

FOOTPRINTS



NEWSLETTER OF THE
HOWARD COUNTY STRIDERS
VOLUME 31, No. 2 — SUMMER 2011



APRÈS LE DELUGE

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HUMPHREY FULFILS LIFE-QUEST  
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RENJIFO WINS 2ND IN A ROW

Not often does a 47-year-old woman win a large format race such as Clyde's 10k, but that's exactly what *Robyn Humphrey* did last Sunday. The Howard County Striders Master Runner of 2010 led from start to finish and fulfilled a life-long dream of winning the race. "It was on my bucket list," Robyn said. "And I wasn't getting younger." But her victory was definitely not a slam dunk. She faced stiff competition from *Unsong Ostrowski* and *Suzy Serpico*. *Unsong* finished third overall at Clyde's in 2010, while *Suzy* is an ironman (woman?) triathlete. "Suzy was breathing down my neck for a while," Robyn admitted. Apparently, though, digestive issues obliged Ms. *Serpico* to check her speed, which gave *Humphrey* a chance to win. Robyn's time of 40:09 was actually 1:30 faster than last year. "I also want to thank all the runners who chose to run the Boston Marathon and Pikes Peek 10k," Robyn said, referring to races where her potential competition went.

In the men's competition, *Carlos Renjifo* won the race for the second year in a row. He had little competition and, like Robyn, lead from start to finish. "I was trying to keep up a hard effort," Carlos said, "and focus on my time." The strong wind gave him some trouble holding that pace, especially on that long uphill on Route 108. "I kept looking at my watch. It didn't quite work out." He finished in 33:18 in spite of the wind.



Masterman Peter Keating, third overall, enjoyed a spirited duel with ultrarunner Karsten Brown. (photo by Denise Hyde)

The real battle in the men's race was for second place. Master runner *Peter Keating* bolted from the start almost as if he was trying to beat Mr. *Renjifo* and managed to hold on to second place for at least two miles. At that point, *Karsten Brown* asserted himself (continued, next page)



Devin McIntyre (2nd, 14-and-U females) and her father Keith turn the corner onto Little Patuxent Parkway. “Unfortunately, Devin’s in the same age group as Avery,” Keith said. (photo by Denise Hyde)

and took over sole possession of second place, where he eventually finished as distant second to Renjifo. “I may have finished the race second,” Karsten said, “But I got to the beer before anyone else.” Brown’s time of 34:18 was only 18 seconds short of a personal best.

Interestingly, Karsten’s friend, *Charles Bowles*, finished fourth in the race. The two live in the upper Shenandoah Valley near Front Royal, and drove a loooong way to run Clyde’s. “Yeah,” Chuck said, “There’s not much to do in Front Royal.”

Humphrey’s victory gave grandmaster *Pat Wilkerson* the opportunity to finish as the first master-woman in the field. Pat nailed a 42:21 to claim that award, but she was just trying to beat 12-year-old Avery Cunningham from the Annapolis Running Store. Sporting her “Run Your ARS Off!” shirt, Avery had placed fourth overall in 2010 and was trying to duplicate her feat this year. “Yep, she’s a great runner,” Pat said.

The first master male was actually Peter Keating, but because he finished third overall, the master male award devolved to Matt Reinhardt from Crownsville.

The 33rd Annual Clyde’s 10k took place on a chilly, breezy morning the day after



Lisa Fichman (blue) sneaking up on Dorothy Beckett (#7) barely 100m from the finish. (photo by Denise Hyde).

torrential rains had swept through Columbia. Everything had dried out by race morning, but the runners faced a stiff headwind that was especially cruel on that long uphill on Route 108. “I was looking for a fat person to run behind,” one runner said.

But you didn’t have to run behind a fattie to enjoy the benefits of close company. Several of the fast women ran in a pack through most of the race. The bevy included *Dorothy Beckett* (1st, 50-54F), *Janett Scott* (2nd, 45-49F), *Becky Ramsing* (2nd, 40-44F), *Dena Brzezicki* (3rd, 40-44F), and *Lisa Fichman* (3rd, 45-49F). “That Lisa just kept sneaking up on me,” Dorothy said, “and she beat me in the end.”

Most of the men seemed more concerned about getting to the beer than about their times. Karsten may have won the overall beer race, but the brothers *Marc* and *Chad Burger* had a personal contest for the beer. “At least I beat Chad to the beer,” Marc said. Steve Anderson ran 8 minutes a mile for the first time in a long time, and “thought the beer line was very well done.”

Nearly 1500 registered for the event, and 1299 actually finished. Afterwards, Clyde’s of Columbia furnished the runners with a sumptuous brunch that included pasta, turkey chili, yogurt, bagels, fresh California

strawberries, and that beer. The beer was served only to adults, and the turkey chili was particularly tasty. For the first time in the 33-year history of the event, Clyde's provided all registered runners with technical t-shirts.

Clyde's also provided interesting prizes. In addition to gift certificates from Feet First of Hickory Ridge, the top three men and women received a beach cooler with a beach blanket, a water bottle, a Clyde's hat, and various other beach accessories. Age group winners got the cooler and/or the blanket.

The Howard County Striders have staged this race for Clyde's since 1979, making it the oldest continuously-sponsored race in Maryland. In spite of competing with Pikes Peek 10k (Rockville) and the Boston Marathon, the race enjoyed one of its largest fields ever. *Dennis Albright* directed the race, with the assistance of dozens of Strider volunteers and traffic control by the Howard County Police.

The Striders again exercised their Chronotrax timing system, this time with an extended set of mats. Runners didn't have to fuss with those dumb timing chips that triathletes affix around their ankles; they used disposable chips on the bib numbers. All the running races are using these bib-chips now. Unfortunately, there was no clock at the finish line.

CLYDE'S 10k
Columbia, MD — 17 April 2011

Overall Male

1. Carlos Renjifo (Columbia, MD) 33:17
2. Karsten Brown (Front Royal, VA) 34:18
3. Peter Keating (Columbia, MD) 34:46

Overall Female

1. Robyn Humphrey (Ellicott City, MD) 40:09
2. UnSong Ostrowski (Laurel, MD) 40:49
3. Suzy Serpico (Columbia, MD) 41:14

Masters Male

1. Matthew Reinhart (Crownsville, MD) 37:46

Masters Female

1. Pat Wilkerson (Columbia, MD) 42:21



Winner Carlos Renjifo samples the Driscoll's strawberries, which Clyde's specially imported from Watsonville, CA (photo by Jim Carbery)

1-14 Male

1. Conner Holley (Columbia, MD) 40:45
2. Alec Font (Ellicott City, MD) 41:16
3. Thomas Brumbaugh (Columbia, MD) 42:07

1-14 Female

1. Avery Cunningham (Annapolis, MD) 42:18
2. Devin McIntyre (Ellicott City, MD) 48:08
3. Caroline Johnson (Ellicott City, MD) 55:58

15-19 Male

1. Daniel Rau (Ellicott City, MD) 37:10
2. Sam Siegel (Ellicott City, MD) 37:33
3. Ted Terpos (Ellicott City, MD) 38:39

15-19 Female

1. Jennifer King (Dayton, MD) 45:18
2. Katie Gessler (Ellicott City, MD) 45:22
3. Molly Bumbera (Elkridge, MD) 41:18

20-24 Male

1. David Harris (Boston, MA) 37:31
2. Nath. Middleton (Glen Burnie, MD) 37:48
3. Daneil Scheinerman (Columbia, MD) 41:43

20-24 Female

1. Amanda An (Ellicott City, MD) 50:54
2. Danielle Caracciolo (Hanover, MD) 50:56
3. Katie Leffner (Columbia, MD) 51:16

25-29 Male

- 1. Charles Bowles (Boyce, VA) 37:05
- 2. Josh Dawson (Chesapeake Bch, MD) 37:40
- 3. Andrew Ackley (Hanover, MD) 38:32

25-29 Female

- 1. Caroline Bauer (Laurel, MD) 42:12
- 2. Emily Knapp (Baltimore, MD) 44:06
- 3. Amanda Gdowik (Baltimore, MD) 45:33

30-34 Male

- 1. Luis Diaz (Jessup, MD) 38:25
- 2. Jason Miller (Catonsville, MD) 38:58
- 3. Jeff Berger (Bel Air, MD) 39:03

30-34 Female

- 1. Tiffany Hevner (Columbia, MD) 41:45
- 2. Adrienne Davidson (Fulton, MD) 43:53
- 3. Jaimo Fine (Elkridge, MD) 43:53

35-39 Male

- 1. Jeffrey Spencer (Millersville, MD) 37:57
- 2. Mark Aaby (Ellicott City, MD) 38:36
- 3. Claudio Delfino (Baltimore, MD) 40:36

35-39 Female

- 1. Elizabeth Flynn (Ellicott City, MD) 43:48
- 2. Lisa Farias (Ellicott City, MD) 44:31
- 3. Cathy Boegner (Baltimore, MD) 46:30

40-44 Male

- 1. Todd Matthiesen (Marriottsville, MD) 38:58
- 2. Marcellus Vandervalk (Highland, MD) 39:21
- 3. Stephen Turner (Columbia, MD) 40:06

40-44 Female

- 1. Gina Rower (Ellicott City, MD) 44:15
- 2. Becky Ramsing (Columbia, MD) 44:24
- 3. Dena Brzezicki (Ellicott City, MD) 44:43

45-49 Male

- 1. Sheldon Degenhardt (Mar'ttsv'l, MD) 38:05
- 2. Jay Sweet (Laurel, MD) 38:14
- 3. Mark Miller (Fulton, MD) 38:20

45-49 Female

- 1. Donna Wecker (Elkridge, MD) 42:50
- 2. Janeth Scott (Columbia, MD) 44:19
- 3. Lisa Fichman (Columbia, MD) 44:44

50-54 Male

- 1. Joseph Hanle (Columbia, MD) 39:29
- 2. Mark Rosasco (Arnold, MD) 41:16
- 3. Bobby Gessler (Ellicott City, MD) 41:30



*Becky Holtz ran Clyde's with cold hands.
(photo by Jim Carbary)*

50-54 Female

- 1. Dorothy Beckett (Columbia, MD) 44:44
- 2. Carole Rosasco (Arnold, MD) 46:56
- 3. Nancy Thompson (Columbia, MD) 48:30

55-59 Male

- 1. John Heslin (Ellicott City, MD) 37:50
- 2. Keith Harrison (Columbia, MD) 47:32
- 3. Jim Grover (Columbia, MD) 48:11

55-59 Female

- 1. Mary Lang (Pasadena, MD) 50:56
- 2. Lynne Douglas (Columbia, MD) 52:19
- 3. Esther Hoffberg (Reisterstown, MD) 55:10

60-99 Female

- 1. Ellen Rabe (Columbia, MD) 53:53
- 2. Natalie Vaslavsky (Pikesville, MD) 1:03:23
- 3. Fran Daum (Elkridge, MD) 1:11:48

60-99 Male

- 1. Ronnie Wong (Catonsville, MD) 43:10
- 2. Pat Gary (Manchester, MD) 43:28
- 3. Piriya Pinit (Catonsville, MD) 45:57

complete results at:

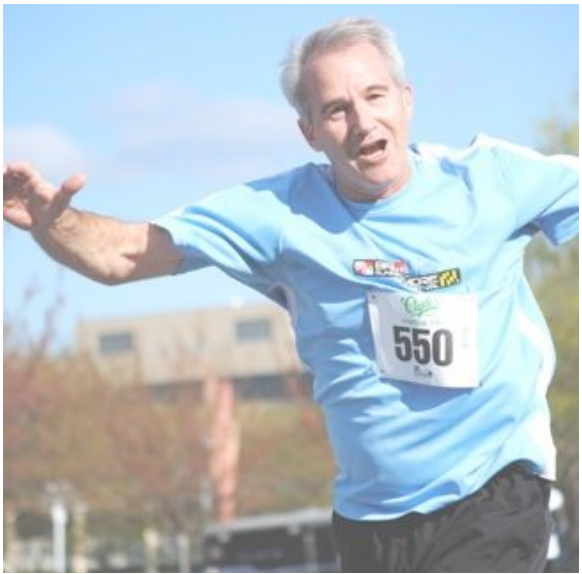
www.striders.net/races/clydes/2011



Hundreds upon hundreds of runners pour across the starting line of the 2011 Clyde's 10k. (photo by Denise Hyde)



Women's overall winner Robyn Humphrey in her red cap. (photo by Denise Hyde)



Strider President Dwight Mikilus zooms toward the finish line. (photo by Denise Hyde)

CHERRY BLOSSOM

Runners enjoyed a fine spring morning for this race. The temperatures were exactly right and there was no pesky wind. The race started in six waves, depending on the runners' expected times. Over 16000 people started the race, so this logistical sequencing was needed. 15968 finished. Parking was a nightmare; restroom facilities marginal at best. Maybe this race is getting too big. Remember when it was limited to 2000? Back in the 80's, Cherry Blossom was a free race with all the Perrier you could drink. Leave it to the bankers to ruin a good thing.

But the blossoms were near their peak, and everyone enjoyed the spring time. "We ran though tunnels of billowing blossoms," Lisa Fichman said.

The Striders fielded four teams. The men's elite team tried its hand against the other elite teams and got walloped, even though individual Howard Countians set personal records. The "b" and "c" teams did better, finishing first in the Running Club Division and first in the Mixed Masters Division.

CREDIT UNION CHERRY BLOSSOM 10 MILER Washington, DC — April 3

Carlos Renjifo ^a	(PR) 53:23
Andrew Madison ^a	54:35
Karsten Brown (5th, 35-39M)	54:37
Mark Buschman ^a	54:48
Mike Colaiacovo ^c (4th, 40-44M)	56:23
Peter Keating ^c (1st, 45-49M)	56:45
James Dorio ^b	58:42
Randy McDermott ^a	58:46
Jason Tripp ^b	59:23
James Blackwood	1:01:20
Luis Diaz ^b	1:01:37
Weems McFadden (5th, 50-54M)	1:01:38
Michael Dusenbery	1:05:21
Richard Chase ^d	1:05:54
Robyn Humphrey ^c (3rd, 45-49F)	1:06:11
Donna Wecker (4th, 45-49F)	1:06:52
Akintunde Morakinyo	1:07:12
Conner McIntyre	1:07:19
Bobby Gessler ^d	1:07:21
Jessica Sleight	1:08:11



Can you name this famous running celebrity spotted at the Cherry Blossom 10-Miler? (photo by Dave Tripp)

Pat Wilkerson (3rd, 50-54F)	1:08:58
Julie Thienel	1:10:35
Yasuo Oda	1:10:47
Nicholas Salciccioli ^b	1:12:27
Janeth Scott	1:12:29
Lisa Fichman	1:12:35
Rebecca Ramsing ^d	1:12:52
Steven Grufferman	1:13:47
Dorothy Beckett	1:13:52
Hazel Chase	1:14:37
Nick Del Grosso	1:14:57
Janelle McIntyre	1:15:19
George Olean	1:15:38
Dennis Boucher	1:15:52
Daniel Kirk Davidhoff	1:18:08
Heather Moldenhauer	1:18:32
Dean Siedlecki	1:22:37
Robert Hollis	1:23:05
Pamela Jock	1:23:38
Chris Farmer	1:26:26
Amanda An	1:26:27
Christine Josey	1:27:17
Steven Anderson	1:28:09
Karen Harvey	1:30:11
Mitchell Krasnopoler	1:30:29
Howard Feinberg	1:33:08
Cynthia Perkins	1:37:33
Ty Saini ^b	1:38:08

The Striders organized four teams: (a) Howard County Elite Men (4th/4), (b) Howard County Strider Running Club (1st/11), (c) Howard County Mixed Masters I (1st/15), and (d) Howard County Mixed Masters II (7th/15).

JUST A NOTE ABOUT THE BOSTON MARATHON

Geoffrey Mutai ran the fastest 26.2 miles in history in this race— 2:03:02 — but because it's not a downhill course it doesn't count in the record books. USA's Ryan Hall finished fourth in 2:04:58. And in the same field were Howard County's own *Mark Buschman* and *Kara Waters*. The two ran the fastest combined M-F times ever for Striders in the same marathon.

BOSTON MARATHON Hopkinton, MA — April 18

Mark Buschman	2:33:23
Kara Waters	2:52:05
Craig Lebro	2:55:58
Conrad Orloff	2:56:05
Seth Geoghegan	2:57:22
Jason Tripp	2:59:29
Keith Levasseur	3:00:28
Phil Lang	3:00:47
Jeremy Rea	3:05:55
Donnie Chapman	3:27:55
Ed Wilson	3:28:12
Richard Chase	3:28:20
Jennifer Atkinson	3:38:14
Katrina McGowan	3:39:04
Nick Del Grosso	3:40:36
Conrad Fernandes	3:41:16
Susan Kolocatronis	3:41:46
Hazel Chase	3:43:16
Steven Grufferman	3:47:01
Debra Saltz	4:55:58



The flag at the finish area of the Boston Marathon. (photo by Boston Athletic Assn)



A huge crowd crammed inside Feet First to celebrate the store's 32 years in Columbia. (photo by Nancy Burns)

FEET FIRST TURNS 32

Feet First Running Shoe Store celebrated its 32nd birthday on Saturday, April 23, with cake, bagels, t-shirts and fun runs. Rather than Wilde Lake, the bagel run horde descended on the Hickory Ridge store, where owners *Jeff* and *Karen Cohen* provided two cakes, one chocolate and one vanilla, as well as bagels with cream cheese. Before breakfast, though, the runners negotiated either three-mile or 10-mile course designed by *Nancy Burns*. Some people just meandered around and came back without following the courses, but everyone got a technical t-shirt and plenty of cake after they returned. The celebratory “cake” run has in recent years become a fixture on the spring running tour, and an excuse for not doing the same-old bagel runs week-in and week-out.

Feet First is the club store of the Howard County Striders. Originally located in Wilde Lake, the franchise dates back to 1979 when *Warren Olhrich* and *Dick Hipp* opened the doors and began the bagel run legend. Jeff and Karen later bought the store, and Warren moved to Colorado. A few years ago, with the demise of Wilde Lake Village Center seeming imminent, the Cohens decided to move to its current Hickory Ridge location.

POLAR NIGHT HALF MARATHON TROMSØ, NORWAY

By Mick Slonaker, GMR

Since we moved to Oslo a year and a half ago from Singapore, I've been very fortunate to run several races in Europe, combining racing with a sightseeing trip. A few of the races I've done are the Paris Marathon (April 2010), the Vienna Half Marathon (April 2011) and a 10K here in Oslo (May 2011). These were great events in major cities.

However, the most unusual race I've run is the Polar Night Half Marathon held in Tromsø, Norway, in January above the Arctic Circle. When a friend approached me about joining him for the trip north to run the race, my first thought was that he was crazy to consider doing a race above the Arctic Circle in January. It had to be freezing up there with lots of snow and dark. There is no sunlight at all there in the winter. Then, he appealed to me by pointing out the uniqueness of the race— racing above the Arctic Circle.

In the end, three of us went up to run the race. The race starts at 3 pm when it is pitch dark. They could start it just about any time and it would be dark but it was very dark at race time. The course was on a wide bike/pedestrian path along a highway, which means the course was well lit. In addition, the course route was lit with citron-like candles.

Race day morning the big discussion was what to wear. It was 23F (not too bad considering where we were) and the course was snow packed. Picking out cold weather gear was relatively easy. The decision on what to wear on your feet was a little harder. I brought Yak Trax Pros and was committed to them. Most runners, however, were running with spikes drilled into the bottom of their shoes. If I do this race again, I'll try doing it with spikes.

The course was an out and back one. The first half wasn't too bad – downhill with the wind at our back. Naturally, it was harder coming back uphill against the wind. I ran with the lead woman, which was nice because she had a lead bicycle (studded tires?) with a headlight. I could keep track of her and also



Former Strider President Mick Slonaker poses at the start of the Polar Night Half Marathon last January in Oslo, Norway. (photo by A. Friend)

see the course. On the way back, the lead woman pulled ahead of me when I was trying unsuccessfully to get the runner behind me to share the load against the wind. By the time I realized he wasn't going to share and I pulled away from him, I had lost contact with the lead female.

When we got back into town, the main road was closed to vehicles but not to pedestrians. It was interesting finishing the race making sure you didn't hit shoppers walking across the street with their shopping bags. The race was well organized but I was surprised to see there was not a clock at the finish line.

It was an interesting event and I worked hard running on the snow. The effort carried me to a second place finish in my age group – the winner was from the UK. This unique event attracts an international field.

Now I have raced a half marathon above the Arctic Circle (66°33N) in Tromsø (69°40N 18°56E), a marathon and half marathon one degree above the equator in Singapore (01°17N, 103°50E), and a marathon in the southern hemisphere in Rotorua, NZ (38°16S, 176°15E). Time to get my passport out to plan my next adventure.

TRY-ATHLON

The 27th Annual Columbia Triathlon took place on the pleasant morning of Sunday, May 22. Racing conditions were ideal: moderate temperatures with low humidity. Recent rains had subsided and left surprisingly dry conditions, even the in transition area. Under such near-perfect conditions, defending champion Andrew Yoder set a new course record of 1:49:51. That's how fast he negotiated the 0.9 mile swim in Centennial Lake, the 25 mile bike course through the hills of Howard County, and the 10k run course around Centennial Lake Park and through the adjacent neighborhood.

Steve Meininger led all Howard Countian men by completing the circuit in 2:16:38, finishing sixth among the 40-44 men. He swam the 0.9 miles in 21:09, then somehow managed to wrestle off his wetsuit and hop on the bike in only 1:38. He averaged 22.3 miles per hour on the bike, and that's a hilly course, too. He needed only 57 seconds to rack the bike and put on his racing shoes, then dashed off to run the hilly 10k in 44:40.

But Steve wasn't the fastest Howard Countian. Suzy Serpico did the triathlon in 2:14:09. She's not a Strider, but she does train with the Bagel Runners on Saturday morning, and probably coaches a bunch of them during the winter, too. She needed only 19:41 to swim the 0.9 mile, but her bike time was actually slower than Steve's. Thanks to her bagel training, possibly, she ran the 10k in 42:02 to win the women's amateur division.

A total of 43 Striders completed the triathlon, which is to Howard County triathletes as Clyde's 10k is to runners. The event had 1596 finishers and was directed by *Robert Vigorito*. Triathletes came from all over the US. Former Striders *Jerry Andrews* returned from Colorado and *Joanna Whyte* from California, while life member *Ed Silverman* came back from upstate New York.

Some Striders, many of whom can't swim or bike, participated on triathlon relay teams. *Mark Gilmore* ran a 39:05 for the HoCo LoCo team, *Peter Keating* contributed a 36:32 run to the Iron Team Delta, and *Jason Tripp* ran 37:57 for Start Slow/Fade Fast. *Julie Nardone's* 44:37 helped her Help Fight MS team to second place among the mixed teams.

COLUMBIA TRIATHLON 0.9m S/ 25m B/ 6.2m R Centennial Lake Park – May 22

Steve Meininger	2:16:38
Todd Matthiesen	2:21:22
Arpand Romandy	2:29:52
James Blackwood	2:31:17
Janelle McIntyre (1st, 45-49F)	2:36:29
Gary Smolyak (2nd, 14-16M)	2:38:38
Bram Arrington	2:44:12
Sean Costello	2:51:56
Dean Seidlecki	2:53:15
Jim Carbary (4th, 60-64M)	2:53:20
Les Raymond	2:55:54
Condrad Fernandes	2:56:08
Dave Orkik	2:56:54
Todd Pearsall	2:56:40
Elizabeth Cowan	2:57:15
Hafiz Shaikh	2:59:06
Nicole Hastings	2:59:15
Lori Kruus	2:59:18
Nancy Thompson	3:02:30
Megan Moundalexis	3:05:01
James Courtney	3:07:50
Jill Carr	3:09:48
Tom McCarthy	3:10:13
Ed Silverman	3:10:31
Shane Bogan	3:14:44
Bruce Breon	3:14:48
Karl Barrus	3:18:43
Aleah Zinbaldini	3:19:11
Emily Olszewski (3rd, 17-19F)	3:20:01
Heather Moldenhauer	3:21:29
Erin Rickard	3:22:28
Drew Meininger	3:26:15
Leslie Nissenberg	3:27:35
Gloria Serrao	3:29:46
Rick Schofield	3:35:11
John Steinecke	3:38:04
Debra Saltz	3:40:01
Jen Hayashi	3:46:10
Grace Tran	3:43:22
Susan Watson (5th, 60-64F)	3:53:29
Susanna Montoya	3:57:52
Jessica Pearsall	4:11:38
Sarah Prymas	4:35:38
Dick Woods	4:48:15

ALL FRUIT RELAY

The Annual All-Fruit Relay took place on Sunday, May 22, at Oakland Mills Middle School. The relay consisted of 4 x 2 miles, and every team was required to use a fruit baton to pass between team members. There were coconuts, pineapples, lemons, limes, oranges, bananas, tomatoes, kiwis, dragonfruits (one team had dragon tails), even a fruit loop necklace flying around the Oakland Mills neighborhood. The Lovely Bunch of Coconuts finished first, carrying not one but two coconuts. The real competition was not for speed, though, but rather for punny team names. After the relay, runners could eat their fruit if they chose.

ALL FRUIT RELAY

Oakland Mills Middle School – May 22

1. Lovely Bunch of Coconuts	42:36
Carlos Renjifo, Mark Buschman, Andrew Madison	
2. Is it a Fruit or Not?	46:19
Brian Fleming, Seth Geohagan, Dave Goldberg	
3. Delicious Green Banana	48:19
Luis Diaz, Michael Dusenbery, David Jun, Leonard Supsic	
4. Team Dominate	48:36
J.P. Allera, John Henderson, John Briguglio, Travis Boccher	
5. Oxidate	49:47
John Chall, Tasha Hogan, Greg Hogan, Stephanie Cummins	
6. Fresh Pace	55:59
Grant Stadler, Michael Shing, Eliot Fenton, Marshall Demaree	
7. Kiwi Will Rock You	57:17
Greg Lepore, Marc Burger, Alan Tominack, Mike Mbugi	
8. Puff the magic Dragonfruit	58:25
Chris Farmer, Amanda An, Mike Fleming, Robert Blanco	
9. Fruit Loops	1:02:30
Judith Weber, Marsha Demaree, Meredith Olson, Becky Holtz	
10. Blimey!	1:04:15
Patty Swank, Chris Hardy, Jeff Ward, Amanda Gorski	
11. Dragonfruit Tails	1:06:09
Debbie Sharp, Jenny Blysmá, Faye Weaver, Cecilia Murach	



Luis Diaz hands off the green banana to Len Supsic. (photo by Mike Fleming)



Brian Fleming with his fruit. (photo by Mike Fleming)

12. Clockwork Orange	1:07:27
John Way Stanley Way Karen Harvey Ron Weber	
13. Lean, Green and Mean	1:11:05
Jeanne Larrison, Kirk Gordon, James Scarborough, John Wheatland	
14. Thompson	1:15:25
Don Thompson, Mary Thompson, Scott Thompson, Bridget Thompson	
15. Muma	1:23:10
Lauren Muma, Jake Muma, Eileen Muma	
16. Lovely Lemons	1:23:11
Colleen Craney, Morgan Craney	

STRIDERS NAME SEVEN HIGH SCHOOL SCHOLARS

Dave Tripp, GMR

The Howard County Striders annually distribute cash awards to Howard County high school seniors, and the club has announced seven winners of a total of \$6,000 for 2011.

David Tripp Scholar/Athlete awards of \$1,000 each were granted to *Anna Demaree* of River Hill, *Elisabeth Tawa* of Mt. Hebron, *Alyse Gibson* of Reservoir, *Robert Creese* of Glenelg, and *Eric Schuler* of Reservoir. All five excelled both in the classroom and in running related athletics. They had an average GPA of 3.82 and a weighted GPA of 4.45, with 47 AP classes. In track and cross country, they earned 52 varsity letters in four years, with numerous County, Regional and State Championships, both individually and on their respective teams. They also combined for numerous All County and All Met selections and team captaincies.

The Striders also announced that *Kesley Abernathy* of Centennial and *Erin Geoghan* of River Hill were granted \$500 each as winners of the Worley Humanitarian awards. The Worley program recognizes individuals who have been active participants in running in school or in extracurricular endeavors, and who have taken on roles in leadership of community youth sports programs.

The awards were presented at each recipient's high school's senior awards ceremony at spring graduations.



Eric Schuler concluded his career at Reservoir High School with a Scholarship and a second place in the 3A state championship 1600m. (photo by Mike Fleming)



Scholarship winner Anna Demaree (right) with her mother, Marsha, at the Run for Remembrance. (photo by Mike Fleming)

THE 477

New Members since 18 November 2010. List as of 21 May 2011. Welcome to the following new members:

Abraham, Harland	Cardona, Lou	Egan, Amy	Hartman, Laura
Addo, Ethan	Carr, Jill	Elhabashy, Roma	Hartman, Ted
Addo, Felix	Carter, Barry	Erickson, Mary	Hartz, Ethan
Addo, Mia	Cassie, Keyshawn	Esker, Brian	Hartz, Robert
Addo, Tina	Chandler, Diane	Esker, Elizabeth	Hastings, Janine
Addo, Trinity	Chandler, Virginia (Gina)	Esker, Joey	Hayes, Laurien
Adegbenro, Isaac	Chang, Alexander	Esker, Nicole	Heidebrecht, Grant
Adegbenro, Isaiah	Chang, Marina	Farb, Loretta	Henderson, Denise
Adegbenro, Sheri	Chang, Richard	Farris Clarke, Carlene	Hessler, Brian
Adegbenro, Tomi	Chase, Hazel	Feldman, Kim A	Hessler, Jimmy
Adelsberger, Tricia	Chase, Richard	Fenton, Eliot	Hessler, Lisa
Ahema, Abena	Cheman, Aleya	Fontana, Sharon	Hester, Caitlin
Aklilu, Yemisrach	Cheman, Jaime	Franklin, Curly	Heying, Don
Allemang, Steven	Clearman, Rebekah	Freedman, Diane	Heying, Louis
Anderson, Carrie	Coleman, Lisa	Frey, Braylon	Heying, Mary
Arensmeier, Bruce	Collins, Debra	Frey, Lake	Heying, Ruth
Arndt, Cassie	Collins, Lauren	Frye, Liz	Higgins, Amanda
Arrington, Bram	Colvin, Elizabeth	Fullerton, Michelle	Hildebrand, Charity
Asante, Abisola	Comeau, Brady	Fusswinkel, Allison	Hildebrand, David
Asante, Henry	Comeau, Dulcey	Geisbert, Jennifer	Hildebrand, Gabriel
Asante, Oludara	Comeau, Kristi	Gersu, Afra	Hildebrand, Madelynn
Aschliman, Nathan	Comeau, Philip	Giuliana, Kristi	Hildebrand, Malachi
Baker, Kathryn	Cornish, Collin	Goldberg, David	Hines, Katherine
Barrett, Alex	Corriere, Susan	Gordish, Valerie	Holland, Jamie
Barrett, Jacob	Cotilla, Federico	Gorski, Amanda	Holliday, Jonathan
Barrett, Kristy	Courtney, Jamie	Goubeaux, Claire	Holliday, Jr., Donald
Barrett, Matthew	Cowan, Elizabeth	Goubeaux, Thomas	Holliday, Kimberly
Barry, Margaret	Crispell, Jackie	Green, Patricia	Horrocks, Amy
Baxley, James	Cuadra, Ivonne	Green, Wayne	Horrocks, David
Beck, Brian	Cummings, Brian	Greenberger, Emily	Horrocks, Jonathan
Beck, Danielle	Curley, Gladys	Griffiths, Evan	Howe, Alex
Beck, Joey	Czahor, Will	Groman, Caitlin	Howe, Christian
Beck, Kevin	Dahiwadkar, Yogini	Groman, Lawrence	Howe, Jonathan
Beck, Monica	Davies, Kathleen	Guan, Tina	Howe, Nathaniel
Beltran, Luisa	Davies, Michele	Gupta, Ajay	Howell, Marilyn
Berberian, Trish	Davis, Alex	Gupta, Deepak	Hubbard, Anne
Berger, Susan	Day, Dawn	Haber, Caleb	Hughes, Andrew
Bernard, Angela	Day, Tracy	Haber, Grace	Hughes, Anna
Blakeney, Nona	De Castro, Carla	Haber, Hannah	Hughes, Susan B
Blatchford, Lara	Decoteau, Meshawn	Haber, Joseph	Hunt, Bud
Bloomer, Erica	Denzler, Sheila	Haber, Mary	Hunt, Daniel
Booms, Jason	Ding, Chunlei	Hagan, Anthony	Hunt, Margaret
Bowen, Shana	Dion, Michael	Hagan, Candi	Hunt, Peter
BOWLES, CHARLES	Dixon, Douglas	Hagan, Mina	Hutchison, Nancy
Brayboy, Joyce	Doff, Abigail	Hall, Benjamin	Isley, William
Bronson, Ivania	Doff, Marylynn	Hall, David	Iwanczuk, Debra
Bronson, Keith	Dooley, Bill	Hall, Samuel	Jackson, Charles
Bruner, Taylor	Dooley, Rachel	Handy, Adam	Jackson, Patricia
Brunner, David	Dowd, Christine	Handy, Christopher	James, Valerie
Brunner, Henry	Drake, Bryan	Handy, Ryan	Johnson, Robert
Brunner, Joanna	Drummond, Cindy	Hanley, Casey	Johnson, Sharon
Brunner, Zane	Dunbar, Beth	Hanson, Judy	Jones, Ryan
Bryan, Andre	Dunham, Dan	Harford, Jane	Jung, Jamie
Bryan, Keisha	Dunham, Jill	Harrison, April	Kaisler, Rebecca
Burge, Leslie	Dusenbery, Sophia	Harrison, Natasha	Kandel, Stephanie
Callaghan, Kathleen	Dye, William	Hartke, Annie	Kaplan, Aaron
Calver, Joanne	Earle, John	Hartke, Benjamin	Kaplan, Ellen
Cardona, Aubrey		Hartke, Kimberely	Kaplan, Jeremy

Kaplan, Matthew	McMahon, Jack	Plaxen, Alexander	Thomas, Sophia
Karker-Jennings, Katherine	McNeil, Caitlin	Plitt, Kathy	Titus, Tracy
Katzen, Lisa	McNeil, Connor	Pooler, Margaret	Tribble, Charlie
Kearson, Jaquisha	McNeil, Gary	Powers, Steven	Tribble, Izaac
Keating, Jr., Peter	McNeil, Lynn	Pratt, Melissa	Tribble, Rachel
Kennedy, Jonathan	McNeil, Meghan	Protasio, Jessica	Trowbridge, Amy
Keyser, Anthony	McNeil, Ryan	Quinn III, Eddie	Tuckey, Kathy
Kim, Mary	Mehmedovic, Izudin	Quinn IV, Eddie	Turner, Stephen
Kirk, Chris	Mello, Anthony	Quinn, Amanda	Ward, Jeffrey
Kirsch, Heidi	Mello, Dominic	Quinn, Daniel	Warehime, Stacey
Knoll, Steve	Milcetic, Laura	Reading, Stephen	Waters, Kara
Kolocotronis, Susan	Milici, Brad	Reardon, Ron	Weber, Lynsay
Konny, Crystal	Milici, Jessica	Remer, Laurie	Weekly, Laurie
Kruger, Marike	Milici, Joe	Rickard-Barnosky, Jo	Wenson, Lauren
Kueffner, John	Milici, Sara	Rigsbee, Sarah	Wenson, Marc
Kumar, Chandni	Miller, Lisa	Robertson, Sally	Westlake, Kelly
Langr, Mark	Miller, Rachel	Robinson, Markene	Weston-Dawkes, Jonathan
Lash, Samantha	Misner, Andrea	Rosicky, Ben	Wheeler, Catherine
Lee, Jr., Stephen	Moldenhauer, Heather	Rosicky, Julie	Wheeler, Dana
Lehman, Robert	Morgan, Chad	Ruley, LaMont T	Whitaker, Tyler
Lentscher, Tina	Morgan, Christina	Ruley, Tanyita D	Will, Diane
Lester, Jennifer	Muench, Anna	Russ, Brooke	Williams, Tiffany
Lewis, Tyler	Murchie, Kim	Saltz, Debra	Williamson, Nancy
Lieberman, Brad	Murphy, Clarissa	Sanchez, Nubia	Wills, Christopher
Lieberman, Deborah	Murray, Briana	Sanetrik, Lynn	Wills, Tara
Lieberman, Timothy	Murray, Darryl	Saniel, Selina	Wilson, Ally
Linsenbardt, Duane	Murray, Jamal	Sartor, Andrew	Wilson, Colleen
Linsenbardt, Kathy	Murray, Taraja	Scarborough, James	Wilson, Ed
Linsenbardt, Nathan	Navarro, Lorey	Scerati, Robin	Wilson, Eileen
Louden, Andrew	Nemcheva, Izabela	Schardt, Jamie	Wilson, Karen
Louden, Jennifer	Netherton, Rob	Schofield, Ann	Wilt, Daniel
Lukas, Lindsay	Newton, Liam	Schub, Janet	Wilt, Ethan
Luo, Adam	Newton, Paul	Schultz, Ann	Wilt, Henry
Luo, Alex	Newton, Wendy	Schulze, Curtis	Wilt, Sophie
Luo, Jacob	O'Connor, Richard	Semans, Gail	Wilt, Susan
Luo, Jun	O'Neill, Amanda	Semans, Herb	Winbush, Michelle
Lynch, Katie	O'Reilly, John M	Shank, Margaret	Wong, Andrew
Lynch, Michael	O'Reilly, Kari	Sharp, Jennifer	Wray, Cindy
Lynch, Timothy	O'Reilly, Katie	Sherry, Amanda	Wright, Alan
Mabe II, Ronald	Odebunmi, Kemi	Sikora, Claudette	Xu, Xinhua
MacMillan, Cameron	Okiebisu, Nancy	Sinclair, Keith	Yang, Bin
MacMillan, Evan	Olin, Amy	Sinclair, Khalil	Zheng, Xiaolin
Madison, Andrew	Olin, Keith	Sinclair, Kyle	Zimmerman, Scott
Magann, Audrey	Olsen, Hannah	Smith, Alex	Zoller-Gritz, Abby
Mansbach, Hannah	Olszewski, John	Smith, Joy	Zoller-Gritz, Ellie
Martin, Chris	Olszewski, John M	Smith, Paul	Zoller-Gritz, Heather
Martin, George	ONEill, Shirley	Snelling, Bill	
Martin, Sam	Onwuanibe, TJ	Sohn, Tony (Donghwee)	
Matthiesen, Kirsten	Osten, Ann M	Solomon, Victoria	
Matthiesen, Riley	Osten, Geoffrey	Stamper, Muriel	
Matthiesen, Todd	Osten, Joshua	Stanford, Karen	
Matthiesen, Tyler	Osten, Troy D	Stehle, Paula	
May, Maria	Pacheco, Jose	Steinhice, Pamela	
McAlevey, Sheri	Pacheco, Mateo	Stepanek, Mike	
McAllester, Laura	Padron, Tiara	Supsic, Leonard	
McCarthy, Michael	Papp, Seth	Swank, Patricia	
McCormick, Kenneth F	Parker, Marcus	Tadimalla, Mira	
McDonough, Jane	Pascua, Rory	Tadimalla, Rajani	
McDonough, Katie	Patel, Pranay	Tadimalla, Srikant	
McGonigal, Aidan	Pazornick, Rachael	Tadimalla, Tara	
McGonigal, Amy	Peseux, Pam	Tash, Ron	
McGonigal, Brady	Peters, Justin	Taylor, Susanna	
McGonigal, Hailey	Phillips, Hollis	Techathuvanan, Tim	
McGonigal, Kyle	Piatko, Christine	Terry, Emma	
McKown, Bette B	Pickens, Allie	Terry, Robert	
McLaughlin, Raquel	Pickens, Joey	Thakore, Meghna	
	Pitts, Warren	Thibaudeau Jr., Roger	

BIG RACE ON MEMORIAL DAY



Record Field of 366 Finishes

The Fifth Annual Run for Remembrance 5k drew a record field of 366 finishers, with over 400 registered. The hot, muggy weather could not have cause the large turnout could, although the numerous pre-race emails might have.

Mark Buschman registered when he heard that racing-team captain *Carlos Renjifo* was not doing the race. Although *Karsten Brown* initially offered him some competition, by the hill at two miles Mark had the race in hand and cruised to the finish in 16:30. The best battle of the day, though, pitted masters *Doug Mock* and *Peter Keating*, who dueled each other for most of the three miles. In the end, Doug out-sprinted Peter by a scant two seconds and wound up in third place with a 17:19. Doug received the award for third male overall and Peter award as the first master man.

In the women's race, Bagel Runner *Stef Commins* tracked Baltimorean Diane Heiser for three miles and had closed the gap by the time the two rounded the last corner into the parking lot. Sensing the attack, Heiser then shifted into another gear and pulled out a slim victory in 19:03. "I used up all my strength just catching her," Stef said. "And I used to have a kick, too!"

Master woman *Kelly Westlake* had just moved from California to Ellicott City, MD (why?) and hadn't acclimatized to the heat, but she gave *Robyn Humphrey* a battle for the first master female. Robyn won (20:12), but she knew she was in a fight (20:31). They're both making plans for a rematch a Damien's 5k.

Ty Saini directed the race for the benefit of the Rotary Club of Howard County. Benefits go to the Dave Tripp Scholarship Fund. The Striders provided finish line management, and the Howard County Police provided traffic control. The Rotarians also wish to thank the Columbia Bank for use of their parking lot. Next year, the port-a-johns will be in the correct parking lot.

RUN FOR REMEMBRANCE ROTARY 5k Columbia Gateway – May 30

Overall Male

- 1. Buschman, Mark (Ellicott City, MD) 16:30
- 2. Brown, Karsten (Front Royal, VA) 16:37
- 3. Mock, Doug (Ellicott City, MD) 17:21
- 4. Koch, Jonathan (Columbia, MD) 17:44
- 5. Berardi, Dave (Baltimore, MD) 17:56

Overall Female

- 1 Heiser, Diane (Baltimore, MD) 19:03
- 2 Commins, Stefanie (Columbia, MD) 19:07
- 3 Stick, Sherry (Sykesville, MD) 19:21
- 4 Westlake, Kelly (Ellicott City, MD) 20:31
- 5 Gessler, Julie (Ellicott City, MD) 20:32

Masters Male

- 1. Keating, Peter (Columbia, MD) 17:23

Masters Female

- 1. Humphrey, Robyn (Ellicott City, MD) 20:12

Rotary Male

- 1. Nguyen, Hai (Laurel, MD) 21:30

Rotary Female

- 1. Doyle, Alyssa (Catonsville, MD) 22:06

Military Male

- 1. Yoder, Mathew (Columbia, MD) 22:40

Military Female

- 1. Weddington, Heeyoung (Columbia, MD) 24:21

1-12 Male

- 1. Haney, Eric (Columbia, MD) 22:09
- 2. Smolyak, Daniel (Clarksville, MD) 22:48
- 3. Chattin, Anders (Columbia, MD) 23:41

1-12 Female

- 1. Satsangi, Nandini (Germantown, MD) 24:54
- 2. Tripp, Jane (Ellicott City, MD) 27:53
- 3. Reading, Zoe (Columbia, MD) 31:24

13-19 Female

- 1. Gessler, Becky (Ellicott City, MD) 21:31
- 2. Gessler, Amy (Ellicott City, MD) 22:41
- 3. Kolb, Stephanie (Sykesville, MD) 23:01

13-19 Male

- 1. Smolyak, Gary (Clarksville, MD) 19:02
- 2. Sanchez, Frank (Crownsville, MD) 19:29
- 3. Font, Alec (Ellicott City, MD) 19:35



Gary Smolyak (1st, 13-19M) overcomes Sherry Stick (behind, 3rd F) in a wild sprint into the parking lot. (photo by Anne Fleming)



Even though he ran a half marathon the day before, Bill Arbaelez felt compelled to run the Run for Remembrance 5k. (photo by Anne Fleming)

20-29 Male

1. Kirby, Sean (Clarksville, MD) 18:01
2. Thomas, Mark (College Park, MD) 18:57
3. Wolvovsky, Eric (Silver Spring, MD) 23:12

20-29 Female

1. Matthews, Samantha (Baltimore, MD) 20:54
2. An, Amanda (Ellicott City, MD) 24:22
3. Mazzola, Gaby (Bowie, MD) 25:10

30-39 Male

1. Tripp, Jason (Ellicott City, MD) 18:11
2. Varga, Chris (Eagleville, PA) 19:13
3. Landrum, Mark (Ellicott City, MD) 20:24

30-39 Female

1. Varga, Beth (Eagleville, PA) 21:47
2. Skinner, Julia (Baltimore, MD) 25:37
3. Roddy, Andi (West Friendship, MD) 25:38

40-49 Male

1. Rilling, Chris (Columbia, MD) 18:00
2. Bohse, Stephen (Columbia, MD) 20:05
3. Jensen, Michael (Ellicott City, MD) 20:22

40-49 Female

1. Smolyak, Natalie (Clarksville, MD) 23:53
2. Demaree, Marsha (Marriottsville, MD) 24:37
3. Allen, Wendy (Ellicott City, MD) 25:05

50-59 Male

- 1 Hanle, Joseph (Columbia, MD) 19:18
- 2 Chall, John (Jessup, MD) 20:01
- 3 Gessler, Bobby (Ellicott City, MD) 20:17

50-59 Female

- 1 Beckett, Dorothy (Columbia, MD) 22:26
- 2 Amini, Ellahe (Ellicott City, MD) 23:03
- 3 Lather, Rosemary (Columbia, MD) 26:14

60-99 Female

1. Rabe, Ellen (Columbia, MD) 26:24
2. Humphrey, Jean (Columbia, MD) 36:04
3. Paterni, Linda (Ellicott City, MD) 37:47

60-99 Male

1. Wong, Ronnie (Catonsville, MD) 21:50
2. Fleming, Mike (Columbia, MD) 23:36
3. Richardson, Michael (Hanover, MD) 25:04

ROAD WARRIORS OF THE SPRING

They couldn't wait for the spring campaigns to begin, and the road warriors racing full bore even before the vernal equinox on April 20. And they kept at it until well after the summer solstice in June.

B & A TRAIL MARATHON Severna Park, MD — March 6

1. Karsten Brown	2:44:52
Richard Chase	3:27:58
Bob Burns	3:28:42
Dave Karlheim (1st, 50-54M)	3:29:22
Rick Schofield (3rd, 50-54M)	3:34:38
Robert Blanco	3:49:30
Joe Hanle	3:51:26
Alan Tominack	4:13:47
Judith Weber	5:37:04

Even if he won't run for our racing team, you've got to admit *Karsten Brown* is pretty good. 228 finished this rite-of-spring marathon.

B & A TRAIL HALF MARATHON Severna Park, MD — March 6

Steve Grufferman	1:39:15
Dennis Bucher	1:42:40
Wendy Allen	1:51:50
Aleah Zinalabedini	1:54:19
Elizabeth Cowan	1:56:53
Amelia Mullican	1:58:26
Tom Brown	2:00:00
Christopher Puin	2:00:17
Jill Calhoun	2:01:48
Karen Harvey	2:02:23
Debra Saltz	2:04:57
Carol Coggeshall	2:08:38
Lindsay Kyzer	2:08:57

628 finished the accompanying half.

ST. PATRICK'S DAY 8k Washington, DC — March 13

Michael Wegner (1 st, 1-14M)	26:51
Craig Lebro	28:29
Kevin Wegner	35:17

Even with 2372 finishers, this was *not* the largest St. Pat's day race in the area.

LOWER POTOMAC RIVER MARATHON Piney Point, MD — March 13

2. Karsten Brown	2:41:49
Joe Hanle (2nd, 50-59M)	3:18:56
Jason McCaul	3:27:54
Amanda An (2nd, 20-29F)	3:38:48
Chris Farmer	4:20:44

The race field is limited to 200, and all 165 finishers enjoyed hot showers and a hot post-race meal in a pretty dining room.

KELLY ST. PATRICK'S DAY 5k Baltimore, MD — March 13

3. Carlos Renjifo (PR)	15:19
7. Mark Bushman	15:40
John Chall (1st, 50-54M)	18:07
David Jun	18:59
Robyn Humphrey (1st, MF)	19:30
Donna Wecker (1st, 45-49F)	19:46
Pat Wilkerson (1st, 50-54F)	20:06
Ronnie Wong (1st, 60-64M)	20:36
Anders Chattin	22:42
Chris Chattin	22:44
Amanda Fleck	24:20
Roger Thibaudeau	24:28
Kenneth Sevik	24:56
Judith Comiskey	26:13
Phyllis Sevik	26:15
Kevin Federici	26:36
Lynne Douglas (2nd, 55-59F)	26:43
Ann Goodwin	28:52
Clint Henderson	30:53

This was the largest St. Patrick's Day race in the area, with 3902 finishers. Racing team captain Carlos Renjifo set a personal record, and the green beer flowed!

HINTE ANDERSON TRAIL 50k
Susquehanna State Park, MD – March 19

Jennifer Atkinson (2nd 30-39F)	5:13:25
Bill Wheeler	5:21:36
Jeffrey Garstecki	5:22:46
James Gilmore	5:22:47
Donnie Chapman	5:31:22
Elizabeth “Betsy” Nickle	5:35:49
Conrad Fernandes	5:54:51
Fred Towner	6:02:24
Todd Pearsall	6:13:25
Geoffrey Baker	6:46:46
Glenda Rodriguez	6:50:36
Judith Weber	6:59:14
Jim Hessler	7:43:35

Of the 515 entries to this race, 420 started and 362 finished. *Jennifer Atkinson* placed fourth among all women in this grueling event. The course involves single track trail, fields, dirt, four creek crossings, and 9800 feet of elevation change.

SUNTRUST NATIONAL MARATHON
Washington, DC – March 26

Karsten Brown (2nd, 35-39M)	2:39:33
Keith Levasseur	3:09:43
Michael Dusenbery	3:16:15
Adam Wytko	3:18:59
Haifz Shaikh	3:19:32
Yasuo Oda	3:28:08
Greg Orlofsky	3:29:04
Tammy Lui	3:44:40
Grace Tran	3:45:59
Nick Del Grosso	3:46:08
Ben Stein	3:57:32
George Orlean	4:00:47
Suzy Corriere	4:01:12
Glenda Rodriguez	4:10:02
Alan Tominack	4:17:04
Amelia Mullican	4:17:31
Nicole Hastings	4:17:59
Ken Cooper	4:25:19
Dwight Mikulis	4:34:36
Rebecca Holtz	4:37:17
Chris Schauerman	4:37:28
Chris Reading	4:41:34

SUNTRUST NATIONAL HALF MARATHON
Washington, DC – March 26

Caroline Bauer	1:31:31
Joseph Haber	1:33:19
Paul Eyes	1:37:03
Steve Meininger	1:37:51
John Thornton	1:40:27
Xinhau Xu	1:43:00
Katrina McGowan	1:43:21
Carrie Anderson	1:44:55
Bromley Lowe	1:45:49
David Orlik	1:47:01
Brian Satola	1:47:16
Nancy Thompson	1:47:21
Marsha Demaree	1:49:34
Kevin Federici	1:50:24
John Bratiotis	1:51:46
Heather Federici	1:54:01
Casey Simpson	1:55:42
Susan Hughes	1:56:17
John Thornton	1:57:56
Deborah Sharp	2:01:03
Rosemary Lather	2:05:31
Terry Storms	2:08:35
Andrea Aldrich	2:08:42
Kelly Collins	2:12:53
James Corbin	2:18:31
Srikant Tadimalla	2:21:53
Glenn Scimonelli	2:30:38

Make no mistake about it— these were big races, with 2878 finishing the full marathon and 9220 doing the half. They had such beautiful weather, too.

OUT FOR BLOOD 5k
Centennial Lake Park – March 26

Sean Dawson	21:30
John Tokar	22:01
Marc Burger	22:51
Lydia Joyce	28:12
Faye Weaver	28:15

No, this was not a race for zombies. It was a fundraiser for blood donations for the American Red Cross. 478 finished.

CAESAR RODNEY HALF MARATHON
Wilmington, DE – March 27

Steve Grufferman	1:40:02
Michael Deon	1:42:36
Karen Harvey	1:58:25

The “granddaddy of Delaware road races” celebrated its 48th birthday. 1316 finished.

FAMILY CENTER Y – OUTBACK 5k
Ellicott City, MD – April 3

2. Daniel Rau	17:41
4. Jay Sweet	18:21
6. Sheldon Degenhardt	18:34
Jeff Six	22:10
Marc Burger	22:32
Anders Chattin	23:05
Steven Albertini	26:04
Cathy Ronning	27:09
William Brandenstein	27:27
Cindy Six	31:05
Shelly Kvech	31:25
Todd Pearsall	35:18
Jessica Pearsall	35:18
Mary Brandenstein	43:02

You didn’t have to go to Washington, DC, or Annapolis, MD, to run a race on April 3. You could have gone a mile or two up the road to this race, which boasted a post-race meal from Outback Steakhouse. This year, *Phil Lang* and Bullseye Running directed the event. 399 finished.

CHERRY PIT 10 MILER
Edgewater, MD – April 3

Keith Levasseur	1:04:27
David Jun	1:06:09
Bob Burns	1:09:12
Grace Tran	1:20:19

Billed as the sensible 10-mile alternative to the Cherry Blossom 10 Miler, this race drew a field of 496.

AFCEA 5k
Columbia Gateway — April 9

1. Michael Wegner	17:04
5. Kevin Wegner	18:53
9. David Jun	19:25
Robyn Humphrey (1st F)	19:43
Greg Schuler	20:06
Michael Mbugi	20:44
Paul Eyes	20:49
Marquel Bowler (2nd F)	21:12
Marsha Demaree (1st, 40-49F)	23:12
Bill Dooley	23:18
Dean Siedlecki	23:59
Christine Josey	25:55
Patricia Brooks (1st, 60-69F)	25:59
Jenna Harrity	26:01
Elisabeth Jubinski	26:11
Dwight Johnson	26:18
Carla De Castro	29:55

The Striders took over management of this race this year, and from all accounts it turned out better than before. 709 runners completed a 5k circuit of the Columbia Gateway. Fourteen year old *Michael Wegner* outgunned the men’s field, and *Robyn Humphrey* easily beat all the women. She has run this race every year and has never lost. But this was an event for the corporate/defense contractors, who supplied 24 teams, none of which had remarkable performances. FYI, AFCEA stands for Armed Forces Communications and Electronics Association.

PIKES PEEK 10k
Rockville, MD – April 17

Mike Colaiacovo	33:30
Greg Hogan	35:35
Weems McFadden	36:55
Tasha Hogan	45:01
Erin Rickard	48:00

With Clyde’s on the same day, not many Striders went to Rockville. Like Boston, this was a net downhill race, so your times don’t count. Right? Nevertheless, 2578 finished.

BILLY KORROW 5k
Towson, MD – May 1

1. Michael Wegner	15:54
6. Mark Gilmore (1st, 40-49M)	17:40
7. Martin Goode (2nd, 40-49M)	17:54
Kevin Wegner	19:55
Camden Gilmore	21:56

“It was a perfect morning for running,” Mrs. Wegner said. Former Junior Strider *Michael Wegner* beat 371 others to win the whole enchilada.

BROAD STREET 10 MILER
Philadelphia, PA – May 1

Mike Colaiacovo	55:32
Joe Hanle	1:02:44
Caitlin Hester	1:26:57

Over 25000 finished this world-class 10-Mile race, which is the Pennsylvanian equivalent of the Cherry Blossom. Mr. C. placed sixth in his 40-44 age group.

NORTH-SOUTH MARATHON
Gettysburg, PA – May 1

Karsten Brown (1st, 35-39M)	2:44:56
Brian Fleming (1st, 25-29M)	2:58:58
Keith Levassuer (1st, 30-34M)	3:05:16
Julie Thienel (1st, 45-49F)	3:34:26
Fred Towner	3:45:24
Troy Conran	3:55:09
Dave Karlheim	4:39:38
Wayne Martin	4:46:59
Gloria Serrao	4:58:50
Chris Farmer	4:58:54
Amanda An	4:59:41

This marathon provides a way to re-fight the Civil War without firing a shot. Runners scored points for the North or South depending on the state they came from. All the Striders scored for the South, because Maryland was declared a southern state for the purpose of the race. Male and female age group winners scored one point for their respective side. It was a scoring nightmare. We think the South won this time, but aren't really sure. *Greg Lepore* fielded a Strider coed relay team with *Mike Fleming*, *Pam Rowe*, and *Marsha Demaree*, which finished sixth out of 54 such teams. Too bad they couldn't have brought up the cannon...

FREDERICK HALF MARATHON
Frederick, MD – May 7

Keith Levasseur (3rd, 30-34M)	1:23:41
Todd Matthiesen (3rd, 40-44M)	1:24:40
Steve Bohse	1:27:11
Mark Hermstein	1:27:51
David Jun	1:27:51
Elizabeth Blom (1st 30-34F)	1:30:14
Donnie Chapman	1:30:18
Lawrence Groman	1:30:56
Michael Hagan	1:32:56
Yasuo Oda	1:34:06
Jonathan Kennedy	1:37:40
Michael Mbugi	1:38:03
Conrad Fernandes	1:39:01
Von Jennings (3rd, 60-64M)	1:39:29
Dave Orlik	1:40:24
Kevin Murphy	1:43:49
Caitlin Groman	1:44:24
John Bratiotis	1:45:44
Marsha Demaree	1:45:52
Russell Antico	1:46:50
Bill Arbelaez	1:48:36
Marc Burger	1:50:16
Melissa Simmens	1:43:02
Grace Tran	1:44:44
Nancy Thompson (3rd, 50-54M)	1:46:35
William Isley	1:54:58
Kirsten Matthiesen	1:56:29
Jim Grover	1:57:48
Deborah Sharp	1:58:31
Rebecca Holtz	1:59:55
Andrea Aldrich	2:00:18
Chris Schauerman	2:00:21
Izzy Bowlsbey	2:00:58
Howard Feinberg	2:01:03
Michele Ritter	2:01:42
Rosemary Lather	2:02:07

Hamid Janloo	2:03:31
Debbie Grover	2:04:17
Steven Albertini	2:05:54
James Corbin	2:07:16
Jaclyn Klein	2:10:17
Susan Glaezer (2nd, 60-64F)	2:11:00
Adam Vanderhool	2:11:53
Tenisha Holloway	2:13:53
Srikant Tadimalla	2:15:47
Dwight Mikilus	2:20:24
Harland Abraham	2:22:45
Shyamal Nandi	2:40:00
Arleen Dinneen	2:42:45
Judith Weber	2:50:07
Cindee Curtis	3:02:05
Mark Gautier	3:07:59

It was such a sweet morning in Frederick! With the demise of the marathon, they have a new, flat half-marathon course that started and ended at the fairgrounds. A full 50 Howard County Striders joined a field of 3868.

FREDERICK 5k
Frederick, MD – May 7

Chad Burger (3rd, 30-45M)	20:36
Michael Hagan (2nd, 35-39M)	22:16
Grace Tran (3rd, 30-34F)	24:21
Candi Hagan	(PR) 29:57
Tammy Cinotto	47:43

There was also a 5k accompanying the half marathon. The half marathon started at 7:30 am, and the fun 5k started at noon, so you could run both races if you wanted, and that's just what Michael Hagan did. 825 completed the shorter event.

MUSICAL MADNESS 5k
Maple Lawn, MD – May 7

1. Gary Smolyak	17:49
3. Brian Petit	17:58
4. Conner McIntyre	18:18
5. Mark Miller	18:23
6. Keith McIntyre	18:28
8. Dave Berardi	18:44
9. Michael Dusenbery	19:10
Bobby Gessler	19:21
Robyn Humphrey (1st F)	19:52

Pat Wilkerson	20:36
Dennis Albright	21:02
Robert Blanco	21:02
Rebecca Schwartz	21:15
Janelle McIntyre	21:18
Dorothy Beckett	21:26
Katie Gessler	22:05
Daniel Smolyak	22:11
Michael Smolyak	22:11
Natalie Smolyak	23:09
Amanda An	23:22
Greg Lepore	23:30
Meredith Olsen	23:30
Brian Fieni	23:48
Lindsay Burns	23:52
Eric Johnston	24:01
Sarah Thomas	24:03
James Carbary	24:15
Scott Habicht	24:21
Barbara Walters	24:35
Kelli Habicht	25:34
Elisabeth Jubinski	25:46
Pat Huffman	25:47
Thomas Wood	25:47
David Rapavi	26:08
Sari Chapman	26:58
Lydia Joyce	27:10
Zoe Reading	27:27
Chris Reading	27:27
Carissa Dorson	27:33
Nancy Burns	29:16
Bonnie Dorr	30:08
Memory Morris	30:26
Laura Quinn	30:28
Cecelia Wood	31:43
Shari Ludlum	32:01
Paula Stehle	32:04
Lena Wood	32:08
Debi Collins	32:21
Dominique Lincoln	33:03
Steve Reading	38:08
Melissa Burger	39:45

Why go all the way to Frederick when you could run a perfectly good 5k in your own backyard? Music provided by the Reservoir High School jazz band, and they were pretty good, too. With drummers at the start and finish. 230 total.

PREAKNESS 5k
Pimlico Race Track – May 14

2. Peter Keating (1st, 45-49M)	17:44
Caitlin Hester	25:46
Eric Johnston	26:25
Hillary Bierce	29:26

The venue for this race was the Pimlico Race Track, and the runners *did* run the first mile on the track, just like the horses. The race started with the “call to post” bugle, and the race bibs looked like jockey silks. Each runner was assigned a horse, too. The overall male and female winners got a premium seat at the Turfside Terrace to see the race a week later. Peter just missed! 615 finished.

SCOOT FOR SCOOTER 5k
Olney, MD – May 15

2. Luis Navarro	19:05
3. John Way	20:06
Sophia Thomas	31:09

201 finished. What’s with all the races in Olney, lately?

RUN 4 THE ANIMALS 5k
Wheaton, MD – May 15

Steve Grufferman (3 rd, 50-59M)	24:23
Karen Harvey (3 rd, 50-59F)	28:26
Kim Hartler	32:18
Brian Cummings	35:53

The race supports the Poplar Spring Animal Sanctuary. No dogs allowed in the race, though. 287 finished.

MARYLAND HALF MARATHON
Maple Lawn — May 15

Keith Levasseur	1:27:28
Mark Corriere	1:28:00
David Jun	1:28:47
Robyn Humphrey (2nd F)	1:30:36
Ed Wilson	1:30:55
Stephen Turner	1:34:39
Steve Meininger	1:35:03

Michael Dusenbery	1:36:19
Donnie Chapman	1:38:38
Lisa Fichman (1st, 40-49F)	1:38:54
Sarah Lebro	1:39:59
Robert Blanco	1:41:56
Ellie McManuels	1:42:10
Becky Ramsing	1:42:26
Dennis Boucher	1:43:47
Arpad Romandy	1:44:06
Daniel Kirk-Davidoff	1:45:05
Von Jennings (1st, 60-69M)	1:45:35
Susan Kolocotronis	1:48:30
David Horricks	1:48:51
John MacMillan	1:52:30
Rick Mitchell	1:52:44
Wendy Allen	1:53:14
Marsha Demaree	1:53:56
Grace Tran	1:54:15
Carrie Anderson	1:57:13
Justin Peters	1:57:22
Phyllis Sevik	1:58:53
Judith Weber	1:58:59
Rick Carter	1:59:00
Judith Comisky	1:59:02
Christine Josey	1:59:15
Margaret Barry	2:01:21
Ron Tash	2:01:22
Jason Kaplan	2:02:21
Cindee Curtis	2:04:27
Jay Wang	2:05:22
Martin Goode	2:09:22
Cindy Perkins	2:13:15
Benjamin Bryden	2:13:40
Julie Riddler	2:13:43
Amanda Idstein	2:14:57
Debra Saltz	2:15:22
Howard Feinberg	2:15:34
Parice Halbert	2:16:47
Glenn Scimonelli	2:22:28
Jamie Jung	2:23:28
David Horrocks, Jr	2:23:53
Wayne Bryden	2:26:34
Beverly Byron	2:54:28

The Maryland Half moved from Timonium to Howard County this year. The race began and ended at Maple Lawn, and was directed by Charm City Running. The race had 1662 finishers, making it the largest foot-race in Howard County. Even larger than the Columbia triathlon!

WOMEN'S DISTANCE FESTIVAL 5k
Towson, MD – May 22

3. Pat Wilkerson	20:57
10. Faye Weaver	25:18
Pauline Chvilicek	32:49
Melinda Crummeich	33:18
Dawn Czahor	33:38
Amy Korman	35:15
Ginger Rowley	35:44
Bev Byron	36:21
Sue Ellen LaFountain	37:32
Melissa Burger	39:24
Christina Robinson	42:03

FIT women and their coaches tuned up for the main event in July in Columbia. 93 finished the BRRC edition of the Women's Distance Festival 5k.

MCVETS 10k
Baltimore, MD – May 29

David Jun	40:22
Steve Muchnick	42:25
Ronnie Wong (2nd 60-64M)	47:08
Alan Tominack	59:07
Mike Baziz (1st, 65-99M)	1:12:56

MCVETS 5k
Baltimore, MD – May 29

6. Doug Mock (1 st, 40-49M)	17:54
Bob Hemler	25:48
Steve Muchnick	28:56

You could run the 5k and the 10k if you so chose. 291 did the 10k, while 310 did the 5k.

Be sure to send your race accomplishments to:

Jim Carbarly
Stupendous Editor
newsletter@striders.net

HIGH SCHOOL
OUTDOOR TRACK

In addition to the Junior Striders, congratulations go to high school runners participating in the spring outdoor track.

At the Howard County Track Championships on May 10-11, *Eric Schuler* of Reservoir High School finished third in the 800m (2:00) and second in the boys' 1600m (4:26), while *Gary Smolyak* of Atholton placed fifth in the 3200 (10:13). Eric's Reservoir team won the Boys Team Championship. On the girls' ledger, *Anna Demaree* of River Hill finished third in the 1600m (5:24).

At the State East Regional Meet on May 19-20, Schuler won the boys' 1600m in 4:22, and *Connor Belson* of Atholton was second in 4:24. Atholton's *Andrew Parlette* finished third in the boys' 3200m (9:51). Anna Demaree won the girls' 1600m in 5:17. The Reservoir Boys won the male team competition, while the River Hill Girls won the female team competition.

The Maryland State championships took place on May 26-28 at Morgan State University. Anna Demaree won the 3A girls' 1600m in 5:07. Eric Schuler placed third in the 3A boys' 800m (1:57.9) and second in the 3A boys' 1600m (4:21.7). Connor Belson came in right behind in the 1600m (4:24). Schuler concluded his high school career by running on the 3A state champion 4x800 team (8:02).

Demaree and Schuler were also honored to win the Howard County Strider academic scholarships (see page 11).



SPECIAL RECOGNITIONS

- *Gabe Rodriguez* set another marathon record. This time it was at the Seneca Creek Greenway Trail Marathon back on March 5. His time was 3:12:26. There were 125 finishers.

- *Karsten Brown* won the Special Olympics Kiwanis 5k (16:04) on May 21 in his home town of Front Royal.

JRS.

The Spring Track Program of the Howard County Junior Striders took place on Mondays and Thursdays from March 28 through May 26, the latter date being the end-of-season pizza party. Over 300 youths, ranging from kindergarten through eighth grade, participated in the program. In addition to the traditional track events such as the 400m, 1500m, 3000m and relays, the 2011 program also included field events such as the high jump, shot put, discus, and long jump. The program is directed by *Phil* and *Vicki Lang* of Bullseye Running, and employs dozens of Howard County Strider parents as assistant coaches. The 300 plus their coaches practiced twice weekly on Mondays and Thursdays at Oakland Mills High School track, which could become quite crowded!

The juniors put all that training to the test at weekend track meets, beginning with the Blue Ridge Express meet in Brunswick, MD, on April 10, and culminating at the Hersey [Chocolate] Track Meet on June 5. The Junior Striders held their very own track and field meet on May 15 at Oakland Mills High School Track. The meet drew over 400 kids from 15 different teams throughout the mid-Atlantic region.

Here are the results of the Junior Strider Meet:

100m dash

7-8G: 2. Janel McCray, 17.2; 3. Micaela Murray, 17.4; 6. Nona Blakeney, 18.3
9-10B: 4. Joshua McCray, 15.0
9-10G: 2. Cassidy Bunyard, 15.9; 5. Trinity Addo, 16.7
11-12B: 2. Jelani Dula, 14.2
13-14B: 5. Benin Dula, 12.6
15-18G: 2. Sydney Jamison, 14.6

200m dash

7-8G: 2. Janel McCray, 37.7
9-10B: 3. Joshua McCray, 31.8
9-10G: 2. Cassidy Bunyard, 34.2; 3. Kailee Bunyard, 35.2
11-12G: 5. Niya Ghee, 32.3
13-14B: 4. Benin Dula, 25.5
15-18G: Sydney Jamison, 29.8

400m

7-8B: 4. Logan Kim, 1:39; 6. Colin Carter, 1:45
7-8G: 4. Charlotte Benfer, 1:40
9-10B: 2. Joshua McCray, 1:15
9-10G: 3. Malenna Hammill, 1:33; 5. Bridget Keating, 1:37
11-12G: 2. Jordyn Tate, 1:10; 6. Niya Ghee, 1:15
13-14B: 3. Benin Dula, 58.1; 4. Jeff Moran, 58.2

800m

7-8B: 1. Malcolm Jones 3:08; 3. Joey Squirlock, 3:36; 6. Mats Chattin, 3:40
7-8G: 1. Charlotte Benfer, 3:21; 4. Zoey Scott, 4:11; 5. Romy Delo, 4:13
9-10G: 3. Claire Warman, 3:18; 5. Mary Kate Shouse, 3:20
11-12B: 2. Anders Chattin, 2:48; 3. Kenny Accardi, 2:48; 6. Thomas McCarty 2:55
11-12G: 2. Jordyn Tate, 2:43; 4. Natalie Perkins, 2:57
13-14B: 3. Matthew Jackson, 2:25
13-14G: 3. Lauren Hessler, 2:51
15-18B: 1. Michael Wegner, 2:10

1500m

7-8B: 1. Liam McCaffrey, 6:38; 2. Matts Chattin, 7:22; 4. Joey Squirlock, 7:38
7-8G: 1. Janel McCray, 8:20
9-10B: 1. Hamzeh Elhabashy, 5:27; 5. Noah Kim, 6:24
11-12B: Kenney Accardi, 5:45; 2. Ben Rosicky, 5:45; 3. Anders Chattin, 6:01
11-12G: 3. Natalie Perkins, 6:00; 5. Jane Tripp, 6:32
13-14B: 2. Kevin Wegner, 5:01; 5. Corey Hamilton, 5:10
13-14G: 1. Julia Nardone, 5:04
15-18B: 1. Michael Wegner, 4:19

3000m

11-12B: 1. Thomas McCarty, 12:58
13-14B: 1. Kevin Wegner, 10:36; Corey Hamilton, 11:58

High Jump

11-12B: 5. Kevin Reynolds, 3'10"
11-12G: 2. Jane Tripp, 3'10"; 4. Laura Reynolds, 3'8"

Long Jump

7-8B: Tyler May, 7'5"; 5. Joe Larson, 6'4"; 6. Devin Tyler, 6'3"
9-10G: 1. Charleston Berkhimer, 7'11"
15-18G: 1. Sydney Jamison, 10'10"

Shot Put

7-8B: 1. T.J. Onwunibe, 18'3.5"; 4. Darius Tyler, 11'5.5"; 5. Lian McCaffrey, 10'9.5"
9-10G: 3. Maria Newell, 14'1.5"; 4. Trinity Addo, 13'3.5"
13-14G: 2. Asha Lane, 27'0"

STRIDER ARCH

Given feedback/approval, we hope to have the finish line arch ordered real soon. If so, it should be here in time for the WDF 5k.

Basically, this will be a 13-foot wide, 90-degree arch, with blue side-pieces, and a white top. A detachable blue "Finish" banner will be ordered. Additional logos can be added, as needed. The arch will be used at selected races, possibly 6-8 per year. This particular piece will be the most visible component of the Striders' finish line equipment. Along with the timing system, purchased last year, and new stanchions, recently added, the finish line will help direct runners across the line in style. By creating a finishing area that reduces confusion, and utilizes state-of-the-art technology, we have reduced the number of volunteers needed to perform this vitally important part of any race we put on. It presents a polished, professional finish line that runners will appreciate for years to come!

Thanks to Vice President *Bill Arbelaez* for diligently searching for and finding an outstanding finish line arch.



You should be seeing this new arch at finish lines of Strider races. (photo by Boulder Blimp Company)

RRCA CONVENTION

Bill Arbelaez, GMR, VP-HCS

The 53rd Annual RRCA Conference was held in Fredericksburg, VA, May 12-15, this year. The state reps met for five hours on Thursday, the 12th. According to *Phil Lang*, the RRCA is developing a short course that will result in the certification of race directors. More news on this project will be forthcoming. On Friday and Saturday, several break-out sessions were offered. After attending an hour-long presentation on Insurance and Risk-Management for running clubs, which included references to different cases that have been settled by this insurance company over the last couple of years. Interesting stuff, given our society's interest in litigation! After attending sessions on Governance/Club Finances, and Motivating Volunteers, it looks as though the Howard County Striders are ahead of the curve, already using many of the best practices and following most of the suggestions offered. A workshop on Organizing a Grand Prix Series provided proof that there is no simple approach, and every group had their own twist on how a series can/should work. It was quite informative! Two great, but early, morning runs, Friday in the Spotsylvania Battlefield, and Saturday in downtown Fredericksburg, enhanced the experience. I had fun, and am looking forward to next year's conference in Memphis.



This runner was a featured luncheon speaker at the RRCA convention. Who is he and what did he do? Hint: his name is Makata Taka Hela.

From the historical archives of the Howard County Striders
(Fall 1989 Issue of the Newsletter)

NOT RUNNING AND THE
ART OF BEING INJURED

by Bob Burns

*Come on feet don't ail me now
I've got 5 more miles to go now
over the hill just around the bend.*

*Although my feet are tired,
I can't lose my stride
I've gotta keep on.*

(Edwin Starr, *25 Miles*, circa 1969)

It has happened. The unthinkable, the unspeakable and probably the inevitable; I'm officially injured!! Over my twelve years of running and racing, I've had my share of sore knees, tight hamstrings, inflamed tendons, etc. Things that temporarily sidelined me for 2 to 3 weeks at a time, but never something like this—the dirty “I” word—INJURED.

I can trace the subtle beginnings of this injury to a precise moment and place: Homewood Road and the 17 mile point of a 20-mile marathon training run. Going down a Homewood Road hill, toward Route 108, I felt a very sharp pain in my left achilles. I walked for about 100 yards and then was able to leisurely jog home. Over the next month, the soreness would turn into pain. The pain eventually became an injury. I had entered the twilight zone, a runner not able to run (pity the fool).

It could be worse. I could be a horse and they would just shoot me. Instead, I'm left to wallow in the existential hopelessness of being an injured runner. (Maybe the horse thing is not such a bad idea.)

There is an interesting process that runners go through as they attempt to adjust and cope with their injured status. The first stage in the “Coping with Injury” process is DENIAL.

This period is characterized by the runner believing that it is not really an injury that he is facing and that he'll be able to “run through it.” No problem. First you cut back on speed/interval/hill training; then you stop racing; finally you try doing “moderate training” (note this oxymoron). All along you are denying the obvious, that you are really injured.

The next stage is DEPRESSION. This stage is typified by the runner letting little things go awry, things like not getting out of bed for 2-3 days at a time; communicating with others solely through inaudible grunts, understandable only to other injured runners and lower primates; and submitting articles to the Strider newsletter four months late.

Stage three is ANGER. This is actually a good sign that the runner is beginning to adjust to his situation. Unfortunately, the adjustment is still somewhat incomplete, and small pets and significant others generally feel the brunt of this stage.

Finally, there is RESOLUTION. The runner accepts the fact that he is injured and that it is not the end of the world (Oh, yeah sure) and, in time, things will be better (Easy for you to say, Buster). *EDITOR'S NOTE—I'm not sure Bob has fully reached this resolution stage yet.*

People's reactions to you as an injured runner are also interesting. Non-runners always recommend that you immediately get an x-ray. The thinking must be that when you injure something, the doctor takes an x-ray and then the injury begins to heal. Somehow, these non-running friends have confused correlation with causality.

Runners, on the other hand, generally have a different set of reactions to an injured comrade. Mostly, they feel uncomfortable; these injuries just might be contagious and they're not going to risk their higher states of fitness doing too much comforting of these fallen warriors. Injured runners do not have much in common with their non-injured counterparts. Generally, they will seek out other injured runners so that they can curse the gods of running, overstate their past racing accomplishments and substantially round down their PR's.

I do miss it though, I miss the competition, I miss the challenge of a tough training regimen. Most of all, I just miss the runs themselves, the freedom to run as far and as fast as I want to.

To many people, this would seem like such a small and insignificant thing to lose. To this runner, the loss seems so encompassing.

SUMMER SCHEDULE

Here comes the summer again. Drink plenty of water, use sunscreen and a hat, and try to stay out of the sun. If you don't know how to run yet, or if you want more training, check out one of the following summer programs offered by the Striders:

6/6 Summer Striders XC Prep Program
6:45p Oakland Mills High School
www.striders.net/programs/summer-striders/2011 or coachlang@hotmail.com

7/12 Next Step Half/Marathon Program
6:30p Oakland Mills High School
www.striders.net/programs/next-step-marathon/2011 or nextstep@striders.net

If you're ok with running and just want to compete then do the 2011 Summer Sizzler weekly series:

6/29 Weekly Series #1 – 2mi, 10k,
6:30p Jeffers Hill Neighborhood Center

7/13 Weekly Series #2 – 5k
6:30p Hammond High School*

7/20 Meet of the Miles – 1 mi plus 100m,
6pm 400m kids' fun runs
Oakland Mills High School

7/27 Weekly Series #3 – 2mi, 5mi
6:30p Swansfield Elementary School

8/3 Two-Person Relay – 5mi total
6:30p Oakland Mills High School

8/24 Weekly Series #4 – 2mi, 6mi
6:30p Thunder Hill Elementary School

8/31 Weekly Series #4 – 2mi, 5mi
6:30p Burleigh Manor Middle School

9/7 Weekly Series Awards – 5k
6:30 Northfield Elementary School*

For information on the weekly series, contact Genda at weeklyseries@striders.net. The asterisks denote NEW courses.

Here are some higher level races you might want to check out:

6/12 Damien's 5k plus 2mi Walk & Talk
8:00a Columbia Gateway
register at www.active.com

6/19 Father's Day 10k
8:00a Costco at Gateway Overlook
www.bullseyeverunning.com

7/11 **Women's Distance Festival 5k**
8:00a Howard Community College
register at striders.net/races/wdf/2011

Phil Lang, coachlang@hotmail.com, started the Friday night Cross Country Series a few years ago to help high school runners tune up for the Fall. The races proved immensely popular among all runners. Run three of the five races and you get a t-shirt. \$5 entry fee for each race; races start at 6:30pm.

6/17 XC #1. Wilde Lake High School
7/8 XC #2. River Hill High School
7/22 XC #3. Reservoir High School
7/29 XC #4. Hammond High School
8/12 XC #5. Oakland Mills High School

Finally, *Arleen Dinneen's* family-friendly 1-Mile Centennial Fun Runs will take place on Tuesdays at her place 10114 Colonial Drive, Ellicott City (across from Centennial High School). Each week there is a special activity for the kids.

6/21 Fun Run #1, 7:30pm
6/28 Fun Run #2, 7:30pm
7/12 Fun Run #3, 7:30pm
7/26 Fun Run #4, 7:30pm
8/2 Fun Run #5, 7:30pm
8/8 Partners Relay, 7:00 pm

You can contact Arleen at 410-465-7735 for information.

Complete Schedule at
www.striders.net

PRESIDENT'S LETTER

Hello HC Striders—

Not quite at the half-way mark of the year but there is a “whole lot of running going on.” The Howard County Striders have been involved with many races already this year starting with Resolution, Penguin Pace, Club 10 Mile Challenge, AFCEA 5K, Clyde's 10K, Musical Madness and Remembrance Run as this is being written. In almost all if not all, we have had record registration which is a testament to the efforts of *Paul Goldenberg* our Special Races Director, *Amanda Loudin* our Communications Director, the individual Race Directors and of course the Strider members. Well done!

Not resting just on our race laurels, HC Strider training programs are in full force. Junior Striders led by Coach *Phil Lang* have had a tremendous spring season with again record registration. We started the year with Next Step Hibernation to 5K to get a jump start on the running year, another fantastic year of Next Step F.I.T. and Next Step 10K/10 Mile, and a coaching clinic for Next Step coaches all under the watchful eye of our Programs Director, *Marsha Demaree*.

The Striders scholarship committee led by *Dickie George*, *David Tripp*, and *Nadia Wasserman* had a bevy of very good candidates for the HC Striders David Tripp Scholar/Athlete award and they also coordinated the Worley Humanitarian Award given to successful community and sports based athletes in Howard County. The HC Striders Tripp awards went to: *Anna Demaree*, *Robbie Creese*, *Alyse Gibson*, *Eric Schuler* and *Elisabeth Tawa* for \$1000 each. Congratulations to these fine student athletes!

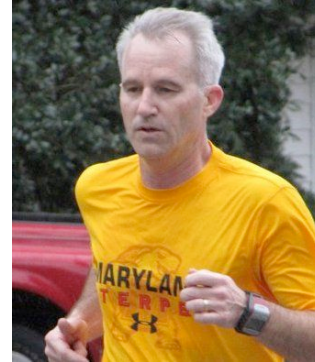
The Howard County Striders never or rarely sleep and we have new ideas/activities and resources coming on this year. Exciting news coming from Racing Team Director *Carlos Renjifo* on work he and *Mark Buschman* are doing for a Strider Development Racing team. Stay tuned.

Also, Strider Vice President *Bill Arbelaez* has headed a committee to research and purchase a Finish Arch to go with our new timing equipment and new stanchions that will make our finish line complete. If lucky,

the arch will be available for our WDF 5K in July.

This is another exciting year and we aren't even half way through. Many hands and feet make light of much work. Email me at president@striders.net to see how you can contribute to continue to make this the best running club in Maryland.

Keep on Running,
—Dwight



YOUR 2011 HOWARD COUNTY STRIDER BOARD OF DIRECTORS

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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.

Don't forget these Strider events this Summer:

Women's Distance Festival 5k – Howard Community College
8 am, Sunday, July 10

Strider Picnic — Centennial Lake Park
11 am – 4 pm, Sunday, July 24

Meet of the Miles — Oakland Mills High School
6 pm, Wednesday, July 20

Two-Person 5-Mile Relay – Oakland Mills High School
6:30 pm, Wednesday, August 3

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

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