

FOOTPRINTS



NEWSLETTER OF THE
HOWARD COUNTY STRIDERS
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HOT WOMEN RUN COLUMBIA

On the last day of the Great Heat Wave of '12, the Howard County Strider held the annual Women's distance Festival 5k. A race-day entrant from Vienna, VA, Anna Helt-Gosselin immediately took the lead. She flashed through the first mile in 5:32 – and thought it would have been faster. By that time, the rest of the competition was history, and Anna cruised the remaining two miles to win in 17:45. "I've never run an all woman race," she said. "But I'm pretty used to the heat." A graduate of MIT, Ms. Helt-Gosselin owns a personal record of 17:10 in road 5k races, and she wasn't pressed very hard in this one.

Local favorite *Unsong Ostrowski* certainly tried her best to press. Although she finished a distant second in 18:26, she set a personal 5k record. The lead runner went out so fast and hard that Unsong and the others "just let her go." By the first mile, Ostrowski was running in fourth place, but she gradually worked her way up to second place. "I just got back from vacation in Ocean City," Unsong said. She was therefore pleased with her performance.

The top masterwoman, 41-year-old *Kelly Westlake*, didn't carry a watch and didn't know her finish time. But surprisingly, she ran exactly the same time (18:56) that she ran at Damien's 5k a month before. "Well at least I'm consistent," Kelly remarked. She was the fourth woman overall to cross the line.



FIT graduate *Ferne Kroeker* clowning for the camera only a short distance from the finish line. (photo by *Jim Carbary*)

The top grandmaster woman, 53-year-old *Pat Wilkerson*, finished eighth overall, and she would have finished seventh except 18-year-old *Tiffany Lang* sprinted past her right at the finish line. Finish line announcer *Dave Tripp* saw them coming and said, over the loud-speaker— "Here comes Tiffany Lang and Pat Wilkerson— the young and the old!" "I just love him," Pat said.

The WDF also featured mother-daughter team competitions. With a 20:14, that *Tiffany Lang* teamed up with her mom, *Vicki* (21:17), to win the 14-and-Up category. They named



The fast women bounded like rabbits at the start of the race. (photo by Jim Carbary)

their team “Gold Diggers” in honor of Tiffany’s school, UNC-Charlotte, which she’ll be attending later this year on a running scholarship. The school colors are gold and green, see?

For the first time ever, two teams tied for top honors in the 13-and-Under category: the “Szalanks” (Kelly and Jennifer Szalankiewicz) finished in a dead heat with “Team Cimpatone Vonya” (Faye and Michelle Weaver). Both teams scored nine points (the lowest score wins), and we don’t know what Cimpatone Vonya means either.

Even in the brutal heat, nearly 400 women completed the race, including about 100 from the Striders’ Females In Training (FIT) program. Since April, the FIT women have been training under Head Coach *Bev Byron* and 16 assistant coaches, the FIT women graduated to Real Runners by finishing the 5k race. “Whoa! I’m glad that one is over,” Coach Bev said after the race. “We told them to just finish and not worry about their times.”

Tacy Powers directed the WDF 5k, which is part of a nationwide series of Women’s

Distance Festival 5k’s held every summer. The top three women and the top master and grandmaster earned Lucite plaques and cash prizes, while the age group winners received just the plaques. All girls 12-and-under got finisher medals. All registrants received a purple jersey designed by the Striders’ award-winning graphics designer *Julie Skinner*.

After finishing the sweltering race, the women received iced-towels and repaired to the cool gymnasium of the Howard Community College for catered refreshments provided by the Elkridge Furnace Inn (circa 1744). These refreshments included very sophisticated pastries such as “broccoli muffins.” No, really.

In addition to the iced towels at the finish, the women could run through a sprinkler on Sunny Spring (2 miles) that *Bob Burns* had helpfully turned on to cool them. “I stopped and stood in it,” *Arleen Dinneen* said. Bob and his wife *Nancy*, who was running the race, live on a corner house along the race course, and they train on parts of the WDF nearly every day. “It was tempting for me to just stop at the house,” Nancy said. She and her daughter



Smiling for 3.1 miles, Kelly Westlake finished fourth overall and was the first masterwoman (18:56). (photo by Jim Carbery)

Lindsey competed as “Bob’s Babes” that finished third in the 14-and-up category, so it’s a good thing she kept going.

A number of Junior Striders won awards in the younger age groups, and some of them ran their first 3.1-mile races. In particular, Juniors *Natalie Perkins* and *Isabel Pineo* found themselves running at the same pace and decided to run together. They finished first and second in the 10-14 year age group with essentially the same time of 26:02. Influenced by her barefoot-running father, *Stuart*, Isabel ran the 5k in those Vibram 5-finger things.

The Striders wish to thank sponsor Feet First, the Howard County Police Department, and the dozens of Stridermen who served as course marshals, finish line helpers, and water stop volunteers.

WOMEN’S DISTANCE FESTIVAL 5k
Howard Community College, Columbia, MD
8 July 2012

Overall

1. Anna Holt-Gosselin (Vienna, VA) 17:45
2. Unsong Ostrowski (Laurel, MD) 18:26
3. Sherry Stick (Sykesville, MD) 18:41

Masterwoman

1. Kelly Westlake (Ellicott City, MD) 18:56

Grandmasterwoman

1. Pat Wilkerson (Columbia, MD) 20:17

1-9 Years

1. Erika Mosley (Columbia, MD) 34:22
2. Michelle Weaver (Ellicott City, MD) 34:49
3. Greta Olsen (Baltimore, MD) 36:54

10-14 Years

1. Natalie Perkins (Laurel, MD) 26:02
2. Isabel Pineo (Columbia, MD) 26:03
3. Layla Ghaffari (Frederick, MD) 32:44

15-19 Years

1. Tiffany Lang (Columbia, MD) 20:14
2. Jillian Stoddard (Purcellville, VA) 21:05
3. Lexi Gilmore (Columbia, MD) 26:21

20-24 Years

1. Samantha Matthews (Baltimore, MD) 19:37
2. Casey Wilson (Columbia, MD) 24:18
3. Katelyn Journey (Sykesville, MD) 26:46

25-29 Years

1. Jessica Ivy (Columbia, MD) 20:18
2. Heidi Shoemaker (Westminster, MD) 25:11
3. Lindsey Burns (Columbia, MD) 25:14

30-34 Years

1. Kendra Smith (Laurel, MD) 20:29
2. Tiffany Hevner (Columbia, MD) 20:58
3. Jessica Hein (Elizabethtown, PA) 21:09

35-39 Years

1. Ellie McManuels (Columbia, MD) 21:56
2. Meredith Kefauver-Olsen
(Baltimore, MD) 22:09
3. Amy N. (Unknown, NA) 23:32

40-44 Years

- 1. Vicki Lang (Columbia, MD) 21:17
- 2. Norah MacPhee (Columbia, MD) 22:03
- 3. Gretchen Tucker (Columbia, MD) 22:40

45-49 Years

- 1. Robyn Humphrey (Ellicott City, MD) 19:49
- 2. Maureen Hall (Lavale, MD) 22:01
- 3. Tammy Liu-Hermstein (Ellicott City, MD) 22:34

50-54 Years

- 1. Janeth Scott (Columbia, MD) 21:15
- 2. Dorothy Beckett (Columbia, MD) 21:23
- 3. Gloria Santarpia (Odenton, MD) 23:43

55-59 Years

- 1. Laura Schneider (Sykesville, MD) 27:14
- 2. Geysah DePalma (Ellicott City, MD) 27:54
- 3. Kris Novak (Clarksville, MD) 29:36

60-64 Years

- 1. Patricia Rubini (Silver Spring, MD) 27:50
- 2. Kathleen McMahon (Columbia, MD) 34:17
- 3. Vera Gibbs (Catonsville, MD) 36:46

65-99 Years

- 1. Clare Imholtz (Beltsville, MD) 31:25
- 2. Sandy Queen (Columbia, MD) 34:07
- 3. Yvonne Aasen (Westminster, MD) 38:44

TOP MOTHER-DAUGHTER TEAMS

(low score wins)

Daughter 13 and Under Teams

- 1. Szalanks (Kelly and Jennifer Szalankiewicz) 9 pts
- 1. Team Cimpatone Vonya (Faye and Michelle Weaver) 9 pts
- 3. Small But Mighty (Meredith Kefauver-Olsen and Greta Olsen) 11 pts

Daughter 14-and-Up Teams

- 1. Gold Diggers (Tiffany and Vicki Lang) 5 pts
- 2. Remembering Kirsten (Sarah Anderson and Laura Schneider) 12 pts
- 3. Bob's Babes (Lindsey and Nancy Burns) 19 pts



While French Chef Louis Wecker looks on, Sari Chapman and Suzi Montoya sample the post-race refreshments from the ElkrIDGE Furnace Inn. (photo by Jim Carbary)



Janeth Scott recently joined the half-century group and placed first among the 50-54 women (21:23). (photo by Jim Carbary)

COMPLETE WDF RESULTS AT:
www.striders.net



FIT class of 2012 pose before the start of the WDF5k. (photo by Mike Fleming)

Gloria Akan
 Michelle Albert
 Angela Alston
 Nancy Apted
 Kathryn Baker
 Margaret Barry
 Arlene Baskin
 Angela Bernard
 Nicole Berson
 Lisa Beyer
 Katherine Blue
 Elizabeth Capone
 Angela Cash
 CarolCastor-Swanson
 Jackie Cholewczynski
 Rachel Chong
 Trezaline Coffield
 Lauren Collins
 Elizabeth Colvin
 Stacy Costello
 Amanda Cranfill
 Susan Davis
 Tracy Day
 Regina Dietrich
 Anna Louise Downing
 Beth Dunbar
 Lindsay Dusenbery
 Michele Erdman
 Carlene Farris-Clarke
 Jenny Fetters
 Amy Fitzpatrick
 Kathy Floyd
 Christine Foote
 Curly Franklin
 Melissa Frederick
 Deborah Fuller

Michelle Fullerton
 Terri Fyock
 Emma Gaither
 Gail Gantt
 Alicia Graves
 Anne Gugel
 Susan Gum
 Erin Harrison
 Kimberly Hartke
 Anne Hubbard
 Lori James
 Kiara James
 Pam Johnson
 Jamie Johnson
 LaToya Johnson
 Kayla Johnson
 Teddey Jones
 Jocelind Julien
 Jill Kamenetz
 Melissa Kane
 Cindy Keegan
 Jeanmarie Keller
 Tracy Keyser
 Christina Knepper
 Ferne Kroeker
 Sarah Lacey
 Wendy LaGrant
 Amanda Libeman
 Aileen Linton
 Jennifer Louden
 Cindy Maree
 Christina McCleary
 Shawn McNair
 Andrea Misner
 Patricia Murphy
 Von Nguyen

Katherine Orlando
 Linda Paterni
 Doan-Trang Pham
 Josephine Pieper
 Linda Pineo
 Gladys Prias
 Emille Ryan
 Rachel Schaaf
 Jennifer Schick
 Ann Schultz
 Robin Schwartz
 Suzanne Seyala
 Dhvanis Shelat
 Joan Shepherd
 Ryan Shimabukuro
 Rosalie Silverberg
 Janice Simons
 Julie Smith
 Debbie Smith
 Judy Stepp
 Stephanie Stockwell
 Christina Takara
 Njeri Thuku
 Ayse Tokbay
 Kelly Tribble Spencer
 Heidi Vecera
 Tracy Waclawski
 Debra Warner
 Colleen Weisfeld
 Joni White
 Elizabeth Whymys
 Briana Wilson
 Sharon Wilson
 Tracy Wright



One of the FIT coordinators, Coach Faye Weaver finished the WDF in 25:22. (photo by Mike Fleming)

SPECIAL FALL PROGRAMS

- Getting Inspired to Run for Life (GIRL). Thursdays beginning August 30 and ending November 15 with inspirational Howard County Strider coaches.

striders.net/programs/girl/2012

- Junior Striders Cross Country Program (K-G12) Tuesdays from September 4 to October 25 with Coach Lang and his band of parent-coaches.

striders.net/programs/junior/fall/2012

- Junior Striders Fall Sprinters Program. Competitive sprinters. Tuesdays and Saturdays from September 11 to November 3, again with Coach Lang et al.

striders.net/training

[You may also reach Coach Lang directly at coachlang@hotmail.com]

FIT 2012 COACHES

Bev Byron: Coord
Jess Stern: Coord
Faye Weaver: Coord
 Dawn Czahor
 Marsha Demaree
 Ann Goodwin
 Amanda Idstein
 Valerie James
 Bev Johnston
 Susie Montoya
 Rita Moy
 Cecilia Murach
 Patty Remoy
 Ally Rogan
 Debbie Sharp
 Paula Shepherd
 Kelli Shimabukuro



Keith Levassuer at the Leadville 100 Miler with handlers Caroline Bauer and Mark Buschman. (photo by Hafiz Shaikh)

STRIDERS TEST NEW WEEKLY COURSE

For the first time this century, the Striders composed and tried new weekly race course. The brand new courses started and ended at Clarksville Elementary School, and 69 runners tried the new 5-mile and 2-mile routes on Wednesday, July 25. Nearly everyone like the new routes and agreed it was “a keeper.”

Both courses started out by running briefly through the River Hill High School parking lot, then briefly along a neighborhood street, and then got down to business on the long and winding bike paths of River Hill. And although the evening was warm, the course featured lots of shade to keep participants cool. The 5-miler featured a run down and up River Hill Valley, then, after a loop through an adjacent neighborhood, back down and up to return to the elementary school. The new route was conceived by *Donnie Chapman*, who also served as the race lead.

For the record, *Mark Engles* and *Zoe Reading* won the 2-miler in 11:38 and 15:50, respectively, while *Karsten Brown* beat *Adam Wytko* in the 5-miler (28:42), and *Amanda An* won the women’s 5-miler (39:39).



Keith Levassuer and Grace Tran pummeled opponents at Relay (photo by Mike Fleming)

2-PERSON 5-MILE RELAY

Eighteen teams of two persons (and one team of one person) squared off at Oakland Mills Track on the steamy evening of Wednesday, August 8, to compete in the Annual 2-Person Relay. Participants relayed a baton (not a fruit this time) in alternate laps through five miles.

The team of *Jeremy Rea* and *Adam Wytko* had no trouble dispatching second-place Team Smolyak (*Gary* and *Daniel*), which barely beat the Engles-Talanov team for second. *Grace Tran* and *Keith Levassuer* pounded eight other coed teams to win that division by over a minute. *Liz Towner* and *Sarah Bank* won the women’s division unopposed. “Next year, we’ve got to get more women,” said one (male) participant.

2-PERSON 5-MILE RELAY Oakland Mills High School – August 8

Men

1. Jeremy Rea / Adam Wytko	23:53
2. Gary Smolyak / Daniel Smolyak	25:38
3. Mark Eagles / Artem Talanov	25:51
4. Mark Buschman / Ryan Cartwright	25:53
5. Andrew Bank / Fred Towner	27:08
6. Josh Meyers / Lon Meier	27:55
7. Chad Burger / Marc Burger	28:27
8. Michael Reed / Neville Anderson	29:55
9. Bob Lande / Bob Lande	37:30

Women

1. Elizabeth Towner / Sarah Bank	35:19
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Co-ed

1. Grace Tran / Keith Levassuer	28:49
2. Amanda An / Chris Farmer	30:12
3. Faye Weaver / Michael Dusenbery	31:35
4. Sari Chapman / Donnie Chapman	32:22
5. Jen Pullen / Matt Johnson	33:59
6. Marsha Demaree / Bill Arbelaez	34:13
7. Anna Hogue / Dave Hogue	35:36
8. Erin Labarre / Alan Tominack	35:46
9. Becky Holtz / Doug Holtz	41:09

RECORDS SET AT DAMIENS 5k

No one has hardly noticed the fastest 5k ever run in Howard County, but it occurred on the muggy morning of Sunday, June 10, at the Damien's 5k. Abirok Endale flashed the 5k in 14:23, beating the old record of 14:32, which was set by Tefera Demesse in 2009. From Brooklyn, NY, Abirok confided that his 5k PR was actually 13:48, but he had run that on a track.

Not only did Endale set a course record, but so did the first woman, Teszata Desalage. Her new time of 16:35 beat the old record of 16:41, which she herself set only last year. Desalage apparently had the help of a male pacer, but the contest rules don't say anything about that. That pacer was not *Karsten Brown*, the first Howard County Strider to finish (16:55), who came in 20 seconds *behind* her.

Unsong Ostrowski had won the last several races she had entered, including Clyde's 10k, the Maryland Half Marathon, and the Run for Remembrance 5k. But even though her time of 18:46 was a personal record, she finished far behind the winner.

For breaking the course records, Abirok and Teszata earned cash bonuses of \$500. "I had nightmares about writing checks," race director Ralph Massalla confided. Those not setting records and instead winning age group awards settled for laptop cases and all the Ledo pizza they could eat.

Event proceeds from Damien's Run stay in Howard County for Scholarships, Teen Substance Abuse Treatment Help, and programs such as Leadership Youth.

296 finished.

STRIDERS AT DAMIEN'S 5k Columbia Gateway – June 10

5. Karsten Brown (1st, 30-39M)	16:55
6. Jeremy Rea (2nd, 30-39M)	16:56
Craig Lebro (1st, 20-29M)	17:53
Michael Mbugi (3rd, 30-39M) (PR)	17:54
Mike Colaiacovo (1st, 40-49M)	18:23
Unsong Ostrowski (2nd F)	18:46
Mark Eagles	18:49
Kelly Westlake (1st MF)	18:56

John Chall (1st, 50-59M)	19:01
Robyn Humphrey (3rd F)	19:27
Bobby Gessler (2nd, 50-59M)	19:46
Gregory Lepore (3rd, 40-49M)	19:56
Yasuo Oda (3rd, 50-59M)	20:10
Sean Davidson	20:48
Joe Pavao (2nd, 15-19M)	20:54
Ronnie Wong (2nd, 60-69M)	21:45
Russ Owens	21:53
Chris Farmer	21:56
James Carbary (3rd, 60-69M)	21:59
Dorothy Beckett (1st, 50-59F)	22:08
Zachary Sivo	22:31
Marsha Demaree (1st, 40-49F)	23:10
Tim Lynch	24:02
Keith Sigur	24:20
Zoe Reading	25:02
Chris Reading	25:52
Adam Lowe (2nd, 10-14M)	26:21
William Isley	26:21
Christopher Martin	26:32
Pat Brooks (2nd, 60-69F)	27:24
Ryan Jung	27:30
Jack Memahon	28:11
Marianne Solomotis	28:15
Memory Morris	28:31
Cheryl Ford	28:49
Barbara Boardman-Pavao	28:59
John Lubinski	29:40
Brian Lawton	30:10
Jake Baumann	30:33
Sharlene Deskins	31:27
Aimee Goldman	31:59
Tegest Johnson	32:03
Janet Ruck	32:21
Deidra Jules	34:14
Tien Doan	36:28
Khiem Doan	36:28
Jeanette Novak	40:00
Stephen Reading	41:26
Gregg Pinsky	42:04
Marylynn Doff	42:48
Tien Doan	49:45
Co-tu Doan	50:27

Complete results for this race can be found at
www.striders.net/races/damiens/2012/



From the start of Damien's 5k, you knew what was going to happen... (photo by Denise Hyde)



Karsten Brown wasn't fooling around this time— he was the first Strider to finish (photo by Denise Hyde)



For the first time in several races, Unsong Ostrowski did not cross the line ahead of the other women. (photo by Denise Hyde)

MILERS DODGE STORMS

Although a veteran runner and member of the Strider racing team, *Kelly Westlake* raced her *first* one-mile race at the Meet of Miles at Oakland Mills High School this summer. It was another one of those hot, humid summer evenings in July, just after thunderstorm-driven clouds had (at least) blocked out the Sun. Westlake faced a field of 8 other women in the second one-mile heat of the Meet. *Amanda An* challenged her in the early going, but Kelly took over the race by the beginning of the second lap and cruised the remaining three laps pretty much on her own. Even running by herself, she turned in a sparkling 5:37 personal record.

The elite men's race immediately followed the women's race, and this contest was by no means over after the first lap. *Jeremy Rea* took the lead, but he attracted a group of four others who initially followed him tightly. As the race progressed, though, the others dropped back one by one until only *Adam Wytko* remained, tracking a few steps behind. He unleashed his suicide kick on the final turn, first drew even and then passed Rea only a few meters from the finish. "I didn't know if I'd win," Wytko explained, "but I knew I was going to sprint right there." His time of 4:47 beat Jeremy by a second. Only Adam and Jeremy broke five minutes.

The men's and women's races followed three other events. In the first event, the youngest Striders (ages 5 and under) sprinted through 100m. *Caroline McCaffrey* easily won. In the second event, kids 9 and under ran 400m (one lap). *Nolan Westlake*, Kelly's son, won. All the kids earned finisher ribbons. The third event was a one-mile race for those unfortunate men unable to run the mile faster than 6:00. Lon Meier confounded the schedule, however, by actually running the "slow" mile in 5:56. No ribbon for Lon!

Bill Arbelaez directed the 2012 Meet of Miles, while *Ron* and *Judith Weber* provided three huge tubs of refreshing ice water.



Nolan Westlake fends off Mats Chattin to win the 400m race. (photo by Mike Fleming)

100 meter (kids 5 and under)

1. Caroline McCaffrey	0:22.87
2. Lincoln Tripp	0:27.79
3. Miles Mackel	0:33.97
4. Alyssa Burger	0:37.84
5. Erik Griffiths	0:42.06
6. Maya Vecera	0:43.79
7. Sophia Dusenbery	0:45.21
8. Keira Griffiths	0:49.13
9. Ellie Tripp	1:03.86
10. Lillian Loeffler	1:46.01
11. Lincoln Wytko	2:21.09

400 meter (kids 9 and under)

1. Nolan Westlake	1:21.18
2. Mats Chattin	1:29.63
3. Cameron Westlake	1:46.24
4. Greta Olsen	1:52.41
5. Vincent Hunt	1:52.75
6. Lucy Howe	1:55.23
7. Hannah Olsen	2:02.46
8. Lucas Mackel	2:12.99



Hair flying, Amanda An finished second among the women in 5:53. (photo by Mike Fleming)

1 mile (Women)

1. Kelly Westlake	5:37.08
2. Amanda An	5:53.00
3. Meredith Kefauver-Olsen	6:40.92
4. Emily Howe	7:24.79
5. Erin Blackwood	7:32.40
6. Carina Chattin	7:36.02
7. Tegest Johnson	8:29.19
8. Amanda Idstein	8:29.83
9. Melinda Krummerich	8:34.25
10. Eileen Wilson	9:58.76



James Blackwood (5:15) didn't really need the shades. (photo by Mike Fleming)

1 mile (Men)

1. Adam Wytko	4:49.63
2. Jeremy Rea	4:50.68
3. Mark Eagles	5:02.05
4. James Blackwood	5:15.88
5. Chris Chattin	5:18.73
6. Mark Loeffler	5:22.49
7. Dave Berardi	5:30.38
8. Patrick Perez	5:31.33
9. Ted Poulos	5:32.42
10. John Chall	5:38.18
11. Steve Bohse	5:45.40
12. Chad Burger	5:55.51
13. Lon Meier	5:56.50
14. Ed McCaffrey	5:58.23
15. Russ Owens	5:58.39
16. Michael Dusenbery	6:00.86
17. Paul Roberie	6:02.51
18. Chris Farmer	6:05.96
19. Richard Griffiths	6:11.84
20. Rick Smith	6:15.17
21. Eric Johnston	6:15.54
22. Marc Burger	6:19.41
23. Derek Olsen	6:19.61
24. Andrew Hunt	6:20.70
25. Steve Knoll	6:22.77
26. Ronnie Wong	6:23.74
27. Bob Lande	6:32.29
28. Jim Carbary	6:33.48
29. Liam McCaffrey	6:39.88
30. Ron Weber	7:04.59
31. Nathan Capelle	7:37.03
32. William Snelling	8:14.29



John Chall (5:38) concentrates in the men's fast mile (photo by Mike Fleming)

RAINY DAY IN ANNAPOLIS

Eyewitness *Dave Tripp* reports: "It was a very interesting race and quite successful for the Howard County Striders. Getting to Annapolis from Howard County was frightening, with thunder, lightning and driving rain. With the start time scheduled for 7:45 AM, the announcer still wasn't sure at 7:35 whether the start would be on time due to the weather. Then, the race started at 7:42! By 100 meters, there was rain, thunder and lightening which continued on and off for the first 45–50 minutes. I suspect that last year's cancellation due to the hurricane may have played into the decision to hold the race, although I'm not sure that I wouldn't have voted 'no' if I had a vote. Anyway, among a large contingent of HCS runners, *Andrew Madison* and *Mark Buschman* jumped into the lead at the start and held it the whole way. The age group winners should have included *Jason Tripp* (First Male Master in 59:21– 12th overall), but for a chip timing malfunction. It turns out that your chip doesn't work well if you leave it in the car."

3862 finished this summer classic.

STRIDERS AT ANNAPOLIS 10 MILER Annapolis, MD – August 26

1. Andrew Madison	55:08
2. Mark Buschman	55:15
10. Karsten Brown (1st, 35-39M)	58:34
Keith Levasseur (3rd, 30-34M)	1:01:01
Michael Mbugi (3rd, 35-39M) (PR)	1:01:05
Kent Werner	1:01:54
James Blackwood	1:04:38
Kelly Westlake (3rd, F)	1:05:02
Unsong Ostrowski (1st, 30-34F)	1:05:31
John Chall (3rd, 55-59M)	1:06:25
Hafiz Shaikh	1:06:53
Robyn Humphrey	1:08:03
Weems McFadden	1:08:09
Donnie Chapman	1:08:28
Greg Schuler	1:08:30
Matt Pendergast	1:09:15
Donna Wecker	1:09:51
Kenneth Sevik	1:11:39
Fred Towner	1:12:15
Jeffrey Berger	1:12:45
John Way	1:13:33

John Bratiotis	1:13:38
Matt Decapite	1:13:58
Carlos Castrillon	1:14:05
George Kroeker (3rd, 60-64M)	1:14:45
Mark Rosasco	1:15:11
Dennis Boucher	1:15:33
Robert Blanco	1:16:07
Julie Thienel	1:16:29
Paul Eyes	1:17:16
Ellie McManuels	1:17:18
Christian Green	1:17:28
Gretchen Tucker	1:17:46
Marianne Myrtue (3rd, 50-54F)	1:17:52
Michele Ritter	1:17:53
Conrad Fernandes	1:18:03
Tammy Liu	1:18:11
Russell Antico	1:18:31
Deidra Jules	1:19:21
Phyllis Sevik	1:19:39
Ronnie Wong	1:19:57
Daniel Canos	1:19:59
Norah MacPhee	1:21:11
Greg MacPhee	1:21:12
Amy Floyd	1:21:18
Grace Tran	1:22:39
Mark Sanestrik	1:22:55
Marc Burger	1:23:11
Roger Thibaudeau	1:24:27
Ron Weber	1:25:35
Trevor Jules Sr	1:25:38
Nolan Dunnigan	1:25:46
Dean Siedlecki	1:25:47
Matthew Bevan	1:27:14
Megan Ressler	1:27:23
Jim Grover	1:27:32
Dwight Mikulis	1:28:00
Robert Hollis	1:28:29
Karen Harvey	1:28:51
Chris Schauerman	1:28:52
Philip Grauel	1:29:08
John Stanmore	1:29:17
Cecilia Murach	1:29:22
Jill Calhoun	1:29:24
Laura Travisano	1:30:13
Bill Dooley	1:30:21
Jason Dugan	1:30:21
Liana Farb	1:31:07
Cindee Curtis	1:31:11
Douglas Dixon	1:32:27
Lynn Sanetrik	1:32:32
Shane Bogan	1:32:36
Parice Halbert	1:34:04
Jon Atterbury	1:34:05
Suzy Corriere	1:34:18

ANNUAL AWARDS CRITERIA

It may seem early to be thinking about the 2012 HC Striders Running awards as we still have 3 months to go but it is not too early to make sure that everyone understands the eligibility requirements. At our annual banquet in January we recognize the achievements of the previous 12 months starting December 1 of the year previous to the recognition year and ending November 30 of the Recognition year. (Example: The 2012 awards will be based on running events from Dec 1, 2011 through November 30, 2012).

The annual awards are given to recognize excellence in several running categories including: Overall Male/Female Runners of the Year, Masters Male/Female Runners of the Year, Grand Masters Male/Female Runners of the Year, Ultra Male/Female Runners of the Year, Most Improved Male/Female Runners of the Year, and New Male/Female Runners of the Year.

Annual awards for recognition of excellence in support of the club are: Jr. Striders Coach(es) of the Year, HC Striders Coach(es) of the Year, and Volunteer(s) of the Year. The President may also give the President's Award(s) for material service and contribution to the club.

To be eligible for *any* of the awards, the following criteria apply:

- 1) If the runner ran in the annual 10 Mile Club Challenge they must have represented Howard County Striders (It is not necessary to have run in the 10 Mile Challenge to win an award.)
- 2) All runners must be current HC Strider members when nominated. (Current member as of November 30 of the year of recognition)
- 3) Hall of Fame members are eligible to win annual running awards.
- 4) No annual award winner can win the same award two consecutive years.
- 5) Runners can self nominate.
- 6) New Runner of the Year means a runner new to running in general (less than 2 years running) and/or new member of HC Striders (less than 2 years).
- 7) Runners can win multiple awards in the same year. (Example: Female Runner of the Year and Most Improved Runner)

8) Board members are eligible for all awards except Volunteer(s) of the Year.

Make it easy when you nominate and have running statistics with your submission. Send to nominations@striders.net

Have a great next 3 months of running!

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### A10 RESULTS — continued

|                         |         |
|-------------------------|---------|
| Lizzette Smith          | 1:34:29 |
| Erin Blackwood          | 1:34:32 |
| Emily Elkonoh           | 1:34:40 |
| Michael Elkonoh         | 1:35:06 |
| Steven Albertini        | 1:35:33 |
| Pamela Jock             | 1:36:05 |
| Elizabeth Towner        | 1:36:21 |
| Glenda Rodriguez        | 1:38:19 |
| William Isley           | 1:38:20 |
| Michael Anderson        | 1:38:28 |
| Dyan Anderson           | 1:38:29 |
| Angela McGinty          | 1:38:46 |
| Stephen Alpern          | 1:39:13 |
| Sari Chapman            | 1:39:33 |
| Rebecca Holtz           | 1:40:13 |
| Ann Galvin              | 1:40:40 |
| Gloria Serrao           | 1:40:41 |
| Michele Rodriguez-Smith | 1:41:03 |
| Cheryl Ford             | 1:42:00 |
| Susan Kim               | 1:42:10 |
| Phil Heiliger           | 1:43:01 |
| Robert Platt            | 1:43:16 |
| Maura Dunnigan          | 1:43:31 |
| Debbie Grover           | 1:43:38 |
| Warren Pitts            | 1:45:43 |
| Joanne Calver           | 1:46:46 |
| Amanda Weeks            | 1:47:32 |
| Talia Peery             | 1:48:31 |
| Andrea Aldrich          | 1:49:27 |
| Judith Weber            | 1:49:28 |
| Barbara Boardman-Pavao  | 1:49:59 |
| John Wheatland          | 1:52:25 |
| Amy Hammond             | 1:53:08 |
| Ian Wright              | 1:53:44 |
| Nathan Capelle          | 1:58:24 |
| Loretta Farb            | 2:08:34 |
| Christina Caravoulas    | 2:36:56 |

## WHAT HAPPENED AT ARLEEN'S

The 1-Mile Fun Runs took place as usual on Tuesday nights at 7:30 pm at Arleen's place in the neighborhood across from Centennial High. From June 12 to August 7, five one-mile races comprised the Fun Run series, which concluded on August 14 with the Partners' Relay. After each race, a special activity for kids took place. Activities included bike and helmet safety night, limbo on the lawn night, and neighborhood night out. The Partners' Relay held a pizza party afterward. Winners in the one-mile fun runs were determined by best-times each age group.

For the record, *Karsten Brown* ran the fastest male time of the summer in 4:56, while Kirsten Wikner tied Traci Pelligrini with the fastest female time of 6:38.

### SERIES AGE GROUP WINNERS

#### 6-7 Boys

|                    |      |
|--------------------|------|
| 1. Antonio Camacho | 7:32 |
| 2. Evan Lyons      | 7:35 |

#### 6-7 Girls

|                    |      |
|--------------------|------|
| 1. Emily Greenwald | 7:58 |
| 2. Kendall Madison | 8:32 |

#### 8-9 Boys

|                   |      |
|-------------------|------|
| 1. Andrew Fritz   | 6:42 |
| 2. Liam McCaffrey | 6:45 |

#### 8-9 Girls

|                      |      |
|----------------------|------|
| 1. Michelle Weaver   | 7:51 |
| 2. Julia Littlefield | 8:15 |

#### 10-11 Boys

|                   |      |
|-------------------|------|
| 1. Adam Loudin    | 7:27 |
| 2. Justin Ziegler | 7:31 |

#### 10-11 Girls

|                        |      |
|------------------------|------|
| 1. Isabella Nelson     | 6:50 |
| 2. Caroline Pellegrini | 7:14 |

#### 12-13 Boys

|                  |      |
|------------------|------|
| 1. Nathan Gears  | 6:02 |
| 2. Daniel Fisher | 6:06 |

#### 12-13 Girls

|                   |      |
|-------------------|------|
| 1. Kirsten Wikner | 6:38 |
| 2. Maggie Lear    | 8:14 |

#### 14-16 Boys

|                   |      |
|-------------------|------|
| 1. Daniel Smolyak | 5:52 |
| 2. Andrew Frommer | 6:49 |

#### 14-16 Girls

|                  |      |
|------------------|------|
| 1. Jenna Harrity | 7:03 |
| 2. Sydney Biniak | 7:44 |

#### 17-19 Boys

|                 |      |
|-----------------|------|
| 1. Gary Smolyak | 5:00 |
| 2. Mark Eagles  | 5:17 |
| 2. Harry Colby  | 5:17 |

#### 17-19 Girls

|                    |      |
|--------------------|------|
| 1. Julie Barnhouse | 7:50 |
| 2. Rachel Linder   | 8:43 |

#### 20-29 Males

|                    |      |
|--------------------|------|
| 1. James Blackwood | 5:28 |
| 2. Evan Calvert    | 5:43 |

#### 20-29 Females

|                 |      |
|-----------------|------|
| 1. Laura Gidley | 6:41 |
| 2. Peggy Chu    | 6:44 |

#### 30-39 Males

|                  |      |
|------------------|------|
| 1. Karsten Brown | 4:56 |
| 2. Adam Wytko    | 5:05 |

#### 30-39 Females

|                    |      |
|--------------------|------|
| 1. Stacey Lyons    | 7:07 |
| 2. Ashli Greenwald | 7:58 |

#### 40-49 Males

|                    |      |
|--------------------|------|
| 1. Jason Tripp     | 5:35 |
| 2. Steve Meininger | 5:41 |

#### 40-49 Females

|                     |      |
|---------------------|------|
| 1. Traci Pelligrini | 6:38 |
| 2. Lili Barouch     | 7:23 |

#### 50-59 Males

|                |      |
|----------------|------|
| 1. Greg Nelson | 6:11 |
| 2. Ron Weber   | 7:51 |

#### 50-59 Females

|                   |       |
|-------------------|-------|
| 1. Liz Frommer    | 10:10 |
| 2. Mary Dainekoff | 10:45 |

#### 60-99 Males

|                |      |
|----------------|------|
| 1. Jim Carbary | 6:49 |
| 2. Bob Lande   | 7:37 |

#### 60-99 Females

|                   |       |
|-------------------|-------|
| 1. Barbara Calvrt | 13:02 |
| 2. Judy Mullican  | 14:17 |



*A young Fun Run participant draws in chalk on Arleen's driveway. Chalk-drawing was part of Neighborhood Night Out on August 7.*



*Kids could also check out the fire truck on Neighborhood Night Out.*

**PARTNERS' RELAY – 2 x 1 mi**  
**August 5**  
 (combined ages)

|                                    |       |
|------------------------------------|-------|
| <u>20 years &amp; Under</u>        |       |
| Emily Greenwald and Liam McCaffrey | 15:07 |
| <u>20-24 years</u>                 |       |
| Faith and Drew Meininger           | 15:35 |
| <u>41-60 years</u>                 |       |
| Clarice Ahn and James Blackwood    | 13:38 |
| <u>61-80 years</u>                 |       |
| Wendy and Harry Allen              | 13:44 |
| <u>81-100 years</u>                |       |
| Traci and Mike Pellegrini          | 12:57 |
| <u>101 years and Over</u>          |       |
| Pat Huffman and Tim Orman          | 19:45 |

## SUMMER TRIATHLONS IN HOWARD COUNTY

The Columbia Triathlon Association staged two sprint triathlons this summer at Centennial Lake Park. Both races used the same course: 0.65-mile swim in Centennial Lake, a 17.5-mile bike ride out Homewood Road and over Mt. Albert, and a 3.4-mile run around Centennial Park. 855 did the Celebrating Heroes coed race in June, while 1544 women did the all-woman Iron Girl in August. World-famous triathlete Michelle Jones won the latter race (1:24:56). A number of multi-sport Striders also competed.

[For runners: the Iron *Girl* triathlon must not be confused with the Iron *Man* Triathlon, which is a 2.4-mile swim, 112-mile bike, and 26.2 mile run.]

### CELEBRATING HEROES TRIATHLON June 24

|                                  |         |
|----------------------------------|---------|
| 8. Steve Meininger (2nd, 40-44M) | 1:31:26 |
| Danny Rau (1st, 17-19M)          | 1:32:27 |
| Marianne Myrtue (1st, 50-54F)    | 1:49:41 |
| James Carbary (2nd, 60-64M)      | 1:51:40 |
| Susan Kim (2nd, 50-54F)          | 1:52:53 |
| Shane Bogan                      | 1:58:36 |
| Aleah Zinalabedini               | 2:02:27 |
| Lili Barouch                     | 2:08:41 |

### IRON GIRL TRIATHLON August 19

|                                  |         |
|----------------------------------|---------|
| 7. Janelle McIntyre (1st, 45-49) | 1:40:00 |
| Suzy Serpico                     | 1:46:29 |
| Amanda Loudin                    | 1:48:50 |
| Riley McIntyre                   | 1:54:50 |
| Aleah Zinalabedini               | 1:55:03 |
| Devin McIntyre (1st, 15-17)      | 1:58:54 |
| Lori Kruus                       | 2:01:59 |
| Faye Weaver                      | 2:02:11 |
| Julie Skinner (1st triathlon)    | 2:12:12 |
| Shelly Kvech                     | 2:21:35 |

## ROAD WARRIORS OF THE SUMMER

This was the hottest summer on record—in Maryland or anywhere. But even the intense heat could not stop the Howard County Road Warriors, whose exploits now enter the realm of legend...

### BEL AIR TOWN 5k Bel Air, MD — June 3

|                                   |       |
|-----------------------------------|-------|
| Akintunde Morakinyo (1st, 45-49M) | 18:17 |
| C. Martin Goode (3rd, 45-49M)     | 19:03 |
| Bobby Gessler (1st, 55-59M)       | 19:09 |
| Robyn Humphrey (1st, MF)          | 19:26 |
| David Jun                         | 19:34 |
| Pat Wilkerson (2nd, MF)           | 19:44 |
| Yasuo Oda                         | 19:47 |
| Kenneth Sevik                     | 19:52 |
| Chad Burger                       | 19:57 |
| Julie Gessler (1st, 15-19F)       | 20:05 |
| Michael Dusenbery                 | 20:38 |
| Matt DeCapite                     | 20:48 |
| Robert Blanco                     | 21:05 |
| Tacy Powers (2nd, 40-44F)         | 21:15 |
| Becky Gessler (2nd, 15-19F)       | 21:18 |
| Ronnie Wong (1st, 65-69M)         | 21:44 |
| Amy Gessler (3rd, 15-19F)         | 21:50 |
| Marc Burger                       | 22:15 |
| Phyllis Sevik (2nd, 45-49F)       | 22:27 |
| Christine Josey (1st, 50-54F)     | 22:40 |
| Mike Fleming (3rd, 65-59M)        | 23:00 |
| Melissa Burger                    | 42:36 |

This was the first race in Strider history in which three family members, all Striders, swept their age group: *Julie*, *Becky*, and *Amy Gessler* finished 1-2-3 among the 15-19 females. They couldn't beat dad *Bobby*, though, who finished ahead of Julie and won his own age group. This was the 32nd Annual Be; Air Town 5k and the race served as the RRCA Eastern Regional 5h Championship. By placing first among the master females, *Robyn Humphrey* won an official RRCA championship. She also won a bicycle as a random prize — and had to fit it into her two-seater Mercedes.

### BALTIMORE 10 MILER Baltimore, MD — June 16

|                                  |         |
|----------------------------------|---------|
| 9. Keith Levasseur (1st, 30-34M) | 58:48   |
| 10. Jason Tripp (1st, 40-44M)    | 59:03   |
| Michael Mbugi (2nd, 35-39M)      | 1:01:50 |
| Philip Rupp                      | 1:07:24 |
| Caroline Bauer (3rd, 25-29F)     | 1:08:03 |
| Matt Pendergast                  | 1:09:37 |
| David Jun                        | 1:10:02 |
| Lisa Farias (2nd, 35-39F)        | 1:10:04 |
| Akintunde Morakinyo              | 1:10:15 |
| Fred Towner                      | 1:10:21 |
| Steven Muchnick (1st, 55-59M)    | 1:10:21 |
| Hafiz Shaikh                     | 1:11:00 |
| Marc Wenson                      | 1:12:15 |
| Kenneth Sevik                    | 1:12:37 |
| Dean Hof                         | 1:13:14 |
| Scott Oaksmith                   | 1:13:26 |
| Julie Thienel (3rd, 45-49F)      | 1:13:31 |
| Steve Boyce                      | 1:13:34 |
| George Kroeker (2nd, 60+M)       | 1:13:50 |
| Meredith Kefauver Olsen          | 1:14:33 |
| Chad Burger                      | 1:14:46 |
| Susan Kolocotronis               | 1:14:50 |
| Lisa Fichman (2nd, 50-54F)       | 1:14:55 |
| Matt Decapite                    | 1:16:34 |
| Kevin Criswell                   | 1:17:19 |
| Janelle McIntyre                 | 1:17:22 |
| Stephan Uzzell                   | 1:17:29 |
| Mark Sanetrik                    | 1:17:55 |
| Marianne Myrtue                  | 1:18:12 |
| Amy Floyd                        | 1:19:05 |
| Russ Owens                       | 1:19:14 |
| Grace Tran                       | 1:19:17 |
| David Megarvey                   | 1:19:41 |
| Rick Smith                       | 1:19:48 |
| Tim Spahr                        | 1:20:02 |
| Phyllis Sevik                    | 1:20:16 |
| Michael Anderson                 | 1:20:16 |
| Christine Josey                  | 1:20:26 |
| Cecilia Murach                   | 1:21:18 |
| Marc Burger                      | 1:21:51 |
| Jim Grover                       | 1:22:28 |
| Stephen Mang                     | 1:22:38 |
| Matthew Bevan                    | 1:24:19 |
| John Stanmore                    | 1:24:27 |
| Lili Barouch                     | 1:24:32 |
| Erin Hoffman                     | 1:24:51 |
| Chris Marasco                    | 1:25:21 |
| Chris Schauerman                 | 1:26:20 |
| Ann Goodwin                      | 1:26:56 |
| Judith Comiskey                  | 1:27:09 |
| C. Goode                         | 1:27:13 |



FATHER'S DAY 8k  
Columbia Overlook – June 17

|                               |         |
|-------------------------------|---------|
| Peter Keating (1st MM)        | 28:04   |
| Andrew Madison (2nd, 20-29M)  | 29:04   |
| Dave Berardi (1st, 50-59M)    | 29:12   |
| Kevin O'Hara (1st, 1-19M)     | 29:45   |
| Chris Chattin (1st, 40-49M)   | 29:50   |
| Joseph Keating (2nd, 1-19M)   | 31:12   |
| Stephen Bohse (3rd, 40-49M)   | 31:50   |
| Greg Schuler (2nd, 50-59M)    | 32:32   |
| Mike Bohse                    | 32:43   |
| Dave Orlik                    | 32:45   |
| John Way                      | 32:57   |
| Greg Macphee                  | 33:08   |
| Gregory Lepore                | 33:14   |
| Paul Kirk-Davidoff            | 33:51   |
| Janeth Scott (1st, MF)        | 34:02   |
| Chad Burger                   | 34:06   |
| Michael Dusenbery             | 34:29   |
| Daniel Kirk-Davidoff          | 34:37   |
| Robert Blanco                 | 34:52   |
| Tiffany Lang (1st, 1-19F)     | 35:06   |
| Isaac Kirk-Davidoff           | 35:10   |
| Nathan Gears                  | 36:01   |
| Chris Farmer                  | 36:41   |
| Lisa Saula                    | 37:26   |
| Marsha Demaree (2nd, 40-49F)  | 38:04   |
| Marc Burger                   | 41:30   |
| Karen Harvey (1st, 50-59F)    | 41:35   |
| Mitchell Saula                | 41:49   |
| Susan Kim (3rd, 40-49F)       | 42:07   |
| Patricia Brooks (2nd, 60-99F) | 43:15   |
| Doreen Sheppard (2nd, 50-59F) | 43:50   |
| Autumn Durham                 | 45:09   |
| Lynn Sanetrik                 | 45:43   |
| Douglas Dixon                 | 45:43   |
| Amanda Idstein (1st, 30-39F)  | 46:55   |
| Melinda Krummerich            | 48:22   |
| Sharlene Deskins              | 49:02   |
| Alexa Landrus                 | 1:25:27 |

*Peter and Joseph Keating* won the father-son competition featured in this race. 105 finished, and they enjoyed fine weather. This was the second annual Fathers' Day 8k run on the excellent course behind Costco at Columbia Overlook.

DREADED DRUID HILLS 10k  
Baltimore, MD – June 23

|                               |         |
|-------------------------------|---------|
| Paul Kirk-Davidoff            | 43:11   |
| Donna Wecker (1st F)          | 43:47   |
| Matt Pendergast               | 44:03   |
| Hafiz Shaikh                  | 44:09   |
| Caroline Bauer (3rd, F)       | 44:27   |
| Dean Hof (3rd, 40-49M)        | 44:50   |
| Steven Muchnick (3rd, 50-59M) | 45:00   |
| Isaac Kirk-Davidoff           | 45:09   |
| Sigurd Knippenberg            | 45:30   |
| Fred Towner                   | 45:34   |
| Julie Thienel (1st, 40-49F)   | 46:50   |
| Amanda An (1st, 0-29F)        | 47:44   |
| Ellie Mcmanuels (3rd, 30-39F) | 48:00   |
| John Bratiotis                | 48:10   |
| Lisa Fichman (1st, 50-59F)    | 48:19   |
| Stephan Uzzell                | 48:34   |
| Chris Farmer                  | 48:42   |
| Russ Owens                    | 50:05   |
| Rick Smith                    | 50:09   |
| Derek Olsen                   | 51:21   |
| Amy Floyd                     | 51:38   |
| Gordon Kieffer                | 52:50   |
| Marc Burger                   | 53:12   |
| Jim Grover (2nd, 60+ M)       | 53:18   |
| Cecilia Murach                | 53:48   |
| Grace Tran                    | 54:30   |
| John Stanmore                 | 55:40   |
| Leslie Burge                  | 57:29   |
| Ron Weber                     | 57:51   |
| John Steinecke                | 1:00:04 |
| Lizzette Smith                | 1:00:49 |
| Susan Kim                     | 1:01:07 |
| Phil Heiliger                 | 1:03:27 |
| Judith Weber                  | 1:04:20 |
| Debbie Grover                 | 1:05:05 |
| Christina Mcgarvey            | 1:07:57 |
| David Mcgarvey                | 1:07:57 |
| James Whitmon                 | 1:09:17 |
| Rebecca Pendergast            | 1:09:28 |
| Talia Peery                   | 1:11:18 |
| Heather Kirk-Davidoff         | 1:12:03 |
| Tegest Johnson                | 1:13:34 |
| Christina Caravoulas          | 1:33:39 |

The race flyer billed this race as “not a PR course” and it wasn't. 508 finished.

BALTIMORE WOMEN'S CLASSIC 5k  
Baltimore, MD – June 26

|                               |       |
|-------------------------------|-------|
| Samantha Matthews             | 19:37 |
| Pat Wilkerson (1st, GM)       | 20:04 |
| Janeth Scott (1st, 50-54F)    | 20:55 |
| Dorothy Beckett (2nd, 50-54F) | 21:38 |
| Tacy Powers                   | 22:23 |
| Christine Josey               | 23:15 |
| Faye Weaver                   | 25:35 |
| Susan Kim                     | 25:59 |
| Sari Chapman                  | 26:02 |
| Lynn Sanetrik                 | 26:14 |
| Jaquisha Kearson              | 27:40 |
| Memory Morris                 | 29:07 |
| Anastasia Salter              | 29:39 |
| Nicole Berson                 | 30:09 |
| Sharlene Deskins              | 31:57 |
| Miquel Antoine                | 31:57 |
| Christina Takara              | 32:28 |
| Debra Lacy                    | 33:34 |
| Amanda Cranfill               | 33:57 |
| Brittany Stranathan           | 34:05 |
| Anna Downing                  | 38:24 |
| Beverly Byron                 | 39:11 |
| Jeanette Novak                | 40:30 |
| Melissa Burger                | 43:22 |
| Jennifer Louden               | 44:26 |
| Christina Robinson            | 47:28 |
| Jennifer Appletree            | 50:26 |

A whopping 2887 women finished this race, making it one of the largest all-women fields in the world.



*The 2012 Arbutus 10k started in the shade, but then the sun came out and it got really HOT. (photo by Charm City Running)*

ARBUTUS 10k  
Arbutus Middle School – July 4

|                              |         |
|------------------------------|---------|
| 8. Jason Tripp (1st, 40-49M) | 36:41   |
| Dave Berardi (1st, 50-59M)   | 37:01   |
| Jason Miller                 | 37:38   |
| Chris Chattin (2nd, 40-49M)  | 37:54   |
| James Blackwood              | 39:54   |
| Philip Rupp                  | 41:35   |
| Donna Wecker (1st, 50-59F)   | 42:36   |
| Lisa Farias (2nd, 30-39F)    | 43:16   |
| Mark Rosasco                 | 43:53   |
| Dennis Albright              | 45:38   |
| Ronnie Wong (3rd, 60-99M)    | 45:58   |
| James Carbary                | 46:56   |
| Carole Rosasco               | 48:05   |
| Dean Siedlecki               | 48:17   |
| Jason Miller                 | 48:22   |
| Cecilia Murach               | 48:43   |
| Bromley Lowe                 | 49:04   |
| Marc Burger                  | 49:05   |
| Eric Johnston                | 50:06   |
| Megan Ressler                | 51:05   |
| John Stanmore                | 51:30   |
| Michael Dusenbery            | 51:39   |
| Aleah Zinalabedini           | 52:18   |
| Ron Weber                    | 52:54   |
| Ray Lake                     | 53:36   |
| Jim Grover                   | 54:18   |
| Liana Farb                   | 54:40   |
| Erin Rickard                 | 56:10   |
| Susan Kim                    | 57:27   |
| Judith Weber                 | 1:00:46 |
| Debbie Grover                | 1:01:10 |
| Phil Heiliger                | 1:02:27 |
| Dane Jeeter                  | 1:02:54 |
| Rae Marquart                 | 1:03:07 |
| Eric Katkow                  | 1:03:15 |
| Stephen MCGovern             | 1:06:07 |
| Ronald Reardon               | 1:06:28 |
| John Wheatland               | 1:07:39 |
| Nichole Hay                  | 1:07:59 |
| Debra Lacy                   | 1:08:52 |
| Kelly Shipp                  | 1:09:08 |
| John Lubinski                | 1:10:14 |

The Arbutus 10k celebrated its 30th anniversary this year. As usual, runners faced hot, humid conditions and a hilly course. Award winners earned cash prizes; everyone else got a t-shirt and a hot dog. 221 finished. Some of them stayed for the Arbutus Fourth of July Parade.

ROCKVILLE ROTARY 8k  
Rockville, MD – July 21

|                                |         |
|--------------------------------|---------|
| 10. Kyle Stanton (3rd, 20-24M) | 25:53   |
| Carlos Renjifo                 | 25:57   |
| Mark Buschman                  | 26:42   |
| Karsten Brown                  | 26:51   |
| Eric Schuler (1st, 15-19M)     | 27:02   |
| Stephen Olenick                | 27:19   |
| Kevin Ford                     | 28:00   |
| Craig Lebro                    | 28:14   |
| Jason Tripp (1st, 40-44M)      | 28:20   |
| Michael Lynch                  | 28:38   |
| Dave Berardi                   | 29:13   |
| Phil Lang                      | 30:11   |
| Akintunde Morakinyo            | 31:01   |
| Chris Chattin                  | 31:24   |
| John Chall                     | 31:56   |
| Samantha Mattews               | 31:57   |
| Marc Hermstein                 | 32:27   |
| Geg Schuler                    | 33:06   |
| Ryan Hermstein                 | 33:32   |
| Bob Burns (3rd, 55-59M)        | 33:32   |
| John way                       | 33:41   |
| Dave Orlik                     | 34:15   |
| Vicki Lang (3rd, 40-44F)       | 34:31   |
| Janeth Scott (2nd, 50-54F)     | 35:55   |
| Gretchen Tucker                | 36:51   |
| Jason Schuler                  | 36:52   |
| Tammy Liu (2nd, 45-49F)        | 36:58   |
| Eric Johnston                  | 38:31   |
| Mark Sanetrik                  | 39:25   |
| Christine Josey                | 39:52   |
| Karen Harvey (2nd, 55-59F)     | 41:08   |
| Douglas Dixon                  | 42:01   |
| Michael Knestout               | 42:52   |
| Lynn Sanetrik                  | 44:39   |
| Ratty Remoy                    | 47:28   |
| Jack Mcmahon                   | 47:39   |
| Joanne Calver                  | 48:01   |
| Barbara Boardman-Pavao         | 48:01   |
| Memory Morris                  | 49:03   |
| Robert Gurtler                 | 54:08   |
| Nathan Capite                  | 58:37   |
| Janice Orlik                   | 1:01:27 |
| Christina Caravoulas           | 1:10:47 |

2006 finished this icon of the summer.

CATOCTIN TRAIL 50k  
Frederick, MD — July 28

|                              |         |
|------------------------------|---------|
| Donnie Chapman (2nd, 50-54M) | 6:46:16 |
| Melissa Simmens              | 8:18:59 |
| Caroline Bauer               | 8:34:43 |
| Art Perraud                  | 8:27:46 |
| Todd Pearsall                | 9:00:05 |
| Carlos Castrillon            | 9:00:05 |

134 finished. Sure it was hot, but it wasn't Leadville!

### SPECIAL RECOGNITIONS

- Team Gessler struck again at the sea shore on May 27, at the Masser 5 Miler in Lewes, Delaware (that's where the ferry runs). *Julie* was the first female (34:13), while her sister *Becky* was the third female (35:21). Sisters *Katie* (36:29) and *Amy* (36:58) also won age group awards, and their dad, *Bobby*, placed first among the 55-59 men (32:57).

- *Jason Tripp* turned 40 on June 4, 2012, but it hasn't been too bad psychologically. On June 10 at Damien's 5k, Jason was seventh out of 282, and won the Masters' title in 17:33. On June 16 at the Baltimore 10 Miler, he was 12th out of 4,724, and won the 40-44 age group. And, finally, on the Fourth of July, he was 8th overall at the Arbutus Firecracker 10k, while coming in first among masters runners in a time of 36:41. (And it was a hot day, too!)

- *Keith Levasseur* ran the 30th Annual Leadville (Colorado) 100 Miler on August 18 (and 19). He finished the arduous race in 24:44:48. Only 358 managed to cross the line before the 30-hour cutoff. Keith thanks his handlers: *Hafiz Shaikh*, *Caroline Bauer*, and *Mark Buschman*. [See photo on page 6]

Welcome new Striders

(since 8/24/2012)

|                       |                         |                     |                       |
|-----------------------|-------------------------|---------------------|-----------------------|
| Abdow, Emily          | Douglass, EJ            | Hunt, Vincent       | Pacheco, Matt         |
| Agresti, Matthew      | Dubin, Rena             | Hyde, Griffin       | Paul, Alec            |
| Ailinger, Ben         | Duggan, Jessica         | Janasek, TJ         | Pawtowski, Martin     |
| Allen, James          | Dula, Benin             | Jayne, Ashley       | Payne, Kevin          |
| Alonso, Rene          | Dunn, Kathy             | Jayne, Eric         | Peng, Diane           |
| Appletree, Jennifer   | Dunnigan, Nolan         | Jayne, Lori A       | Philipp, Alicia       |
| Arnold, Declan        | Durkee, Andrew          | Jayne, Thomas       | Rayner, Gabrielle A   |
| Arnold, Jerry         | Eastman, David          | Johnston, Kelli     | Reaves, Ja'Meda       |
| Arnold, Tracy         | Eastman, Matthew        | Johnston, Pete      | Rodriguez, Angelica   |
| Bailey, Lois          | Eastman, Steven         | Kahn, Hunter        | Rogers, Madison       |
| Baker, Timothy        | Elky, Sophia            | Kaiser-Jones, Amy   | Romanello, Charlie    |
| Balakisrsky, Melanie  | Emery, Kirsten          | Kalb Newman, Anna   | Rosenbaum, Marni      |
| Battaglia, Brian      | Emmanuel, Dina          | Khoury, Laura       | Rosicky, Bryce        |
| Bechetti, Nate        | Emmanuel, Nina          | Kirby, Shannon      | Ruck, Janet           |
| Bell, Carmen          | Estanislau, Jessica     | Konstanzer, Heather | Sachs, Adam           |
| Bell, Woodrow         | Feldman, Andrew         | Kropf, Tina         | Sachs, Rebecca        |
| Berger, Jeffrey       | Feldman, Harrison       | Lacey, Chris        | Saienni, Kieran       |
| Black, Lauren         | Feldman, Jennifer       | LaFemina, Edward    | Salter, Anastasia     |
| Borges, Alexandria    | Feldman, Natalie        | LaFemina, Victoira  | Salter, Christopher   |
| Borges, Alicia        | Feldman, Nathaniel      | Lee, Hannah         | Salter, Margaret      |
| Borisko, Steven       | Fitzhenry, Erin         | Levickas, Kyle      | Sandacz, Kassie       |
| Bowling, Cameron      | Flynn, Casey            | Levine, Ryan        | Sandacz, Michael      |
| Boyle, Devon          | Font, Alec              | Lindsly, Bonnie     | Schito, Ally          |
| Boyle, Katherine      | Frey, Accalia           | Liu, Alex           | Schwartz, Rachael     |
| Boyle, Lochlann       | Frey, Alicia            | Loranger, Amanda    | Sciannella, Lori      |
| Boyle, Quinnlyn       | Frey, Chris             | Loranger, Brianna   | Segev, Eric           |
| Bracey, Andrew        | Frey, Jody              | Loranger, Joseph    | Seidell, Tim          |
| Bradley, Karla        | Fridley, Colleen        | Loranger, Teresa    | Sellers, Jennifer     |
| Brand, Sarah          | Froh, Melissa           | Louie, Mei-Lin      | Sham, Jeffrey         |
| Brody, Michael        | Galvin, Ann             | Lucas, Daniel       | Sloan, Eric           |
| Brown, Michelle       | Gartrell, Adam          | Ludlow, Daniel      | Smiraglia, Karli      |
| Brown, Victoria       | Gates, Cameron          | Lyu, Abigail        | Smith, Marie          |
| Brown, William        | Gates, Evelyn           | Lyu, Audrey         | Snyder, Mackenzie     |
| Buchanan, Zanita      | Getachew, Fiker         | Lyu, Ben            | Stanton, Brendon      |
| Burke, Joey           | Gettier, Gary           | Lyu, Catherina      | Starks, Abigail       |
| Burke, Michael        | Gilmore, Camden         | Lyu, Chris          | Starks, Laura         |
| Buzby, Gavin          | Gilmore, Lexi           | Lyu, Noah           | Starks, Luke          |
| Buzby, Tim            | Glazer, John            | MacPhee, Gabriel    | Starks, Russell       |
| Buzby, Veronica       | Goodridge, Rebecca      | MacPhee, Greg       | Stofka, Beth          |
| Cardace, Kelsey M     | Grabow, Paul            | MacPhee, Ian        | Struck, Henrik        |
| carr, brendan         | Grabow, Tony            | MacPhee, Norah S    | Swaim, Justin         |
| Catalini, Jacquelyn   | Green, Christian D      | Mandile, Dominic    | Tamimi, Malak         |
| Charles, Sandrine     | Grodsky, Gosia          | Matthews, Samantha  | Tesfaye, Emmanuel     |
| Choi, Chris           | Gundersen, Grayson      | McAleer, Patricia A | Toeneboehn, Grant     |
| Conca-Cheng, Andrew   | Gustafson, Elise        | McCarty, Daniel     | Tokbay, Elif          |
| Connor, Joseph        | Gustafson, Gordon       | McGlone, Marshall   | Turnage, Thea         |
| Courtney, James       | Gustafson, Kathy        | McKissick, Sara     | Valliere, Andrew      |
| Courtney, Karen       | Gustafson, Lauren       | Merwitz, Ally       | Vanderwaals, Kjell    |
| Cox, Jason            | Haden, Caroline         | Merwitz, Brooke     | Vergara, Franz Henryk |
| Cox, Lisa             | Hardy, Sarah            | Merwitz, Carly      | Vermillion, Samantha  |
| Cox, Makenna          | Harrity, Jonathan       | Merwitz, Debbie     | Virostek, Katie       |
| Crandell, Kenneth     | Hayes, Allison          | Merwitz, Gary       | Virostek, Tim         |
| Creighton, Aoife      | Hedgren, Alex           | Metz, Erik          | Waheed, Sana          |
| Cristaldi, Patrick    | Helt, Kathleen          | Miller, David       | Walter, Hannah        |
| Dane, Paul S          | Hemler, Alyssa          | Miller, Kyle        | Wang, Brigette        |
| Davidson, Sean T      | Hemler, Matt            | Miller, Megan       | Wang, James           |
| DeBenedetto, Louis    | Herschman, Abigail      | Moorhead, Anna      | Weinheimer, Kurt      |
| DeBenedetto, Michael  | Hevner, Tiffany         | Nalubola, Shreya    | Wood, Tom             |
| DeBenedetto, Patricia | Hilliard, Phillip       | Niland, Margaret    | Xu, David             |
| DeBenedetto, Peter    | Hollingsworth, Michelle | Nordby, Chad        | Young, Matt           |
| Delen, Nuri           | Huber, Fran             | Oehrli, Robbie      | Young, Stephan        |
| Dietzius, Eric        | Hunt, Andrew            | O'Hara, James       | Young, Suzi E         |
| Dixon, Micah          | Hunt, Elle              | O'Malley, Patrick   |                       |
| Donald, Steven P      | Hunt, Rosalyn           | O'Neill, Courtney   |                       |

## FALL SCHEDULE

You have just survived the hottest summer on record and you can expect more of the same next year. Stop whining and get out the door to enjoy some nice cool fall weather. Start racing right away on September 9 at the Police Pace 5k– it could be your only shot at outrunning a policeman! Hone your racing skills or merely do some social running with your compatriots at the six Weekly Series Races, all held on Sunday afternoons at 2 pm and featuring the two new courses at Northfield and Clarksville Elementary Schools. We think the wildly popular Run Through the Grapevine 8k will be on November 11, but check the Strider website as more information will become available. The Metric Marathon (and 5k) will take place the week after the Grapevine. If you think you can't run 16.4 miles by yourself, then run with a Pepsi Pacer.

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- 9/9 Police Pace 5km  
8:30am Centennial Lake Park  
[www.policpace.com](http://www.policpace.com)
- 9/16 Fall Series #1 – 2mi & 5mi  
2pm Clarksville Elementary School  
[www.striders.net/weekly-series](http://www.striders.net/weekly-series)
- 9/22 Bagel 2 Beer Marathon  
6:45am Wilde Lake Village Center  
[bagel2beer.org](http://bagel2beer.org)
- 9/23 Junior Striders XC Meet  
1pm Centennial High School  
(distances 1k-4k age dependent)  
[www.bullseyerunning.com](http://www.bullseyerunning.com)
- 9/30 Fall Series #2 – 5km  
2pm Northfield Elementary School
- 10/7 Harvest Harrier Trail 5k  
9am Rockburn Branch Park  
[www.bullseyerunning.com](http://www.bullseyerunning.com)
- 10/7 Fall Series #3 – 2mi, 10km, 15km  
2pm Longfellow Elementary School

- 10/13 Baltimore Running Fest – 26.2, 13.1mi  
7:00a Ravens Stadium, Baltimore  
[www.thebaltimoremarathon.com](http://www.thebaltimoremarathon.com)
- 10/21 Fall Series #4 – 2mi, 10km, 15km  
2pm Jeffers Hill Neighborhood Center
- 10/28 USMC Marathon & 10k  
7:55a Iwo Jima Memorial, VA  
[www.marinemarathon.com](http://www.marinemarathon.com)
- 10/28 Fall Series #5 – 5km  
2pm Elkhorn Savage
- 11/4 **Run Through the Grapevine 8k**  
10am Liganore Winery (tentative)  
check [www.striders.net/races](http://www.striders.net/races)
- 11/11 **Metric Marathon & 5km**  
8am Columbia Town Center  
[www.striders.net/races](http://www.striders.net/races)
- 11/18 Turkey Chase 10k & Relay  
8am Nottingham's  
[www.ripitevents.com](http://www.ripitevents.com)
- 11/18 Fall Series #6 – 2mi, 6mi  
2pm Thunder Hill Elementary School
- 11/22 **Turkey Trot Prediction 10k**  
>9:30a Jeffers Hill Neighborhood Center  
check [www.striders.net](http://www.striders.net)
- 12/15 Celtic Solstice 8k  
8:30am Druid Hill Park  
[www.baltimoremarathon.com](http://www.baltimoremarathon.com)
- 1/1 **Resolution Run 8k**  
>9:30a TBD  
check [www.striders.net](http://www.striders.net)

For more information  
and to register, always check  
our website:

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

## PRESIDENT'S LETTER

Wow, what a summer! Record or near record heat every week. A derecho storm tore through Howard County knocking out power and yet, the Striders ran on. The Saturday Bagel Run streak remained intact at 33 years and counting, the WDF 5K didn't stop because of heat and our Next Step Half/Full Marathon program launched in mid-July and now beginning of September for Next Step G.I.R.L.

Nothing stops the Howard County Striders. To the casual runner eye, everything looks calm and normal but we actually have had a lot of activity this summer and the board has been busy.

We have continued to upgrade our equipment for race management and have just received a bigger Strider Race Arch that will allow us to use more timing mats in the future and have a wider finish for runner safety. Three of our top-notch timing crew went to an all day workshop in DC sponsored by Chronotrack to find out about current trends in race management equipment.

*Tacy Powers*, Race Director for WDF 5k, put on another outstanding race despite the hot conditions. The Centennial Fun Runs under *Arleen Dinneen's* leadership once again attracted great crowds and some kids running their first race ever.

Like many of our runners training for fall races, we are now getting ready for a multitude of events from September through December. On September 7, the Striders help the HC High School Cross Country programs by timing all the races at HoCo Invitational. Two days later, we manage the Police Pace 5k that benefits the local police foundation.

In November come three of my favorite events and important Strider races. On November 4, The Run Through the Grapevine 8k takes us back to Linganore winery and the "flat" hills. A week later, under the leadership of new Race Director, *Grace Tran*, we have the Metric Festival with the Metric Marathon and 5k. But that is not all. Thanksgiving brings great food and the Turkey Trot 10k. Time to eat, time to run.

So, a lot happening and with all this, we need volunteers. We have standing committees that you can assist if interested. They are: Premium Design, Shed Equipment

Team, Technology Committee, Nominations Committee (Annual Awards). E-mail me at [president@striders.net](mailto:president@striders.net).

Stay running my friends,

*The Prez*

### YOUR 2012 HOWARD COUNTY STRIDER BOARD OF DIRECTORS

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|                 |                      |
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| Rob Gettier     | Treasurer            |
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| John Bratiotis   | Weekly Series        |
| Marsha Demaree   | Special Programs     |
| Amanda Loudin    | Media-Communications |

To contact any of these individuals, use the secret email protocol:

<boardposition>@striders.net

Don't forget these Strider events this Fall:

Bagel 2 Beer Marathon – Wilde Lake Village Center  
6:45 am, Saturday, September 22, 2012

Run Through the Grapevine 8k – Linganore Winery  
10:00 am, Sunday, November 4, 2012

Metric Marathon & 5k – Columbia Town Center  
8:00 am, Sunday, November 11, 2012

Turkey Trot Prediction 10k – Jeffers Hill Neighborhood Center  
after 9:30 am, Thursday, November 22, 2012

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