall at the Arbutus Firecracker 10k (37:20). Just for fun, she teamed up with Marc Buschman to win the coed division of the 5-mile 2-person track relay.

Special Bagel Run Streak Award – *Chris Farmer and Bill Wright*

The Bagel Run has been run on Saturday mornings for over 30 years in a row, but the “snowmageddon” snowstorm last February severely tested its continuance. These two valiant runners showed up at the appointed time to keep the streak alive. Chris actually ran a few miles, while Bill got to the end of parking lot and gave up. “So the next time we have a big storm,” Nadia said, “somebody please show up.”

But the program *still* wasn't over. Ex-President Wasserman gave a touching farewell speech that touched on various celebratory aspects of the Striders such as their programs, races, and volunteers. She thanked the Board for its support, especially the new president, Dwight Mikilus.

Dwight had a special presentation for Nadia: a gift certificate for the IronBridge Restaurant (on 108), a free bottle of wine (not Ripple), and a proclamation from the State Delegate Liz Bobo and the Maryland General Assembly. Thus ended the second term of Nadia Wasserman and began the first term of Dwight Mikilus.

Before the grand finale, Dwight enumerated six goals of his upcoming administration. First, there will a history



Logo queen Heidi Kirsch was presented with honorary race Number 1. (photo by Mike Fleming)

projection, and the members can dust off old Strider documents and send them in. Second, the Striders are starting a communication, media and advertising initiative. Third, we'll be building a better finish line arch. Fourth, a media/communications director has been added to the board to help oversee item the second. Fifth, a sponsorship committee has been set up to rake in more money. Sixth, the Metric Marathon will be developed as the Striders' premiere event. Let's get on it! “And I'm available for duty on the racing team,” Dwight also said.

The grand finale arrived. Dwight and Nadia ejaculated a flurry of names of those worthy volunteers who served the club so selflessly in 2010. These worthies each received an Official Strider Collared Sweatshirt with the new anniversary logo. Here they are, in no particular order:

The Board of Directors

Jim DiScuillo Phil Lang

Special Races

Len Guralnick Charlie Brown
Dennis Albright Dave Tripp
Ti Saini Tacy Powers
John Worley Ann Worley
Arleen Dinneen Ralph Massela
Richard Bernstein

Finish Line & Race Support

Tasha Hogan Greg Hogan
Doug Hawkland Don Van Ostrand
Dickie George Lissa George
Peggy Fitzpatrick Jane Kearns
Shelly Kvech Danny Ives
Brent Kvech Amy Kvech

High School Meets

Bob Burns Nancy Burns
Janelle McIntyre Carla Styczynski
Greg Schuler Sari Chapman
Barbara Calvert Roger Calvert

Junior Striders

Vicki Lang Susan Kim
Carina Chattin Chris Chattin
Peter Keating Rick Carter
Fred Towner Karen Shouse
Nicole Shouse Paul Shouse
Sam Singleton Brandon Dula
Scott Delo Mark Miller
Michelle Miller Pete Kruus
Mike Elkonoh John Rosicky
Phil Rogers

Weekly Races

Marc Burger Melissa Burger
Chad Burger John Chall
Alan Tominack Denise Hyde
Chris Farmer Rebecca Holtz
Robert Blanco Nora Blanco
David Jun John Way
Natalie Smolyak Michael Smolyak
Mike Fleming Grace Tran
Keith Levasseur Brian Lawton
Eric Johnston Faye Weaver
Karsten Brown Kit Miller
Michael Dusenbery Glenn Scimonelli
Michelle Weaver Amanda An
Melinda Krummeric Bill Wright

Others

Barbara Evans Russ Antico
Greg Orlovsky Matt Bevan
Heidi Kirsch Bev Byron
Peggy Gessler Dorothy Beckett

The banquet concluded at 7:40 pm, just in time for the members to return home and watch the New York Jets edge the Indianapolis Colts 17-16. (As it turned out, the Jets went on to beat New England at New England, only to get clocked by the Pittsburgh Steelers the next week.)

Can you name the teams that played in the Super Bowl? What was the score? I didn't think so.

ONE GREAT IDEA SURVEY

Of the several papers placed on each table, one entitled "One Great Idea" requested the member to write down an idea for the Striders, and then also to rank nine services of the club in order of important. There were 41 of these surveys turned in. All 41 were immediately scanned and electronically distributed to the Board of Directors. The "great ideas" part is still being analyzed, but on a scale of 9 (least important) to 1 (most important), the following averages resulted. The numbers in parenthesis indicate the number of "1" responses received.

- 2.9 Provide training programs (12)
- 3.4 Group runs (9)
- 3.4 Manage races (8)
- 3.9 Weekly series (9)
- 5.7 Community outreach (0)
- 6.0 Provide coaching (0)
- 6.4 Running news, results (1)
- 6.8 Social events (1)
- 7.0 Racing team (2)

PENGUINS WADDLE ON NO SNOW BUT SOME ICE

There was no snowstorm to foil this year's Penguin Pace 5k, but there was just enough ice to make the race interesting. Winner *Mark Buschman* (17:21) had little trouble beating the men's field, including Ultra-Runner of 2010 *Karsten Brown*, whom he dispatched after the first mile, but he did actually have to slow down a little to keep his footing. In the last mile, he was watching the outgoing runners coming toward him and missed a patch of ice on the right side of the road. "I slowed down a little," Mark said. But he didn't slow down enough for Karsten to catch him.

In the women's race, *Robyn Humphrey* (20:37) really did slow down when the course turned right onto Hesperus from Longfellow, where a big patch of ice had not yet succumbed to the salt thrown on it. "Then it was mine, mine, mine," she enthused about the remainder of the race. Robyn wasn't racing the women, though, as much as the men, and confessed she was really trying to beat grandmaster *John Chall*. She didn't, but John conferred his own slogan after taking third place among the 50-59 men: "It was slow down or fall down."

The Great Snowstorm of '10 dumped a foot of snow of the course last year, when the Penguin Pace was cancelled, but this year the course was snow-free and ice-free—except for a couple places. Course volunteers liberally salted these spots and warned approaching runners, so no one fell down or anything. The course was pretty hilly, too. Neither the ice nor the hills prevented at least one person from setting a personal 5k record. A new-runner of the year for 2010 from the Howard Country Striders for 2011, *Donna Wecker* not only set a personal record (21:19), she also finished second among the 40-49 women and she didn't wear racing shoes, either!).

Julie Gessler did not come close to setting a personal record (21:10), but she did lead her twin sisters *Amy* and *Becky* in a romp through the 15-19 female age group. The triumph of these three marks the first time in any Strider race that three siblings have swept their age-gender group.

Paul Goldenberg served as the effective race director for the Penguin Pace 5k, which draws its inspiration and its name from the *Runner's World* articles of John Bingham. The event raises funds for the Florence Bain Senior Center in Columbia, MD. Overall winners Buschman and Humphrey received gift certificates from Road Runner Sports, as well as the signature knit caps stating "Penguin Pace 2011." Age group winners just received the caps. The Howard County Striders provided race management, results, and course volunteers for the race, while Hord County Police provided traffic control. After the race, runners and volunteers gathered at the Bain Center for a sumptuous brunch catered by the Elkridge Furnace Inn. 377 finished the race.

The 2011 Penguin Pace closed out well before the race date. The Pace represents one of the first major Strider races to feature all-online entry. In scoring the race, the Striders use the Chrono-Track timing system with its new "B-chips." The disposable timing sensors are attached to the bib number. No more fumbling with your shoe laces to attach the timing chip.

PENGUIN PACE 5k Bain Senior Center, Columbia, MD 6 February 2011

Overall Men

1. Mark Buschman (Columbia, MD) 17:21

Overall Women

1. Robyn Humphrey (Ellicott City, MD) 20:37

1-14 Male

1. Joseph Keating (Columbia, MD) 20:36

2. Zachary Smith (Columbia, MD) 24:44

3. Trip Logue (Columbia, MD) 26:15

1-14 Female

1. Devin McIntyre (Ellicott City, MD) 23:26

2. Colleen Joy (Marriottsville, MD) 24:08

3. Danielle Puth (Kettering, MD) 26:24

15-19 Male

1. Conner McIntyre (Ellicott City, MD) 19:08

2. Harrison Colby (Ellicott City, MD) 21:22

3. Shanon McIntyre (Ellicott City, MD) 23:21



Runners dash away at the (ice-free) start of the Penguin Pace. (photo by Denise Hyde)

15-19 Female

1. Julie Gessler (Ellicott City, MD) 21:10
2. Amy Gessler (Ellicott City, MD) 23:13
3. Becky Gessler (Ellicott City, MD) 24:10

20-29 Male

1. Michael Marley (Ellicott City, MD) 20:34
2. William Brockmeyer (Columbia, MD) 22:55
3. Alexander Victoria (Bowie, MD) 23:21

20-29 Female

1. Marquel Bowler (Columbia, MD) 22:12
2. Kathleen Foley (Worcester, MA) 22:50
3. Julie Caputo (Owings Mills, MD) 24:07

30-39 Male

1. Karsten Brown (Front Royal, VA) 17:37
2. Nick Grossi (Columbia, MD) 19:12
3. Robert Blanco (Ellicott City, MD) 21:39

30-39 Female

1. Colleen Carroll (Columbia, MD) 22:50
2. Adrienne Davidson (Fulton, MD) 23:05
3. Rebecca Hemler (Baltimore, MD) 24:00

40-49 Male

1. Peter Keating (Columbia, MD) 17:49
2. David Phipps (Severna Park, MD) 19:23
3. Jeffrey Garstecki (Boiling Sprgs, PA) 20:31

40-49 Female

1. Kelly Dworak (Carlisle, PA) 21:05
2. Donna Wecker (Elkridge, MD) 21:19
3. Janelle McIntyre (Ellicott City, MD) 23:29

50-59 Male

1. Weems McFadden (Annapolis, MD) 19:16
2. Keith McIntyre (Ellicott City, MD) 19:29
3. John Chall (Jessup, MD) 19:33

50-59 Female

1. Michelle Gerhard (Columbia, MD) 25:17
2. Carol Zimmerman (Clarksville, MD) 26:54
3. Deborah Sharp (Columbia, MD) 27:58

60-99 Female

1. Julie Trapp (Silver Spring, MD) 35:34
2. Arleen Dinneen (Ellicott City, MD) 38:38
3. Barbara Calvert (Ellicott City, MD) 44:31

60-99 Male

1. Ronnie Wong (Catonsville, MD) 21:50
2. Marc Wolfson (Olney, MD) 23:01
3. Mike Fleming (Columbia, MD) 23:44

Looking for your time? Complete results can be found at www.striders.net.

ROAD WARRIORS OF THE WINTER

It may have been cold and icy at times this winter, but that didn't stop the intrepid runners of Howard County from traveling to warmer climates to race.

WALT DISNEY HALF MARATHON Orlando, FL – January 9

Craig Lebro (5th, 25-29M)	1:17:50
Emily Miller	1:50:38
Mark Miller	1:50:41
Aleah Zinalabedini	2:14:39

21982 finished.

WALT DISNEY MARATHON Orlando, FL – January 10

Sarah Lebro (6th, 18-24F)	3:23:37
Aleah Zinalabedini	4:48:11
Mark Gautier	5:19:34

This race used to be a hugely popular destination event for Howard Countians, but interest has waned in recent years as they have discovered Arizona and San Diego. Disney has this thing called the "Goofy Challenge" in which participants run the half marathon and the marathon on consecutive days. Aleah answered the challenge this year. Why do you think they call it "Goofy?" 13546 finished.

ROCK 'N ROLL MARATHON Scottsdale, AZ – January 16

Kara Waters (1st, 35-39F)	3:05:28
Donnie Chapmen	3:20:07

ROCK N' ROLL HALF MARATHON Scottsdale, AZ – January 16

Mark Buschman (3rd, 25-29M)	1:13:49
Shelley Yore	1:59:59

It's hard to double-up on these races because they're held at the same time. 5062 finished the marathon, and 19298 did the half.

HIGH CLOUD SNAPPLE HALF MARATHON Carderock, MD — January 29

7. Keith Levasseut	1:36:33
Hafiz Shaikh	1:46:59
Fred Towner	1:49:57
Greg Lepore	1:51:46
Jennifer Atkinson	1:56:15
Grace Tran	2:02:26
Elizabeth Nickle (3rd, 20-29F)	2:04:38
Nick Del Grosso	2:06:13
Dwight Mikulis	2:15:12
Mike Joyce	2:38:31
Chris Schauerman	2:40:27
Heather Federici	2:44:20
Kelli Shimabukuru	2:49:32

The field closed at 300 entrants. The course ran for 13.1 miles along the C&O towpath, which at this time was covered with ice, slushy snow, etc. "Brutal conditions," Dwight said. 279 finished.

VALENTINE 5k Severna Park, MD – February 12

Steven Muchnick (3rd, 50-59M)	20:05
Ronnie Wong (1st, 60-69M)	20:50
Keith Levasseur	21:23
Grace Tran	26:23

A huge field of 547 finished this race, which ran through the cramped confines of Kinder Farm Park.

CUPID'S COUPLE MILES (2 MILES) Elkridge, MD — February 12

1. Michael Wegner	9:49
2. Sam Andrews	10:03
8. Kevin Wegner (1st, 10-13M)	12:14
9. Tiffany Lang (1st F)	12:22
Paul Kirk-Davidoff	12:58
Corey Hamilton	13:14
Corey Marquart	13:41
Shane McGovern	13:49
Steven Andrews (1st MM)	13:50
Isaac Kirk-Davidoff	14:07
Ryan Levine	14:25
Michael Elkonoh	15:36
Brandon Marquart	16:24

Rae Marquart (1st, 30-39F)	16:42
Kayla Kahl	16:43
Elizabeth Towner (1st, 14-19F)	17:31
Noah Kim (1st, 1-9M)	19:28
Susan Kim (1st, 40-49F)	19:29
Rosa Kirk-Davidoff (1st, 10-13F)	19:46
Daniel Kirk-Davidoff	19:46
Diana Towner	20:56
Heather Kelso	25:19

79 runners finished this inaugural 2-mile valentine race at Rockburn Branch Park. *Phil Lang* of Bullseye Running directed.

GEORGE WASHINGTON
BIRTHDAY MARATHON
Greenbelt, MD – February 20

1. Karsten Brown	2:46:46
Joe Hanle	3:25:58
Greg Lepore	3:36:23
Richard Chase	3:36:27
Ronnie Wong (3rd, 60-69M)	3:46:57
Hazel Chase	4:04:20

This was either the 50th or the 49th annual running of this venerable marathon, depending on how you count. Last year the Great Snowstorm of '10 took down the race. 222 finished this year. This year Karsten won the race by four minutes, and he also won the Snowmageddon Marathon last year when this one was cancelled.



Greg and Tasha Hogan with Eliana (photo by Jim Carbary)

SPECIAL RECOGNITIONS

- *Brian Harvey* was named New England Runner of the Year 2010 by the New England Runner, a prestigious periodical of the north-east. A graduate of Centennial High School, Mr. Harvey earned distinction and all-American status in track and cross country while attending Carnegie Mellon University in Pittsburgh, where he earned degrees in mechanical and biomechanical engineering. Brian also won a Tripp Scholarship award.

- Congratulations to *Ronnie Wong*, who placed first among the 60-69 men at the 36th Bermuda International Marathon on January 16. Ronnie goes to Bermuda every year to run this race. This year he had a time of 3:32:47.

- Born to *Greg and Tasha Hogan, Eliana Kristine*, on February 16. Look for her in upcoming race results. Dad celebrated by winning the 5 mile weekly four days later at Burleigh Manor.

- On February 16 at the Baltimore Armory, *Robby Creese* won the 800m (2:11), the 1600m (4:53), and the 3200m (10:12) at the Maryland Class 2A Central Regional Meet. He duplicated the feat on February 21 at the PG Sports Complex in Landover at the Class 2A State Champion-ships, where he ran much faster: the 800m (1:58), the 1600m (4:18), and the 3200m (9:37).

- At the Maryland 2A Regionals, *Tiffany Lang* nearly matched Robby's performance, when she won the 1600m (5:39), the 3200m (12:11), but fell to third place in the 800m (2:36). At States, Tiff's best finish was third in the 1600m (5:22).

- On January 16, *Kara Waters* ran the P.F. Chang Rock n' Roll Marathon in Arizona in 2:52:31– the fastest marathon time by a Striderwoman in years and years.

SPRING SCHEDULE

So much for the winter of '10-11. The vernal equinox happens on March 20 this year. That is the day when the Sun crosses the equator going north and when the days become longer than the nights in the northern hemisphere.

If you don't know how to run yet, or if you want more training, check out one of the following spring programs offered by the Striders:

- 3/28 Junior Striders Spring Track begins
6pm Oakland Mills High School
www.striders.net/programs/junior/spring
- 3/29 Next Step 10k/10M Program begins
6:30p Centennial High School
www.striders.net/programs/next-step-10k/2011
- 4/7 Females In Training Program begins
6:30p River Hill High School
www.striders.net/programs/fit/2011

Or plunge right into the racing with the 2011 Vernal Velocity weekly series:

- 4/3 Weekly Series #1 – 2m, 10k, 15k
2pm Longfellow Elementary School
- 4/10 Weekly Series #2 – 5k
2pm Atholton High School
- 5/1 Weekly Series #3 – 2m, 5m
2pm Burleigh Manor Middle School
- 5/8 Weekly Series #4 – 1m, 5k
2pm Swansfield Elementary School
- 5/15 Weekly Series #5 – 2m, 10k, 15k
2pm Jeffers Hill Neighborhood Center
- 6/5 Weekly Series #6 – 2m, 10k
2pm Thunder Hill Elementary School
- 6/19 Weekly Series Awards – 2m, 5m
2pm Burleigh Manor Middle School

For information on the weekly series, contact Genda at weeklyseries@striders.net.

Here are some higher level races you might want to check out. These cost more money and offer more competition and real prizes. Note that the All-Fruit Relay requires that you form a team and relay a piece of fruit through four two-mile loops. You bring the fruit.

- 3/8 Fat Tuesday 2 Miler
5:45p Oakland Mills High School
www.bullseye.running
- 4/9 **AFCEA 5k**
9am Columbia Gateway
www.striders.net/races/afcea/2011
- 4/17 **Clyde's 10k**
8am Columbia TownCenter
www.striders.net/races/clydes/2011
or dalbright@gmail.com
- 5/7 Musical Madness 5k
8am Maple Lawn Center
musicalmadness.wikispaces.com/
- 5/15 Mt. Hebron Viking 5k
9am Mt. Hebron High School
viking5k.wikispaces.com
- 5/22 Columbia Triathlon
7am Centennial Lake Park
entries closed
- 5/22 **All Fruit Relay** – 4 x 2m
2pm Oakland Mills Middle School
- 5/29 Patapsco Trail >6m
8:30a Park and Ride on Rolling Road
www.brcc.com/brcc2011
- 5/30 **Run for Remembrance**
8am Columbia Gateway
www.striders.net/races/remembrance/
or tysaini@yahoo.com
- 6/12 Damien's 5k
8am Columbia Gateway
www.striders.net/races/damiens/2011

Races in bold are Strider-managed events. In most cases, you register for these races online.

STATE OF THE CLUB AND
WELCOME TO THE
HC STRIDERS
THE LEGACY CONTINUES

We started off 2011 with the highest attendance at the annual banquet ever with over 160 Striders and family members enjoying the usual pot-luck and cheering on the award winners. This coincided with the celebration of the Striders 35th anniversary and a new logo. At the banquet, we had copies of the first Footprints Newsletter from December 1980, and I like to think that the Legacy continues. The early HC Striders leaders, members and boards created a path/trail for the club to follow. On that path, we still publish an outstanding newsletter by *Jim Carbary* that will be even better as we take advantage of web based "publishing."

Just like 30 years ago, the club conducts low-key races during the year with the Weekly Series and Resolution Run and Turkey Trot. *Len Guralnick*, former President, has masterfully managed the Resolution and Turkey Trot for several years and we had record numbers for 2010/11. The Legacy continues with over 100 runners showing for the recent Weekly Series in February at Burleigh Manor helping to finance the purchase of a new clock for the series. (Goodbye old, beat-up clock, we loved you well.)

The Striders will sponsor local races in 2011 like 10 Mile Club Challenge, Clyde's, WDF, Metric Running Festival, Grapevine and will help support or manage many aspects of several others like Penguin Pace, AFCEA, Musical Madness, Remembrance Run, Damien's and Police Pace. Thanks to all our race directors and especially *Paul Goldenberg* for all the efforts involved. We are two for two so far with both Penguin Pace and 10 Mile Challenge selling out before race day!

Another part of the club that has grown stronger is our running training programs through Next Step (NS). From the pioneer efforts in the early 1990s with F.I.T. (Females in Training) and 2004 creation of Next Step we have expanded our programs to include NS Hibernation to 5K, NS 10K/10Mile, NS F.I.T.,* NS Half/Full Marathon and NS

G.I.R.L.* (*RRCA Award winning programs). We expect NS F.I.T. to have well over 100 runners and for NS 10K/10 Mile and Half/Full to close at 80 runners. (That's right; we will have to turn runners away.)

Many HC Striders are Striders because of the terrific Junior Striders program. Operated by Coach *Phil Lang* (former HCS President) the Junior Strider program experienced its greatest growth in 2010 with over 300 junior runners in the spring program. (Most running clubs don't have 300 members, more or less 300 young runners). A great program is in store for 2011.

Speaking of members and membership, the HC Striders crossed over the 2000 individual memberships representing about 1200 households. This too is a record and indicates a growing desire for running in Howard County. Membership has been spearheaded by Board Director, *Donnie Chapman* with tremendous help from his wife *Sari Chapman*, *Jim DiSciullo* and the *Gessler* family.

Other aspects of the club include an expanding HC Striders Racing Team sponsored by Feet First under the capable and fast leadership of *Carlos Renjifo*. The racing team is one of the most visible aspects of the club as HC Striders win and place throughout the area. (I'm still waiting for Carlos to call me)

We purchased state of the art Chronotrack timing equipment in 2010 and have successfully integrated it into our race management and support. Because of this equipment, we were able to secure contracts to manage several races. In this day, runners expect and appreciate chip time as not all of us are fast enough to be at the front of the start line. The equipment cost over \$15,000 and we expect to have it paid for within three years.

The Legacy continued with the induction of three new members at the annual meeting into the HC Striders Hall of Fame (HOF). The new HOF members are: *Robyn Humphrey*, *Pat Wilkerson* and *Ken Fowler*. All dedicated Striders who excelled in the running community and contributed time and talent to the club.

New projects and initiatives continue in 2011. The 35th Anniversary Logo designed by Heidi Kirsch was a great example of member

involvement. The History project continues and the goal is by the end of 2012 to have a written and electronic document of the Strider history available. New board member *Amanda Loudin* is marshalling this long-term project.

The sponsorship/partner committee with 14 members headed by *Bill Arbelaez* has come up with cost and placement guidelines for website sponsor logo displays and we expect to see considerable help from Steve Turner and Pepsi products for many of our events and programs. *Russ Antico* has stepped forward to help with the Next Step 10K/10Mile and Next Step Half/Full Marathon programs.

A survey at the banquet asked several questions about the importance of certain aspects of Howard County Striders and introduced the concept of "One Great Idea". (OGI) We had 41 surveys returned with the category of provide running training as the most important followed closely by manage races, group run opportunities and the Weekly Series. The board is pursuing 10 of the OGIs including creating a new weekly series race and will have some news soon.

Speaking of the board, we have 14 members and many new faces. New in 2010/11 are *Glenda Rodriguez* who handles the Weekly Series, *Marsha Demaree* who is Director for Next Step training programs, *Donnie Chapman* for Membership, *Rob Gettier* as an officer and Treasurer, *Amanda Loudin* for Media/Community Relations and *Bobby Gessler* as the Director for Junior Striders. Previous members who have contributed greatly for several years are: *Jim Carbary* (Newsletter), *Paul Goldenberg* (Special Races), *Brian Fleming* (Website & Technology), *Carlos Renjifo* (Racing Team), *Pat Wilkerson* (Secretary), *Bill Arbelaez* (Vice President) and *Nadia Wasserman* (Immediate Past President).

Nadia passed on a club that is growing, financially sound, has a strong board, committed members and appreciated by the community and I thank her. The Legacy continues.



See you on the roads — D

YOUR 2011 HOWARD COUNTY STRIDER BOARD OF DIRECTORS

Officers

Dwight Mikilus	President
Bill Arbelaez	Vice President
Pat Wilkerson	Secretary
Rob Gettier	Treasurer
Nadia Wasserman	Immediate Past Pres.

Directors

Carlos Renjifo	Racing Team
Jim Carbary	Newsletter
Paul Goldenberg	Special Races
Brian Fleming	Website
Bobby Gessler	Youth Programs
Donnie Chapman	Membership
Glenda Rodriguez	Weekly Series
Marsha Demaree	Special Programs
Amanda Loudin	Media-Communications

To contact any of these individuals, use the email convention:

<boardposition>@striders.net

For example, to contact webmaster Brian Fleming, use website@striders.net.

As part of the Howard County Striders Historical Initiative, the editor presents the following article from Volume 10, No. 2, of the Newsletter in its original form:

IN THE DAYS OF THE ANCIENTS- AN EARLY HISTORY OF THE BAGEL SHOPPE RUN

Jim Carbary

At precisely 7:00 am every Saturday morning, runners assemble in the parking lot behind Feet First and commit themselves to the joys and the vicissitudes of weather, traffic, hills, dogs, and the other constants of long distance running. They run singly or in groups, fast or slow, short or long. They finish running at the same place they started, and then repair to the Wilde Lake Bagel Shoppe to consume bagels, discuss runs, injuries, sexual activities, and other items of the general social discourse. This behavior describes what has become known as the Bagel Shoppe Run, and this article chronicles it.

In the beginning, in the Days of the Ancients, the Bagel Shoppe did not exist. In fact, only Feet First existed. Warren Ohlrich founded the store in 1979 because he wanted to *run* rather than live out his days as some foolish government analyst. Dick Hipp, who was also a government analyst, worked with Warren at Feet First. Together, they sold miraculous footwear like the Nike Elite Classic, the Brooks Vantage and the Etonic RoadWorker. They worked out of the small, one-room establishment that you wouldn't recognize as Feet First. [In the Days of the Ancients, when there were no triathletes, a runner only needed a good pair of shoes.]

Warren and Dick were both fanatical runners. They were into long stuff like 20 milers and marathons, and they trained accordingly. At precisely 7:00 am every Saturday morning, before they opened Feet First at 10:00 am, they would go for their long runs of the week. Usually going 16 or 20 miles, sometimes in 7 mile loops, they pioneered Homewood Road, Folly Quarter, Mt. Albert, and Route 108; present-day Bagel Runners follow essentially these same routes. And the next day, Sunday, they'd go race a 10 or 20 miler in DC, Baltimore, or maybe even Harford County. [In the Days of the Ancients, runners were tougher than they are today.]

Being a member of the fledgling Howard County Striders, Warren soon notified the membership of these refreshing Saturday morning jogs that he and Dick enjoyed. A few Striders began

running with Warren and Dick because they didn't want the them to gain any special advantage in the local races. [In the Days of the Ancients, runners were more competitive than they are today.] These early groups included familiar Strider names such as Dave Tripp, Paul Sobus, Jerry Andrews, Al Yergey, Kathy Heckman, Hubert Chadwick, and Joe Wasserman- many of whom have already passed into Legend.

As time passed, other runners joined the Feet First Corps. The group began running harder. They began to think they were racing. For exemplar, one damp, drizzly October morning, Martin Goode ran the 16 mile course (back when it really was 16 miles) in 1:28:19, and the next year he ran on into Legend with a 31:49 at Clyde's (back when it really was 6.21 miles). [In the Days of the Ancients, runners ran faster than they do now.]

So how did the Bagel Shoppe Run ever get its moniker? Well, after each Saturday morning run, the Feet Firsters would satiate their hungers by visiting a local Roy Rogers and consuming vast amounts of sausage, bacon, eggs, and cheese omelettes, which Roy supplied in an all-you-could-eat buffet. [In the Days of the Ancients, runners ate more than they do now and didn't worry about silly things like chloolesterol or fat.] Then one day, Jerry Andrews brought in a magazine article, maybe from *Runner's World*, which is what everybody read in those days. The article said that eating fat and chloolesterol caused heart disease and arterial schlerosis, and that runners shouldn't eat sausage, eggs, and cheese, and that they should consume only complex carbohydrates like spaghetti, bagels, and whole wheat bread.

A revelation came over the Ancients! From that day forward they vowed to eat no meat or fat or chloolesterol (except maybe for a greasy pizza now and then) and that is how began the Era of Modern Running As We Know It. Conveniently, the Bagel Shoppe had just opened in Wilde Lake. The New Runners stopped going to Roys after their morning runs and began going to the Bagel Shoppe to eat bagels. The morning runs became known as the Bagel Shoppe Runs, and the custom of eating bagels after putting in mileage on Saturday morning has continued to this day.

[For more information on these peculiar runs, contact Joe or Nadia at 831-6385. The Bagel Shoppers welcome all manner of runners.]

Don't forget these Strider events this Spring:

AFCEA 5k – Columbia Gateway

9 am, Saturday, April 9

Clyde's 10k – Columbia Town Center

8 am, Sunday, April 17

Columbia Triathlon – Centennial Lake Park

7 am Sunday, May 22

Damien's 5k – Columbia Gateway

8 am Sunday, June 12

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