

FOOTPRINTS



NEWSLETTER OF THE
HOWARD COUNTY STRIDERS
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STRIDERS SUFFER DECISIVE LOSS AT CHALLENGE

Yuma Ikangaa, the great Tanzanian marathoner, remarked once that the “the will to win means nothing without the will to prepare,” and the racing teams from Falls Road certainly ascribed to that philosophy in their decisive victory at the RRCA 10-Mile Challenge last Sunday in Columbia, MD. Deciding they would motivate themselves during the winter by training specifically for this team event, the Falls Road runners not only did the obligatory speedwork (twice a week at Gilmore High School), but they traveled all the way from Baltimore to practice on the actual 10-Mile Challenge course. They did this three times in the weeks before the race, once when it was raining. They also marked the course for distance and tactical advantages.

The nine other teams (for only teams were allowed to compete) never stood a chance. Lead by Conrad Laskowski (52:55) and Nathan Brigham (53:04) on the men’s team and Christy Ramsey (1:01:36) and Megan DeGregorio (1:02:53) on the women’s, Falls Road Running handily won the men’s, women’s, and combined team competitions, beating local favorite Howard County by over 100 points in the combined category.

The men’s race started out from the Community College with a lead group that turned the first miles between 5:20 and 5:30. Consisting of half a dozen runners from Falls Road plus *Carlos Renjifo*, captain of the Strider team, this group remained intact for



Carlos Renjifo (left) and the lead pack at the mile mark. This photo immediately identifies the problem: he was wearing tights. (photo by Doug Hawkland).

nearly seven miles, winding south through Columbia and then rolling through the hills of the Allview community. “We were working the ups and the downs,” Conrad said, “some pulling us up and others pushing the down.” Exhausted by the hillwork, the band fragmented on the flats after seven miles. That’s when Laskowski and Brigham achieved “separation.” Renjifo hung with them as long as he could, but then fell back to finish third (53:20).

The story was much the same in the women’s competition. Christy assumed an early lead, but her teammate Megan caught

her around four miles, but couldn't pass. Ramsey eventually pulled away and went intermittently out of sight after the hills near mile 7. "I like a rolling course," Ms. Ramsey said.

Actually, the preparations by the Striders were just as thorough as those by Falls Road. Carlos organized three Saturday-morning workouts on the course. Team members (male and female) practiced four 2-mile surges, some of them on the hills and some of them not. "I think we just needed faster legs," a team member commented.

The scoring itself was the most lopsided victory in the history of the Challenge. Falls Road placed 13 men in the top 20 men and 12 women in the top 20 women. Second place Howard County accounted for only 5 men and 5 women among the top 20 in each gender.

The Howard County Striders salvaged some amount of pride by at least finishing second. In third place among the teams was the surprising RASAC (Renaissance All-Sports Athletic Club). "It's the highest we've ever finished," one RASAC runner enthused. Howard County also achieved some measure of distinction by registering more members for the race (208) than any other club.

The locals did enjoy a few other bright spots in the gloom of defeat. However improbable on the difficult course, four of them celebrated personal 10-mile records: *Amanda An* (1:12:40, by six minutes!), *Greg Lepore* (1:08:52), *Conner McIntyre* (1:05:10), and *Michael Mbugi* (1:09:05). *Unsong Ostrowski*, the first woman finisher for Howard County, completed her first 10-mile race (1:05:30). She had a little pacing help from the old veteran *Tunde Morakinyo*.

A total of 680 completed the grueling 10-Miler, which serves as the official Maryland 10-Mile Team Challenge event of the Road Runners Club of America. It was the largest field in the history of the event, which dates to the early 1980's. Although all finishers received painter's gloves and all the GoGurt and bagels they could eat, there was not much in the way of awards: trophies for the overall winners, the men's and women's teams, and big, ungainly "world's ugliest trophy" for the combined team championship. This trophy has come down through the ages like the



Brian Fleming's face belies the agony of defeat. (photo by Doug Hawkland)



Tom Williams turns the last corner near 57 minutes. (photo by Bill Arbelaez)

Stanley Cup. You can view it at the Falls Road Running Store.

The 10-Mile Challenge was directed by *Richard Bernstein* in his final year as director. The 10 Mile Challenge is staged each February, weather permitting, by the Howard County Striders. The Striders wish to thank the Howard County Police, the dozens of course volunteers, the finish line and scoring crews, and the Howard Community College, which provided a venue for the race.

RRCA 10 Mile Challenge
Howard Community College, Columbia, MD
26 February 2012

Top 20 MEN

1. Conrad Laskowski (FR)	52:55
2. Nathan Brigham (FR)	53:04
3. Carlos Renjifo (HCS)	53:20
4. Dustin Meeker (FR)	53:37
5. Vince Collins (FR)	55:09
6. Jesse Jaeger (FR)	55:17
7. Tristram Thomas (FR)	55:22
8. Alex Battaglino (FR)	55:47
9. Ed Aramayo (FR)	55:52
10. Devin Kelly (DC)	55:58
11. Andrew Madison (HCS)	56:18
12. Fliagot Dinku (HCS)	56:59
13. Andrew Parlette (HCS)	56:59
14. Seth Tibbitts (FR)	57:07
15. Tom Williams (HCS)	57:22
16. Chris Snyder (FR)	57:24
17. Daniel Miranda (FR)	57:26
18. Brian Godsey (FR)	57:27
19. Brennan Feldhausen (FR)	57:28
20. Steve Kartalia (WRR)	57:38

Top 20 WOMEN

1. Christy Ramsey (FR)	1:01:36
2. Hegan DiGregorio (FR)	1:02:53
3. Emily Hurley (FR)	1:04:07
4. Lindsay Warfield (WRR)	1:04:35
5. Sage Norton (FS)	1:04:36
6. Denise Knickman (FR)	1:05:24
7. Unsong Ostrowski (HCS)	1:05:30
8. Rebecca Parks (FR)	1:05:47
9. Jill Krebs (WRR)	1:05:54
10. Megan McNew (FR)	1:06:40
11. Caroline Bauer (HCS)	1:07:36
12. Robyn Humphrey (HCS)	1:07:42
13. Carly Page (FR)	1:07:44
14. Pat Wilkerson (HCS)	1:07:56
15. Perla Rodriguez (HCS)	1:08:07
16. Sara Breedlove (FR)	1:08:17
17. Christy Hoppe (RASAC)	1:08:20
18. Christa Wagner (FR)	1:08:53
19. Eileen Fleck (FR)	1:09:03
20. Alyssa Godesky (FR)	1:09:19



Nobody from Falls Road wore tights. (photo by Bill Arbelaez)

Combined Teams (low score wins, top 15 scorers)

1. Falls Road Running	430
2. Howard County Striders	788
3. Renaissance All Sports Athletic Club	1498
4. Montgomery County Road Runners	1848
5. Baltimore Road Runners Club	1889
6. Annapolis Striders	2093
7. DC Road Runners Club	2204
8. Frederick Steeplechasers	2623
9. Westminster Road Runners	3007
10. Prince Georges County	4805

Men's Teams (top 12 men score)

1. Falls Road Running	107
2. Howard County Striders	272
3. Renaissance All Sports Athletic Club	737
4. Baltimore Road Runners Club	868
5. Montgomery County Road Runners	1051
6. Annapolis Striders	1086
7. DC Road Runners Club	1187
8. Frederick Steeplechasers	1802
9. Westminster Road Runners	2243
10. Prince Georges County	3124

Women's Teams (top 6 women score)

1. Falls Road Running	30
2. Howard County Striders	82
3. Montgomery County Road Runners	232
4. Renaissance All Sports Athletic Club	243
4. Westminster Road Runners	243
6. Frederick Steeplechasers	290
8. Baltimore Road Runners Club	338
9. DC Road Runners Club	378
10. Prince Georges County	513

FESTIVUS MAXIMUS

With a slideshow exhibiting the most memorable running events of 2011, over 150 Howard County Striders assembled at the Bain Senior Center on Saturday, January 7, for their Annual Banquet and Awards Ceremony. The group began assembling as early as 4:30 pm, when the social hour really got going.

As they entered, the celebrants dropped off their pot-luck dishes on nine tables: two for salads, five for main dishes and two for desserts. Among the deposits: Indian potatoes, several quinoa dishes, a half dozen pizzas, Maryland cream of crab soup, chicken alfredo, a huge pan of cornbread, several lasagnas, and seven pots of chili of various types. The best dish by far, however, were the tiny pastry cups filled with pizza-like filling. Mmmm.

Near 5 pm, President *Dwight Mikulis* officially commenced the banquet when he requested people to take a seat. He boasted that the Striders were “the best running club in Howard County” and advised people to use sunscreen. “It’s easy to be president,” he said, “when you have so many wonderful people working for you.” He specifically cited immediate past president *Nadia Wasserman*

and last year’s temporary treasurer *Lisa Fichman*.

The president continued by listing the Top 10 Things about the Striders that were so great:

1. Record levels of Membership (thanks to the Chapman and Gessler families)
2. Financial stability (thanks to *Lisa Fichman* and *Rob Gettier*)
3. Strong races like Clyde’s 10k and the Run Through the Grapevine (thanks to all race directors and *Paul Goldenberg*)
4. Record participation in the training programs (thanks to *Marsha Demaree* and dozens of our knowledgeable coaches)
5. Expanded racing team (thanks to *Carlos Renjifo* and *Mark Buschman* and our partnership with Feet First)
6. New media outreach on Facebook, Twitter, etc. (thanks to media guru *Amanda Loudin*)
7. Standing committees on sponsorship and equipment (thanks to *Bill Arbelaez* and *Greg Schuler*)
8. New equipment such as the Arch and Timing Equipment (thanks to *Jim DiSciullo* and *Bill Arbelaez*, again)
9. Junior Strider program (thanks to Coaches *Phil* and *Vicki Lang*)
10. Board participation (skills are broad-based and timely)



The old 2011 Board of Directors. How many of these miscreants can you name? (photo by Mike Fleming)



For many years of service as the webmaster, Brian Fleming received the 2011 President's Award. (photo by Mike Fleming, his father).

After this enumeration, Dwight required the 2011 and 2012 Board of Directors to come to the front of the room. The composition of the incoming 2012 Board differed from that of the 2011 Board only by the subtraction of *Brian Fleming*, as Webmaster, and the addition of *John Bratiotis* as Weekly Series Director. To complement the traditional board positions, *Glenda Rodrigues* moved from Weekly Director to Webmaster. Otherwise, the Board remained the same as last year. Members can still reach any of them by email using the mnemonic: *boardposition@striders.net* where *boardposition* denotes, for example, *president* or *website* or *newsletter*. The audience approved the 2012 Board by unanimous vote.

Before launching into the 2012 budget, Dwight quizzed the audience about copies of an old newsletter left on the tables. He wanted to know how many of the current Board members had been Board members in 1991, the date of the old newsletter. *Phyllis Sevik* correctly answered three [*Jim Carbury*,



These lucky runners found themselves at the head of the food line. (photo by Jim Carbury)

Paul Goldenberg, and *Nadia Wasserman*]. For this feat of clairvoyance, Ms. Sevik received a complimentary entry to the 2012 Clyde's 10k.

The frivolity over, Dwight and Treasurer *Rob Gettier* covered the 2012 Budget, which was summarized on the wall projection. Two questions arose: To what charities were we contributing and how do the projected revenues compare the last year actual revenues? Fair questions. The former question would be answered directly in a few minutes when the Striders presented their annual contributions to charities. The answer to the latter was 2012 assumed less revenue than 2011 (when we made major purchases). Satisfied, the audience then approved the 2012 Budget. Much easier than the U.S. Congress.

Following the business meeting, *Dave Tripp* and *Nadia Wasserman* inducted two new members into the Strider Hall of Fame. The Hall of Fame was instituted in 1998 to recognize Striders who have distinguished themselves as runners and/or volunteers. The Hall of Fame committee consists of all Hall of Fame members. "This year we had a tough time selecting from 15 nominated individuals," Dave said.

The first inductee, *Paul Sobus*, grew up in Howard County with his three brothers, Dan, Tim, and Mark, who all attended Atholton High School and ran for the Striders. During

the 1980's and early 1990's, Paul ran consistently well and served on a number of Strider racing teams. He registered 10k times of 33:16 (Constellation), 33:27 (Clyde's), and 32:04 (Fort McHenry Tunnel Run). He posted times of 53:44 and 53:46 at the Cherry Blossom 10 Miler, and 1:11:20 and 1:11:40 at the Philadelphia Distance Run (half marathon). He ran a 1:32:29 on the notoriously difficult "old course" of the Metric Marathon. Paul represented the Striders four times at the Boston Marathon, where he set his personal record of 2:30:57. He also served with distinction at the 10 Mile Challenge and directly the weekly series of races in the late 1980's. Paul currently resides in Zanesville, IN, with his wife Kerstin and three daughters.

Piriya Pinit, the second inductee, started his running career in the 198's when he saw "old guys" like *Dave Tripp* and *Jerry Warfield* running. Thinking he could beat those old guys (he did, handily), turning in performances such as a 2:50 marathon, 34:44 10k, and a 57-minute 10 Miler at 42 years old. He consistently won age group awards throughout over 25 years as a master runner. He has completed over 23 marathons, all of them in under 3:30. In his 50's, Piriya joined up with *Mick Slonaker* and *Kelly Barton* on a masters team that won the Chicago Marathon. His best race may have been one year at the Philadelphia Distance Run where he completed the half marathon in 1:18. Piriya always wears the Strider singlet in his races, and he always has a nice word to say.

Neither Paul nor Piriya could be present at the Banquet: one was in Indiana and the other in Thailand. However, one of them was in town visiting his parents over New Years, and he received his pewter Hall of Fame plate at the Resolution Run. Piriya plans to return to the US in February and make an appearance at the 10 Mile Challenge.

Remember that obstreperous question about charities to which the Striders contribute? Now it was answered. Right after the Hall of Fame inductions, board member *Paul Goldenberg* escorted to the front a Major Bender from the Howard County Police. There, the Major received a substantial donation from the Striders for the Police Foundation. Paul remarked how greatly we appreciated the police efforts for our races.

"It's nice to have partners like the Howard County Striders," replied the Major.

By this point, the hungry audience was becoming restive, and Dwight quickly ran through the traditional President's thank-you's. He first thanked his wife. Then he immediately apologized to those he didn't thank. Of course, he couldn't thank everyone individually. Rather, he had this list of volunteers, and everyone on the list would receive as a thank-you a special sports bag with the Strider anniversary logo on it. "If you feel that you should be on the list and aren't," Dwight said, "tell John Bratiotis and he'll put you on the list for a bag."

Vice President *Bill Arbelaez* then, at last, began directing people to the food tables. To make the feeding process as orderly as possible, people from only a few tables at a time were allowed to get their food. This procedure seemed to work well, and the expected food massacre never materialized. As the people returning to their tables, with heaped plates, Dwight urged them to fill out the forms for "One Great Idea."

Miraculously, there was enough food. When most of the eating had ended, and the audience was munching on desserts, the Striders offered thanks to several of their special members. *Jeff* and *Karen Cohen* of Feet First got a special thank-you for their support of the Striders. Coaches *Keith Levasseur* and *Grace Tran* of Next Step and Special Programs Coordinator *Marsha Demaree* thanked all the coaches of the myriad of training programs now offered. The deserving coaches had already received excellent premiums through *Russ Antico*, who himself received a special gift (a framed picture) for his support. Dwight personally thanked *Len Guralnick* who had asked him for help once and initially gotten Dwight involved in the Striders. Colonel *Shane Bogan* and Bogan's Hero Friends received recognition for their "social efforts" as well as for tirelessly putting out the bagel bin water on Saturday mornings (help always welcome). "The heros never say 'no'," Dwight said.

"And now comes the fun part," Dwight said, referring to the Runner of the Year awards. "We received many nominations this year and had to make some tough decisions about these awards."



Junior Runner of the Year Tiffany Lang flanked by her mother Vicki and her father Phil. (photo by Mike Fleming)

“Let’s start with the future,” Dwight said and presented the Junior Runners of the Year awards to *Tiffany Lang* and *Gary Smolyak*. Running for Oakland Mills, Tiff seldom ran a cross country race she didn’t win. The list of her triumphs includes the Howard County Championships (19:43) and the 2A Regional (19:25). At States, Tiffany finished second (19:47 on the hilly Hereford course) only to a girl who broke the meet record by 24 seconds. Topping off her senior season, the *Columbia Flier* named Tiffany the Girl’s Runner of the Year.

“First he beat some of the big dogs, and then he beat them all,” Dwight said about the young Smolyak. Running for Atholton, Gary won the Howard County Cross Country Championship (17:20) and Scorpion Crawl 5k (16:42), and turned in a 17:32 at the Bull Run Invitational, a 17:53 at the Maryland 3A Regional (10th overall), and a 17:33 at the 3A State Championships. When he wasn’t running cross country, he was racing on the roads, winning the Musical Madness 5k (17:49) and his age group at the Run for Remembrance 5k (19:02). His achievements merited Gary a place on the Flier’s First Team All-County Boys Cross Country Team. He’s only a junior— he’ll be baaack.

The next awards— the first of their kind— sprang directly from one of the Great Ideas from last year’s banquet: Coaches of the Year awards. The Coaches of the Year award is subdivided into coaches of the Junior Striders and adult Striders. *Pat Huffman* and *Sam Singleton* received the Junior coaching honor.



Adult Coaches of the Year Hafiz “Pain” Shaikh and Faye Weaver. (photo by Mike Fleming)

In particular, Sam provided the Junior Striders track sessions with the first real sprint coach they ever had.

The adult coaches of the year followed in the tradition of *Mick Slonaker* and the first Next Step program, which began as far back as 2004. On the women’s side, *Faye Weaver* earned coach of the year for her work with the Females in Training and Next Step runners. For the men, *Hafiz Shaikh* was the best coach of 2011. Hafiz proved so effective that his padiwans nicknamed him “Coach Pain.” Unfortunately, even Coach Pain was unable to guide Dwight to a personal record. At any distance.

The Master Runners of the Year are familiar stalwarts on the Strider racing teams. On the men’s side, *Peter Keating* was a virtually irresistible force. Way back in February 2011, Pete won his 40-49 year age group at the Penguin Pace (17:49), and a couple weeks late contributed a 58:42 to the Stridermen at the 10 Mile Challenge. He finished first among the 45-49 men at the Cherry Blossom 10 Miler, where he ran an astounding 56:45. He contended for first place at Clyde’s 10k, eventually finishing third overall in 34:46. Peter came even closer to winning at the Peakness 5k (17:44), where he was second overall. He ran his best 5k at the Run for Remembrance (17:23), where he again won the master’s category. Mr. Keating also ran a 2:53:37 (4th, 45-49) at the Baltimore Marathon in October.

Because *Donna Wecker*, Female Master Runner of the Year, entered her fifth decade last year, she might have earned the female grandmaster award. Donna started her racing year last February, when she ran 21:19 (2nd, 40-49F) at the Penguin Pace 5k and finished 11th among all women at the 10 Mile Challenge (1:08:25). In March, she won the 45-49 age group at the Shamrock 5k in 19:46. At the Cherry Blossom 10 Miler, she placed fourth in her age group (1:06:52) and won her age group at Clyde's 10k (42:50). At the Columbia Women's Distance Festival 5k, she was the first masterwoman in 19:27, one of the fastest 5k times by any Striderwoman last year. She concluded 2011 by winning outright the Metric Marathon; with a time of 1:57:31, she was the only woman to break two hours for the 16.4 mile race.

Pat Wilkerson, secretary of the Board of Directors, earned the honor of Female Grandmaster of 2011, and she had little competition. She ran a 20:06 at the Shamrock 5k, where she won her age group. Pat finished third among the 50-54 women at the Cherry Blossom 10 Miler (1:08:58), and finished first among all the master women at Clyde's 10k (42:21). Of course, she was the first grandmaster at the Columbia Women's Distance Festival 5k (20:20), and first again at the Baltimore Running Festival 5k (20:27). Pat was the third woman overall at the Run to Remember 5k (September 11) in 20:20.

By winning the Grandmaster Award, *Dave Berardi* became the only Strider in history to have won Runner of the Year, Master Runner of the Year, and Grandmaster Runner of the Year. Right after he turned 50, Dave didn't waste any time racking up triumphs. He placed second among the 50-54 men at the Celtic Solstice 8k (30:12), ran the 10 Mile Challenge in 1:00:06, placed eighth overall at the Musical Madness 5k (18:44) and fifth overall at the Run For Remembrance 5k (17:56), and was first in his age group at Damien's 5k (17:09). At the Meet of the Miles, Dave was the fastest master runner overall, flashing through the mile in 5:15. Dave's past exploits (he won the Metric Marathon in 1990 and 1991) were historically recounted in the 1991 re-issue of the newsletter that appeared on the Banquet tables.

The Female Ultrarunner of the Year *Jennifer Atkinson* did nine ultramarathons last year, and some of us can't even do nine marathons a year! Among her greatest triumphs were victories at the Rosaryville 50k in July (4:42:10) and the Stone Mill 50 Miler in November (9:41:36). She also finished second at the Catoctin Trail 50k (6:12:22), which was her second ultra in July. Jen returned to her native New Zealand and could not be at the banquet to receive her plate.

Donnie Chapman, Male Ultrarunner of 2011, spent many of his ultras chasing Jen. Just like her, he ran the Catoctin Trail 50k (6:52:21) and the Stone Mill 50 Miler (10:25:20). "It was really 55 miles," he said for the record. Donnie also ran the famous Hinte Anderson Trail 50k (5:31:22) and the infamous Mountain Masochist 50 Miler (10:35:46). "Just call me pops," Donnie joked as he accepted his pewter plate.

Tracy Day and *Lenny Supsic* received the New Runners of the Year awards. To be a new runner, you have to begin running with no previous experience. Tracy began running in 2011 and worked her way up through the Next Step and Females in Training Programs. Originally a treadmill runner, Len joined in March and succeeded in lowering his 10k time from 46 to 39 minutes. He even served as a Pepsi Pacer (7:45/mile) in the Metric Marathon.

Izzy Bowlesby and *Chris Schauerman* shared the award for Most Improved Female Runners of the Year. "They were right there together," Dwight said about their improvements. With *Hafiz Shaikh* as coach, Izzy improved her marathon time from 4:33 to 3:56, while Chris went from 2:07 to 1:55 in the half marathon.

The Most Improved Male Runner of the Year also challenged for the Male Runner of the Year. "He could have won all the Male awards," Dwight said. One example of *Keith Levasseur's* vast improvement in 2011: he lowered his marathon PR from 3:05 to 2:38. And he's not done yet!

Dwight then announced the Volunteers of the Year: *Dennis Albright* and *John Bratiotis*. Dennis not only directed the Clyde's 10k, but he also helped the Striders find a home (in his gym) for their equipment. "He's Mr. Everything," enthused Dwight. "John must have something extraordinary." He proved such a

crucial volunteer that the Board of Directors absorbed him as the Director of the Weekly races.

The final awards for the year went to the Runners of the Year. Both male and female winners were members of the elite Strider racing team, and both supported the team throughout the year.

Female Runner of the Year *Kara Waters* started 2011 off by winning the 35-39 age group at the Rock N' Roll Marathon in Arizona (3:05:28). In February, she overcame all the over-hyped women from Falls Road Running, winning the 10 Mile Challenge for Howard County in a time 1:01:55. She traveled up to New England in April and ran the Boston Marathon in 2:52:05, one of the fastest marathons by Strider women ever. In the fall, Kara ran the Baltimore Half Marathon in 1:24:07, finishing second among all women.

Male Runner of the year *Mark Buschman* began the racing year by rushing the field at the Penguin Pace 5k (17:21). A few weeks later, Mark contributed greatly to The Cause by finishing tenth at the 10 Mile Challenge with a 55:39. He ran wild at Cherry Blossom, where he finished with a personal record 53:23. Like Kara, Mark traveled north for the Boston Marathon. There he ran the fastest 26.2 miles of any Strider in 2011: 2:33:23. He also ran the Berlin Marathon (2:36), where he had a famous discussion with *Pekka Stenholm* about the Run Through the Grapevine. Mark finished fourth at Grapevine on the new course (30:56), which was probably more accurate than the old course. He capped the year by completely overwhelming the field at the Metric Marathon, which he won in 1:35:05 without no stinking pacers.

After the award presentations, everyone rushed from the cafeteria to pick up their Howard County Strider bags. The meeting officially adjourned at 7:45 pm.



Runners of the year Kara Waters and Mark Buschman. (photo by Jim Carbary)



Some of what you missed if you were at the back of the foodline. (photo by Mike Fleming)

RAINBOW RESOLUTION RUNNERS

Until today, no Strider prediction run had ever been held anywhere except at the Jeffers Hill Neighborhood Center. But because New Year's Day fell on Sunday this year, and because religious services were to be held at Jeffers Hill in the morning, the Striders moved the Resolution 8k Prediction Run to a new venue, Phelps Luck Neighborhood Center, at a new time of 2:30 pm. Otherwise, the 2012 Resolution Run closely resembled the others that preceded it. No watches were allowed, runners started any time after 2:30 pm, and the route went 8 km along the bike path through Phelps Luck, Locust Park, and Jeffers Hill. The objective was to finish as close to 4 pm as possible. No one wanted to finish later than 4 pm because the Ravens-Bengals game was at 4:05 pm.

The weather turned ugly about 2:30 pm. After rain showers, the Sun appeared and briefly projected a rainbow. Then it vanished and gave way to cloudy drizzle. *Gloria Serrao* was just jogging along with her friend *Leslie Nissenberg*, who had once finished second at one of those Turkey Trot Prediction runs. The girls enjoyed a long conversation on the last two miles, which were all uphill. *Greg Schuler* flashed right before the finish and they didn't think he had *any* chance of winning. Instead, Gloria won— only three seconds past 4 pm! "We trained for this by eating donuts," Gloria said.

Event director *Len Guralnick* wanted to make sure no one went without a donut at the post-race ceremonies, so he ordered 14 dozen, and a vast surplus ensued because only 120 completed the resolution run. "It's hard to tell what the donut appetite is at this time of day," Len said.

In addition to Gloria's glory, the Striders took advantage of the gathering and inducted *Paul Sobus* into the Hall of Fame. Paul, who lives in Indiana, happened to be in two with his wife and kids for New Year's, and the Striders invited him to the Resolution Run to present him with his pewter plate. Paul and his family moved west in the 1990's and have scarcely been heard from since. A separate column details Paul's exploits and his contributions to the Striders.



Winner Gloria Serrao (left) and her third-place sidekick Leslie Nissenberg eager for the donuts. (photo by Dave Tripp)

TOP FINISHERS 2012 RESOLUTION 8k RUN Phelps Luck, Columbia, MD

83. Kevin Spaulding	3:58:56
84. William Carballo	3:59:00
85. Paul Goldenberg	3:59:01
86. Michael Dusenbery	3:59:08
87. Xinhua Xu	3:59:08
88. James Scarborough	3:59:15
89. Paula Shepherd	3:59:18
90. Sarah Beach	3:59:20
91. Karen Feinberg	3:59:28
92. John Way	3:59:50
93. Greg Schuler	3:59:56.86
94. Gloria Serrao	4:00:03.03
95. Leslie Nissenberg	4:00:04.32
96. Bob Patchan	4:00:08
97. Alan Murray	4:00:09
98. Jerry Warfield	4:00:13
99. Jonathan Kennedy	4:00:21
100. Diana Broensen	4:00:41
101. David Riddler	4:00:49
102. Julie Riddler	4:00:49
103. Fred Towner	4:01:11



At the Junior Olympics in Myrtle Beach, SC, the third-place 17-18 Young Women's team flanks Coach Phil Lang of Bullseye Running. (photo by Bullseye Running)

JUNIOR COMPETITIONS THIS WINTER

The Columbia Flier announced the All-County Cross Country Teams late last year, and Howard County Striders packed both the boys' and girls' teams. At the top of the All-county Girls' team stood *Tiffany Lang* from Oakland Mills. Tiff had an outstanding year with several cross-country victories to her credit and a second place at States. She also won a Junior Strider of the Year award. The All-County Girls also included *Nicole Dawson* (senior at Hammond) *Hannah Mansbach* (junior at Glenelg Country School) and *Julia Nardone* (freshman at Glenelg).

The Boys team included *Danny Rau* (junior at Howard), *Gary Smolyak* (junior at Atholton), *Thomas Brumbaugh* (sophomore at Oakland Mills), *Praney Patel* (senior at Centennial), and *Eddie Quinn* (sophomore from Atholton). Gary went on to win the Junior Male Strider of the Year Award.

High School running wasn't all that young Striders did last winter. On December 10, 32 Junior Striders competed in cross-country races at the USATF Junior Olympics in Myrtle Beach, SC. When the dust settled, three of them had achieved All-American status by finishing in the in the top 25 in their respective races: *Tiffany Lang*, *Hannah Mansbach*, and *Danny Rau*. In addition, the Junior Strider team finished third among the 17-18 young women (Lang, Mansbach, plus *Caragh MacDermott*, *Shira Winston*, *McLane Swanhart*, and *Katelyn Ogden*).

At the State 2A Championships at the PG Sports Complex on February 20, Ms. Lang was third in the 800m (2:25) and second in the 1600m (5:24). In the 3A Championships a day later, *Nicole Dawson* placed fourth in the 3200m (12:07), while Gary Smolyak finished tenth in the 1600m (4:42) and Danny Rau was eighth in the 3200m (10:02).

PENGUINS ARISE!

When the 2012 Penguin Pace began, one woman shot to the front of the women's field so fast that the core of the Strider women's racing team thought she would have won the race, but the trio of *Robyn Humphrey*, *Caroline Bauer*, and *Pat Wilkerson* worked together and slowly reeled in the frontrunner. After a mile and half, mostly downhill, they caught the leader on the backside of the hilly course through the Beaver Brook community and overtook her. "We think she was from Falls Road [rival running club]," Robyn said. Beating Falls Road didn't settle the issue, however, as Robyn, Caroline and Pat together continued to "crank up that last hill." With a last gasp of speed, Humphrey nosed ahead of her two rivals on the final slope on Elliot's Oak and pulled away to win in 20:04. "I've never broken 20 minutes on this course," Robyn noted, but she came *really* close this year.

In spite of running 10 miles the day before, *Karsten Brown* had little trouble dispatching the men's field at the Penguin Pace. He took the lead after the first quarter mile and never looked back. He didn't even wear his racing flats. When he got to the starting line, Karsten looked down and realized he was wearing his old, beat-up training shoes with 1500+ miles on them. "I don't think they made a difference," he said. He finished in 17:26.

The top male and female finishers and all age group winners received as awards the signature Penguin Pace cap, which is ideal for winter running.

The very hill course wound downhill through the Longfellow neighborhood of Columbia and then circled around Beaver Book. A long steep uphill challenged runners in the last mile of the 3.1-mile race. It was a difficult course on which to set a personal record, but *Amanda An* managed to do just that with a time of 21:34. A former coach in the Striders Next Step program, Amanda also ran that 10 mile race the day before. "But that was the marathon program, not the 5k," she noted.

A little light snow and wet roads didn't stop 384 from finishing. A record field of 500 entered the race, which closed out for the



Tunde Morakinyo crosses the finish line well ahead of the women. (photo by Steve Anderson)



Amanda An set an improbable PR. (photo by Steve Anderson)

second year in a row. The large turnout didn't come for the hilly course, though, they came for the sumptuous post-race brunch catered by the Elkridge Furnace Inn (circa 1744), which provided croissants, scones, muffins, and fruit salad. And there was enough food left over that participants could take some home for their Superbowl parties.

Glenda Rodriguez made her debut as race director at the Penguin Pace 5k. The Striders wish to thank the Howard County Police for providing traffic control, and also the dozens of Strider volunteers on the course early on a dreary Sunday morning.

PENGUIN PACE
Columbia, MD – February 5

Overall Male

1. Karsten Brown (Front Royal, VA) 17:26

Overall Female

1. Robyn Humphrey (Ellicott City, MD) 20:15

1-14 Male

1. Daniel Smolyak (Clarksville, MD) 21:48

2. Jackson Koepke (Ellicott City, MD) 24:37

3. Samuel Garner (Odenton, MD) 24:44

1-14 Female

1. Gabriella Esquivel (Clarksville, MD) 28:09

2. Emma O'Brien (Columbia, MD) 30:30

3. Kate Johnson (Columbia, MD) 30:34

15-19 Male

1. Gary Smolyak (Clarksville, MD) 18:28

2. Nolan Dunnigan (Ellicott City, MD) 20:21

3. Joe Menton (Ellicott City, MD) 22:56

15-19 Female

1. Jessica Duggan (Columbia, MD) 23:37

2. Samantha Vermillion (Savage, MD) 28:43

3. Sarah Harbinson (Ellicott City, MD) 31:20

20-29 Male

1. Ben Hemler (Mount Wolf, PA) 23:14

2. Bruce Chambliss (Arbutus, MD) 24:07

3. Brian Gulden (Hanover, MD) 25:27

20-29 Female

1. Caroline Bauer (Columbia, MD) 20:21

2. Christa Wagner (Baltimore, MD) 20:44

3. Amanda An (Ellicott City, MD) (PR) 21:37

30-39 Male

1. Joel Gladfelter (Baltimore, MD) 18:14

2. Sigurd Knippenberg (Columbia, MD) 20:26

3. Joshua Marsh (Baltimore, MD) 20:36

30-39 Female

1. Tiffany Hevner (Columbia, MD) 20:38

2. Heather Purcell (Arlington, VA) 21:32

3. Rebecca Skaar (Baltimore, MD) 21:49

40-49 Male

1. Akintunde Morakinyo (Ellicott City, MD) 19:35

2. Gregg Ford (Reisterstown, MD) 19:48

3. Dennis Albright (Ellicott City, MD) 20:20

40-49 Female

1. Michele Firlie (Mt. Airy, MD) 23:12

2. Marsha Demaree (Marriottsville, MD) 23:23

3. Maura Dunnigan (Ellicott City, MD) 24:11



With her son Tim, founder and grand diva of the Penguin Pace Arlene Dinneen cross the finish line. (photo by Steve Anderson).

50-59 Male

1. John Chall (Crownsville, MD) 19:56

2. Yasuo Oda (Ellicott City, MD) 20:38

3. Mark Rosasco (Arnold, MD) 20:59

50-59 Female

1. Pat Wilkerson (Columbia, MD) 20:27

2. Dorothy Beckett (Columbia, MD) 22:05

3. Carole Rosasco (Arnold, MD) 23:34

60-69 Female

1. Adele Snowman (Cockeysville, MD) 32:03

2. Frances Daum (Elkridge, MD) 33:16

3. Mary Carter (Columbia, MD) 33:56

60-69 Male

1. Patrick Gary (Manchester, MD) 21:28

2. James Carbary (Columbia, MD) 21:42

3. Ronnie Wong (Catonsville, MD) 22:12

70-99 Female

1. Dolores Stewart (Columbia, MD) 34:45

2. Jean Evansmore (Ellicott City, MD) 37:00

3. Mary Brandenstein (Ellicott City, MD) 44:52

70-99 Male

1. William Brandenstein (Ellicott City, MD) 29:02

2. Warren Pitts (Baltimore, MD) 29:38

3. Dennis Atkins (Columbia, MD) 45:33

ROAD WARRIORS OF THE WINTER

The Howard County Road Warriors have never before experienced such a mild winter as that of '12. With very little snow and ice, and generally mild temperatures, they scarcely had to wear tights. Too bad there we're more races!

CELTIC SOLSTICE 5 MILER Druid Hill Park — December 17

3. Carlos Renjifo	26:03
6. Kent Werner (3rd, 30-35M)	26:35
10. Mike Colaiacovo (1st, 40-44M)	27:04
Keith Levasseur	27:26
Brian Fleming	28:39
Jason Tripp (2nd, 35-39M)	28:42
Nikolas Harvan-Matosich	30:47
John Chall (3rd, 50-54M)	31:06
Paul Kirk-Davidoff (3rd, 16-20M)	31:08
Isaac Kirk-Davidoff	31:21
Steven Muchnick	31:40
Hafiz Shaikh	31:57
Caroline Bauer (4th F)	32:16
Elizabeth Blom (3rd, 30-34F)	33:10
Kenneth Sevik (3rd, 45-49M)	33:13
Steve Meininger	33:14
Bob Burns (3rd, 55-59M)	33:15
Fred Towner	34:07
Janeth Scott (1st, 45-49F)	34:36
Pat Wilkerson (2nd, 50-54F)	35:19
Bram Arrington	35:29
Ronnie Wong (1st, 65-59M)	35:26
Daniel Kirk-Davidoff	35:31
Grace Tran	35:49
Dennis Albright	35:58
Bramley Lowe	36:07
George Kroecker	36:08
Phyllis Sevik	36:24
John Bratiotis	36:45
Marc Burger	37:01
Katrina McGowan	37:01
Marsha Demaree	37:4
Mike Fleming (2nd, 65-59M)	38:19
Jim Grover	38:19
Aleah Zinalabedini	38:37
Christine Josey	38:47
Dean Siedlecki	39:07
Karl Barrus	39:19
Dwight Mikulis	39:30



Caroline Bauer finished fourth among all the women at the Celtic Solstice. (photo by Clay Shaw)

Leslie Burge	39:50
Faye Weaver	39:55
Jim Mahoney	40:17
Carrie Anderson	40:27
Pamela Jock	40:35
Tim Jock	40:35
Bill Arbelaez	41:03
Jeff Six	41:05
Lili Barouch	41:28
Jennifer Hayashi	41:49
Steven Albertini	42:09
Wendy Silver	42:39
Jessica Pearsall	43:06
Julie Skinner	44:00
Susan Kim	44:18
Glenda Rodriguez	44:19
Emily Howe	44:24
Emily Elkonoh	46:06
Michael Elkonoh	45:11
Phil Heiliger	46:35
Yvette Oquendo-Burrez	47:09
Debbie Grover	48:43
Cindy Six	51:07
Susan Watson	52:22
Rosa Kirk-Davidoff	53:55
Heather Kirk-Davidoff	54:25
Christina Caravoulis	1:03:07

This hugely popular pre-Christmas race drew a total of 2801, and a vast number of them were from Howard County. No snow this year.

COLUMBIA 50k
Lake Elkhorn — January 7

1. Karsten Brown	4:25
2. Keith Knipling	4:49
3. Donnie Chapman	5:15
4. Adam Watkins	5:33
5. Henry Peck	5:34
5. Kaylyn Peck	5:34
7. Carlos Castrillon	5:41
8. Todd Pearsall	5:48
9. Art Perraud	5:56
10. Paul Crickard	5:58
11. Jerry Meyer	6:03
11. Tom Haine	6:03
13. no name	6:33
14. Nelson Stritehoff	6:39
15. Tom Green	7:28
16. Joe Hanle	8:04
17. Nick Yeates	8:18

The 19th annual Columbia 50K was run on Saturday, January 7, starting at 8am. About 50 people showed up to run. There were 17 runners who completed the double out and back course from Lake Elkhorn through the trails at Wincopin. Other participants ran distances ranging from 13 to 25 miles. Afterwards many runners enjoyed post race food prepared by Charlotte Stritehoff. A special thanks to *Tom Green* for aid stations and *Judith Weber* for food and drink at start/finish. [Submitted by Nelson Stritehoff.]



Accepting the Goofy Challenge, Mel Quecan high-fives with one of the Disney characters. (photo by Walt Disney World)

WALT DISNEY HALF MARATHON
Orlando, FL – January 7

Mel Quecan (4th, 70-74M)	2:05:18
Marc Wensen	2:25:54
Lauren Wensen	2:39:29

WALT DISNEY MARATHON
Orlando, FL – January 8

Hazel Chase	3:50:33
Lauren Wensen	4:41:44
Marc Wensen	4:41:46
Mel Quecan	5:15:12
Cindy Six	5:17:03
Jeff Six	5:17:03
Chimene Castor	6:31:11

The Goofy Challenge is “for those who think a mere marathon is just a walk in the park.” The Goofy Challenge is this: run the half marathon of Saturday and then run the full marathon on Sunday. *Mel Quecan* and *Marc* and *Lauren Wensen* did. 22441 completed the half and 13519 did the full.

HIGH CLOUD SNAPPLE
 HALF MARATHON
 Carderrock, MD — January 29

3. Karsten Brown	1:13:01
4. Keith Levasseur (1st, 30-39M)	1:13:51
Ted Pouolos (1st, 50-59M)	1:19:48
Yasuo Oda (3rd, 50-59M)	1:25:11
Grace Tran	1:33:34
Bromley Lowe	1:36:32
John MacMillan	1:38:47
Carrie Anderson	1:39:08
Karl Burrus	1:49:49
Aimee Goldman	2:33:34

No snow for this race, either. 470 finished.

MID-MARYLAND ULTRA 50k AND RELAY
 Elkridge, MD – February 11

1. Keith Levasseur	4:11:12
6. Adam Wytko	4:27:30
Donnie Chapman	5:08:45
Caroline Bauer (3rd F)	5:08:45
Hazel Chase (4th F)	5:30:30
Amanda An (5th F)	5:33:25
Tammy Liu (7th F)	5:48:44
Todd Pearsall	5:59:48
Carlos Castrillon	5:59:48
Aleah Zinalabedini	6:53:20
Judith Weber	6:53:40
Dane Jeeter	6:59:30

The 50k consisted of five loops around Rockburn Branch Park. An inch or so of snow had fallen the night before and made the course a sloppy mess during the first loop. After the first loop, the course had become a quagmire. There was a high attrition rate, but 79 “stuck it out” and finished. Amazingly, runners came from 12 states to run this thing. Uno’s from the Columbia Mall brought some soup and pizza in the middle of the event. The team of *Yasuo Oda, Bob Burns, Tunde Morakinyo, Kevin Reynolds, and David Horrocks* beat 16 other relay teams with a time of 4:50:40, but they had to make up a huge deficit in the final loop. “This was the *real* tough mudder,” *Donnie Chapman* commented after the race.

GEORGE WASHINGTON BIRTHDAY
 MARATHON
 Greenbelt, MD – February 19

4. Karsten Brown	2:54:25
Carrie Anderson	3:57:58
Ronnie Wong	4:09:48
Karl Burrus	4:39:35

This is one of the oldest marathons in the nation. 206 finished.

HASHAWHA HILLS 50k
 Westminster, MD — February 25

3. Jeffrey Garstecki	4:29:42
Donnie Chapman	5:04:29
Art Perraud	5:22:47
Elizabeth Nickle	5:24:51

29 finished. The day after, Donnie ran the 10 Mile Challenge. Sort of.

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

<boardposition>@striders.net

WELCOME NEW MEMBERS:

232 New Members
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Alexander, Bob	Hall, Lucinda	McClung, Jason	Smith, Lawrence
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Baker, Julie	Hartke, Kimberly	Mulindwa, Alan	Stark, Andrew
Ball, Andrea	Hartz, Kash	Nandi, Shyamalesh	Stark, Jackie
Ball, Roy	Hartz, Kevin	Norton, Allison	Staub, Stephanie
Balz, Joanna	Hay, Nichole	Norton, Brooke	Steele, AnneMarie
Banerjee, Paromita	Heidebrecht, Dana	Norton, Darlene	Stegall, Julianna
Barnosky, Jo	Hensley, Deborah	Norton, Michael	Stewart, Dodie
Beyer, Otto	Hessler, Anya	Novak, Jeanette	Stone, Zane C
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Brickner, Barrie	Hessler, Patti	Ostrowski, Scott	Sutherland, John
Canos, Daniel	Heyssel, James	Ostrowski, Tyler	Sutherland, Katherine
Castor, Chimene	Hitman, Sonja	Otto, Coni	Sutherland, Sam
Chamberlayne, Caleb	Hof, Amanda	Otto, James	Thomas, Greg
Chong, Rachel	Hof, Ashley	Page, K.	Uzzell, Stephen
Cioffi, Jim	Hof, Jason	Passman, Hannah	Van Buren, Derek
Coiro, Gary	Hoover, Sarah	Pavao, Alexandra	Vernon, Janine
Dougherty, Joe	Jang, Kevin	Pavao, Joe	Vernon, Madison
Eckstrom, Claudia	Jeeter, Dane	Pavao, Ken	Vernon, William
Eckstrom, John	Johnson, Eric	Pendergast, Rebecca	Vo, Dong
Eng, Colin	Johnson, Tegest	Petersen, Jennifer	Vo, Nhi
Eng, Evan	Jordan, Brian	Petro, Steve	Vo, Trung
Eng, Lisa	Jordan, Michelle	Prestel, Timothy	Warburton, Brooke
Erdman, Michele	Kieffer, Gordon	Prinzivalli, Steve	Ward, Brooks
Erdman, Terry	Knippenberg, Cody	Reid, Robert	Ward, Susan
Farb, Amy	Knippenberg, Miya	Rickard, Titan	Watson, Rebecca
Farb, Liana	Knippenberg, Sigurd	Robinson, Elizabeth	Weaver, Mark
Farb, Ron	Kovach, Conner	Rodriguez-Smith, Michele	Weaver, Michelle
Farias, Lisa	Laborwit, Gabrielle	Rogan, Ally	Weaver, Rebecca
Filipezak, Anna	Laborwit, Lisa	Romandy, Samantha	Weaver, Rob
Floyd, Amy	LaBorwit, Scott E	Rowles, Angela	Weiss, Henry
Floyd, Kathleen	Lande, Robert	Salim, Caroline	Weiss, Kathleen
Ford, Gregg	Landrus, Alexa	Salim, Debbie	Wheeler, Scott
George, Philip	Laurer, Kristen	Salim, Katie	Whylie, Natalie
Gettier, Kyle	Le, Dung	Salim, Maryann	Whylie, Osei-Sekou
Gilchrist, Teresa	LeCompte, Brian	Salim, Mubadda	Whylie, Whitfield
Grable, Cameron	Levin, Jeana	Saula, Benjamin	Windapo, Adeniyi
Grable, Corey	Levin, Ryan	Saula, Lisa	Windapo, Adeyemi
Grable, Jordan	Loeffler, Richard	Saula, Mitchell	Windapo, Adeyinka
Grable, Julia	Logue, Tom	Saula, Sadie	Windapo, Ibiyinka
Grable, Zach	Lubinski, Jennifer	Schmid, Mark	Windsor, Tyler
Grauel, Kate	Lundberg, Angeliqye	Sebring, Angela	Wittholz, Jack
Grauel, Morgan	Lyons, Barbara	Shepherd, Mike	Wittholz, Kate
Grauel, Phil	MacLellan, Ann	Sheppard, Doreen	Wittholz, Mark
Grauel, Philip N	MacLellan, James	Shimabukuro, Conor	Wittholz, Sandra
Greenidge, Dolan	MacLellan, Kaley	Shimabukuro, Ryan	Wnuk, Matthew
Griffiths, Keira	MacLellan, Margaret	Sigur, Keith	Woods, Aaminah
Groman, Lawrence	MacLellan, Thomas	Sigur, Lauren	Woods, Kailyn
Grossi, Nicholas	Magoon, Emily	Sigur, Marnice	Woods, Kerry
Grossi, Tyler	Magoon, Lori	Sigur, Morgan	Wright, Ian
Hackeling, Hope	Mamgain, Sachin	Sigur, Taylor	Wright, Rachel
Hall, Fergus	Mang, Stephen	Smith, Connor	
Hall, Hugo	Maree, Cindy	Smith, Edith	
	Martell, Julie	Smith, Jon	
	Martin, Brian	Smith, Kendra	
	Martin, Tamara		
	McClung, Ava		

SPRING SCHEDULE

Celebrate the Spring with the Howard County Striders! Astronomically, Spring begins on March 20, but the Striders start spring with the Junior Striders Track and Field program on March 26. They will hold practices at two places depending on events; you must check the website. Give your kid(s) some space and sign up early for this popular program!

Coordinated by *John Bratiotis*, the Spring Series begins on Sunday, April 1, at Burleigh Manor, and runs through June 24, when the awards ceremony will be held. There will be new and imaginative awards this Spring, so be sure to accumulate enough points to win something.

If you're going to be racing your first 10k or 10 miler, or want to improve at these distances, check out the Next Step program beginning on April 3 at Centennial High School. We hear the coaches are really swell.

The Spring racing season reaches its frenzied apex on April 15 at the Clyde's 10k. Even if you don't win anything, and chances are you won't, you can luxuriate at the festive post-race brunch that Clyde's offers all runners. The beer is free and never runs out.

Those wacky triathletes will be at it again on May 20 at the Columbia Triathlon. Some of your favorite Striders will be attempting the 1.5k swim, 24mi bike, and 10k run. Will the weather be fair or fowl? Here's an interesting factoid: the swim has never been canceled on account of weather at this event.

You can do real fun running next week at the All-Fruit Relay. Teams of four relay their favorite fruit through 2-mile loops around Oakland Mills. After the race, you get to eat your fruit! And they say runners are dull.

3/26 Junior Striders Track Program begins
6pm Oakland Mills High School OR
630pm Atholton High School
www.striders.net/programs/junior/spring/2012

4/1 Spring Series #1 – 2mi, 5mi
2pm Burleigh Manor Middle School

4/3 Next Step 10km/10mi begins
630pm Centennial High School
www.striders.net/programs/next-step-10k/spring/2012

4/6 Viking 5k and 1 mi Fun Run
9am Mt. Hebron High School
viking5k.wikispaces.com

4/15 **Clyde's 10k**
8:15a Columbia Town Center
www.striders.net/races/clydes/2012

4/22 Spring Series #2 – 2mi, 10km, 15km
2pm Longfellow Elementary School

4/29 Spring Series #3 – 2mi, 10km
2pm Thunder Hill Elementary School

5/12 Musical Madness 5k and 1k Fun Run
8am Maple Lawn Town Center
musicalmadness.wikispaces.com

5/13 Spring Series #4 – 1mi, 5km
2pm Swansfield Elementary School

5/20 Columbia Triathlon
7am Centennial Lake Park

5/27 All Fruit Relay – 4 x 2mi
2pm Oakland Mills Middle School

6/3 Spring Series #5 – 2mi, 10km, 15km
2pm Jeffers Hill Neighborhood Center

6/10 Spring Series #6 – 2mi, 10km
2pm Lake Elkhorn

6/24 Spring Series Awards – 5km
2pm Hammond High School

For up-to-the-minute
information on all Strider activities, check:
www.striders.net

PRESIDENT'S LETTER

In this newsletter, my message comes from some correspondence that I recently had with a very nice member of the club. I'm always interested in hearing from individual members and this runner took the time to discuss a couple of issues. The issue that I was a little surprised to hear about was the concern by the runner that our club was focused on the "elite runners." This could have been true in the beginning of the club when the early pioneers were pretty fast runners and there were epic battles even at the Weekly Series. But sometimes, perception is reality, so I responded with the information below to perhaps broaden the perspective of the member and now for the entire club.

[From my letter below with some small additions/changes not in the original letter]

Now to a very important point that you made. You have indicated that as a "back of the pack" guy, many people are indicating that the club is focused on the elite runners. This is an interesting point because I am a back of the pack guy, having never broken 4 hours in the marathon and I believe one of the slowest runners that the membership has ever elected President.

But, the board concentrates the club's efforts on the entire membership. Under *Carlos Renjifo's* leadership, we have created the development team which is where aspiring Strider runners, who don't yet qualify for the "Elite" team, can get support, wear our colors at races and spread the Howard County Striders message. (As an aside, for the latest 10 Mile Challenge, we had 196 HC Strider finishers. The club paid for the cost of each of these runners and you can be assured that not all 196 of us are elites.)

So, we haven't forgotten the faster runners but that is not where the majority of effort is made these days. And perhaps the group that you generally run with have not plugged into where hundreds of members now connect to the Striders.

Our Next Step training programs under Special Programs Director, *Marsha Demaree*. We now have training programs that begin with Hibernation to 5K in February that includes many beginners and "back of the

pack" runners along with veterans that want to shake off winter. The Next Step 10k/10 mile program includes what we call "builders" (slower/newer runners) along with veterans striving for PRs that runs from April to June. We added the half marathon part to the Next Step Marathon program in the summer because many women runners are doing that distance and also sometimes "back of the pack" runners no longer want to run 26.2.

Combined with the literally hundreds of women who participate in Next Step F.I.T. in the spring and Next Step G.I.R.L. in the fall along with now nearly 50 to 60 Striders who serve as volunteer coaches, we are absolutely reaching the less than elites. We have two specific races, Resolution Run and Turkey Trot, that don't care about speed and 28 Weekly Series races that cost \$1 for members. These now attract record runners. We have done 2 surveys to solicit input for One Great Idea from club members and have implemented ideas from that including new courses for the Weekly Series. (No idea involved elite runners)

We have implemented a Facebook page where over 500 members already can make any comment they like and get rapid response from people on the board or race directors or program directors. We have instituted a Meet-Up group (open to any Strider) for runs through our website and now nearly 15 to 20 runners show at Feet First (kind of like Saturday Bagel Run) every Thursday for runs from 3 to 6 miles at 11 min down to 7 min pace. (Not really elite)

Financial information including budgets and Club tax filings along with board meeting synopsis are available for all members to review on a monthly basis.

So, perception can be reality but sometimes reality is actually different than we think. Visit our website, www.striders.net and find out because we need to reconnect in our own fashion with the opportunities of the best running club in Maryland.

See you at Clyde's running or volunteering or good luck at Boston,

The Prez
Dwight Mikulis
2012 HC Striders President

Don't forget these Strider events this Spring:

Clyde's 10k – Columbia Towncenter
8:15 am, Sunday, April 15, 2012

Columbia Triathlon – Centennial Lake Park
7:00 am, Sunday, May 20, 2012

All-Fruit Relay 4 x 2 mi – Oakland Mills Middle School
2:00 pm, Sunday, May 27, 2012

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