

FOOTPRINTS



NEWSLETTER OF THE
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The Three Horsemen of the Striders, Carlos Renjifo (#3), Mark Buschman (#8), and Andrew Revelle (#7) lead a field of over 500 at the start of the 2011 Run Through the Grapevine. (photo by Chris Farmer)

GRAPEVINE EXTENDED

RENJIFO TRIUMPHS

For 17 years, the Run Through the Grapevine 8k course at Linganore Winery was actually a little short, so this year an extra hill was added around another grapevine to satisfy a more exact measurement. The unofficial story for the route change, though, was that *Mark Buschman* vowed to beat the best time of *Pekka Stenholm*, a former racing

team member who had moved back to his native Finland. Mark and Pekka had met at the Berlin Marathon earlier in the year and must have had a discussion about the Grapevine. Race director *Jason Tripp* decided he could do Pekka a favor, so a slight course extension occurred, and Mark failed by 20 seconds to beat the time (about 30:30). Everyone else reported slower times at the Grapevine "8k" this year, too.

The extra 0.2-mile didn't bother Racing Team Captain *Carlos Renjifo*, who won the

race by over 1:30, the largest margin by which anyone had ever won the race (29:07). Carlos led the field for essentially the entire race, although he inexplicably went off course twice. Once, he took second place *Andrew Revelle* off course with him, and third-place *Mike Colaiacovo* shouted to them to turn left rather than right. They quickly corrected themselves and resumed the competition. "I thought I could run in 27 or 28 [minutes] but I couldn't," Carlos said, not realizing the extra mileage had its effect. Still, he was the only runner in the field to break half an hour on the treacherously hilly course.

The women's race was a much closer affair than the men's. Initially, Howard Countian *Rian Landers-Ramos* assumed the lead, but Jill Krebs went to the front after emerging from the second set of grapevines. Jill and her teammate Sherry Stick battled "back and forth through the woods." Jill then took "a weird step" at four miles and Sherry was on her. "I could see she had her game face on," Jill said. "I knew it was all over." A perennial winner, Sherry hung on to win by 12 seconds (35:03).

Donna Wecker outsprinted Jane Wickman of Germantown to claim the award as top master-woman (41:25). Although Donna regularly runs trails, she had never run Grapevine before and was not prepared for the steep hills and ankle-twisting grass. "The hills were brutal," she said, "and there were soooo many of them." Donna turns 50 in a few weeks and will then begin to terrorize the grand-master women.

The top master man was *Mike Colaiacovo*, who finished third overall (30:53) and earned and overall award. He stayed on course the whole time. The next fastest master was grandmaster *Keith McIntyre* (34:03). Keith's stunning performance was blunted only by his son *Conner's* beating him.

The Run Through the Grapevine featured a plethora of team competitions. The Howard County Strider Men's team, with Renjifo, Revelle, Buschman, and Colaiacovo crushed the opposition to win the overall men's team competition with a perfect score of 10 points. The Baltimore-Washington Athletic Club consisted of Stick and Krebs with their old pal Diana Pool and new-comer Joan Namasinga had a nearly perfect score of 13 in winning the women's team competition. Put together by



Keith Levasseur had just run the Mountain Masochist 50 Miler the day before Grapevine. (photo by Chris Farmer)

Steve Anderson, the OMG men's master team won a prize for the seventh year in a row (although it was only men's masters team). There was no prize for the best team name, but some of the outstanding samples were "Mac Attack" (the McIntyre family) and "Merlot is how we roll" (Ken Miller, Jeanine Rogers, and Laura and Ryan Guenin). Altogether, there were 29 teams.

Janelle McIntyre organized this year's Grapevine bake-off, which included over 40 loaves of sweet-breads. Contributions came not only from Howard County Striders own bake-shops, but from Janelle's own colleagues at work. Original race organizer and Hall of Famer Gerry Clapper originated sweet-bread as a post-race staple. The baked goods proved so popular that the refreshment table had to be roped off, and only runners were allowed into the area.

The 18th Annual and newly-recalibrated Run Through the Grapevine took place at the Linganore Winery in Carroll County on November 11. The race is staged each year by the Howard County Striders, who wish to thank the winery owner Anthony Aellen for the use of his grapevines and hills. *Jason Tripp* directed. Award winners received gift certificates for bottles of wine, which they

could redeem immediately after the race. The weather was so nice this year that many stayed after the race to enjoy wine and lunch under pleasant autumn skies.

The race sold out two weeks before with a total of 650 registrants. Of these, 573 actually showed up and ran the race. “Not a record, but close,” said official scorer *Jim DiSciullo*.

Complete results can be found at
www.striders.net

RUN THROUGH THE GRAPEVINE 8K
 Linganore Winery – November 6

Overall Male

1. Carlos Renjifo (Columbia, MD) 29:07
2. Andrew Revelle (Clarksville, MD) 30:41
3. Mike Colaiacovo (Baltimore, MD) 30:53
4. Mark Buschman (Ellicott City, MD) 30:56
5. Nik Korbelak (Odenton, MD) 31:18

Overall Female

1. Sherry Stick (Sykesville, MD) 35:03
2. Jill Krebs (New Windsor, MD) 35:14
3. Rian Landers-Ramos (Columbia, MD) 36:26
4. Diana Pool (Gainesville, VA) 39:32
5. Faryn Farrar (Mt. Airy, MD) 39:58

1-19 Male

1. Conner McIntyre (Ellicott City, MD) 33:46
2. Samuel Evans (Woodbine, MD) 34:27
3. Bryan Basham (Mt. Airy, MD) 37:15

1-19 Female

1. Madeleine Miller (Glenwood, MD) 41:13
2. Emily Keyes (Timonium, MD) 48:08
3. Hanna Sheffrin (Laurel, MD) 50:41

20-24 Male

1. Brian Allen (Laurel, MD) 31:59
2. Ben Thomas (Columbia, MD) 32:47
3. Nikolas Harvan-Matosich (Ellicott City, MD) 36:34

20-24 Female

1. Rebecca Kaisler (Laurel, MD) 42:06
2. Amanda An (Ellicott City, MD) 48:56
3. Casey Wilson (Columbia, MD) 52:56

25-29 Male

1. James Blackwood (Ellicott City, MD) 34:36
2. James Marshall (Unknown, NA) 39:30
3. Mark Worley (Columbia, MD) 39:40



Finally! A photograph of the Strider Arch. Race winner Carlos Renjifo is shown here leaving his competition fumbling through the grapevines. (photo by Mike Fleming)

25-29 Female

1. Kelly Buriak (Frederick, MD) 40:41
2. Julia Nagy (Washington, DC) 41:50
3. Emily Knapp (Baltimore, MD) 43:00

30-34 Male

1. Adam Wytko (Columbia, MD) 32:17
2. Seth Geoghegan (Columbia, MD) 33:15
3. Michael Tabasko (Cabin John, MD) 33:32

30-34 Female

1. Amy Ritter (Baltimore, MD) 42:28
2. Monica Lewis (University Park, MD) 43:40
3. grace tran (Columbia, MD) 45:23

35-39 Male

1. Randy McDermott (Gambrills, MD) 31:55
2. Greg MacPhee (Columbia, MD) 36:58
3. Steve Neumann (Unknown, NA) 37:34

35-39 Female

1. Julia Galeazzi (Baltimore, MD) 41:56
2. Diane Hansen (Frederick, MD) 44:40
3. Lisa Martin (Baltimore, MD) 44:46

40-44 Male

1. Victor Cretella (New Market, MD) 36:48
2. Joseph Decker (Columbia, MD) 37:24
3. Jason Clarke (Baltimore, MD) 37:46

40-44 Female		
1. Stephanie Grace (Unknown, NA)		41:39
2. Janice Johnson (Cooksville, MD)		45:30
3. Lisa Rainey (Sykesville, MD)		47:00

45-49 Male		
1. David Phipps (Severna Park, MD)		37:28
2. Bailey Bailey (Baltimore, MD)		37:38
3. Todd Bingaman (Mt. Airy, MD)		38:38

45-49 Female		
1. Donna Wecker (Elkridge, MD)		41:25
2. Jane Wikman (Germantown, MD)		41:27
3. Lisa Hickman (Jefferson, MD)		43:19

50-54 Male		
1. Keith McIntyre (Ellicott City, MD)		34:03
2. Elliott Hamilton (University Pk, MD)		41:33
3. George Houk (Washington, DC)		42:05

50-54 Female		
1. Jean Smink (Hampstead, MD)		50:18
2. Lisa Hurley (Westminister, MD)		51:34
3. Hope Pearce (Butler, MD)		52:40

55-59 Male		
1. John Mornini (Germantown, MD)		39:59
2. Denis McDonald (Woodbine, MD)		42:00
3. Alan Robson (Columbia, MD)		43:12

55-59 Female		
1. Laura Schneider (Sykesville, MD)		49:36
2. Esther Hoffberg (Reisterstown, MD)		49:48
3. Rosemary Lather (Columbia, MD)		54:05

60-64 Female		
1. Anne Forsha (Rockville, MD)		48:38
2. LaRue Lennon (Westminister, MD)		49:31
3. Patricia Brooks (Ellicott City, MD)		53:07

60-64 Male		
1. James Carbary (Columbia, MD)		40:54
2. Mark Franken (Germantown, MD)		48:41
3. Wayne Young (Frederick, MD)		50:19

65-69 Female		
1. Clare Imholtz, (Beltsville, MD)		1:03:30
2. Fran Hostetler, (Frederick, MD)		1:06:17
3. Allie Young, (Monrovia, MD)		1:29:28

65-69 Male		
1. Douglas Hawkland, (Dayton, MD)		44:10
2. Steven Raab, (Silver Spring, MD)		59:17
3. Paul Holley, (Ashburn, VA)		1:00:07

70-99 Male		
1. Kent Walker, (Baltimore, MD)		54:42
2. Bob Horst, (Lancaster, PA)		1:02:55



Mac Attack: Shannon, Conner, Keith, and Janelle McIntyre. (photo by Mike Fleming)

OPEN MALE TEAMS		
1. HCS Racing		10
2. Iron/Dragon Express		31
3. Four Plump Vines		54

OPEN FEMALE TEAMS		
1. Baltimore-Washington Athletic Club		13
2. Crushing It		37
3. PGRC 12-Steppers		44
4. Grape Expectations		58

MASTERS MALE		
1. OMG (Oakland Mills Group)		10

MASTERS FEMALE		
1. Lightning Moms		18
2. Sour Grapes		25
3. PGRC Grapes		37

OPEN COED		
1. 22 Blackwood		22
2. Whooooa Bundy!		46
3. Que Sera Sera Syrah		57
4. PGRC We Run the Vineyards		64
5. Brigid Linsenmeyer		73
6. Riverchasers		88
7. Team Winot		111
8. Merlot is how we roll		122
9. In It to Wine It		141
10. The Boomers		165

MASTERS COED		
1. Vintage Reserve		15
2. Vintage PGRC		23

FAMILY		
1. Mac Attack		16
2. Running Fools Family		37
3. Team Pinot		54
4. Daisy Dog		56
5. Shah ghaffar		81
6. We Want Wine!		84



*Runners snaked all around the Wineberry Plantation. “If the grapevines don’t get you, the hills will!”
(photo by Mike Fleming)*



Doug Hawkland of Team OMG ran in his spikes. (photo by Mike Fleming)



Rian Landers-Ramos was the first Strider-woman to finish. (photo by Mike Fleming)

PEPSI PACERS PERFORM PERFECTLY AT METRIC MARATHON

~~~~~  
BUT BUSCHMAN BOUNCES BROWN &  
WECKER WINS WOMENS'

For the first time in its 35-year history, the Columbia Metric Marathon (26.2 km) featured pacers and pace groups, with paces from 7:45 per mile to 10:30 per mile in 15 second per mile increments. Just a couple weeks shy of her 50th birthday, *Donna Wecker* decided she would tag along with the fastest pace group, lead by *Keith Levassuer* and *Len Supsic*. Donna had finished third at last year's Metric, and decided a more conservative approach this year was warranted. She also wore a camelback loaded with those expensive carb-fluids guaranteed to get you through long distance events. "I didn't want to stop at the water stops," she explained. And the pacing thing didn't last more than three miles. "They were going too slow." Since there were no women going as fast as Wecker, she began running with *Hafiz Shaikh*, organizer of the Bagel-to-Brew Marathon. Hafiz proved a worthy pacer, and though he wound up finishing ahead of Donna, she succeeded in breaking two hours (the only woman to do so) and winning the whole enchilada. "Those carbs really helped, too," she said. Her pace was vastly faster than 7:45 per mile, so she really was wise not to go pacing.

There was no thought of pacing among the men. *Mark Buschman* bolted to an early lead and left in his dust the race favorites *Peter Keating* (second in 2010) and *Karsten Brown* (first in 2010). "Mark outclassed the field from the quarter mile mark," Karsten said. The greatest danger to Buschman's lead was that he might venture off the Metric course that winds through Ellicott City and then into the warrens of Columbia's bike paths. Happily, lead biker *Bill Brandenstein* kept him on course. "The biker was a nice guy," Mark said, "and I didn't go off course." Buschman finished (1:35:05) over two minutes ahead of second (again) place Peter Keating (1:37:23). "I didn't get lost either," Peter said, "but I was hoping Mark would." Brown faded all the way to fifth place (1:40:25), but he had



*Hafiz Shaikh (right) doesn't know he's pacing Donna Wecker. (photo by Dave Tripp)*

a good excuse: he had run the Rosaryville 50k the day before.

Sponsored by the Pepsi Cola Company, the Pepsi Pacers brought home a number of Metric Marathoners on course and on schedule. There were two pacers for each group. "That's in case one of them conks out, the other can take over," explained veteran pacer *George Olean*. In addition to Keith Levassuer, who had just *won* that same Rosaryville 50k race the day before, the pacers included Strider President *Dwight Mikulis* (10:15 per mile) and Strider membership chairman *Donnie Chapman* (8:45 per mile). Mr. Chapman was particularly proud of bringing his group within two seconds of the appointed time (2 hours 23 minutes). To ensure the proper pace, Pepsi Pacers employed every trick in the book from simple watches to carrying lists of split times to advanced GPS tracking.

The Metric definitely attracted the marathon (and ultra-marathon) freaks. It wasn't enough to run the Baltimore and New York City Marathons; *George Kroeker* had to run the Metric, too. "It was supposed to be a training run," he said. "It felt good for a

while.” The Metric runs of K. Brown and K. Levassuer are already documented as post-ultra cool-downs, and to their exploits should also be added the surreptitious performance of *Judith Weber*, who also finished that Rosaryville 50k. And so did *Grace Tran*, for that matter, but at least she and Keith were “merely” pacers.

A total of 383 finished the Metric Marathon. Overall winners received plaques and certificates for Asics shoes. Age group winners received medals. There were a number of random prizes of gift certificates and merchandise. And all finishers received the signature Metric Marathon painter’s gloves, just in time for the winter.

For those not up to running a Metric Marathon, or those wishing something to do while their spouses did, there was the accompanying Metric 5k, which started a few minutes after the Metric. Atholton High School’s *Gary Smolyak* had run the Maryland State Cross Country Championships the day before, but he still have enough left to crush the men’s field in the 5k with the only time under 18 minutes. “I didn’t do so well at States,” he confided. In the women’s 5k, Eileen Fleck and Rebecca Parks raced neck and neck for the whole 3.1 miles, but finally Eileen edged Rebecca by two seconds for the win. 310 runners finished the 5k, some of whom were quite speedy. They had no pacers, but they did have first options for the Ledo’s pizzas and warm biscuits from Copeland’s of New Orleans.

*John and Ann Worley* directed the Metric Marathon and the Metric 5k, which is staged each autumn by the Howard County Striders. The race date was recently moved from December to November in the hopes of more favorable weather, and this year the weather was breathtakingly nice. The Striders wish to thank the vast number of course marshals and water stop volunteers along the course, and particularly the Howard County Police, who regulated traffic at key intersections.

And there was enough pizza left over that some people wound up taking home whole pizzas. “Just in time for the Ravens game,” one of them said.



*Crossing the pedestrian bridge (about 16 miles), Keith McIntyre (lead) and Mark Miller are caught in the throes of a titanic battle. (photo by Jim Carbarry)*



*Pacers Keith Levasseur (left) and Len Supsic (right) guided Steve Thienel et al. through 16.3 miles, not varying more than 7 seconds/mile from the appointed pace. (photo by Jim Carbarry)*

METRIC MARATHON (26.2 km)  
Columbia, MD — November 13

Overall Male

1. Mark Buschman (Ellicott City, MD) 1:35:05
2. Peter Keating (Columbia, MD) 1:37:23
3. Edi Turco (Arlington, VA) 1:37:58

Overall Female

1. Donna Wecker (Elkridge, MD) 1:57:31
2. Lisa Farias (Ellicott City, MD) 2:02:17
3. Teresa Murphy (Waldorf, MD) 2:03:43

1-19 Male

1. James Smith (Seattle, WA) 2:00:11
2. Conner McIntyre (Ellicott City, MD) 2:02:20
3. Clifton Luber (Camdenton, MO) 2:14:30

20-24 Male

1. Brett Ornstein (Silver Spring, MD) 1:57:00
2. Nikolas Harvan-Matosich (Ellicott City, MD) 1:57:08
3. Yuji Ibrahim (Columbia, MD) 2:23:50

20-24 Female

1. Emma Celano (Clarksville, MD) 2:09:02
2. Maria Wells (Frederick, MD) 2:13:45
3. Christina Aumand (Chesapeake Beach, MD) 2:23:35

25-29 Male

1. Brian Fleming (Ellicott City, MD) 1:43:48
2. Lawrence Groman (Ellicott City, MD) 1:52:36
3. Jason McCaul (Ellicott City, MD) 1:59:16

25-29 Female

1. Rachel Clattenburg (Washington, DC) 2:07:39
2. Claire Cage (Baltimore, MD) 2:11:50
3. Noel McCracken (Sykesville, MD) 2:12:42

30-34 Male

1. Timothy McGee (Columbia, MD) 1:44:29
2. David Spalding (Columbia, MD) 1:45:10
3. Ujell Waols (Ellicott City, MD) 1:49:09

30-34 Female

1. Jennifer Sheely (Baltimore, MD) 2:04:12
2. Megan McNew (Baltimore, MD) 2:12:42
3. Maria Stiefel (Glen Burnie, MD) 2:18:19

35-39 Male

1. Jason Tripp (Ellicott City, MD) 1:39:41
2. Karsten Brown (Front Royal, VA) 1:40:25
3. Keith Freeburn (Centreville, VA) 1:41:25

35-39 Female

1. Beth Lowenthal (Laurel, MD) 2:04:33
2. Hazel Chase (Columbia, MD) 2:05:36
3. Ivy Kusler (Annapolis, MD) 2:10:28

40-44 Male

1. Neil Cucuzzella (Ellicott City, MD) 1:46:36
2. Jose Ortiz-Gaud (Jarrettsville, MD) 1:51:05
3. Stephen Bohse (Columbia, MD) 1:52:46

40-44 Female

1. Karen Young, (Boyds, MD) 2:14:55
2. Judith Scott, (Ellicott City, MD) 2:17:08
3. Jim Cioffi, (Catonsville, MD) 2:26:00

45-49 Male

1. Mark Miller (Fulton, MD) 1:44
2. Matt Anderson (Fairfax, VA) 1:51:16
3. Marc Hermstein (Ellicott City, MD) 1:53:38

45-49 Female

1. Janelle McIntyre (Ellicott City, MD) 2:06:42
2. judy emmert (Hagerstown, MD) 2:12:23
3. Kelly Meier (Baltimore, MD) 2:12:42

50-54 Male

1. Keith McIntyre (Ellicott City, MD) 1:44:16
2. Yousung Har (Vienna, VA) 1:48:03
3. john hagan (Lusby, MD) 1:55:04

50-54 Female

1. Karen Harvey (Ellicott City, MD) 2:32:58
2. Mary Greer (Washington, DC) 2:36:29
3. Judith Weber (Ellicott City, MD) 2:39:55

55-59 Male

1. George Kroeker (Columbia, MD) 1:59:42
2. Stephen Thienel (Columbia, MD) 2:05:33
3. Dan Devlin (Silver Spring, MD) 2:06:29

55-59 Female

1. Esther Hoffberg (Reisterstown, MD) 2:33:21
2. Brenda Kim (Gambrills, MD) 2:41:22

60-69 Female

1. Zohreh Ghaffarian, (Columbia, MD) 2:43:59

60-69 Male

1. Bob Hersh (Arlington, VA) 2:29:11
2. Stephen Alpern (Columbia, MD) 2:30:13
3. Franklyn Archbald (Columbia, MD) 2:32:07

70-79 Male

1. Mel Quecan (Columbia, MD) 2:37:34

METRIC 5k

Overall Male

1. Gary Smolyak (Clarksville, MD) 17:52

Overall Female

1. Eileen Fleck (Baltimore, MD) 19:12

1-14 Male

1. Iyle Wilson (Silver Spring, MD) 18:43

2. Zach Gates (Ellicott City, MD) 20:21

3. Daniel Smolyak (Clarksville, MD) 20:45

1-14 Female

1. Anna Osofsky (Silver Spring, MD) 26:46

2. Kalani Corkeron (Columbia, MD) 33:01

3. Jada Charon (Ellicott City, MD) 39:13

15-19 Male

1. Kyle Tribble (Catonsville, MD) 18:05

2. Franco Dupuy (Laurel, MD) 24:40

3. Ian Paulo Genove (Hanover, MD) 26:31

15-19 Female

1. Becky Gessler (Ellicott City, MD) 20:39

2. Amy Gessler (Ellicott City, MD) 23:15

3. Paige Thumel (Ellicott City, MD) 29:08

20-29 Male

1. Nikolaus Mueller (Baltimore, MD) 19:04

2. Bruce Worley (Columbia, MD) 20:41

3. Christopher Souweine (Baltimore, MD) 21:40

20-29 Female

1. Rebecaa Parks (Baltimore, MD) 19:14

2. Devon Cumberbatch (Silver Spring, MD) 23:25

3. Krista Schmidt (Woodbine, MD) 24:58

30-39 Male

1. Mark Aaby (Ellicott City, MD) 18:11

2. Lochlann Boyle (Columbia, MD) 18:52

3. Nickolas Grossi (Columbia, MD) 19:28

30-39 Female

1. Caroline Mitten, (Silver Spring, MD) 26:08

2. Amy Gallagher, (Columbia, MD) 26:21

3. Christina Fahey, (Columbia, MD) 26:27

40-49 Male

1. Rick Hughey (Ellicott City, MD) 19:51

2. Adam Sachs (Columbia, MD) 21:29

3. Michael Smolyak (Clarksville, MD) 21:50

40-49 Female

1. Robyn Humphrey, (Ellicott City, MD) 20:11

2. Janeth Scott, (Columbia, MD) 20:55

3. Marsha Demaree, (Marriottsville, MD) 22:58



*Making it look easy, Mark Buschman cruises into the finish at the Metric Marathon. (photo by Mike Fleming)*

50-59 Male

1. John Chall (Crownsville, MD) 18:47

2. Bobby Gessler (Ellicott City, MD) 18:56

3. Bob Burns (Columbia, MD) 19:54

50-59 Female

1. Pat Wilkerson (Columbia, MD) 20:05

2. Mitzi Goodwin (Columbia, MD) 26:25

3. Marianne Solomotis (Columbia, MD) 28:07

60-99 Female

1. Patricia Brooks (Ellicott City, MD) 26:44

2. Sandy Queen (Columbia, MD) 31:17

3. Julie Trapp (Silver Spring, MD) 31:32

60-69 Male

1. Pat Gary (Manchester, MD) 20:40

2. James Carbary, (Columbia, MD) 21:24

3. Mike Fleming, (Columbia, MD) 23:23

70-99 Male

1. Gerald Bober (Reisterstown, MD) 33:18



*Your 2011 Pepsi Pacers. (photo by Mike Fleming)*

## THE PEPSI PACERS AND THE METRIC MARATHON

By Dwight Mikulis, 2011 Striders President

New for the 2011 Metric Marathon was a unique group of runners with a common goal—run the demanding course at specific paces per mile in order to provide support for other runners in the event. The Pepsi Pacers came about through the sponsorship of one of our own HC Striders, *Steve Turner*. Steve approached the board looking to see how his company, Pepsi Beverages could help out the club. They ended up providing Aquafina® water, Gatorade® for several events but the most exciting aspect was the creation of the Pepsi Pacers.

Many runners are familiar with Pacers having seen them or run with them in local events like the Baltimore Marathon and Frederick Half Marathon. It often seems like the runners who run with Pacers achieve their goals or just have more fun. So the Pepsi Pacers were formed, complete with cool shirts and hats. Two training runs of the course were completed so that the Pacers could really be familiar with the course before the Metric race itself.

For this first year, we had pace groups at

7:45, 8:15, 8:45, 9:00, 9:15, 9:30, 9:45, 10:00, 10:15 and 10:30 minutes per mile. Four veteran pacers, *George Olean, Ron Reardon, Laura Beck* and *Dwight Mikulis* were joined by new pacers *Keith Levasseur, Lenny Supsic, Jim Cole, Caroline Bauer, Daniel Kirk-Davidoff, Donnie Chapman, James Blackwood, Michael Dusenbery, Cecilia Murach, Faye Weaver, Alan Tominack, Matt Bevan, Debbie Sharp, Tammy Hermstein, Amanda An, Chris Farmer, Bob Alexander* and Mr. Pepsi himself, *Steve Turner*.

The goal of each pair of pacers was to run very consistent miles despite the hilly course and to finish within one minute of overall time objective. Each group had a Lead Pacer and an Entertainment Pacer although with the kind of course that the Metric is, just getting to the top of Toll House Road was entertainment enough. With a mile to go in the race, the Pacers were instructed to tell the runners around them to go ahead if they felt good or just continue with the Pacers if that was more comfortable.

100% of the Pace groups came in within their goal paces and 100% of the Pacers had a good time. Next year, we will expand the number of pace groups to fill in the time gaps on the faster end and to expand to cover more runners with 10:45 and 11:00 mpm groups.

See you at the 2012 Metric Marathon.

## TAKING YOU BACK

The Metric Marathon has a long history. Actually one of the oldest races in Howard County, the Metric was originally held to commemorate the bonds between the old Ellicott City and the new city of Columbia. This semester, our historical piece discusses part of the Metric's history, as written by Stan Ber for the *Columbia Flier* way back in 1990. Stan is a member of the Howard County Sports Hall of Fame and has owns the longest running column in the *Flier* history.

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### BITS AND PIECES

## In the pink again



Stan Ber

Last Sunday, the 14th annual Howard County Striders' Metric Marathon was held. The fact that this race has survived into the 1990s is a modern miracle. The race, the longest in Howard County at 26 metric miles (16.3 miles), was almost dead a half dozen years ago. It was a financial drag on the Striders and the entries were dwindling. Two years ago, the race attracted only 180 runners, a low number for any race today.

But this past Sunday, more than 680 runners participated, ranking this race one of the most popular in Howard County this year. What happened?

As best as I can determine, Joe Wasserman came along and became the main driving force in the turnaround. He advertised the race in every running journal and offered more awards than most other races. The top prize in the Metric — a \$50 gift certificate — cannot rival the Caribbean trip awarded at the Clyde's 10K, but Wasserman has increased the awards down the line by some 400% over last year. In other words, the top people don't get those big expensive trips, but more of the rank and file walk off with a medal and a shirt and random prizes for their efforts. The big names, the ones who run for those trips, most likely go elsewhere unless they are using the Metric as a training step for a bigger race. Yet Sunday's race was a success because the runners, the average Jack and Jill, like the challenge of a shorter marathon.

A tip of the hat to Joe Wasserman and the Striders on this one.



KARP's thank you box for the Guy on Stevens Forest Road. (photo by Julia Skinner?)

## K.A.R.P. THANKS WATER STOP GUY

Remember the guy on Stevens Forest who puts out water at the end of his driveway for the bagel runners? Well, the K.A.R.P group (Kick Ass Running Posse) put together and paid for the items. K.A.R.P. is a group of about eight Striderwomen, and they included the Striders as a whole on the thank you.

Cecelia Murach put everything in a box. All the stuff barely fit, and she had to keep the fresh fruits separate! Goodies included two types of cookies, dark chocolate brownies, muddy buddy mix, cashew caramel fudge, dark chocolate peppermint bark, peppermint hot chocolate, sparkling cider, pecan nut mix, assorted fresh fruits and cupcakes!! Julia made a Kick-A\$\$ card to go along with the gift. As Cecelia approached the house to leave the box, the homeowner and his wife met her at the door. They were very surprised and wanted to say thank you to all who contributed.

[Ms. Murach herself is a proud Howard County Strider, Next Step running coach, and a Pepsi Pacer.]

# BALTIMORE RUNNING FESTIVAL

Baltimore, MD – October 15

## BALTIMORE MARATHON

|                                 |         |
|---------------------------------|---------|
| Karsten Brown (2nd, 35-39M)     | 2:44:22 |
| Peter Keating (4th, 45-49M)     | 2:53:37 |
| Mark Miller                     | 2:58:10 |
| Marc Hermstein                  | 3:12:56 |
| Hafiz Shaikh                    | 3:16:29 |
| George Kroeker (3rd, 55-59M)    | 3:25:59 |
| Donnie Chapman                  | 3:27:00 |
| Greg Orlofsky                   | 3:28:05 |
| Suzanne Serpico                 | 3:28:10 |
| C. Martin Goode                 | 3:29:39 |
| Elisha Peterson                 | 3:30:43 |
| Stephen Turner                  | 3:31:09 |
| Yasuo Oda                       | 3:33:04 |
| Fred Towner                     | 3:33:19 |
| Hazel Chase                     | 3:34:25 |
| Carlos Castrillon               | 3:35:11 |
| Akintunde Morakinyo             | 3:39:06 |
| Jonathan Kennedy                | 3:40:50 |
| Ronnie Wong (1st, 65-59M)       | 3:41:32 |
| Von Jennings (4th, 60-64M)      | 3:47:44 |
| Carrie Anderson                 | 3:52:08 |
| Jim Grover                      | 3:53:57 |
| Todd Pearsall                   | 3:56:03 |
| David Jun                       | 3:56:15 |
| George Olean                    | 3:59:09 |
| Leslie Burge                    | 4:00:01 |
| Sarah Lancos                    | 4:05:14 |
| Joseph Hanle                    | 4:07:23 |
| David Karlheim                  | 4:07:36 |
| Marc Wenson                     | 4:08:35 |
| Sang Lim                        | 4:13:03 |
| Danielle Beck                   | 4:13:53 |
| Lauren Wenson                   | 4:24:07 |
| Richard Hnery                   | 4:27:15 |
| Debbie Grover                   | 4:29:03 |
| Emma DiSciullo                  | 4:33:41 |
| Rodney Vese                     | 4:34:38 |
| Susan Hughes                    | 4:35:43 |
| Zohreh Ghaffarian (1st, 60-64F) | 4:39:13 |
| David Horrocks                  | 4:40:49 |
| Ken Cooper                      | 4:40:52 |
| Ronald Reardon                  | 4:44:43 |
| Brian Beck                      | 4:44:59 |
| Glenda Rodriguez                | 5:00:22 |
| Anne Kim                        | 5:01:48 |
| Jennifer Hayashi                | 5:05:03 |

|                     |         |
|---------------------|---------|
| Jay Wang            | 5:10:17 |
| Evan Calvert        | 5:21:43 |
| Ivonne Cuadra       | 5:22:18 |
| John Wheatland      | 5:23:22 |
| Eric Katkow         | 5:23:27 |
| David Horrocks, Jr. | 5:59:53 |
| Nancy Okiebisu      | 6:00:01 |
| Adam Vanderhook     | 6:43:56 |

3207 finishers

## MARATHON RELAY TEAMS

|                                                                    |         |
|--------------------------------------------------------------------|---------|
| Bullseye Running (1st M/127)                                       | 2:28:59 |
| [Tom Williams, Phil Lang, Mark Buschman, Carlos Renjifo]           |         |
| Howard County Striders BW Athletic Club (2nd M/127)                | 2:34:19 |
| Run4Chocolate2 (2nd F/291)                                         | 3:00:39 |
| [Becky Ramsing, Dorothy Beckett, Jessica Sleight, Ellie McManuels] |         |
| Run4Chocolate1 (3rd F/291)                                         | 3:09:29 |
| [Lisa Fichman, Julie Thienel, Pat Keating, Tacy Powers]            |         |
| Ken's Harem (18th, MXD/541)                                        | 3:21:31 |
| [Phyllis Sevik, Judy Comiskey, Ken Sevik, Chris Josey]             |         |

## BALTIMORE HALF MARATHON

|                               |         |
|-------------------------------|---------|
| Gabriel Rodriguez (4th M)     | 1:16:48 |
| Keith Levasseur (4th, 30-34M) | 1:19:25 |
| Jason Tripp (1st, 35-39M)     | 1:19:40 |
| Brian Fleming                 | 1:21:54 |
| Kara Waters (2nd F)           | 1:24:07 |
| John Chall (1st, 50-54M)      | 1:28:16 |
| Caroline Bauer (4th F)        | 1:30:13 |
| Nokolas Harvan-Matosic        | 1:35:11 |
| Matt DeCapite                 | 1:38:24 |
| David Brightwell              | 1:39:16 |
| Janelle McIntyre (4th 45-49F) | 1:40:39 |
| Grace Tran                    | 1:41:21 |
| James Rogers (4th, 60-64M)    | 1:41:34 |
| Robert Blanco                 | 1:43:01 |
| Chris Sproule                 | 1:43:57 |
| Katrina McGowan               | 1:43:57 |
| Conor Jennings                | 1:44:31 |
| Russell Antico                | 1:45:16 |
| Jennifer Miller               | 1:46:02 |
| Bram Arrington                | 1:46:24 |
| Marc Burger                   | 1:46:41 |
| Mark Sanetrick                | 1:46:57 |
| Bill Dooley                   | 1:47:23 |

|                    |         |                             |         |
|--------------------|---------|-----------------------------|---------|
| Nick DelGrosso     | 1:47:41 | Barbara Boardman-Pavao      | 2:20:28 |
| Karl Barrus        | 1:49:51 | James Corbin                | 2:20:37 |
| Timothy Howe       | 1:49:55 | Amanda Weeks                | 2:22:30 |
| Wendy Allen        | 1:50:01 | Emily Greenberger           | 2:25:48 |
| Harry Rowell       | 1:50:03 | Anne Gugel                  | 2:26:12 |
| John Bratiotis     | 1:51:04 | Srikant Tadimalla           | 2:26:26 |
| Faye Weaver        | 1:51:22 | Julie Smith                 | 2:27:41 |
| Christine Merenda  | 1:51:35 | Joanne Calver               | 2:29:47 |
| Jason Kaplan       | 1:52:30 | Gabriel Gundersen           | 2:29:55 |
| Nancy Thompson     | 1:52:48 | Robin Gundersen             | 2:29:55 |
| John Rosicky       | 1:53:49 | Haley Solodky               | 2:30:45 |
| John Heaphy        | 1:53:51 | Howard Feinberg             | 2:32:06 |
| Matthew Pendergast | 1:54:21 | Leslie Nissenberg           | 2:32:13 |
| Allison Fusswinkel | 1:54:55 | Kelly Swan                  | 2:32:44 |
| Ron Tash           | 1:55:27 | Kelly Shimabukuro           | 2:33:04 |
| Ben Stein          | 1:55:30 | Kimberley Feldman           | 2:34:52 |
| Mike Stepanik      | 1:55:33 | Christine McGarvey          | 2:38:42 |
| Bob Hemler         | 1:56:25 | Katherine Cavanaugh         | 2:39:57 |
| Chris Schauerman   | 1:56:42 | James Scott                 | 2:44:12 |
| Douglas Dixon      | 1:56:51 | Yan Wei                     | 2:46:03 |
| Duane Linsenbrandt | 1:57:00 | Shyamalesh Nandi            | 2:47:27 |
| Bill Arbelaez      | 1:57:15 | Amy Hammond                 | 2:48:45 |
| Eileen Muma        | 1:59:47 | Susan Watson                | 2:49:37 |
| Jessica Mayorga    | 1:59:48 | Temoe Beall                 | 2:54:19 |
| Anne Muench        | 2:00:18 | Mary Kim                    | 2:55:11 |
| Brad Lieberman     | 2:01:03 | Michael Lynch               | 2:57:18 |
| Amelia Mullican    | 2:02:14 | Stephanie Kandel            | 2:59:00 |
| Wayne Martin       | 2:02:26 | Amy Korman                  | 3:16:13 |
| Eric Johnston      | 2:02:53 | Katherine Thomas            | 3:20:12 |
| Lisa Harbaugh      | 2:03:15 | Sarah Costello              | 3:47:49 |
| Steven Albertini   | 2:03:39 | Alexander Plaxen            | 3:48:01 |
| John Collins       | 2:04:11 |                             |         |
| Susan Groman       | 2:04:15 | 9154 finished.              |         |
| Wendy Silver       | 2:04:51 |                             |         |
| Chris Reading      | 2:05:08 | BALTIMORE 5k                |         |
| Julie Rosicky      | 2:05:36 |                             |         |
| Mary Thompson      | 2:05:43 | Shawn Young (1st, 35-39M)   | 18:02   |
| John Miller        | 2:06:38 | Pat Wilkerson (1st, 50-54F) | 20:27   |
| Brian Satola       | 2:09:47 | Chris Farmer                | 21:18   |
| Emily Howe         | 2:09:53 | Amanda An                   | 22:14   |
| Larry Stern        | 2:09:55 | Marsha Demaree              | 23:05   |
| Jamie Jung         | 2:10:30 | Mike Fleming (1st, 65-69M)  | 23:14   |
| Sari Chapman       | 2:13:40 | Barbara Walters             | 25:06   |
| Juan Troncoso      | 2:14:36 | Clint Henderson             | 28:09   |
| Lora Shell         | 2:14:42 | Suzanne Ludicke             | 34:24   |
| Laurette Dearden   | 2:14:55 | Allison Spurrier            | 35:15   |
| Kevin Spaulding    | 2:15:50 | Beverly Byron               | 37:35   |
| Valerie James      | 2:16:22 | Julie Maione                | 38:47   |
| Hamid Janloo       | 2:18:33 | Alyssa Pazornick            | 41:53   |
| Jordan Kelso       | 2:19:07 |                             |         |
| Laura Quinn        | 2:19:09 | 2986 finished.              |         |
| Jamie Schardt      | 2:19:23 |                             |         |
| Bobby Godwin       | 2:20:05 |                             |         |

# KNIGHTS TURNS EIGHT

Doug Angradi

It was another beautiful day and great time had by all at the Eighth Annual Knights of Columbus 10k Run, which was held on Saturday, September 3, 2011 at the Shrine of St. Anthony in Ellicott City, MD. Completing the difficult and challenging 10K course were 258 runners from nine States and the District of Columbia as well as Canada. Overall winner in the men's division was Philip Cawkwell of Bedford, NY, in a time of 33:01. The winner in the women's division was Megan DiGregorio of White Marsh, MD, in a time of 40:25. Another 100 people participated in a fun walk and kid's fun run. Everyone enjoyed lots of post race festivities, including music, awards presentations, random prize giveaways, a moon-bounce, and refreshments including, bagels, donuts, apples, bananas, watermelon, and a snow ball stand.

## STRIDERS AT KNIGHTS OF COLUMBUS 10k Ellicott City, MD – September 3

|                                       |       |
|---------------------------------------|-------|
| 3. Karsten Brown (2nd, 30-39M)        | 36:46 |
| 4. Conner McIntyre (1st, 16-19M)      | 38:39 |
| 5. Keith McIntyre (1st, 50-59M)       | 38:49 |
| 8. John Chall (2nd, 50-59M)           | 40:35 |
| 9. Jeffrey Garstecki (1st, 40-49M)    | 40:50 |
| Stephen Turner (3rd, 40-49M)          | 41:39 |
| Nikolas Harvan-Matosich (3rd, 20-29M) | 41:45 |
| Donnie Chapman (3 rd, 50-59M)         | 42:27 |
| Ed Wilson                             | 43:39 |
| Paul Eyes                             | 43:51 |
| David Orlik                           | 44:06 |
| Kenneth Sevik                         | 44:26 |
| Janelle McIntyre (1st, 40-49F)        | 45:06 |
| Todd Crooks                           | 45:14 |
| David Mikulis                         | 45:16 |
| Chuck Jewell                          | 45:38 |
| David Karlheim                        | 46:21 |
| Phyllis Sevik (2nd, 40-49F)           | 46:33 |
| Tammy Liu (3rd, 40-49F)               | 46:40 |
| Bruce Worley                          | 46:58 |
| Chris Farmer                          | 47:09 |
| Wendy Allen                           | 48:23 |

|                                |         |
|--------------------------------|---------|
| Marsha Demaree                 | 48:37   |
| Steve Knoll                    | 50:44   |
| Faye Weaver                    | 51:02   |
| Veronica Antico                | 51:07   |
| Devin McIntyre (1st, 1-15F)    | 51:18   |
| Amanda An                      | 51:43   |
| Judith Comisky                 | 52:41   |
| Madeleine Miller (3 rd, 1-15F) | 53:00   |
| David Keelan                   | 53:58   |
| Karen Harvey                   | 54:00   |
| Mark Miller                    | 54:03   |
| Alec Angradi                   | 54:12   |
| Patricia Huffman               | 54:41   |
| Sari Chapman                   | 57:21   |
| Terry Storms                   | 58:16   |
| Chris Reading                  | 58:38   |
| Amanda Idstein                 | 59:44   |
| Brandon Marquart               | 1:00:08 |
| Valerie James                  | 1:02:33 |
| Bruce Breon                    | 1:02:36 |
| Patricia Brooks (1st 60-99F)   | 1:02:42 |
| Memory Morris (2nd, 60-99F)    | 1:02:53 |
| Rae Marquart                   | 1:03:19 |
| Laura Quinn                    | 1:03:35 |
| Michelle Lehmkuhl              | 1:03:36 |
| Kelli Shimbakuro               | 1:05:16 |
| Jaquisha Kearson               | 1:06:24 |
| Michael McCarthy               | 1:08:14 |
| Richard Carter                 | 1:08:25 |
| Melinda Krummerich             | 1:08:34 |
| Debra Collins                  | 1:08:43 |
| Karen Huguley                  | 1:09:07 |
| Shari Eason Ludlam             | 1:10:57 |
| Kathleen Hrinkevish            | 1:15:41 |
| Christina Robinson             | 1:15:50 |
| Clint Henderson                | 1:18:24 |
| Kevin Murphy                   | 1:20:34 |
| Amy Korman                     | 1:22:22 |
| Beverly Byron                  | 1:23:55 |
| Jessica Pearsall               | 1:26:50 |
| Tracy Sinclair                 | 1:27:33 |
| Charity Hildebrand             | 1:27:37 |
| Andrea Wills                   | 1:27:41 |
| Marylynn Doff                  | 1:27:53 |

## BAGEL-2-BREW MARATHON

On the morning of Saturday, September 24, a group of 50 or so intrepid runners started out in the pre-dawn darkness from Wilde Lake Swim Center and meandered about 26 miles along the bike paths of Columbia to points south until they reached the back deck of the Ram's Head Tavern in Savage. Some of them dropped off, while other may have joined the group en route. Getting lost was part of the adventure, but former B2B director *Tom Brown* said the new organizers marked the course too well. "Nobody got lost," he said. And there were no hurricanes to barricade the course with trees and floods.

Along the course, the marathoners treated themselves to lavishly-supplied stops that featured candy, Gatorade, and jello shots, the last treat coming after crossing Volmerhausen Road at 24 miles. Of course, some did not actually run the entire 26 miles. *Steve Anderson* and *Julia Skinner* ran half way and biked the other half.

The finish line is at the top of the "Last 38 Steps" that climb to the rear deck of the Tavern. Some people had to pull themselves up with their arms. Once they arrived, however, all finishers got to break the tape ... made of toilet paper. Finishers received golden bagel awards— a real bagel spray-painted gold.

|                             |               |
|-----------------------------|---------------|
| 1. Greg Hogan               | 3:32:37       |
| 2. Lenny Supsic             | 3:33:57       |
| 3. Allan Gross              | 3:38:91 (sic) |
| 4. Travis Warren            | 3:39:29       |
| 5. Nikalas Harvan-Matoshich | 3:41:01       |
| 6. Rob Netherton            | 3:34:02       |
| 7. Fred Towner              | 3:50:15       |
| 8. Carlos Castrillion       | 3:53:51       |
| 9. Jen Atkinson             | 3:57:47       |
| 10. Dave Orlik              | 3:58:25       |
| 11. Steve Turner            | 3:58:31       |
| 12. Daniel Kirk-Davidoff    | 4:01:51       |
| 13. Ysuo Oda                | 4:03:43       |
| 14. Hazel Chase             | 4:05:12       |
| 15. Akintunde Morakinyo     | 4:05:13       |
| 16. Steve Thienel           | 4:08:48       |
| 17. George Orlean           | 4:08:52       |
| 18. Jim Cole                | 4:12:07       |
| 19. Jim Grover              | 4:20:01       |
| 20. Aleah Zinalabedini      | 4:31:32       |
| 21. Greg Lepore             | 4:32:51       |
| 22. Joe Hanle               | 4:33:52       |
| 23. Janet Seiberg           | 4:43:09       |
| 24. Kerry Owens             | 4:43:20       |
| 25. Doug Sullivan           | 4:43:21       |
| 26. Glenda Rodriguez        | 4:54:21       |
| 27. Mike Kreft              | 5:05:56       |
| 28. Becky Holtz             | 5:11:13       |
| 29. Judith Weber            | 5:23:23       |
| 30. Eric Katkow             | 5:56:31       |
| 31. John Wheatland          | 5:56:42       |
| 32. Bill Scianella          | 6:04:58       |
| 33. Duane Linsenbardt       | 6:04:58       |
| 34. Gregory Wilkins         | 6:08:17       |



*The Bagel-to-Brew runners start out in the morning twilight on their 26-or-so mile trek. (photo by Chris Farmer)*

## BETWEEN THE STORMS

The 2011 Police Pace 5k took place right after one of those tropical storms had dumped several inches of rain on Howard County. The rain had stopped, but large puddles dotted the far side of the 5k course, which generally wound around Centennial Lake. Every one of the 628 finishers had to wet his feet (or get them very muddy).

Wet feet didn't both *Karsten Brown*, who made quick work of the competition and quickly distanced himself from the rest of the field. He ran mostly by himself, and his finish time of 16:30 was only a second away from a personal record. He crushed second-place *Conrad Orloff* by a full minute, and Conrad himself outran third place by over a minute.

In the women's race, *Tiffany Hevner* (not yet a Strider) won the women's competition in 20:45.

Outback Steakhouse provided all finishers with a chicken salad sandwich, and overall and age group received medals and gift certificates from Feet First. Because the race date corresponded exactly with the tenth anniversary of the 9/11 attacks, the Police held a special ceremony right before the start. And after the race, runners could inspect a piece of knarled metal beam extracted from the wreckage of the twin towers.

POLICE PACE 5k  
Centennial Lake Park – September 11

### Overall Male

1. Karsten Brown (Front Royal, VA) 16:30

### Overall Female

1. Tiffany Hevner (Columbia, MD) 20:45

### 1-9 Male

1. Tyler Brady (Sykesville, MD) 28:32  
2. Hunter Sidle (Columbia, MD) 31:34  
3. Riley Berge (Columbia, MD) 32:32

### 1-9 Female

1. Zoe Reading (Columbia, MD) 28:25  
2. Emma Orloff (Columbia, MD) 28:53  
3. Bridget Thompson (Ellicott City, MD) 37:33

### 10-14 Male

1. Corey Hamilton (Ellicott City, MD) 18:43  
2. Zach Gates (Ellicott City, MD) 20:23  
3. Dominic Genuario (Mt. Airy, MD) 20:59

### 10-14 Female

1. Julia Orloff (Columbia, MD) 28:24  
2. Grace Regal (Ellicott City, MD) 29:08  
3. Gabrielle Hartgrove (Ellicott C, MD) 29:53

### 15-19 Male

1. Jacob DiGiandomenic (Elkridge, MD) 18:36  
2. Mark Eagles (Ellicott City, MD) 18:39  
3. Christopher Evans (Clarksville, MD) 20:15

### 15-19 Female

1. Cierra O'Keefe (Sykesville, MD) 26:02  
2. Rebecca Biegel (Columbia, MD) 26:03  
3. Rynn Makenzie (Columbia, MD) 26:09

### 20-29 Male

1. Raymond Giustizia (Unknown, NA) 18:47  
2. David Jun (Ellicott City, MD) 19:11  
3. Cody Rosdail (Unknown, NA) 19:28

### 20-29 Female

1. Katherine Follin (Unknown, NA) 23:01  
2. Sallie Kimmitt (Ellicott City, MD) 24:48  
3. Danielle Caracciolo (Hanover, MD) 25:41

### 30-39 Male

1. Keino Farquharson (Mitch'ville, MD) 19:23  
2. Lochlann Boyle (Columbia, MD) 19:27  
3. Nicholas Grossi (Columbia, MD) 19:39

### 30-39 Female

1. Norah MacPhee (Columbia, MD) 22:54  
2. Lesley Smith (Elkridge, MD) 23:35  
3. Melissa Spaid-Decker (Columbia, MD) 23:48

### 40-49 Male

1. Conrad Orloff (Columbia, MD) 17:31  
2. David Phipps (Severna Park, MD) 18:47  
3. Stephen Turner (Columbia, MD) 19:13

### 40-49 Female

1. Marsha Demaree (Marriottsville, MD) 23:21  
2. Jennifer Selby (Keedysville, MD) 23:56  
3. Pat Huffman (Ellicott City, MD) 24:45

### 50-59 Male

1. John Heslin (Ellicott City, MD) 18:35  
2. Weems McFadden (Annapolis, MD) 18:48  
3. John Chall (Crownsville, MD) 19:03

50-59 Female

- 1. Dorothy Beckett (Columbia, MD) 21:56
- 2. Kathi (Mary)Berge (Columbia, MD) 25:23
- 3. Sari Chapman (Clarksville, MD) 25:40

60-69 Female

- 1. Patricia Brooks (Ellicott City, MD) 27:27
- 2. Mary Carter (Columbia, MD) 32:25
- 3. Sandy Queen (Columbia, MD) 32:54

60-69 Male

- 1. James Carbary (Columbia, MD) 23:10
- 2. Mike Fleming (Columbia, MD) 23:35
- 3. David Lyon (Ellicott City, MD) 26:17

70-99 Male

- 1. Alfred Biegel (Columbia, MD) 32:34
- 2. Jim Blasingame (Clarksville, MD) 42:15



*At the start of the Police Pace, runners briefly enjoyed a motorcycle escort. (photo by Howard County Police Dept.)*



*Strider winners at Police Pace (from left): Jim Carbary, Karsten Brown, Pat Huffman, Sari Chapman, Pat Brooks, Dorothy Beckett, Marsha Demaree, Mike Fleming, and David Jun. (photo by Denise Hyde)*

## RUN-4-CHOCOS DO RAGNAR RELAY

The Ragnar Relays is a series of 15 “200ish” mile relay races staged throughout the country. The events take place on overnight on weekends. Teams consist of a dozen runners (or a half-dozen for ultra-runners) who run legs of between four miles up to nine miles. Runners shuttle around in two support vehicles to the appointed hand-offs.

Howard County has had Ragnar Relayers before, but this year the Run-4-Chocolate Women’s racing team decided to hazard the event. They competed in the relay running from Cumberland, MD, to Washington, DC, on the weekend of September 23-24. Because they seeded themselves so high, the R4C’s started quite late (2 pm) in the starting order (ideally, all the teams would have finished at the same time).

They started out by running a loop around Lake Habeeb in Rocky Gap State Park, then followed a tortuous course that included parks of the C&O canal towpath, the very steep Sidling Hill, Seneca Creek State Park, and the suburb of Chevy Chase. They stumbled along in the dark and the mud, navigated through dense fog, and a deer even chased *Tacy Powers*. There were no officials on the course, and the women often found themselves running alone in the dark. Along the way, they not only consumed but also dispensed chocolate to fellow competitors, which “made many people very happy.” To promote team recognition, they affixed a huge, artificial chocolate kiss atop their shuttle vans.

The high seeding of the Run-4-Chocolate women proved well-deserved. The team easily won their gender-age division, the submasters women, with a spectacular time of 25:50:08. That time placed them seventh out of over 100 teams.

### Van 1

Janelle McIntyre (it was her birthday)  
Dena Brezinski  
Tacy Powers  
Ellie McManuels  
Becky Ramsing  
Vicki Lang



*Ragnar relayers. Back row: Tacy Powers, Adrienne Davidson, Ellie McManuels, Janelle McIntyre, Pat Keating, Dena Brzinski, Julie Thienel. Front row: Lisa Fichman, Vicki Lang, Becky Ramsing, Dorothy Beckett, Donna Wecker. (photo by Run-4-Chocolate)*



*Janelle tries to open the birthday wine. (photo by Lisa Fichman)*

### Van 2

Lisa Fichman  
Dorothy Beckett  
Pat Keating  
Donna Wecker  
Julie Thienel  
Adrienne Davidson

## TURKEYS RUN FOR DONUTS

The registration for the Howard County Striders Turkey Trot 10k started promptly at 9:00 am on Thanksgiving Day. Without the benefit of any timing devices, the competitors attempted to run the appointed 10k course through the Jeffers Hill and Long Reach communities so as to finish at exactly 11 am, the winner being he who finishes closest to the hour. Even if you didn't win, though, you got a Dunkin Donut and cider or orange juice. The problem was that there were 216 donuts (18 dozen) and 349 finishers.

Some people began as soon as 9:05 am, which translates to a ridiculously slow pace even if they're walking. Suspicions arose that many were leaving early so that they would return in time to get a donut. "No, really, I have to be in Virginia later this morning," *Pat Huffman* said when she left at 9:15 am. Statistics, however, don't lie: 268 finished before 11 am and only 81 finished after. And the last person to finish (11:14:51 am), *Rick Rosen*, had a ready excuse for not coming in sooner: "I thought it was 8k."

Ultramarathoner *Rick Schofield* proved to be the most accurate runner of the morning, finishing within 4 seconds of 11:00 am. "I learned how to pace myself by running the Stone Mill 50 Miler last weekend," Rick confided. One suspects he was too tired from Stone Mill to keep up with the *McIntyres* and *Wilsons*, who flashed past him in the last half mile. "It took discipline on my part," Schofield added. "I thought finishing Stone Mill was my greatest running experience, but it was nothing compared to this." Rick earned a gift certificate and the coveted Brass Turkey (actually, a plastic turkey with gold-colored paint).

*Len Guralnick*, former president of the Howard County Striders, directed the event, which has been held every Thanksgiving since 1981 or 1982. Only three people have run all the Turkey Trots: *Joanna Whyte*, *Dick Woods*, and *Jerry Warfield*, who actually lives on the course and regularly trains on it to improve his accuracy. (He finished at 10:57:55 am.) Ms. Whyte lives in California and travels back east every year for the Turkey Trot.



*Rick Schofield crosses the line four seconds late— just in time for the last donut. (photo by Chris Farmer.*

After paying for all the donuts, the benefits from the Turkey Trot benefit the Dave Tripp Scholarship Fund for high-school scholar athletes in Howard County.

### TURKEY TROT 10k TOP FINISHERS Jeffers Hill, Columbia, MD

|                                               |                 |
|-----------------------------------------------|-----------------|
| 259 David Riddler (Ellicott C., MD)           | 10:59:28        |
| 260 Ken Crandell (Unknown, NA)                | 10:59:30        |
| 261 Allen Hannagan (Ellicott C., MD)          | 10:59:36        |
| 262 Don Klein (Columbia, MD)                  | 10:59:43        |
| 263 Trevor Lerner (Marriottsv., MD)           | 10:59:43        |
| 264 Erin Lano (Unknown, NA)                   | 10:59:44        |
| 265 Josh Tzucker (Fulton, MD)                 | 10:59:45        |
| 266 Jim Grover (Columbia, MD)                 | 10:59:46        |
| 267 Even Friss (New York, NY)                 | 10:59:46        |
| 268 David Hogue (Laurel, MD)                  | 10:59:53        |
| <b>269 Rick Schofield (Ellicott City, MD)</b> | <b>11:00:03</b> |
| 270 Kevin Gaughan, (Unknown, NA)              | 11:00:07        |
| 271 Matt Lano (Unknown, NA)                   | 11:00:09        |
| 272 John W. Chall (Crownsvi., MD)             | 11:00:14        |
| 273 Keith McIntyre (Ellicott C., MD)          | 11:00:20        |
| 274 Lisa Goines (Ellicott City, MD)           | 11:00:27        |
| 275 Anna Hogue (Laurel, MD)                   | 11:00:28        |
| 276 Ron Tash (Columbia, MD)                   | 11:00:34        |
| 277 Harry Rowell (Elkridge, MD)               | 11:00:35        |
| 278 Susan Rebecca Hess (Unk., NA)             | 11:00:38        |
| 279 Neal S Fedarko (Columbia, MD)             | 11:00:50        |

## 2011 CROSS COUNTRY

In early September, that Hurricane Irene cancelled the Howard County Invitational, but otherwise the high school runners enjoyed a full schedule of cross-country. Here are some of the highlights. Each race is 5 kilometers or about 3 miles long and was usually contested at a local high school. You may have run some of the very same courses this summer in *Phil Lang's* summer XC series, maybe against some of these very runners.

### BULL RUN INVITATIONAL Hereford High School – September 24

#### Strider Boys

|                       |       |
|-----------------------|-------|
| Gary Smolyak (ATH)    | 17:32 |
| Danny Rau (HOW)       | 17:57 |
| Eddie Quinn (ATH)     | 17:57 |
| Pranay Patel (CEN)    | 18:10 |
| Joey Milici (RH)      | 18:27 |
| Marshall Demaree (RH) | 18:35 |
| Bryce Rosicky (ATH)   | 19:05 |
| Ryan Hermstein (MR)   | 19:05 |
| Joseph Keating (WL)   | 19:18 |

#### Strider Girls

|                      |       |
|----------------------|-------|
| Jill Greenwald (ATH) | 23:33 |
|----------------------|-------|

### SCORPION CRAWL Oakland Mills High School – October 10

#### Strider Boys

|                       |       |
|-----------------------|-------|
| 1. Gary Smolyak (ATH) | 16:42 |
| 5. Daniel Rau (HOW)   | 17:08 |
| 6. Eddie Quinn (ATH)  | 17:12 |
| Marshall Demaree (RH) | 17:48 |
| Ryan Hermstein (MR)   | 18:09 |
| Bryce Rosicky (ATH)   | 19:21 |
| Kyle Brunner (LR)     | 20:30 |

#### Strider Girls

|                      |       |
|----------------------|-------|
| 2. Tiffany Lang (OM) | 19:44 |
| Becca Anderson (RH)  | 21:16 |
| Jill Greenwald (ATH) | 22:14 |



*Oakland Mills' Tiffany Lang (center) fought an incisive battle against principal foes Rachel Yep (left) and Julie Nardone at the Howard County Championships at Centennial. (photo by Howard County Times)*

### HOWARD COUNTY CHAMPIONSHIPS Centennial High School — October 25

#### Strider Boys

|                         |       |
|-------------------------|-------|
| 1. Gary Smolyak (ATH)   | 17:20 |
| 5. Eddie Quinn (ATH)    | 17:27 |
| 7. Daniel Rau (HOW)     | 17:41 |
| Marshall Demaree (RH)   | 18:26 |
| Ryan Hermstein (MR)     | 18:53 |
| Paul Kirk-Davidoff (OM) | 19:13 |
| Joseph Keating (WL)     | 19:22 |
| Bryce Rosicky (AHS)     | 19:34 |

#### Strider Girls

|                        |       |
|------------------------|-------|
| 1. Tiffany Lang (OM)   | 19:43 |
| 2. Julie Nardone (GL)  | 20:07 |
| 4. Nicole Dawson (HAW) | 20:44 |
| Rebecca Anderson (RH)  | 21:34 |
| Jill Greenwald (ATH)   | 22:07 |

2A SOUTH REGIONAL  
Oakland Mills High School – November 3

Strider Girls

|                       |       |
|-----------------------|-------|
| 1. Tiffany Lang (OM)  | 19:25 |
| 2. Julie Nardone (GL) | 19:55 |

Strider Boys

|                         |       |
|-------------------------|-------|
| Ryan Hermstein (MR)     | 18:44 |
| Paul Kirk-Davidoff (OM) | 18:54 |
| Kyle Brunner (LR)       | 19:46 |

3A EAST REGIONAL  
Centennial High School – November 3

Strider Girls

|                        |       |
|------------------------|-------|
| 2. Nicole Dawson (HAW) | 20:50 |
| Becca Anderson (RH)    | 22:07 |
| Jill Greenwald (ATH)   | 22:41 |
| Emily Elkonoh (HAW)    | 26:58 |

Strider Boys

|                        |       |
|------------------------|-------|
| 6. Danny Rau (HOW)     | 17:33 |
| 8. Edward Quinn (ATH)  | 17:50 |
| 10. Gary Smolyak (ATH) | 17:53 |
| Marshall Demaree (RH)  | 18:28 |
| Joseph Keating (WL)    | 19:13 |
| Bryce Rosicky (ATH)    | 19:53 |

MARYLAND STATE 2A CHAMPIONSHIPS  
Hereford High School — November 12

Boys 2A

|                     |       |
|---------------------|-------|
| Conner Holley (OM)  | 18:43 |
| Ryan Hermstein (MR) | 18:59 |

Girls 2A

|                       |       |
|-----------------------|-------|
| 2. Tiffany Lang (OM)  | 19:47 |
| 5. Julia Nardone (GL) | 20:23 |
| Caragh McDermott (GL) | 21:26 |
| Juliana Boswell (GL)  | 23:21 |
| Amanda Miller (MR)    | 24:25 |

MARYLAND STATE 3A CHAMPIONSHIPS  
Hereford High School — November 12

Boys 3A

|                       |       |
|-----------------------|-------|
| Danny Rau (HOW)       | 17:20 |
| Gary Smolyak (ATH)    | 17:33 |
| Edwin Quinn (ATH)     | 17:54 |
| Praney Patel (CEN)    | 17:59 |
| Joey Milici (RH)      | 18:25 |
| Joseph Keating (WL)   | 18:41 |
| Marshall Demaree (RH) | 18:52 |
| Griffin Riddles (CEN) | 19:11 |
| Owen Pochettino (RES) | 19:22 |

Girls 3A

|                        |       |
|------------------------|-------|
| 7. Nicole Dawson (HAM) | 20:33 |
| Becca Anderson (RH)    | 21:57 |
| Melissa Pratt (HOW)    | 23:11 |
| Emily Miller (RES)     | 23:27 |
| Jenna Harity (CEN)     | 24:29 |

Have you heard about the athletic budget cuts at the University of Maryland? They want to get rid of the track and cross-country teams! Can you believe this?

Check this link below to sign a petition to help try and save running programs at UMD:

[http://www.change.org/suggested?petition\\_id=130797](http://www.change.org/suggested?petition_id=130797)

## ROAD WARRIORS OF THE AUTUMN

The Strider Road Warriors were churning through races even before summer ended, before the hurricanes season was over.

### GRAND PRIX 5k Baltimore, MD – September 2

|                  |       |
|------------------|-------|
| 2. Tom Williams  | 15:46 |
| Arpad Romandy    | 19:53 |
| Rick Schofield   | 20:14 |
| Russ Owens       | 21:58 |
| Bob Hemler       | 22:48 |
| Steven Albertini | 23:53 |
| Kevin Spaulding  | 25:03 |
| Ann Schofield    | 25:30 |

Corrigan Sports decided to have their own version of the Baltimore Gran Prix, a car race held in downtown B'more the Friday following this footrace. The race took place over the same route the cars would take. A surprisingly large field of 1343 turned out, and a checkered flag greeted them at the finish. Bagel runner *Tom Williams* almost won the event!

### RUN TO REMEMBER 5k Baltimore, MD — September 11

|                               |       |
|-------------------------------|-------|
| Pat Wilkerson (3rd F)         | 20:20 |
| Ronnie Wong (3rd, 60-69M)     | 22:08 |
| Steve Radant                  | 23:03 |
| Christine Josey (2nd, 50-59F) | 24:20 |
| Mike Baziz (2nd, 70-99M)      | 35:18 |

A huge field of 1965 attended this event, another ponderous commemoration of the 9/11 attacks.. Finishing third among the women, grand-master *Pat Wilkerson* added an asterisk by her name for exceeding the TAC standards for her age group.

## PARKS & REC HALF MARATHON Gaithersburg, MD – September 11

|                             |         |
|-----------------------------|---------|
| Kelly Westlake (1st, MF)    | 1:27:27 |
| Michael Mbugi               | 1:30:09 |
| Hafiz Shaikh                | 1:33:51 |
| Caroline Bauer              | 1:33:58 |
| Janeth Scott (1st, 45-49F)  | 1:39:41 |
| Hai Nguyen                  | 1:39:58 |
| Christopher Battisti        | 1:44:59 |
| Phyllis Sevik (3rd, 45-49F) | 1:45:01 |
| Wendy Allen                 | 1:48:46 |
| Judith Scott                | 1:48:47 |
| Kenneth Sevik               | 1:49:15 |
| Von Jennings (2nd, 60-64M)  | 1:49:34 |
| Nick Del Grosso             | 1:50:40 |
| Andrew Sartor               | 1:52:28 |
| Allison Fusswinkle          | 1:53:15 |
| Izzy Bowlesbey              | 1:55:02 |
| Karl Barrus                 | 1:55:40 |
| Pamela Jock                 | 2:04:01 |
| Wendy Silver                | 2:07:20 |
| Lisa Harbaugh               | 2:08:04 |
| Dan Dunham                  | 2:09:04 |
| Christine Merenda           | 2:09:19 |
| Jill Dunham                 | 2:18:04 |
| Jacqueline Williams         | 2:18:38 |
| Haley Solodky               | 2:24:19 |
| Erin LaBarre                | 2:28:24 |
| Denise Taylor               | 2:30:00 |
| James Corbin                | 2:39:37 |
| William Snelling            | 2:40:27 |
| Myrtle Hughes               | 2:53:11 |

2320 finished.

### FT. MCHENRY TUNNEL 5k Baltimore, MD — September 18

|                               |       |
|-------------------------------|-------|
| 9. Paul Eyes (2nd, 40-49M)    | 19:57 |
| Kenneth Sevik                 | 20:11 |
| Bruce Worley                  | 21:17 |
| Phyllis Sevik                 | 21:41 |
| Christine Josey (3rd, 50-59F) | 22:50 |
| Eric Johnston                 | 23:17 |
| Tommy Logue                   | 24:39 |
| Eric Remoy                    | 26:49 |
| Patty Remoy                   | 26:53 |
| John Worley                   | 36:07 |

Guess what drew all of 607 to run this event? And it wasn't the fact that this was the last race before the equinox (September 23).



Mark Buschman, Pekka Stenholm, Seth Geoghegan, and Mick Slonaker at the Berlin Marathon. (photo by Mick Slonaker)

### BERLIN MARATHON

Berlin, Germany — September 25

|                |              |
|----------------|--------------|
| Mark Buschman  | 2:36:33      |
| Seth Geoghegan | (PR) 2:50:51 |
| Pekka Stenholm | 3:02:52      |
| Mick Slonaker  | 3:07:20      |

Four Striders ran the 38th Berlin Marathon back in September. There were 42,000 participants from 120 nations. Kenyan Patrick Makau set the *world* record for the marathon: 2:03:38. He broke the old record of 2:03:59, set by Haile Gebrselassie, who dropped out at 35 km.

### MT. AIRY SPRINT TRIATHLON

Mt. Airy, MD — September 18

|                           |         |
|---------------------------|---------|
| Dave Orlik (2nd, 45-49M)  | 1:12:43 |
| Faye Weaver (1st, 35-39F) | 1:22:41 |
| Margaret Barry            | 1:49:37 |

400 yard (pool) swim, 11.2 mile bike, 3.1 mile run. Perfect for those who don't like outdoor swimming. 154 finished.

### BWI AIRPORT 4 MILER Linthicum, MD – September 25

|                    |       |
|--------------------|-------|
| 5. John Chall      | 24:55 |
| 10. Paul Eyes      | 26:30 |
| Robyn Humphrey     | 26:49 |
| Christopher Evans  | 27:03 |
| Rick Schofield     | 29:04 |
| Courtney Mann      | 32:23 |
| Patricia Dunbar    | 33:38 |
| Melinda Krummerich | 39:17 |

No, you can't run on the runway anymore. 224 finished this fall classic.

### FALLS ROAD 15k Baltimore, MD — October 2

|                       |         |
|-----------------------|---------|
| 1. Brian Fleming      | 56:06   |
| 3. John Chall         | 1:00:23 |
| 5. Hafiz Shaikh       | 1:03:46 |
| 6. John Way           | 1:03:58 |
| 9. Donnie Chapman     | 1:04:44 |
| 10. Michael Dusenbery | 1:04:49 |
| Kenneth Sevik         | 1:08:08 |
| George Kreoker        | 1:08:26 |
| Ronnie Wong           | 1:10:22 |
| Phyllis Sevik         | 1:13:35 |
| Chris Farmer          | 1:15:51 |
| Marc Burger           | 1:16:48 |
| Amanda An             | 1:20:40 |
| Christina Caravoulas  | 2:20:57 |

It was a cool, breezy morning when the field of 146 ran around Druid Hills Park (without the hills). Webmaster *Brian Fleming* won the whole enchilada.

### CHICAGO MARATHON Chicago, IL – October 9

|                 |         |
|-----------------|---------|
| Craig Lebro     | 3:00:29 |
| Julie Thienel   | 3:27:06 |
| Stephen Thienel | 3:39:53 |
| Lisa Fichman    | 4:42:01 |
| Lynne Douglas   | 4:03:58 |
| Rosemary Lather | 4:52:50 |

More people finished this marathon (35755) than finished Marine Corps (and its 10k).

GREAT ALLEGHENY 15k  
Cumberland, MD — October 2

|                             |         |
|-----------------------------|---------|
| Bobby Gessler (2nd, 50-54M) | 1:00:36 |
| Pat Wilkerson (1st, FM)     | 1:02:28 |

GREAT ALLEGHENY 5k  
Cumberland, MD — October 2

|                           |       |
|---------------------------|-------|
| 10. Becky Gessler (1st F) | 21:43 |
| Amy Gessler (1st, 15-19F) | 22:52 |

It was a cool, breezy morning in Cumberland, too. Probably cooler and breezier than in Baltimore. 132 finished the Great Alleghany 15k, while 80 completed the accompanying 5k. The *Gessler* girls cleaned up.

HALF-FULL TRIATHLON  
0.9mi swim/60mi bike/13.1mi run  
Centennial Lake, MD — October 2

|                                |         |
|--------------------------------|---------|
| Keith McIntyre (1st, 50-54M)   | 4:59:44 |
| Arpad Romandy                  | 5:13:28 |
| Todd Matthiesen                | 5:18:39 |
| Troy Conran (2nd, 50-54M)      | 5:31:42 |
| Janelle McIntyre (1st, 45-49F) | 5:39:55 |
| Steve Thienel (1st, 55-59M)    | 5:58:47 |
| Bob Burns (2nd, 55-59M)        | 5:58:57 |
| Suzy Serpico (3rd, 30-34F)     | 6:12:56 |
| Danny Serpico                  | 6:12:56 |

HALF-FULL OLYMPIC TRIATHLON  
0.9mi swim/31 mi bike/6.4mi run  
Centennial Lake, MD — October 2

|                             |         |
|-----------------------------|---------|
| 2. Steve Meininger          | 2:44:15 |
| Bill Wheeler (3rd, 45-49M)  | 3:13:26 |
| James Carbary (1st, 60-64M) | 3:21:22 |
| Lili Barouch                | 4:08:31 |
| Sara Prymas                 | 5:24:45 |

And it was also a cool, breezy, drizzly morning in Columbia, and not only did the triathletes run under these conditions, they also swam and biked, so let's not brag about this running stuff. It was so chilly, in fact, that Keith McIntyre pulled on some tights before he got on his bike. 285 finished the half ironman, and 222 completed the Olympic distance.

ARMY 10 MILER  
Washington, DC – October 9

|                              |         |
|------------------------------|---------|
| Robyn Humphrey (4th, 45-49F) | 1:09:01 |
| Eric Johnson                 | 1:10:50 |
| Andrew Sartor                | 1:14:43 |
| Hazel Chase                  | 1:16:45 |
| Russ Owens                   | 1:20:07 |
| John Thornton                | 1:26:06 |
| Margaret Barry               | 1:28:23 |
| Carol Zimmerman              | 1:28:24 |
| Elisabeth Jubinski           | 1:28:46 |
| Deborah Sharp                | 1:29:34 |
| Christine Morenda            | 1:30:19 |
| Terry Storms                 | 1:32:57 |
| Colleen Thornton             | 1:33:51 |
| Jason Marquart               | 1:34:43 |

The Army 10-miler still can't quite compete with the Marine Corps Marathon, but it's nevertheless one of the largest 10-milers in the world: 21890 finished.

STEAMTOWN MARATHON  
Scranton, PA – October 9

|                     |         |
|---------------------|---------|
| David Orlik         | 3:28:09 |
| Michael Dusenbery   | 3:34:19 |
| Heeyoung Weddington | 3:35:51 |
| Dwight Mikulis      | 4:14:20 |
| Mark Young          | 4:57:44 |
| Glenn Scimonelli    | 5:09:23 |

Poor Dwight! He so desperately wanted to break four hours, but had extreme difficulty in the last half mile. 1860 finished.

RUN WILD FOR AUTISM 5k  
Baltimore, MD – October 9

|                                 |       |
|---------------------------------|-------|
| 9. Conor Jennings (3rd, 20-29M) | 20:53 |
| Juan Fernandez                  | 23:57 |
| Lorey Navarro                   | 25:11 |

A total of 340 ran wild. Luckily, they did so in Baltimore.

MONSTER DASH 5k  
Ft. Meade, MD – October 29

|                                  |       |
|----------------------------------|-------|
| 1. Adam Wytko                    | 16:35 |
| Brian Fleming (2nd, 20-29M)      | 17:38 |
| James Blackwood (3rd 20-29M)     | 17:39 |
| Sheldon Degenhardt (2nd, 40-49M) | 17:52 |
| Shawn Young (2nd, 30-39M)        | 17:55 |
| Bill Sweet (1st, 50-59M)         | 18:37 |
| John Chall (3 rd, 40-49M)        | 18:58 |
| Sean Costello                    | 20:08 |
| Dan Laukzemis                    | 20:52 |
| Mike Fleming (1 st, 60+M)        | 23:23 |
| Alan Murray                      | 23:38 |
| Kirsten Miller                   | 32:26 |

Among those winning awards in the costume competition was James Blackwood, who got an honorable mention for his Superman. 456 finished.

NEW YORK CITY MARATHON  
New York, NY — November 6

|                |         |
|----------------|---------|
| Steve Muchnick | 3:08:05 |
| Ed Wilson      | 3:21:13 |
| George Kroeker | 3:26:35 |
| John Way       | 3:37:25 |
| Ronnie Wong    | 3:40:04 |
| Brian Satola   | 4:48:30 |
| Xiao Tu        | 5:11:22 |

One of the largest running events in the world, this marathon had 46795 finishers. Imagine over half of Columbia, MD, running down I95 and you've got an idea of the magnitude of this event.

MOUNTAIN MASOCHIST 50 MILER  
Lynchburg, VA – November 5

|                 |          |
|-----------------|----------|
| Keith Levasseur | 8:02:10  |
| Donnie Chapman  | 10:35:46 |
| Grace Tran      | 11:29:29 |

“The course itself is a challenging combination of roads, jeep trails, and single track that can cause even the most experienced runner to breathe a sigh of relief at the finish line in Montebello, VA.” 231 finished.

ROSARYVILLE 50k  
Rosaryville State Park, MD – November 12

|                           |         |
|---------------------------|---------|
| 1. Keith Levassuer        | 3:35:03 |
| 2. Karsten Brown          | 3:44:46 |
| Jennifer Atkinson (2nd F) | 4:38:49 |
| Conrad Fernandes          | 4:44:04 |
| Grace Tran (1st, 30-39F)  | 5:02:13 |
| Fred Towner               | 5:07:48 |
| Dave Orlik                | 5:13:38 |
| Tom Green (1st, 60-69M)   | 5:59:11 |
| Martin Gould              | 6:25:02 |
| Judith Weber              | 6:34:38 |

Keith, Karsten, and Judith used this 50k as a tune-up for the Metric Marathon, which was the next day. “Maybe it was 29 miles,” Keith said. 92 finished.

JFK 50 MILER  
Washington Co., MD — November 19

|                 |          |
|-----------------|----------|
| Rick Mitchell   | 9:52:56  |
| Troy Conran     | 10:06:08 |
| Julie Thienel   | 10:32:07 |
| Rick Scholfield | 10:57:27 |
| Mel Quecan      | 13:12:08 |
| John Wheatland  | 13:25:11 |
| Eric Katkow     | 13:25:12 |

John Wheatland writes: “My friend Eric [Katkow] and I completed our 11th JFK 50 Miler in 13:25:09, about 3 minutes better than last year. With completion of this JFK, I now have a streak of 10 successive years of doing the JFK. On Friday, Eric and I were inducted into the 500 Mile Club at the Legends Dinner for completing our 10th JFK last year. Last year Eric and I boldly stated that we would not do another JFK, but God came to me in a dream earlier this year and said that we should not waste the gift that he had given us, so we ran. This year we are wiser. [We decided] not to make a decision about whether we will do the JFK next year.”



*John Wheatland and Eric Katkow at the Legends dinner. The 50 Miler was “just an excuse to eat bad food.” (photo from John Wheatland)*

**STONE MILL 50 MILER**  
Gaithersburg, MD – November 19

|                           |          |
|---------------------------|----------|
| Jennifer Atkinson (1st F) | 9:41:36  |
| Donnie Chapman            | 10:25:20 |
| James Gilmore             | 10:25:20 |
| Keith Levasseur           | 11:50:29 |
| Grace Tran                | 11:50:31 |
| George Olean              | 12:06:02 |
| Amanda An                 | 13:03:23 |
| Hai Nguyen                | 13:03:45 |
| Judith Weber              | 14:22:26 |

The Stone Mill 50 Miler (maybe 51, maybe 55 miles?) runs along the Senece Greenway and Muddy Branch Trails in Montgomery County, MD. Seeking to duplicate his Rosaryville victory, *Keith Levasseur* blasted off to an early lead, he made a wrong turn, wound up going 8 miles off course, and barely recovered in time to catch *Grace Tran*. *Jenn Atkinson* had read the map, though, and stayed on the right course to win the women’s victory. 183 finished.

**TCS HALF MARATHON**  
Annapolis, MD – November 19

|                                |         |
|--------------------------------|---------|
| 8. Karsten Brown (1st, 35-39M) | 1:13:35 |
| David Spalding                 | 1:19:38 |
| Rob Netherton                  | 1:29:42 |
| Robert Blanco                  | 1:35:54 |
| Chad Burger                    | 1:37:07 |
| Jason Dugan                    | 1:38:41 |
| Jim Grover                     | 1:41:23 |
| Aleah Zinalabedini             | 1:49:47 |
| Karl Barrus                    | 1:50:09 |
| Leslie Burge                   | 1:50:10 |
| Carrie Anderson                | 1:51:12 |
| Srikant Tadimalla              | 2:25:00 |

3255 completed this race.

**PHILADELPHIA MARATHON**  
Philadelphia, PA – November 20

|                               |         |
|-------------------------------|---------|
| Jeremy Rea                    | 2:57:28 |
| Greg Orlofsky                 | 3:38:36 |
| Hazel Chase                   | 3:39:01 |
| Joe Hanle                     | 3:42:40 |
| John Bratiotis (1st marathon) | 3:50:04 |
| David Horrocks, Sr.           | 3:56:21 |
| Matthew Pendergast            | 3:56:59 |
| Rebecca Holtz                 | 4:10:49 |
| David Horrocks, Jr.           | 4:21:28 |
| Dean Siedlecki                | 4:30:22 |
| Eileen Muma                   | 4:48:57 |
| Mary Thompson                 | 4:48:57 |
| Lindsay Kyzer                 | 4:50:53 |
| Stacey Doherty                | 5:14:08 |
| Lynsay Weber                  | 5:27:27 |
| Catherine Cavanaugh           | 5:52:29 |

10720 finished. Tragically, two runners died in this race.

**PHILADELPHIA HALF MARATHON**  
Philadelphia, PA – November 20

|                     |         |
|---------------------|---------|
| Elizabeth Blom      | 1:35:36 |
| Christopher Sproule | 1:35:36 |
| Steven Grufferman   | 2:00:47 |
| Kellie Frey         | 2:07:41 |
| Bruce Breon         | 2:32:45 |

And 9398 did the accompanying 13.1-miler.

ZOO ZOOM 8k  
Baltimore, MD – November 20

|                                |       |
|--------------------------------|-------|
| Mark Miller (2nd, 40-44M)      | 35:26 |
| Aleah Zinalabedini             | 41:34 |
| Jeff Six                       | 50:37 |
| Madeleine Miller (2nd, 10-13F) | 50:59 |
| Cindy Six                      | 54:41 |

440 finished this classic race around the Baltimore Zoo.

TURKEY TROT 5k  
Laurel, MD – November 24

|                            |       |
|----------------------------|-------|
| Eric Johnston              | 23:30 |
| Karen Harvey (1st, 50-59F) | 24:56 |
| Mike Elkonoh               | 25:37 |
| Emily Elkonoh              | 25:44 |
| Zoe Reading                | 26:17 |
| Pauline Chvilicek          | 32:19 |
| Jack Elkonoh               | 36:05 |
| Jen Elkonoh                | 36:08 |
| Arleen Dinneen             | 36:10 |
| John Worley (3rd, 60-69M)  | 36:16 |
| Christine Caravoulias      | 49:08 |

Immediately after this race, *Eric Johnston* and *Karen Harvey* rushed back to Columbia in time for the Striders' Turkey Trot Prediction 10k. The prizes for the Laurel Turkey Trot consisted of home-baked pies. "I didn't have time for the pies," Eric lamented.

TURKEY BURNOFF 10 MILER  
Gaithersburg, MD – November 26

|               |         |
|---------------|---------|
| Kenneth Sevik | 1:11:38 |
| Hai Nhuyen    | 1:16:22 |
| Chris Farmer  | 1:16:36 |
| Phyllis Sevik | 1:22:06 |
| Eric Johnston | 1:24:41 |

Notable because world-class triathlete Desiree Ficker won the women's competition in 1:04:32. 228 finished this MCRRC special.

NCR TRAIL MARATHON  
Sparks, MD – November 26

|                               |         |
|-------------------------------|---------|
| 2. Keith Levasseur            | 2:41:38 |
| 3. Karsten Brown              | 2:46:40 |
| David Spalding (1st, 30-34M)  | 2:55:35 |
| Stephen Bohse (3rd, 40-44M)   | 3:05:30 |
| Jason McCaul (3rd, 25-29M)    | 3:11:16 |
| George Kroeker (1st, 55-59M)  | 3:26:00 |
| Arpad Romandy                 | 3:27:01 |
| Stephen Thienel (3rd, 55-59M) | 3:30:45 |
| Gregory Lepore                | 3:32:19 |
| Hazel Chase (1st, 35-39F)     | 3:32:55 |
| Grace Tran                    | 3:39:19 |
| Bob Burns                     | 3:41:58 |
| Jansen Jordan                 | 3:42:43 |
| Ronnie Wong (1st, 65-59M)     | 3:46:56 |
| Steve Wargo                   | 3:49:02 |
| Tammy Liu                     | 3:54:56 |
| Christopher Lee               | 4:13:46 |
| Glenda Rodriguez              | 4:19:51 |
| Judith Weber                  | 4:40:10 |
| Tammy Massie                  | 5:13:32 |
| Richard Griffiths             | 5:21:08 |

NCR TRAIL MARATHON RELAYS

|                                                       |         |
|-------------------------------------------------------|---------|
| A Terp and a Badger (2nd coed)                        | 3:04:10 |
| Caroline Bauer (1:37:59) & Hafiz Shaikh (1:26:09)     |         |
| Marshall & Marsha Demaree                             | 3:27:18 |
| Marsha Demaree (1:46:22) & Marshall Demaree (1:40:56) |         |

424 completed the marathon; there were 43 two-person relay teams. The course runs out and back along an old railroad grade. Most of the distance is completely traffic-free so runners could concentrate on running. Coach Keith came within two minutes of winning.

EBENSBURG TURKEY TROT 5k  
Ebensburg, PA – November 24

|             |       |
|-------------|-------|
| Faye Weaver | 24:10 |
|-------------|-------|

The weather was better than last year.

## SPECIAL RECOGNITIONS

- On September 17, *Keith Levasseur* beat 656 other runners at the Crossroads 17.75k (11.03 miles) near Quantico, VA. Many of the runners were US Marines preparing to run the Marine Corps Marathon in October. In the same race, *Grace Tran* took first among the 30-34 women in 1:27:01. The weird distance has some mysterious connection with US history.
- On September 17-18 in a 24-hour period, ultra-grandmaster *Nelson Stritehoff* ran 100.88 miles at the USATF North Coast 24 Hour race. He placed second in the 60-64 men's age group.
- *Jessica Sleight* placed fifth among all women at the Freedom's Run Marathon in Shepardstown, WV, on October 1. Her time was 3:26:52.
- Racing team captain *Carlos Renjifo* and Issel Ann Lim announced their engagement on 11/22/11, 3.14 years after they first met. Carlos is a graduate of M.I.T.



*Issel (left) and Carlos, with the famous eagle doll. (photo by the Howard County Strider Racing Team)*

## GOLDENBERG JOINS SPORTS HALL OF FAME

Former Strider president and current Special Races Director *Paul Goldenberg* was inducted to the Howard County Parks and Recreation Sports Hall of Fame on October 18. The evening-long induction took place at a catered banquet held at the Turf Valley Country Club. Four other Howard County sports notables were also inducted that evening. Each inductee gave a brief speech, and Mr. Goldenberg's was notable for its brevity and clarity. A number of Striders—four tables full—attended the banquet, including President *Dwight Mikulis*. Paul joins Striders *Arleen Dinneen*, *Dave Tripp*, and *Phil Lang* in the Sports Hall of Fame. This year marked the seventh such induction ceremony.

In addition to Hall of Fame induction, the banquet honored Junior Striders *Tiffany Lang* and *Michael Wegner* as “Goodsport” youth players, and Junior Strider coaches *Carina* and *Chris Chattin* as “Goodsport” coaches.



*Community Hall of Fame inductee Paul Goldenberg (left) and his wife Paget Donnelly at the awards banquet. (photo by Jim Carbery)*

The Striders welcome the following new members:

|                          |                         |                   |
|--------------------------|-------------------------|-------------------|
| Asher, Raj               | Johnson, Linnea         | Sinnott, Isabel   |
| Austin, Rebecca          | Keelan, David           | Smith, Benjamin   |
| Chamberlin-Long, Elliott | Keelan, Victoria        | Smith, Deborah    |
| Crispell, Stephanie      | Kinney, Caleb           | Smith, Jennifer   |
| Esquivel, Jackie         | Knight, Virginia        | Smith, Julie      |
| Flynn, Courtney          | Lancos, Sarah           | Smith, Marilyn    |
| Fritz, Andrew            | Lehmkuhl, Michelle      | Smith, Shelley    |
| Gallagher, Jordan        | Malone, Connor          | Smith, Zach       |
| Garner, Abraham          | Mann, Courtney          | Stewart, Brenda   |
| Garner, Grace            | McCaffrey, Caroline     | Stiller, Jean     |
| Garner, Jennifer         | Meinbresse, Taylor      | Sussman, Jonathan |
| Garner, Katie            | Mejia-Barringer, Elise  | Tedesco, Olivia   |
| Garner, Samuel           | Mejia-Barringer, Nicole | Thomas, Amelia    |
| Gitelman, Lucas          | Melencio, Michelle      | Thomas, Katherine |
| Goodwin, Mitzi           | Myers, Jacob            | Tollick, Diane    |
| Grauel, Jaime            | Oldhouser, Benjamin     | Tracton, Talia    |
| Greene, Josh             | Orloff, Jacob           | Ueckermann, Donna |
| Gunderson, Ryan          | Palladino, Richard      | Walls, Mikayla    |
| Hau, Katherine           | Persinger, Drew         | Whipps, Monica    |
| Hernandez, Matthew       | Pochettino, Elliott     | Wilson, Thomas    |
| Hinson, Chloe            | Polefrone, David        | Windsor, Jeremiah |
| Hinson, Ian              | Richmond, Kamala        | Windsor, Kyria    |
| Holmes, Lindsey          | Ricker, Jake            | Woolford, Emily   |
| Hughes, Thomas           | Roseman, Ben            |                   |

## HOWARD COUNTY STRIDERS ANNUAL MEETING & AWARDS BANQUET

Saturday, January 7, 2012  
(*not a Sunday!*)

The Bain Center  
5470 Ruth Keeton Way  
Columbia, MD 21044

4:45 pm - 8:30 pm (approximately)  
for information, check the website [www.striders.net/events/banquet/2012](http://www.striders.net/events/banquet/2012)

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

## WINTER SCHEDULE

Don't be a running shut-in this winter! Join the Howard County Striders for a veritable potpourri of running events, from training to fun runs to real races. Start the year off with the Resolution Run 8k on New Year's Day. This prediction run has a new venue at Phelps Luck Neighborhood Center and a new time. Register on-side after 2:30 pm and finish the 8k as close as possible to 4 pm (no timing devices allowed!).

Meet all your running buddies at the Bain Senior Center on January 7 for the Annual Awards Meeting and Banquet. This pot-luck dinner features a quick business meeting, an election of club officers for 2012, awards to deserving runners, and all the delicious home-made food you can eat. Once again, it's on a Saturday night.

Finally, on January 7, Operation Iceberg Weekly Series of races begins. The races are held on familiar local courses and give you the opportunity to hone your racing skills and/or socialize with your friends in a friendly, non-competitive environment.

The winter schedule also features two important races: the Penguin Pace 5k and the 10-Mile Challenge. The Penguin Pace offers a challenging course and a sumptuous brunch; be sure to register early because PP always sells out. The Challenge race is an official RRCA team championship. If you can run 10 miles at any kind of pace, join the Striders and their racing team at this special race. Help us bring home the ugliest trophy in the world.

If you're not quite sure you can handle all these miles, you might be interested in the Hibernation to 5k training program, which begins on February 7. The program is for people who have not run much. Train with Dave and Mike throughout the winter, and they will have you ready for a 5k by Spring.

Finally, if the kids are too rambunctious, check out the Junior Strider indoor track program from Bullseye Running and Coach Phil Lang. For kids ages 7-18. Information at [www.striders.net/programs/junior/winter/2011](http://www.striders.net/programs/junior/winter/2011)

## WINTER 2012 SCHEDULE

- 1/1 **Resolution Run 8k**  
>2:30p Phelps Luck Neighborhood Center  
Len Guralnick lguralnick@comcast.net
- 1/7 Annual Meeting & Awards Banquet  
4:45p Bain Senior Center — Bill Arbelaez  
[vicepresident@striders.net](mailto:vicepresident@striders.net)
- 1/15 Weekly Series #1 – 5k  
2:00p Atholton High School
- 1/22 Weekly Series #2 – 2m, 5m  
2:00p Burleigh Manor Middle School
- 2/5 **Penguin Pace 5k**  
7:45a Bain Senior Center –  
(information at [www.striders.net](http://www.striders.net))
- 2/7 Next Step Hibernation to 5k begins  
6:00a Wilde Lake High School track  
Dave Weber & Micheal Mbugi  
(information at [www.striders.net](http://www.striders.net))
- 2/12 Weekly Series #3 – 2m, 10k, 15k  
2:00p Longfellow Elementary School
- 2/19 Weekly Series #4 – 1m, 5k  
2:00p Swansfield Elementary School
- 2/26 **10-Mile Challenge**  
8:00a Howard Community College  
Richard Bernstein  
[richard.bernstein@jhuapl.edu](mailto:richard.bernstein@jhuapl.edu)
- 3/4 Weekly Series #5 – 2m, 6m  
2:00p Thunder Hill Elementary School
- 3/11 Weekly Series #6 – 2m, 10k, 15k  
2:00p Jeffers Hill Neighborhood Center
- 3/18 Winter Series Awards – 5k  
2:00p Northfield Elementary School  
(target race for Next Step Hibernation to 5k)

For information on all Strider activities,  
check:  
[www.striders.net](http://www.striders.net)

PRESIDENT'S LETTER  
**RUNNING TOWARDS 2012**

Thanksgiving and the Turkey Trot Prediction 10k are just behind us and the Howard County Striders have finished another successful year. We have much to be proud of and thankful for as it was a busy year. First, thanks to the hundreds of Striders who provided their time and effort to help keep us as the premier running club in Maryland.

We were involved in managing or supporting over a dozen major races including Clyde's, WDF 5K, Grapevine and Metric Marathon. With the runners at the later races running through the new Striders finish arch. We also conducted over 25 Weekly Series events.

The Striders provided training programs starting in February with Hibernation to 5K, progressing through 10K/10 Mile, F.I.T.(females in training), Half/Full Marathon and the recently completed G.I.R.L. (getting inspired to run for life) for hundreds of runners. These programs all run under the Next Step™ banner, which is now trademarked specific to our club training. [The Next Step name itself originated many years ago with *Mick Slonaker*, former president and first RRCA-certified coach of the Striders. – *ed.*]

With the Junior Striders program, under the leadership of Coach *Phil Lang*, we had record participation and as the high school coaches know, most of the best runners on their teams have come from Junior Striders. (Shout out to another Lang, *Tiffany*, who was second in the Maryland State 2A Cross Country Championship.)

On the community front, we awarded \$6,000 in merit based athletic and academic, Howard County Striders Dave Tripp scholarships to Howard County high school runners. We also supported several charitable groups including the program Girls On The Run®, which helps girls from 8 to 13 avoid at-risk activities by conducting structured running workouts and training for a 5k.

I want to thank the 2011 Striders board: *Nadia Wasserman, Bill Arbelaez, Pat Wilkerson, Rob Gettier, Paul Goldenberg, Jim Carbary, Bobby Gessler, Amanda Loudin,*

*Glenda Rodriguez, Carlos Renjifo, Brian Fleming, Donnie Chapman and Marsha Demaree.* Their enthusiasm, energy and experience helped the club to excel and to make this another terrific running year in Howard County.

The Prez  
 2011 HC Striders President  
 Dwight A. Mikulis

**YOUR 2011  
 HOWARD COUNTY STRIDER  
 BOARD OF DIRECTORS**

Officers

|                 |                      |
|-----------------|----------------------|
| Dwight Mikulis  | 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](mailto:website@striders.net).

Don't forget these Strider events this Winter:

Resolution 8k Run – Phelp's Luck Neighborhood Center  
>2:30 pm, Sunday, January 1, 2012  
*(new time and place!!!)*

Awards Banquet – The Bain Senior Center  
>4:45 pm, Saturday, January 7, 2012  
*(no pre-registration)*

Penguin Pace 5k – The Bain Senior Center  
7:45 am, Sunday, February 5, 2012  
*(pre-register online)*

10 Mile Challenge – Howard Community College  
8:00 am, Sunday, February 26, 2012  
*(pre-register online)*

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Return Address:  
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Columbia, MD 21045

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