

FOOTPRINTS



NEWSLETTER OF THE
HOWARD COUNTY STRIDERS
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LOST IN THE GRAPEVINES

The Run Through the Grapevines 8k at the Linganore Winery tests runners' abilities to climb extreme up and down hills, ford streams, cross muddy terrain, and avoid tangled roots and vines— as well as their ability to follow a marked race course that actually did pass back and forth through grapevines. Unfortunately, the top three runners in the race flunked the last part of the exam. Less than half a mile from the finish, the trio of *Adam Wytko*, *Steve Olenick*, and *Sean Trombly* were well ahead of the rest of the field but somehow missed the last turn into the last set of grapevines. Before they recognized their error, they had overshot most of the grapevines and turned up an earlier part of the course, eventually finding themselves wandering among cars in the parking area. Olenick and Trombly dutifully followed the leader Wytko in this escapade.

Not knowing the leaders' errors, *Ryan Hevner* and *James Blackwood* were running just behind and did make the correct turn. "I thought I was running for fourth or fifth," said Blackwood, who let Hevner pass him in that last set of 'vines, "and I thought fifth was pretty respectable." They were surprised to learn they had finished first and second when they crossed the finish line. "I had run the last half mile during warm-up," Blackwood confided, adding "and there was an arrow [to mark the turn], too!"

The women's race featured a different type of drama between two women who run the Grapevine race each year to see who's the best. Although they train together regularly,



Daniel Kirk-Davidoff wore the t-shirt from the 2004 Run Through the Grapevine, which took place on Halloween that year. (photo by Mike Fleming).

Sherry Stick and Jill Krebs attacked each other mercilessly during the 8 km race. First one would go ahead, and then the other, up and down the extreme hills and through the root-tangled woods and especially on the muddy hill half way through the race. "It was a real death match," Jill said, "just like in the last few years." This time, Stick emerged victorious, crushing her rival on the last agonizing uphill in through the last grapevine. "We didn't have any trouble with the turn," Sherry said.

The top Striderwoman to finish was *Donna Wecker* (36:30). Now a grandmaster, Donna had a secret weapon— she trains on the wild trails of Patapsco State Park. The hills and the mud and grass of Linganore didn't bother her in the least.

Of particular note was the performance of *Keith Levassuer*, who ran the Baltimore Marathon a few weeks before in 2:46 while wearing flip-flops. Just the day before the Grapevine race, Keith had completed the Mountain Masochist 50 Mile Trail Run, negotiating snow (from Hurricane Sandy) up to a foot deep, as well as the usual assortment of ultra miseries. Keith finished the Grapevine 8k in an astounding 32:20 and placed second among the 30-34 men. He did not wear flip-flops, though. Keith and James Blackwood, along with *Grace Tran* (who also finished that 50-Miler!), also served on the “We R Wine Bottles” team that finished first in the Open Coed Team Division.

The great excitement of this race lies in its team competition. A total of 26 teams of four or more runners competed in six categories from Open Male and Open Female to Family. Here's a tip: if you are thinking about forming a team next year, only one team each registered for the Open Male and Master's Male categories. Thus, the “PGRC Stompers” in the former category and “OMG” in the latter achieved perfect scores of 10. “We don't have to tell anyone,” commented OMG member *Doug Hawkland*.

The 2012 Run Through the Grapevine closed its registration after reaching the limit of 800 three weeks before race day. 669 runners completed the arduous race. The top runners in each gender earned gift certificates to Feet First of Columbia, as well as cash awards. Age group winners and winning teams earned bottles of wine or gift certificates for wine from the Linganore Winery. After the race, the sun came out, and many stayed around to lounge in the grass and munch crackers and cheese and sip wine. Everyone who crossed the finish line received a genuine Run Through the Grapevine wine glass so they could drink their wine. Registered runners also received a long sleeved t-shirt designed by the new Strider Design Team headed by *Julia Skinner*.



Grandmaster Donna Wecker, third place overall (photo by Mike Fleming)

As he has for many years, *Jason Tripp* directed the race. The Strider racing team provided several of the course marshals. The Striders thank Anthony Aellen, proprietor of the Linganore Winery in Frederick County, for the use of his grapevines.

RUN THROUGH THE GRAPEVINE 8k Linganore Winery – November 11

Overall Female

- | | |
|----------------------------------|-------|
| 1. Sherry Stick (Sykesville MD) | 32:51 |
| 2. Jill Krebs (New Windsor MD) | 32:58 |
| 3. Donna Wecker (Elkridge MD) | 36:30 |
| 4. Julia Galeazzi (Baltimore MD) | 36:40 |
| 5. Tiffany Hevner (Columbia MD) | 36:47 |

Overall Male

- | | |
|---------------------------------------|-------|
| 1. Ryan Hevner (Columbia MD) | 31:07 |
| 2. James Blackwood (Ellicott City MD) | 31:19 |
| 3. Paul Hannsen (Reisterstown MD) | 31:26 |
| 4. Randy McDermott (Gambrills MD) | 31:33 |
| 5. Doug Kuderna (Odenton MD) | 31:36 |

1-19 Female

- | | |
|-----------------------------------|-------|
| 1. Natalie Perkins (Laurel MD) | 44:10 |
| 2. Cassandra Smink (Hampstead MD) | 46:26 |
| 3. Kerrie Neal (Ellicott City MD) | 48:39 |

1-19 Male

- | | |
|---------------------------------|-------|
| 1. Sam Phipps (Severna Park MD) | 31:50 |
| 2. Alex Bosh (Fairfax VA) | 34:06 |
| 3. Ryan Frank (Columbia MD) | 39:54 |

20-24 Female

- 1. Samantha Matthews (Baltimore MD) 38:11
- 2. Megan Lewis (Mt. Airy MD) 41:30
- 3. Stef Dwyer (Baltimore MD) 43:35

20-24 Male

- 1. Joshua Kim (Frederick MD) 39:47
- 2. Greg Paulin (Ellicott City MD) 40:35
- 3. Tyler Sauzer (Baltimore MD) 01:04:16

25-29 Male

- 1. Craig Gaver (Washington DC) 36:13
- 2. Andrew Trombly (Cambridge MD) 36:49
- 3. Ernie Dennis (Arnold MD) 39:51

25-29 Female

- 1. Olivia Kelly (Ellicott City MD) 40:27
- 2. Elizabeth Cowan (Columbia MD) 42:54
- 3. Kelly Gruber (Walkersville MD) 46:26

30-34 Male

- 1. Thomas Stott (Gaithersburg MD) 32:15
- 2. Keith Levasseur (Glen Burnie MD) 32:20
- 3. Seth Geoghegan (Columbia MD) 32:32

30-34 Female

- 1. Diana Pool (Gainesville VA) 37:06
- 2. Melissa Vess (Severn MD) 38:37
- 3. Lisa Johnston (Reston VA) 39:10

35-39 Female

- 1. Eleanor McManuels (Columbia MD) 39:09
- 2. Monica Lewis (University Park MD) 39:36
- 3. Gabrielle Fournet (Fulton MD) 40:22

35-39 Male

- 1. Mark Aaby (Ellicott City MD) 31:46
- 2. Brian Richards (Columbia MD) 33:05
- 3. Stephen Olenick (Ellicott City MD) 33:31

40-44 Male

- 1. Kenny Shapiro (Frederick MD) 33:00
- 2. Jason Clarke (Baltimore MD) 34:59
- 3. Joel Carrier (Germantown MD) 35:13

40-44 Female

- 1. Heather Negola 42:29
- 2. Margaret Carpino (Annapolis MD) 42:45
- 3. Missi Hamet (Columbia MD) 44:36

45-49 Female

- 1. Lisa Hickman (Jefferson MD) 40:54
- 2. Susan Kolocotronis (Columbia MD) 41:47
- 3. Janet Menton (Ellicott City MD) 42:19

45-49 Male

- 1. S. Degenhardt (Marriottsville MD) 32:27
- 2. David Phipps (Severna Park MD) 34:20
- 3. Lloyd Huxtable (Columbia MD) 35:45

50-54 Female

- 1. Brett Willson (Phoenixville PA) 39:31
- 2. Cindy Perkins (Laurel MD) 41:38
- 3. Beverly Black (Boonsboro MD) 44:10

50-54 Male

- 1. Jay Sweet (Laurel MD) 36:08
- 2. Dan Laukzemis (Columbia MD) 36:53
- 3. Jamie Kunze (Frederick MD) 40:50



The Run through the Grapevine started downhill for the first time ever, and everyone took advantage of it. (photo by George Kroeker)

55-59 Female

1. Dorothy Beckett (Columbia MD) 40:16
2. Esther Hoffberg (Reisterstown MD) 47:08
3. Laura Schneider (Sykesville MD) 49:39

55-59 Male

1. John Chall Crownsville MD 34:26
2. Ron Black 40:22
3. Alan Robson (Columbia MD) 43:04

60-64 Male

1. Timothy Morgan (Damascus MD) 35:35
2. Richard Morgan (Silver Spring MD) 36:24
3. James Carbary (Columbia MD) 39:20

60-64 Female

1. Anne Forsha (Rockville MD) 45:15
2. Patricia Brooks (Ellicott City MD) 53:25
3. Jane Godfrey (Takoma Park MD) 53:48

65-69 Female

1. Clare Imholtz (Beltsville MD) 1:01:51
2. Arleen Dinneen (Ellicott City MD) 1:19:08

65-69 Male

1. Douglas Hawkland (Glenwood MD) 44:15
2. Russell Holley (Columbia MD) 1:07:57
3. Richard Smith (Ellicott City MD) 1:19:51

70-99 Male

1. Kent Walker (Baltimore MD) 47:59
2. Mel Quecan (Columbia MD) 53:41
3. Bob Horst (Lancaster PA) 1:05:52

**RUN THROUHG THE GRAPEVINE
TOP TEAMS (low score wins)**

Family

1. Junk Yard Dogs (Kenny, Blue, Cedar, and Joanna Shapiro) 22 pts
2. Shad Ghaffar (Abdolla Abtahi, Mohammed and Amir Shahegh, Arman, Layla, and Sid Ghaffari) 37 pts
3. PGRC Team Radcliffe (David, Isaac, Charles, Charlotte Radcliffe and Rachael Fields) 38 pts

Masters Coed

1. Queen and Her Court (Doug Kuderna, Sheldon Degenhardt, Jay Sweet, Dan Laukzemis, and Cathy Ronning) 28 pts
2. Tim's Raiders (Timothy and Richard Morgan, Ron and Beverly Black, Heather Negola, and Michelle Rader) 34 pts
3. MMTTC (Jeff Smith, Bram Arrington, Scott Moffet, David Wheeler, Michele Bull) 43 pts

Masters Male

1. OMG (James Carbary, Alan Robson, Matthew Bevan, Steven Anderson, Douglas Hawkland, and Phil Heiliger) 10 pts

Open Coed

1. We R Wine Bottles (James Blackwood, Keith Levasseur, John Chall, Dae Yi, and Grace Tran) 40 pts
2. Uncle Dave's Crew (Lloyd Huxtable, David Dash, Dylan Fox, Missi Hamet, Bryna Dash) 42 pts
3. Will Run for Wine (Brett Querry, Tom Moore, Bonnie Crochunis, Kara Restivo, Jen Powers, Mary Collins) 52 pts

Open Female

1. Baltimore Washington Athletic Club (Sherry Stick, Jill Krebs, Diana Pool, Jen Pullen, Kelly Grubver, and Joan Mamasinga) 12 pts
2. PGRC: The Pinot Grape Runner Cabaret (Monica Lewis, Elaine Bond, Susan Clark, Diana Gough, Deon Merene, and Lori Murphy) 38 pts
3. Andi's Armu (Laura Blair, Margie Jessell, Nicole Bickhard, Aimee Carlesi) 50 pts

Open Male

1. PGRC Stompers (Steve Neumann, Khalid Merene, Armagon Patrick, Don Proctor) 10 pts



If James Blackwood had known he was racing for first place, he would have run harder. (photo by George Kroeker)

STRIDERS RECEIVE HONORS FROM HOWARD COUNTY PARKS & REC

On October 9th, 2012, racing team members *Bobby Gessler* and *Carlos Renjifo* and former Junior Strider *Corey Hamilton* were recognized at the 10th Annual Howard County Celebration of Sports Event hosted by Howard County Parks & Recreation at the Turf Valley Resort in Ellicott City, MD.

Bobby Gessler, a long-time Strider, received a Goodsports Coach of the Year award for his involvement with the Howard County Junior Striders program. The award specifically recognizes “the coach's commitment, dedication, preparation, respect for officials, teaching skills, emphasis on teamwork, team ethics, leadership, motivation, sportsmanship and patience in their work with youth and adult sports.”

Carlos Renjifo, our racing team captain, received a Goodsports Adult Player of the Year award, recognizing his “dedication, respect for teammates, leadership, community service, attitude, commitment to practice, respect for coaches and respect for officials.”

Corey Hamilton, a participant in the Howard County Junior Striders for many years, was awarded a Youth Player of the Year award, recognizing his running talents and “dedication, respect for teammates, leadership, community service, attitude, commitment to practice, respect for coaches and respect for officials.”

Also in attendance were fellow Striders and Hall of Fame members and former Strider Presidents *Phil Lang* and *David Tripp*.

In addition to the coaching and player awards, several officials were recognized and seven new individuals were inducted into the Howard County Recreation and Parks Hall of Fame. The keynote speaker was Scott Foster, Howard County resident and active NBA referee.

Photos of the event will be available here: <http://countyofhowardmd.us/celebrationofsports.htm>



Carlos Renjifo and Bobby Gessler (tie) with their transparent Goodsports Awards from Howard County Parks and Rec. (photo by Issel Renjifo).

YOUR 2012 HOWARD COUNTY STRIDER BOARD OF DIRECTORS

Officers

Dwight Mikilus	President
Bill Arbelaez	Vice President
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Marsha Demaree	Special Programs
Amanda Loudin	Media-Communications

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

<boardposition>@striders.net

POLICE PACE

A huge field of 769 finished this race around Centennial Lake. Most of them seemed to be Howard County Striders, too. Staged by the Howard County Police, the race featured teams of police recruits who ran in formation so you didn't want to get behind them.

The summer heat gave way the night before to the first cool front of autumn, so participants had a nice morning for running. Many parents ran with their kids because families could register at a reduced rate.



Marsha Demaree (left) and Tammy Liu with their strange awards from the Penguin Pace. (photo by Mike Fleming)

POLICE PACE 5k

Centennial Lake Park — September 9

2. Conrad Orloff	17:00
5. Corey Hamilton	17:59
8. Nick Grossi	18:27
Brendan Carr	18:52
Lochlann Boyle	18:57
Samantha Matthews (1st F)	19:48
Robyn Humphrey (2nd F)	19:58
Joe Pavao	20:10
Yasuo Oda	20:23
Sigurd Knippenberg	20:30
Tiffany Hevner	20:37
Tammy Liu	21:10
Evan Calvert	21:19
Ronnie Wong	21:40
Russ Owens	21:50
Norah MacPhee	22:04
Marc Stegall	22:06
Marsha Demaree	22:43
Julia Orloff	22:55
Mike Fleming	23:41
Corey Grable	23:52
Tim Howe	24:14
Benjamin Bryden	24:20
Gabrielle Rayner	24:20
Douglas Eng	24:26
Douglas Dixon	24:30
Adam Lowe	24:34
Juan Fernandez	24:37
Tyler Grossi	24:47
Sandrine Charles	24:52
Lynn Sanetrik	25:02
Andrew Mullican	25:15
Emily Howe	25:17
Judith Comiskey	25:22

Jeffrey Heiges	25:23
Robert Lande	25:23
Scott Malloy	25:25
David Rapavi	25:35
Sari Chapman	26:16
Daisy Spalding	26:26
David Spalding	26:27
Steve Albertini	26:36
Dwight Johnson	26:40
Amelia Mullican	26:41
Emma Orloff	26:54
Roger Calvert	26:54
Zoe Reading	27:23
Rebecca Holtz	27:25
Kimberly Orloff	27:32
Greg Thomas	27:51
Lynda Allera	27:51
Chris Reading	28:02
Luis Diaz	28:14
Julia Grable	28:24
Zach Grable	28:24
Jordan Grable	28:25
Wayne Bryden	28:42
Joshua Ruley	29:14
LaMont Ruley	29:14
Matthew Priebe	29:34
Brian Lawton	29:43
Laurette Deardon	29:57
Cheryl Ford	30:02
Amanda Idstein	30:16
Kimberly Hartke	30:22
Ginger Rowley	30:25
Jennifer Feldman	30:40
Erika Mosley	31:12
Margaret Inskeep	31:15
Janet Ruck	32:11

Douglas Spezzano	32:18
Paula Stehle	32:26
Nathan Capelle	32:50
Debra Lacy	33:25
Elizabeth Capone	33:25
Jennifer Lok	33:28
Morgan Sigur	34:06
Matthew Curry	34:11
Taylor Sigur	34:14
Keith Sigur	34:21
Arleen Matelock	34:44
Kelley Tribble-Spencer	35:03
Doan-Trang Pham	35:11
Evan Eng	35:19
Lisa Eng	35:31
Sarah Gettier	35:34
Michelle Fullerton	35:59
Kristen Emery	36:13
Elijah Spalding	36:23
Steve Reading	36:25
Donna Spalding	36:47
Tanyita Ruley	36:49
Sydnee Ruley	36:49
Alicia Philipp	36:54
Julie Smith	36:57
Jackie Cholewczynski	36:57
Noella Bryden	36:58
Lincoln Sine	37:19
Teddey Jones	38:03
William Hicks	38:04
Aiden Costello	38:10
Stacy Costello	38:16
Debbie Smith	38:38
Colin Eng	38:42
Arleen Dinneen	39:19
Alexandra Pavao	39:23
Ken Pavao	39:23
Patrick Joyce	39:54
Lydia Joyce	39:54
Kathleen Floyd	40:18
Colleen Weisfeld	40:28
Jennifer Sellers	40:34
Beverly Byron	40:41
Rae Marquardt	40:59
Corey Marquardt	40:59
Brandon Marquardt	41:00
Stephen Sine	41:25
Darby Joyce	41:19
Sarah Hardy	46:01
Michelle Erdman	48:33
Josephine Pieper	48:44
Mindy Lawton	49:50
Kevin Murphy	53:55
Katie Murphy	53:55

WELCOME NEW MEMBERS:

since 8/24/2012:

Brown, Lawrence
Brown, Susan
Burke, Kevin
Carlson, Jeff
Dulaney, Karyn
Dulaney, Michael
Dunham, Dan
Dunham, Jill
Eck, Christine
Finney, Kamdyn
Flack-Bajrak, Bonnie
Gaasch, Wade
Gough, Meaghan
Greenberg, Beth
Harris, James
Howard, Shalynn
Jarrett, Stephanie
Jhon, Susanto
Kaplan, Jason D
Korompis, Katherine
Kowdley, Ahana
Kowdley, Gopal
Kowdley, Hrday
Kowdley, Sandhya
Kuderna, Doug T
Kuderna, Maria T
Lewis, Joy
McWright, Lawrence
McWright, Nikole
Miles, Lindsey
Miles, Roger
Molina, Renato
Neal, Emily
Neal, Kerrie
Neal, William
Nguyen, Hai
O'Connor, Linda-Lou
Potts, Lacey
Reinhardt, Aaron
Reinhardt, Melissa
Reinhardt, Richard
Reinhardt, Ryan
Reynolds, Edward
Roberts, Denise
Shadrick, Stacy
Shelly, Jacinda
Smith, Michelle
Turner, Wendy
Warren, David
Worster, Justin
Zinsmeister, Hillary
Zinsmeister, Mary

THE METRIC MARATHON: NO RACE FOR OLD MEN

The Howard County Striders staged the Metric Marathon (26.2 km) on Sunday, November 11. Under new race director *Grace Tran*, they put on the most lavish Metric in the 36-year history of the event. Runners received a fleece jacket as the race premium and enjoyed a post-race food court taking up half the parking lot beside the Kittimaquondi lakefront. The buffet featured pizza from Three Brothers, croissants and OJ from LaMadeleine, coffee, bananas, bagels, donuts, and cookies from Wegman's, and beef-tips and mashed potatoes from the Columbia Ale House; Still-Point Massage was on hand to soothe aching muscles. Feet First of Columbia provided \$100 gift certificates as random awards, and the Pepsi Cola company gave out cans of free soda. Grace and helper *Keith Levasseur* began setting up at 2 AM in the morning. "The auxiliary sheriff dropped by to check us out," Keith explained.

Before all the post-race hoopla, the Metric runners had to cover the challenging distance from Columbia to Ellicott City and back. In the men's competition, the lead pack of David Toller, *Jason Tripp*, and *Adam Wytko* raced through the first two miles in 12:30, which is a pretty good pace, but too slow for Toller, who increased speed and took over sole possession of the lead. "I wanted to run about 6 minutes per mile," he said. "I went through 10 miles in around 60 minutes. It was just me and the guy on the bike." He finished alone in 1:38:27. Toller attended Oakland Mills High School and ran on the cross-country team for Salisbury State, and his parents were on hand to witness his great victory.

Early in the race, a minor brush occurred between the top two women, Alyssa Hogan and *Robyn Humphrey*. When Robyn slapped hands with a friend along the course, she inadvertently cut off Hogan, who objected loudly. They soon settled down to racing, however, and Humphrey even apologized. Hogan settled any issues by pulling away after a few miles and cruising to a win in 1:54:19. Last year's winner of the women's race, Grandmaster *Donna Wecker*, finished third among the females.



Jason Tripp was alone near the 11 mile point in the race when his dad snapped this picture. (photo by Dave Tripp)



Plaid-skirted Robyn Humphrey crossing the finish line with that weird sculpture in the background. (photo by Dave Tripp)

Some of Metric Marathoners, like grandmaster *Mick Slonaker*, had registered for the New York City Marathon the weekend before. When Superstorm Sandy forced cancellation of the New York, the marathoners descended on the Metric Marathon. “We had to use all that training for something,” Mick said, adding that the Metric was definitely “not a race for old men.” Mick won the old men’s category in 1:53:48.

For the second year, the Metric also featured specialized pacers running at strictly even paces of 7:45, 8:00, 8:15, up to 11:00 per mile. Runners could ensure they would run these paces simply by associating with the orange-shirted Pepsi Pacers (sponsored by Pepsi Cola, see?). “We attempt to run within a few seconds of the appointed paces,” explained pacer *Jeff Garsticki*, an 8:00 per mile pacer, “regardless of whether we’re going up or down hills or flat.” Pacers received free entries to the race, including the fleece jackets and those orange t-shirts.

Race and age-group winners received unique, hand-crafted awards from Robert Rhoades Wood Works, as well as massage gift certificates.

Those not ready for the grueling 26.2 km race (or those with better things to do on Sunday morning) could run the accompanying 5k. This shorter event started 15 minutes after the 8:15 Metric start and ran around a course local to Lake Kittimaquidi. Scott Trama overcame local runners *Shanon McIntyre* and *Hafiz “Coach Pain” Hafiz*, while *Kelly Westlake* slipped past *Jess Ivy* by two seconds to win the women’s race.

329 finished the Metric Marathon, and 276 completed the 5k.



The new Metric Marathon logo

METRIC MARATHON (26.2 km = 16.28 mi)
Columbia, MD – November 11, 2012

Overall Female

1. Alyssa Hogan (Jackson WY) 1:54:19
2. Robyn Humphrey (Ellicott City MD) 1:55:10
3. Donna Wecker (Elkridge MD) 1:57:24

Overall Male

1. David Toller (Columbia MD) 1:38:27
2. Jason Tripp (Ellicott City MD) 1:39:44
3. Adam Wytko (Columbia MD) 1:40:20

Masters Female

1. Elizabeth Flynn (Ellicott City MD) 1:59:51

Masters Male

1. Robert Jarrin (Washington DC) 1:42:04

15-19 Female

1. Katherine O'Reilly (Ellicott City MD) 2:26:14
2. Kerrie Neal (Ellicott City MD) 2:48:52
3. Rebecca Sachs (Columbia MD) 2:53:02

15-19 Male

1. Ian Paulo Genove (Hanover MD) 2:29:27

20-29 Male

1. Rob Burnett (Hanover MD) 1:54:25
2. Joshua Lopez (Washington DC) 2:09:34
3. Nicholas Rivera (Glen Burnie MD) 2:11:03

20-29 Female

1. Rachel Clattenburg (Washington DC) 2:02:51
2. Olivia Kelly (Ellicott City MD) 2:06:56
3. Heidi Shoemaker (Westminister MD) 2:08:25

30-39 Female

1. Lisa Farias (Catonsville MD) 2:01:54
2. Shannon Matthews (Damascus MD) 2:02:01
3. Jennifer Sheely (Baltimore MD) 2:02:41

30-39 Male

1. Keith Freeburn (Centreville VA) 1:44:19
2. Rick Evans (Bradford VT) 1:44:28
3. Marco Rosas (Columbia MD) 1:46:05

40-49 Female

1. Tammy Liu (Ellicott City MD) 2:05:29
2. Lisa Chodnicki (Clarksville MD) 2:09:59
3. Jennifer Dustin (Elkridge MD) 2:11:43

40-49 Male

1. Stephen Bohse (Columbia MD) 1:50:41
2. Jose Ortiz (Washington DC) 1:51:35
3. Matt Anderson (Fairfax VA) 1:54:10

50-59 Male

1. John Hagan (Lusby MD) 1:54:40
2. Bobby Gessler (Ellicott City MD) 1:56:11
3. Ken Crandell (Columbia MD) 1:56:56

50-59 Female

1. Kelly Dworak (Carlisle PA) 2:01:58
2. Diana Haddad (Bethesda MD) 2:20:05
3. Manuela Carvalho (Washington DC) 2:27:35

60-69 Female

- 1. Ellen Rabe (Columbia MD) 2:33:41
- 2. Carol Coffin (Severna Park MD) 2:55:00
- 3. Patricia Brooks (Ellicott City MD) 3:07:39

60-69 Male

- 1. Mick Slonaker (Columbia MD) 1:53:48
- 2. Bob Burns (Columbia MD) 1:55:42
- 3. Ronnie Wong (Catonsville MD) 2:08:45

70-99 Male

- 1. Lou Shapiro (Silver Spring MD) 2:19:29
- 2. Warren Pitts (Baltimore MD) 2:52:48

70-99 Female

- 1. Laura Pitts (Baltimore MD) 3:45:53

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**THE METRIC 5k**

**Overall Female**

- 1. Kelly Westlake (Ellicott City MD) 18:59
- 2. Jess Ivy (Columbia MD) 19:18
- 3. Caroline Bauer (Columbia MD) 19:56

**Overall Male**

- 1. Scott Trama (West Chester PA) 17:07
- 2. Shanon McIntyre (Ellicott City MD) 18:22
- 3. Hafiz Shaikh (Columbia MD) 18:45

**Masters Female**

- 1. Janeth Scott (Columbia MD) 21:02

**Masters Male**

- 1. David Brightwell (Columbia MD) 19:48

**1-14 Male**

- 1. Austin Birch (Ellicott City MD) 26:41
- 2. LJ Sturm (Ellicott City MD) 27:17
- 3. Bradley Weisfeld (Ellicott City MD) 30:09

**1-14 Female**

- 1. Kirsten Kruus (Clarksville MD) 23:11
- 2. Zoe Reading (Columbia MD) 26:40
- 3. McKenna Boyce (West Friendship MD) 30:17

**15-19 Female**

- 1. Julia Dietro (Hanover MD) 22:10

**15-19 Male**

- 1. Kyle Tribble (Catonsville MD) 18:56
- 2. Brendan Robinson (Laurel MD) 19:53
- 3. Jadon Ramsing (Columbia MD) 21:16

**20-29 Male**

- 1. Kevin Gahr (Baltimore MD) 18:51
- 2. Jack Ivy (Columbia MD) 19:18
- 3. Brian Murphy (Catonsville MD) 20:29

**20-29 Female**

- 1. Samantha Matthews (Baltimore MD) 20:55
- 2. Shaleen Nier (Hanover MD) 21:02
- 3. Marquel Bowler (Columbia MD) 21:49



*Grace Tran at the Metric Awards. (photo by Mike Fleming)*

**30-39 Female**

- 1. Erika Rauscher (Marriottsville MD) 23:36
- 2. Dawn Szarek (Baltimore MD) 24:07
- 3. Emily Howe (Ellicott City MD) 24:24

**30-39 Male**

- 1. Brian Krzmarich (Columbia MD) 24:12
- 2. Paul Mosa (Baltimore MD) 25:12
- 3. Kenny Reading (Columbia MD) 25:28

**40-49 Female**

- 1. Janelle McIntyre (Ellicott City MD) 22:00
- 2. Marsha Demaree (Marriottsville MD) 22:38
- 3. Gwen Musk (Columbia MD) 24:17

**40-49 Male**

- 1. John Porton (Burtonsville MD) 21:24
- 2. William Veater (Columbia MD) 21:34
- 3. Kevin Sokoloff (Columbia MD) 23:11

**50-59 Male**

- 1. Dan Laukzemis (Columbia MD) 20:44
- 2. Lee Wilk (Catonsville MD) 22:19
- 3. Michael Elkonoh (Columbia MD) 23:48

**50-59 Female**

- 1. Dorothy Beckett (Columbia MD) 21:29
- 2. Deborah Sharp (Columbia MD) 24:08
- 3. Mary Lou Henderson (Columbia MD) 26:48

**60-69 Female**

- 1. Sandy Queen (Columbia MD) 34:41
- 2. Julie Trapp (Silver Spring MD) 36:11
- 3. Arleen Dinneen (Ellicott City MD) 38:48

**60-69 Male**

- 1. Keith Harrison (Columbia MD) 22:27
- 2. Mike Fleming (Columbia MD) 23:22
- 3. Richard Yocum (Ellicott City MD) 26:17

**70-99 Female**

- 1. Ellen Hocheder (Mt. Airy MD) 29:19



*Graduates of the GIRL (Getting Inspired for a Running Lifestyle) program pose before running the Metric Marathon. (photo by Mike Fleming)*



*Wearing their free orange t-shirts, the Pepsi "We-Get-You-Within-One-Minute" Pacers pose before the Metric Marathon. They were allowed to wear watches, though. (photo by Mike Fleming)*

## REALLY INSPIRED TO RUN FOR LIFE

By Bev Byron

RRCA Certified Running Coach  
Co-Leader NSFIT and NSGIRL

As Suzy Toronto says “Life is about how you handle Plan B.” 2012, who knew this would be a Plan B year for me! I started the year with my calendar of races. Some tried and true and some new ones: Sole of the City 10k, Bullseye 5k, Zooma 10k, The Survivor 7 race, and a burning desire to capture the coveted “Nut Job” award by running the Frederick Running Festival 5k the day before running the Frederick half marathon in May. I trained with the NS10K/10-mile program this spring and was in the Swift foot group. I enjoyed my Coaches Grace, Andrea and Christine who wouldn’t let me give up on myself.

My graduation race was the Dawson’s 10k with my classmates came in at the same finish time as Clyde’s 10k. Even though I ran the Survivor7 race for the first time, I got first place in my age group. I planned my 4-5 WDF’s starting for me in June so that I could receive their award this October, which I did. My running life was on target. Point of clarification: I am not an elite runner and I am at peace with that.

I subscribe to the late Florence Griffith Joyner’s philosophy of “if you finish the race you have won.” I was not a high school athlete and started running “late” in life primarily because I was in the U.S. Army Reserves as an Officer and needed to keep passing my physical training requirements. So if I get any awards for running it is because of divine intervention, just being in my age group and/or just being in the right place at the right time, the day of that particular race. So fast forward to July 14, it was pouring down rain (by my standards) but I promised Coach Patty I would support her new running group BUTTB, comprised of NSFIT grads and us Coaches. I picked up and drove 2 other runners to the Bagel Run site. We gathered with the rest of us Striders, the Start signal was given and off we went. Within .9 of a mile my life changed forever. My symptoms came on rapidly and in succession. I couldn’t move my left arm; it suddenly became swollen. It

felt as if I was in a movie and someone else was directing it. I was never in pain but I knew my body was not acting like it did early that same morning. I was asked questions by the ladies who I was running with and I thought I answered them. But I guess my speech was garbled. I new I wasn’t having a heart attack but something was terribly wrong. The ambulance came quickly as Joni had her cell phone called 911. With the siren going at full blast, within five minutes I was in the ER suite at Howard County General Hospital. Dressed in my wet running clothes and soaking wet Newtons. Fellow lady Striders streamed in to the room where they placed me, and every one of them were so supportive and reassuring. “Bev you will beat this, you will get better.” I believed them and through the tears I nodded my head in agreement. I held onto those positive thoughts and in 48 hours I was coming back.

The Docs were amazed with my recovery. I heard from several of them “had you not been a runner and in good shape it might have been worse.” To which I retorted “ok now when can I get outahere and start running again?” By August 8, I was given the “all clear” to run and I haven’t stopped. The downside was no more caffeine. This in runner’s terms meant no Sports Beans, Zinger, high octane rocktane GU which was doing my body more harm than good. How was I going to run without “stuff?”

The answer: The Galloway Method. August 11 was my first WDF since July I did the Galloway walk-run, courtesy of Coach Patty who is a Galloway Expert and I finished the 5k with Chris and Mary who paced with me. I crossed the finish line at 48 minutes and change, and I heard cheers and applause. I couldn’t believe I had done it! Sure it wasn’t my best time but in a sense it was. I was still able to run and I am so grateful that I can. So the base building has begun. I started with a goal of 6.2 miles/week. I completed the P.G. County WDF on August 28, and I once again did the run-walk with a 7:1 ratio. I surprisingly got an award as I came in third place in my age group. I didn’t realize that I had won as I left the race right after I finished and headed home. When I checked the race results the next day I read them three times to make sure that they had the right *Bev Byron*.

Running is like breathing now: effortless and painless. I am now relegated to use Clifbars or Belvita cookies before I run and I like them! This is my new Normal. Police Pace 5k was in September, my third race since “the incident” and I came in three minutes faster than the P.G. County WDF. The next event on my race calendar was the Baltimore running festival 5k, my favorite race. I have PR’d it in the past for several years and love the course and the positive energy from participants. I came in at 36:59 and I was ecstatic. On September 16, I would have run the Rock and Roll Philadelphia half marathon for the second time. But alas I couldn’t make the race this year; it was bittersweet because the humidity was low and the sunshine made it a perfect running day. But again Life is about how one handles Plan B! I decided to do something I said I would never do: travel to D.C. to run a race. So I acquiesced and ran the MCM 10k. I always wanted to see the Iwo Jima statue and after finishing the race, and I actually got to see it up close and personal. I am learning Chi running through my BFF *Robyn Humphrey*. I used it during the MCM10K and it sure feels nice to end a race with a “finish strong” burst of energy that Chi running provides me.

I am now training to run the Disney Princess Half Marathon on February 23, 2013, with Striders *Debbie Wilhem* and *Joanne Rickard Baronsky*. We have started our training program and are 16 weeks from the race start. Running in Orlando Florida will be an interesting experience with their humidity levels even in the month of February. I am determined to finish this race because a) I will be celebrating a milestone birthday next January and b) to prove to myself that there is no such word as “can’t.”

Why? Because I REALLY am inspired to Run for Life.



*Coach Bev rocking it at the 2011 Rock n’ Roll Philly Half. (photo by Marathon photos). “I can’t say thank you enough to ALL of those HC Striders who called me, came to visit me in the hospital, emailed me, took me to doctor appointments, bought me lunch and dinner so that I didn’t have to order my meals from the hospital menu, bought me flowers, cookies, magazines, crossword puzzles and gave me the encouragement I needed to get through my recovery in an expeditious manner. I am eternally grateful.” [I also want to thank my Acupuncturist *Tori Paide* for acupuncture treatments at the Still Point.]”*

## SOME NOTES ON THE HIGH SCHOOL CROSS COUNTRY SEASON

The annual Howard County Invitational Cross Country Meet took place on the last hot weekend of the year. Wilde Lake's *Tim Virostek* led the boys' field for most of the circuitous 5k at Centennial High, but suddenly collapsed in the ferocious heat only 400m from the finish, leaving a senior from Annapolis to win the race. Centennial's *Shreya Nalubola* improved her time by over three minutes from last year to place second in the girls' race (20:30). For the record, *Earl Lauer's* River Hill girls won the girls' team competition. Throughout the summer, many of the young runners perfected their cross country techniques at *Phil Lang's* cross country camps and Friday evening races.

By October 23, the date of the Howard County Cross Country Championships, the weather had cooled. This time, it was warm but much more reasonable than back in September. *Tim Virostek* did not collapse (and finished second, thank you), while *Danny Rau* and *Shreya Nalubala* won their overall races. Reservoir High School easily won the girl's county championship, the first of any kind in the school's history. Centennial handily took the boy's — their first since 1993.

After the regional competitions on November 2, the teams lumbered toward an ultimate showdown at the Maryland State Championships on the treacherous hills at Hereford High School. Howard County favorites Danny and Shreya finished second and third in their respective races. *Brit Lang* won the Girls' 2A State Championship and helped her Oakland Mills Team to second place. Led by Shreya, the Centennial Girls finished second in the Girls' 3A State Championship. The Centennial Boys' team came in third in the Boys' 3A Championship.

## STRIDERS AT HOWARD COUNTY INVITATIONAL CROSS-COUNTRY MEET Centennial High School – September 7

### Boys 5k

|                          |       |
|--------------------------|-------|
| 2. Daniel Rau (HOW)      | 17:34 |
| 5. Alec Font (CEN)       | 17:50 |
| 6. Gary Smolyak (ATH)    | 17:55 |
| 8. Adam Gartell (RES)    | 18:03 |
| 10. Adam Sachs (CEN)     | 18:11 |
| Owen Pochettino (RES)    | 18:13 |
| Corey Hamilton (MH)      | 18:25 |
| Ben Weinstein (MH)       | 18:31 |
| Marshall Demaree (RH)    | 18:32 |
| Griffin Riddler (CEN)    | 18:37 |
| Timothy Bernard (ATH)    | 18:39 |
| Eric Segev (CEN)         | 18:40 |
| Gulraize Khan (MR)       | 18:47 |
| Bryce Rosicky (ATH)      | 19:01 |
| Danny Schofield (CEN)    | 19:03 |
| Collin Cornish (RES)     | 19:09 |
| Ryan Hermstein (MR)      | 19:11 |
| Paul Grabow (RES)        | 19:12 |
| Paul Kirk-Davidoff (OM)  | 19:19 |
| Ray Smith (HOW)          | 19:31 |
| Connor Holley (OM)       | 19:33 |
| Cameron Bowling (OM)     | 19:41 |
| Thomas Brumbaugh (OM)    | 19:42 |
| Isaac Kirk-Davidoff (OM) | 20:13 |
| Dominic Mandile (RH)     | 20:20 |
| Nolan Dunnigan (HOW)     | 20:49 |
| James Allen (ATH)        | 20:58 |

### Girls 5k

|                          |       |
|--------------------------|-------|
| 2. Shreya Nalubola (CEN) | 20:30 |
| 6. Brittany Lang (OM)    | 21:34 |
| 9. Karli Smiragila (RES) | 21:42 |
| Devin McIntyre (CEN)     | 21:50 |
| Alyssa Hemler (OM)       | 22:09 |
| Eileen Yung (RH)         | 22:23 |
| Caroline Haden (HOW)     | 22:29 |
| Sarah Brand (OM)         | 22:33 |
| Abigail Starks (MR)      | 22:42 |
| Heather Konstanzer (RES) | 23:10 |
| Abby Whiting (MR)        | 23:15 |
| Jill Greenwald (ATH)     | 23:22 |
| Alyssa Taylor (CEN)      | 23:57 |
| Jessica Duggan (ATH)     | 24:28 |
| Mackenzie Snyder (OM)    | 24:38 |
| Becky Goodridge (CEN)    | 24:46 |
| Julia Orloff (WL)        | 25:19 |
| Gabby Rayner (HOW)       | 25:54 |
| Emily Elkonoh (HAW)      | 28:22 |

STRIDERS AT HOWARD COUNTY  
CROSS-COUNTRY CHAMPIONSHIPS  
Centennial High School – October 23

Boys 5k

|                          |       |
|--------------------------|-------|
| 1. Daniel Rau (HOW)      | 17:10 |
| 2. Tim Virostek (WL)     | 17:16 |
| 3. Alec Font (CEN)       | 17:18 |
| 5. Adam Gartell (RES)    | 17:34 |
| 6. Adam Sachs (CEN)      | 17:40 |
| 7. Gary Smolyak (ATH)    | 17:42 |
| 8. Owen Pochettino (RES) | 17:44 |
| 9. Teddy LaFamina (RES)  | 17:50 |
| Corey Hamilton (MH)      | 18:00 |
| Eric Segev (CEN)         | 18:02 |
| Griffin Riddler (CEN)    | 18:04 |
| Conner Holley (OM)       | 18:09 |
| Danny Schofield (CEN)    | 18:14 |
| Marshall Demaree (RH)    | 18:18 |
| Gulraise Khan (MR)       | 18:21 |
| Luke Filar (HOW)         | 18:23 |
| Thomas Brumbaugh (OM)    | 18:25 |
| Collin Cornish (RES)     | 18:28 |
| Andrew Durkee (CEN)      | 18:29 |
| Paul Grabow (RES)        | 18:30 |
| Daniel Smolyak (ATH)     | 18:51 |
| Paul Kirk-Davidoff (OM)  | 18:52 |
| Ben Weinstein (MH)       | 19:04 |
| Ray Smith (HOW)          | 19:04 |
| Ryan Hermstein (MH)      | 19:12 |

Girls 5k

|                          |       |
|--------------------------|-------|
| 1. Shreya Nalubola (CEN) | 19:46 |
| 2. Brit Lang (OM)        | 20:00 |
| 6. Karli Smiraglia (RES) | 20:34 |
| 10. Alyssa Hemler (OM)   | 20:56 |
| Abigail Starks (MR)      | 21:18 |
| Devin McIntyre (CEN)     | 21:26 |
| Caroline Haden (HOW)     | 21:33 |
| Heather Konstanzer (RES) | 21:37 |
| Sarah Brand (OM)         | 21:37 |
| Eileen Ying (RH)         | 21:44 |
| Tory LaFemina (RES)      | 22:20 |
| Julia Orloff (WL)        | 22:29 |
| Gabby Rayner (HOW)       | 22:44 |
| MacKenzie Snyder (OM)    | 23:11 |
| Winnie Tsao (HOW)        | 23:27 |
| Jill Greenwald (ATH)     | 23:37 |



*Brit Lang bringing it home for the Scorp at the 2A Regional Meet. (photo by Mike Fleming)*

STRIDERS AT 2A SOUTH REGIONAL  
CHAMPIONSHIPS

Oakland Mills High School – November 2

Boys 5k

|                         |       |
|-------------------------|-------|
| 2. Tom Brumbaugh (OM)   | 17:14 |
| 8. Connor Holley (OM)   | 17:40 |
| 9. Cameron Bowling (OM) | 17:50 |
| Paul Kirk-Davidoff (OM) | 18:10 |
| Ryan Hermstein (MR)     | 18:14 |

Girls 5k

|                        |       |
|------------------------|-------|
| 1. Brit Lang (OM)      | 19:08 |
| 4. Alyssa Hemler (OM)  | 19:49 |
| 7. Sarah Brand (OM)    | 20:15 |
| 8. Abigail Starks (MR) | 20:33 |
| Mackenzie Snyder (OM)  | 21:25 |
| Katie Albert (MR)      | 23:18 |

STRIDERS AT 3A EAST REGIONAL  
CHAMPIONSHIPS  
Centennial High School – November 2

Boys 5k

|                          |       |
|--------------------------|-------|
| 2. Danny Rau (HOW)       | 16:59 |
| 3. Tim Virostek (WL)     | 17:12 |
| 4. Gary Smolyak (ATH)    | 17:12 |
| 6. Alec Font (CEN)       | 17:19 |
| 7. Adam Gartell (RES)    | 17:24 |
| 8. Adam Sachs (CEN)      | 17:32 |
| 10. Teddy Lafemina (RES) | 17:38 |
| Corey Hamilton (MH)      | 17:42 |
| Owen Ochettino (RES)     | 17:43 |
| Andrew Durkee (CEN)      | 17:43 |
| Ben Weintstein (MH)      | 17:44 |
| Bryce Rosicky (ATH)      | 17:50 |
| Griffin Riddler (CEN)    | 17:50 |
| Dan Schofield (CEN)      | 17:59 |
| Eric Segev (CEN)         | 18:08 |
| Alex Hedgren (RES)       | 18:09 |
| Marshall Demaree (RH)    | 18:11 |
| Collin Cornish (RES)     | 18:15 |
| Daniel Smolyak (ATH)     | 18:30 |
| Joseph Keating (WL)      | 18:51 |

Girls 5k

|                          |       |
|--------------------------|-------|
| 2. Shreya Nalubola (CEN) | 19:50 |
| 5. Karli Smiraglia (RES) | 20:10 |
| Devin McIntyre (CEN)     | 20:42 |
| Heather Konstanzer (RES) | 20:54 |
| Julia Orloff (WL)        | 21:09 |
| Caroline Haden (HOW)     | 21:12 |
| Alyssa Taylor (CEN)      | 21:17 |
| Eileen Ying (RH)         | 21:55 |
| Gabby Rayner (HOW)       | 22:03 |
| Tory Lafemina (RES)      | 22:15 |
| Jill Greenwald (ATH)     | 22:33 |

STRIDERS AT 2A STATE CHAMPIONSHIPS  
Hereford High School – November 10

Boys 5k

|                          |       |
|--------------------------|-------|
| Conner Holley (OM)       | 17:49 |
| Ryan Hermstein (MR)      | 18:17 |
| Gulraize Khan (MR)       | 18:27 |
| Cameron Bowling (OM)     | 18:40 |
| Paul Kirk-Davidoff (OM)  | 18:49 |
| Isaac Kirk-Davidoff (OM) | 19:15 |

Girls 5k

|                         |       |
|-------------------------|-------|
| 1. Brit Lang (OM)       | 19:21 |
| 5. Alyssa Hemler (OM)   | 20:12 |
| 10. Abigail Starks (MR) | 20:26 |
| Sarah Brand (OM)        | 20:38 |
| Mackenzie Snyder (OM)   | 21:36 |

STRIDERS AT 3A STATE CHAMPIONSHIPS  
Hereford High School – November 10

Boys 5k

|                       |       |
|-----------------------|-------|
| 2. Danny Rau (HOW)    | 16:20 |
| 7. Alec Font (CEN)    | 16:36 |
| Adam Sachs (CEN)      | 17:16 |
| Gary Smolyak (ATH)    | 17:17 |
| Ben Weinstein (MH)    | 17:23 |
| Griffin Riddler (CEN) | 17:41 |
| Teddy Lafemina (RES)  | 17:43 |
| Owen Pochettino (RES) | 17:43 |
| Corey Hamilton (MH)   | 17:51 |
| Tim Virostek (WL)     | 17:52 |
| Andrew Durkee (CEN)   | 17:55 |
| Dan Schofield (CEN)   | 18:05 |
| Bryce Rosicky (ATH)   | 18:06 |
| Marshall Demaree (RH) | 18:16 |
| Eric Segev (CEN)      | 18:34 |
| Collin Cornish (RES)  | 18:39 |
| Dominic Mandile (RH)  | 19:11 |

Girls 5k

|                          |       |
|--------------------------|-------|
| 3. Shreya Nalubola (CEN) | 19:37 |
| Devin McIntyre (CEN)     | 20:22 |
| Karli Smiraglia (RES)    | 20:28 |
| Heather Konstanzer (RES) | 20:39 |
| Caroline Hedin (HOW)     | 21:04 |
| Julia Orloff (WL)        | 21:08 |
| Eileen Ying (RH)         | 21:37 |
| Gabby Raynor (CEN)       | 21:52 |
| Shannon Kirby (HOW)      | 22:01 |
| Melissa Pratt (HOW)      | 22:17 |
| Winnie Tsao (HOW)        | 23:42 |



*Striders pose after running the Knights of Columbus 10k. (photo by Denise Hyde)*

## KNIGHTS OF COLUMBUS 10k STARTS FALL RACING SEASON

It was another beautiful day and great time had by all at the Ninth Annual Knights of Columbus 10k Run, which was held on Saturday, September 1, 2012 at the Shrine of St. Anthony in Ellicott City, MD. Completing the difficult and challenging 10K course were 231 runners from nine States and the District of Columbia. Overall winners: in the men's division: Gurmessa Meyersa of Washington DC in a time of 32:49. The winner in the women's division was Megan DiGregorio of White Marsh, MD, in a time of 40:38. Many others participated in a fun walk and kid's fun run. Everyone enjoyed lots of post race festivities, including music, awards presentations, random prize giveaways, a moonbounce, and refreshments including, bagels, donuts, apples, bananas, and watermelon.

*Doug Angradi* directed the race— and he also ran the race!

Complete results are at:  
[www.kc11898.com](http://www.kc11898.com).

## STRIDERS AT KNIGHTS OF COLUMBUS 10k Shrine of St. Anthony – September 1

|                                    |         |
|------------------------------------|---------|
| 4. Karsten Brown (1st, 30-39M)     | 35:27   |
| 5. Steve Prinzivalli (2nd, 30-39M) | 35:34   |
| 7. Jeremy Rea (3rd, 30-39M)        | 36:01   |
| 9. Keith Levasseur                 | 38:24   |
| 10. James Blackwood (1st, 20-29M)  | 39:07   |
| Ted Poulos (1st, 50-59M)           | 40:12   |
| John Chall (2nd, 50-59M)           | 41:19   |
| Stephen Bohse (2nd, 40-49M)        | 41:26   |
| Lochlann Boyle                     | 42:41   |
| Ryan Hermstein (1st, 16-19M)       | 42:58   |
| Michale Bohse                      | 43:53   |
| Amanda An (2nd F)                  | 44:46   |
| Jason Miller                       | 44:48   |
| Gregg Ford                         | 45:16   |
| Steve Boyce                        | 45:16   |
| Tammy Liu (1st, 40-49F)            | 46:16   |
| Ronnie Wong (1st, 60-99M)          | 47:02   |
| James Carbary (2nd, 60-99M)        | 47:53   |
| Chris Farmer                       | 48:58   |
| Jason Cox                          | 49:15   |
| Marsha Demaree (2nd, 40-49F)       | 49:47   |
| John Stanmore                      | 50:56   |
| Norah MacPhee                      | 51:00   |
| Eric Johnston                      | 51:52   |
| Faye Weaver                        | 54:02   |
| Brandon Marquart (3rd, 1-15M)      | 54:05   |
| Erin Blackwood                     | 54:52   |
| Rena Dubin                         | 56:08   |
| Corey Marquart                     | 56:26   |
| Erin LaBarre                       | 56:59   |
| Terry Storms                       | 58:12   |
| Amanda Idstein                     | 58:14   |
| Chris Reading                      | 59:56   |
| Patricia Brooks (1st, 60-99F)      | 1:00:08 |
| Patricia Huffman                   | 1:02:31 |
| Mel Quecan                         | 1:04:55 |
| Sue Emerson                        | 1:06:10 |
| Pete Filipowicz                    | 1:07:29 |
| Robert Gurtler                     | 1:07:41 |
| Melinda Krummerich                 | 1:08:38 |
| Melanie Balakirsky                 | 1:10:26 |
| Brian Lawton                       | 1:11:18 |
| Jennifer Soler                     | 1:11:44 |
| Nathan Capelle                     | 1:15:28 |
| Debbie Wilhelm                     | 1:16:08 |
| Christina Robinson                 | 1:19:17 |
| Paul Dane                          | 1:22:13 |
| Kevin Murphy                       | 1:23:03 |
| Marylynn Doff                      | 1:24:34 |

## FESTIVUS MAXIMUS

A large number of Howard County Striders took advantage of the cold, clear morning of Saturday, October 13, to run in one of the three races of the Baltimore Running Festival. Not surprising, *Keith Levasseur* had the fast marathon time (2:46:58) of all of them. What was surprising was how he accomplished his remarkable time: he ran in flip-flops. Not only did he run 26.2 miles in under 2:50 in flimsy footwear, he was the only person to ever do so. To underscore this achievement, none other than the *Guinness Book of World Records* was duly notified. Eye-witness *Dave Tripp* observed Keith's floppy progress at miles 9, 13.1, 16, and 21. Mr. L. placed 29th overall and was the twelfth American and second Maryland resident to finish, which earned him \$750 in prize money. That will buy a lot of flip flops.

Trailing only a few places behind the amazing Levasseur, was *Jason Tripp* in 2:48:24. Running in ordinary shoes, Jason placed third among all mastermen and third Maryland resident, with each third being worth \$500 in prize money. No word on whether Jason plans to retire his shoes and take to flip flops, but you can check him out at the next Bagel Run.

Other notable marathon performances included those of *Michael Mbugi*, who lowered his marathon record by over 26 minutes to 2:55, and *George Kroeker*, who celebrated his sixth decade by beating all the other 60+ men (3:30).

*Phil Lang's* Bullseye Running placed first out of 1024 four-person teams in the marathon relay with an incredible time of 2:23:54. Racing team captain *Carlos Renjifo* ran the first leg so fast that he got ahead of the Kenyans in the marathon, but *Tom Williams* and Phil himself on the next two legs lost ground to Adventures for the Cure, so that it was up to anchorman *Mark Buschman* to win the relay. The last handoff was complicated by an errant bus-driver who was ferrying the relayers (Mark had some choice words for the delay), but he received the baton at the last moment, crushed the Cure's anchor, and swept to a 46-second victory for the home team.



*The new ultra-minimalist. (photo by Mike Fleming)*

The Bullseye Ladies boasted *Kelly Westlake* plus three Strider Hall of Famers—*Robyn Humphrey*, *Vicki Lang*, and *Bea Marie Altieri*, who journeyed all the way from Florida to run on the team. They collided with the much younger team from Falls Road and finished second among the all-women teams (2:54:40).

The Strider all-star women's teams Run-4-Chocolate 2 and Run-4-Chocolate 1 finished fourth and sixth, respectively, in the all-women category. After the competition, the Run-4-Chocolates gathered for their annual chocolate dinner and wine extravaganza at one of their member's homes. "We had 29 wines to judge!" noted *Tacy Powers*, noted chocolate connoisseur.

In the half, *Steve Olenick* finished fifth overall with a personal record 1:15:25. He didn't run in flip-flops and has absolutely no plans to ever run in flip-flops.

3025 finished the marathon, 10204 completed the half, and 3128 finished the 5k.

BALTIMORE RUNNING FESTIVAL  
Baltimore, MD — October 13

|                |         |
|----------------|---------|
| Rene Alonso    | 5:21:25 |
| Sloane Fish    | 5:21:48 |
| Chimene Castor | 6:13:30 |

MARATHON

|                                 |         |
|---------------------------------|---------|
| Keith Levasseur                 | 2:46:58 |
| Jason Tripp (2nd, 40-44M)       | 2:48:24 |
| Peter Keating (3rd, 45-49M)     | 2:52:47 |
| Michael Mbugi (PR)              | 2:55:00 |
| Tim Buzby                       | 3:07:36 |
| Timothy McGee                   | 3:13:06 |
| Jason McCaul                    | 3:14:56 |
| Jonathan Kennedy                | 3:16:46 |
| Donnie Chapman                  | 3:18:44 |
| Carlos Castrillon               | 3:18:46 |
| Anna Filipczak                  | 3:23:30 |
| John Bratiotis                  | 3:28:18 |
| Akintunde Morakinyo             | 3:29:41 |
| George Kroeker (1st, 60-64M)    | 3:30:01 |
| Lisa Farias                     | 3:30:22 |
| John Macmillan                  | 3:31:58 |
| Matt Decapite                   | 3:32:35 |
| Bromley Lowe                    | 3:33:33 |
| Conrad Fernandes                | 3:35:34 |
| Jeffrey Ward                    | 3:37:35 |
| Nickolaus Mueller               | 3:38:32 |
| Steve Boyce                     | 3:39:35 |
| Jim Fetters                     | 3:39:35 |
| Carrie Anderson                 | 3:40:59 |
| Ronnie Wong (1st, 65-69M)       | 3:41:17 |
| Jim Grover                      | 3:48:10 |
| Grace Tran                      | 3:48:14 |
| Wendy Allen                     | 3:53:16 |
| Janeth Scott                    | 3:54:55 |
| Anna Hogue                      | 3:55:03 |
| Evan Calvert                    | 3:55:45 |
| Heather Stroble                 | 3:57:42 |
| Barbara Lyons                   | 3:59:09 |
| John Stanmore                   | 4:00:27 |
| Dean Hof                        | 4:02:29 |
| Willie Flowers                  | 4:04:00 |
| Stephen Mang                    | 4:07:50 |
| Dave Orlik                      | 4:15:12 |
| William Isley                   | 4:27:34 |
| Laura Gidley                    | 4:28:34 |
| Ann Galvin                      | 4:36:44 |
| Zohreh Ghaffarian (2nd, 60-64F) | 4:54:33 |
| Judith Weber                    | 4:59:33 |
| Ronald Reardon                  | 4:59:34 |
| Mark Weaver                     | 5:01:00 |
| Christina Mgarvey               | 5:10:54 |
| Eric Katkow                     | 5:13:33 |
| John Wheatland                  | 5:13:33 |
| Barrett King                    | 5:20:29 |

HALF MARATHON

|                                       |         |
|---------------------------------------|---------|
| 5. Stephen Olenick (1st, 35-39M) (PR) | 1:15:25 |
| Jason Miller (3rd, 35-39M)            | 1:22:42 |
| John Chall (2nd, 55-59M)              | 1:26:16 |
| Gregg Ford                            | 1:29:45 |
| Peter Laanisto                        | 1:30:03 |
| Steve Meininger                       | 1:31:08 |
| Matt Pendergast                       | 1:32:24 |
| Joseph Haber                          | 1:33:43 |
| Robert Blanco                         | 1:34:00 |
| Samuel Evans                          | 1:37:48 |
| Kevin Criswell                        | 1:38:19 |
| Jim Rogers                            | 1:38:19 |
| Marc Burger                           | 1:39:17 |
| Franz Henryk Vergara                  | 1:41:11 |
| Samara Scheckman                      | 1:41:39 |
| David Eastman                         | 1:41:52 |
| Mark Sanetrik                         | 1:43:07 |
| Erin Hoffman                          | 1:43:40 |
| Russ Owens                            | 1:44:15 |
| Sharon Sartor                         | 1:46:00 |
| Andrew Sartor                         | 1:46:00 |
| Laura Travisano                       | 1:46:46 |
| Douglas Dixon                         | 1:46:47 |
| Faye Weaver                           | 1:47:18 |
| Dwight Mikulis                        | 1:48:47 |
| Elizabeth Cowan                       | 1:49:01 |
| Tim Spahr                             | 1:49:09 |
| Beth Stofka                           | 1:49:46 |
| Julie Rosicky                         | 1:49:50 |
| Jason Dugan                           | 1:50:00 |
| Veronica Antico                       | 1:50:37 |
| Eric Remoy                            | 1:51:32 |
| Chris Schauerman                      | 1:51:47 |
| Lizzette Smith                        | 1:52:26 |
| Larry Aschliman                       | 1:52:42 |
| Juan Fernandez                        | 1:53:01 |
| Cindee Curtis                         | 1:53:39 |
| Deborah Sharp                         | 1:53:39 |
| Allison Hayes                         | 1:53:51 |
| James Heyssel                         | 1:54:09 |
| Jesse Reeves                          | 1:54:55 |
| Amelia Mullican                       | 1:55:00 |
| Liana Farb                            | 1:55:20 |
| Lynn Sanetrik                         | 1:56:00 |
| Erin Blackwood                        | 1:56:20 |
| Matthew Bevan                         | 1:56:53 |
| Sandra Wittholz                       | 1:57:16 |

|                        |         |                              |         |
|------------------------|---------|------------------------------|---------|
| Lydia Joyce            | 1:57:35 | Tegest Johnson               | 2:34:12 |
| Chris Marasco          | 1:57:52 | Stephen McGovern             | 2:34:58 |
| Benjamin Bryden        | 1:57:56 | Debbie Wilhelm               | 2:40:53 |
| Ben Stein              | 1:57:58 | Janice Orlik                 | 2:41:08 |
| Sang Lim               | 1:58:23 | Shyamalesh Nandi             | 2:41:11 |
| Charlie Romanello      | 1:59:34 | Jennifer Lok                 | 2:41:53 |
| Kathryn Ekey           | 1:59:49 | Debra Lacy                   | 2:43:27 |
| Sachin Mamgain         | 2:00:27 | Jacquelyn Catalini           | 2:44:00 |
| Emily Howe             | 2:01:37 | Ryan Levin                   | 2:45:45 |
| Rena Dubin             | 2:03:36 | Brian Lecompte               | 2:47:59 |
| Hamid Janloo           | 2:03:40 | Sarah Hall                   | 2:48:39 |
| Patty Remoy            | 2:05:28 | Duane Linsenbardt            | 2:58:19 |
| David Weber            | 2:05:32 | Britt Oergel                 | 3:18:36 |
| Kelly Dixon            | 2:05:40 | Adam Stine                   | 3:22:53 |
| Jaquisha Kearson       | 2:05:50 | Trezaline Coffield           | 3:27:01 |
| Jessica Mayorga        | 2:06:46 | Jennifer Louden              | 3:33:12 |
| Chris Lacey            | 2:07:02 |                              |         |
| Amanda Weeks           | 2:07:03 |                              |         |
| Christina Stanley      | 2:07:33 | <u>5 km</u>                  |         |
| Christy Rucci          | 2:07:35 |                              |         |
| Chad Nordby            | 2:07:36 | 7. Brooks Ward (3rd, 16-19M) | 0:17:31 |
| Jordan Kelso           | 2:07:39 | 8. Jason Miller              | 0:17:43 |
| Dolan Greenidge        | 2:07:56 | Michael Dusenbery            | 0:20:22 |
| Parice Halbert         | 2:08:07 | Marsha Demaree (3rd, 45-49F) | 0:22:03 |
| Pete Filipowicz        | 2:08:41 | Mike Fleming (1st, 65-69M)   | 0:23:16 |
| Susan Groman           | 2:10:01 | Deborah Sharp                | 0:23:46 |
| Amanda Idstein         | 2:10:19 | Gwen Musk                    | 0:23:50 |
| Carrie Groman          | 2:10:57 | John Thornton                | 0:24:42 |
| Wayne Bryden           | 2:11:00 | Barbara Walters              | 0:25:15 |
| John Eckstrom          | 2:11:38 | Colleen Thornton             | 0:29:00 |
| Barbara Boardman-Pavao | 2:11:47 | Jessica Pearsall             | 0:32:59 |
| Debbie Grover          | 2:12:05 | Brooke Warburton             | 0:34:42 |
| Warren Pitts           | 2:12:05 | Charles Brown                | 0:35:19 |
| Yvette Oquendo-Berruz  | 2:12:24 | Amanda Cranfill              | 0:35:35 |
| Rebecca Pendergast     | 2:14:30 | Beverly Byron                | 0:36:59 |
| Nicole Berson          | 2:15:39 | Jeanette Novak               | 0:38:11 |
| Annemarie Steele       | 2:16:04 | Lisa Cox                     | 0:39:41 |
| Curly Franklin         | 2:17:40 | Iris Lipscomb-Woods          | 0:39:41 |
| Dyan Anderson          | 2:19:18 | Andrea Ball                  | 0:39:53 |
| James Corbin           | 2:19:24 | Roy Ball                     | 0:39:53 |
| Karl Barrus            | 2:19:27 | Jo Barnosky                  | 0:40:12 |
| Nichole Hay            | 2:20:16 | Laura Neugebauer             | 0:40:15 |
| Emily Leclercq         | 2:20:17 |                              |         |
| Brendon Stanton        | 2:21:03 |                              |         |
| Kevin Spaulding        | 2:21:10 |                              |         |
| Kathryn Bayer          | 2:23:07 |                              |         |
| Kelly Proctor          | 2:24:29 |                              |         |
| Patricia Dunbar        | 2:24:33 |                              |         |
| Jackie Stark           | 2:24:41 |                              |         |
| Jeana Levin            | 2:26:02 |                              |         |
| Kelly Shipp            | 2:26:18 |                              |         |
| Melinda Krummerich     | 2:28:21 |                              |         |
| Megan Stine            | 2:28:25 |                              |         |
| Paromita Banerjee      | 2:32:37 |                              |         |

## 38 FINISH 2012 BAGEL TO BEER

Originated by Howard County Strider *Tom Brown* and friends in 2002 as a low key local race, the B2B starts at the Bagel Bin in Wilde Lake and finishes on the outside deck of the Ram's Head Tavern in Savage, MD. The race's motto says it all: "No Fee, No Medal, No Fundraising and No Whining." Aid stations are manned by friends of Tom and various families living on the course. The race culminates with an outdoor deck party at Ram's Head Tavern. Beginning in 2011, Tom and friends abdicated operations and transferred the race to the Hero Friends running group. Hero Friends is comprised of about 50 local runners and Strider members including *Dwight Mikulis*, *Greg Lepore* and *Hafiz Shaikh*, *Bromley Lowe*, and *John Bratiotis*, who are the nominal race directors. They will strive to keep this race as laid back and enjoyable as Tom Brown and friends have over the past decade.

This year *Adam Whytko* finished first and may be (we're not sure) the only person ever to break three hours in the B2B Festival. He didn't get lost, that's for sure. *Amanda An* had nothing better to do on Saturday morning, so she was the first woman to finish.

Official history and past results for all the B2B Classics can be found at [www.bagel2beer.org](http://www.bagel2beer.org).

### BAGEL2BEER MARATHON Columbia-to-Savage, MD — September 22

|                             |         |
|-----------------------------|---------|
| 1. Adam Wytko               | 2:58:16 |
| 2. Jeremy Rea               | 3:01:09 |
| 3. Karsten Brown            | 3:03:15 |
| 4. Michael Mbugi            | 3:26:41 |
| 5. Akintunde Morakinyo      | 3:26:43 |
| 6. Ken Crandel              | 3:29:33 |
| 7. Allan Gross              | 3:29:42 |
| 8. Tim McGee                | 3:35:00 |
| 9. Fred Towner              | 3:35:22 |
| 10. Carlos Castrillon       | 3:44:44 |
| 11. Donnie Chapman          | 3:44:47 |
| 12. Nikalas Harvan-Matosich | 3:47:06 |
| 13. Gabriel Jimenez         | 3:47:09 |
| 14. Mark Wenson             | 3:47:41 |
| 15. Bob Alexander           | 3:47:45 |



*Bromley Lowe in his Oktoberfest attire with Amanda An and her golden bagel, the official trophy for all B2B finishers. (photo by Hafiz Shaikh)*

|                       |          |
|-----------------------|----------|
| 16. Philip Rupp       | 3:53:22  |
| 17. Amanda An         | 3:56:55  |
| 18. Clint Edwards     | 3:58:30  |
| 19. Robert Burton     | 3:58:31  |
| 20. Chad Burger       | 4:09:29  |
| 21. Matt Goode        | 4:10:10  |
| 22. Greg Lepore       | 4:14:28  |
| 23. George Olean      | 4:17:12  |
| 24. Jim Grover        | 4:21:39  |
| 25. Jim Cole          | 4:22:22  |
| 26. George Kroeker    | 4:30:01  |
| 27. Heidi Splete      | 4:30:14  |
| 28. Steve Thienel     | 4:30:19  |
| 29. Joe Hargadon      | 4:43:18  |
| 30. Judith Weber      | 4:45:07  |
| 31. Jimmy Hessler     | 4:45:34  |
| 32. Stephen Mang      | 4:47:05  |
| 33. Terry Griffith    | 4:51:09  |
| 34. Nelson Stritehoff | 5:14:51  |
| 35. Mike Kreft        | 5:58:14  |
| 36. John Wheatland    | 5:59:03  |
| 37. Gregory Wilkins   | 5:59:05  |
| 38. Gloria Shepherd   | Finished |

## ROAD WARRIORS OF THE AUTUMN

As the temperatures eased and the days shortened, the road warriors of Howard County continued to blaze an epic path through their competition.

### CHARM CITY 20 MILER Hunt Valley, MD – September 2

|                                 |      |
|---------------------------------|------|
| 3. Keith Levasseur              | ?:?? |
| 10. Michael Mbugi (3rd, 30-39M) | ?:?? |
| Hafiz Shaikh                    | ?:?? |
| James Gilmore (2nd, 40-44M)     | ?:?? |
| Caroline Bauer (2nd, 20-29F)    | ?:?? |
| John Bratiotis                  | ?:?? |
| Judith Weber                    | ?:?? |

Charm City lost the finish times, so we only know the finish order. 271 finished.

### FT. MCHENRY TUNNEL RUN 5k Baltimore, MD — September 11

|                               |       |
|-------------------------------|-------|
| 1. Karsten Brown              | 16:53 |
| 6. Dave Berardi (2nd, 50-59M) | 18:27 |
| Ronnie Wong (1st, 60-69M)     | 21:17 |
| Bruce Worley                  | 21:25 |
| Tom Logue (2nd, 16-19M)       | 21:42 |
| John Lubinski                 | 29:07 |
| Gabriel Gunderson             | 35:52 |

Sure, running through the tunnel is a gimmick, but at least it was cool there and the weather was still pretty steamy on September 11. 401 finished.

### COLLEGE PARK CARES 5k College Park, MD – September 29

|                                |       |
|--------------------------------|-------|
| Tacy Powers (1st, 40-49F)      | 21:20 |
| Eric Johnston (3rd, 40-49M)    | 21:45 |
| Patricia Keating (1st, 50-59F) | 21:47 |

College Park may care, but about what? One suspects these Howard Countians ran the race together. 208 finished.



*The Strider Elites at the Rock 'n Roll Half pose in front of Rocky's Library in Philly. (photo by Issel Renjifo)*

### ROCK 'N ROLL HALF MARATHON Philadelphia, PA — September 16

|                    |              |
|--------------------|--------------|
| 32. Carlos Renjifo | (PR) 1:09:20 |
| 38. Mark Buschman  | (PR) 1:10:17 |
| Pekka Stenholm     | 1:16:59      |
| Jason Tripp        | 1:23:20      |
| Jorge Renjifo      | 1:24:00      |
| March Wenson       | 1:37:44      |
| Rick Smith         | 1:48:09      |
| Sandra Wittholz    | 1:59:20      |
| Leslie Burge       | 2:06:00      |
| Karl Barrus        | 2:06:00      |
| Dolan Greenidge    | 2:09:21      |
| Christina Stanley  | 2:10:03      |
| Christy Rucci      | 2:13:16      |
| Lauren Wenson      | 2:27:40      |
| Nicole Hay         | 2:30:19      |
| Teddey Jones       | 3:00:55      |
| William Hicks      | 3:00:56      |
| Deanna Green       | 3:14:34      |

American Idol star Haley Reinhart headlined a finish line concert for over 20,000 runners who finished this extravaganza. Somehow, *Carlos* and *Mark* managed to get out in front of the herd and set personal records, and our old friend *Pekka* returned from Finlandia to run in Philadelphia.

RACE FOR OUR KIDS 10k  
Baltimore, MD — September 23

|                         |            |
|-------------------------|------------|
| Kelly Westlake (1st MF) | (PR) 38:44 |
| David Jun (3rd, 25-29M) | 40:13      |
| Janeth Scott (2nd MF)   | 43:26      |
| Chris Farmer            | (PR) 43:26 |
| Amanda An (1st, 25-29F) | 44:17      |
| Ronnie Wong             | 44:37      |

Perfect racing weather plus the lure of cash for overall and master runners made for some fast times! The course ran through the hilly neighborhoods next to Pimlico race track in Baltimore. 337 finished the 10k and 404 finished the accompanying 5k.

STEAMTOWN MARATHON  
Scranton, PA – October 7

|                 |              |
|-----------------|--------------|
| Kenneth Sevik   | 3:20:07      |
| Kelvin Hong     | 3:32:00      |
| Marianne Myrtue | 3:40:43      |
| Greg Lepore     | 3:53:43      |
| Dwight Mikulis  | (PR) 3:54:43 |
| Shane Bogan     | 4:24:40      |

*Dwight Mikulis* finally broke four hours for the marathon, but he may have had some help from *Greg Lepore*. Congratulations, Mr. President. 1941 finished.

CHICAGO MARATHON  
Chicago, IL – October 7

|                   |         |
|-------------------|---------|
| Craig Lebro       | 2:44:03 |
| Caroline Bauer    | 3:14:43 |
| Charles Romanello | 3:22:31 |
| Lisa Farias       | 3:24:57 |

Over 45,000 runners participated. But no world record was set.

JOHNSTOWN MARATHON  
Johnstown, PA — October 7

|                             |         |
|-----------------------------|---------|
| Adam Wytko (1st, 30-34M)    | 2:53:07 |
| Karsten Brown (2nd, 35-39M) | 2:58:01 |
| Chris Farmer                | 4:13:25 |

This was the 37th running of the Johnstown Marathon. Recall the Johnstown, PA, is the town made infamous by the flood in 1889. The event also included a half-marathon, 10k, and 5k. 57 finished the full marathon.

FREEDOM'S RUN MARATHON  
Shepherdstown, WV — October 13

|               |         |
|---------------|---------|
| Bob Alexander | 3:55:50 |
| Chris Farmer  | 4:24:28 |
| Erin Labarre  | 4:24:53 |

A scenic tour from Harper's Ferry to Shepherdstown, WV via the historic Antietam battlefield. 371 finished the full marathon, which was also accompanied by a half-marathon, 10k, and 5k.

GUNPOWER KEG 50k  
Gunpowder State Park, MD — October 15

|              |         |
|--------------|---------|
| Amanda An    | 7:09:xx |
| Judith Weber | 7:10:xx |
| Chris Farmer | 7:16:xx |

Only 28 finished this beautiful 2-loop course through Gunpowder State Park. A wrong turn by *Judith* and *Amanda* made them run an extra three miles!

ARMY 10 MILER  
The Pentagon – October 21

|                        |         |
|------------------------|---------|
| Mark Buschman          | 0:53:44 |
| Weems Mcfadden         | 1:03:44 |
| John Chall             | 1:03:48 |
| Matt Pendergast        | 1:07:24 |
| Dave Orlik             | 1:08:34 |
| Jeffrey Berger         | 1:09:28 |
| Robert Blanco          | 1:10:15 |
| Samara Scheckman       | 1:15:11 |
| Robert Bank            | 1:20:19 |
| Timothy Jock           | 1:21:14 |
| Gregg Pinsky           | 1:22:03 |
| Eric Johnson           | 1:22:49 |
| John Thornton          | 1:25:34 |
| Brandon Marquart       | 1:29:23 |
| Paul Kelley            | 1:30:36 |
| Joseph Loranger        | 1:31:32 |
| Edward Beach           | 1:32:05 |
| Jessica Mayorga        | 1:32:14 |
| Amanda Idstein         | 1:33:57 |
| Kellie Frey            | 1:34:10 |
| Elisabeth Jubinski     | 1:34:45 |
| Jason Cochrane         | 1:35:12 |
| Jon Atterbury          | 1:35:38 |
| Stephen Bank           | 1:36:48 |
| July Kelley            | 1:37:54 |
| Barbara Boardman-Pavao | 1:38:56 |
| Rebecca Pendergast     | 1:39:39 |
| William Vernon         | 1:44:10 |
| Dong Vo                | 1:45:07 |
| Rae Marquart           | 1:45:25 |
| April Kociolek         | 1:47:12 |
| Jennifer Lok           | 1:49:06 |
| Nathan Capelle         | 1:50:07 |
| James Corbin           | 1:53:38 |
| Sarah Beach            | 1:54:44 |
| Jacqueline Williams    | 2:00:46 |
| Tracy Arnold           | 2:02:52 |
| Myrtle Hughes          | 2:15:52 |
| Christina Caravoulas   | 2:26:51 |
| Arleen Matelock        | 2:31:13 |

A week after he heroically saved his relay team from embarrassment at the Baltimore Running Festival, *Mark Buschman* sets a PR at the Army 10 Miler. Over 21000 runners completed this massive event, designed to compensate the Army for the Marine Corps Marathon.

MONSTER DASH 5k  
Ft. Meade, MD – October 26

|                             |       |
|-----------------------------|-------|
| 2. Adam Wytko (1st, 30-39M) | 18:22 |
| Brian Fleming               | 20:22 |
| John Chall (2 nd, 50-59M)   | 20:55 |
| David Brightwell            | 21:15 |
| Jeffery Ward                | 22:09 |
| Sean Costello               | 22:32 |
| Juan Fernandez              | 24:04 |
| Mike Fleming (1st 60-99M)   | 25:19 |

Actually, this 5k was announced as “5k plus” and the course measured 3.35 miles. Close enough for government work. 586 finished.

GREASY-GOONEY 10K  
Browntown, VA – October 27

|                             |         |
|-----------------------------|---------|
| John Way                    | 43:40   |
| Eric Johnston               | 49:22   |
| Robert Gurtler (2nd, 70+ M) | 1:05:48 |

*Karsten Brown* directs this scenic, challenging, inexpensive, and oddly-named race out in the Shenandoah Valley. *Bob Gurtler* participated for the 14th straight year, while John set a new event record for Fastest Finisher to Not Receive An Award. The 2013 event will take place on October 26, and Karsten gives HCS members an entry fee discount! 86 finished this year.



*John Way* enjoying the scenery at *Karsten's* race. (photo by *Karsten Brown*)

XXXVI USMC MARATHON  
Iwo Jima Memorial – October 28

|                             |              |
|-----------------------------|--------------|
| Conrad Orloff (3rd, 40-44M) | 2:41:07      |
| Keith Levasseur             | (PR) 2:41:43 |
| Nicholas Grossi             | 2:52:37      |
| Kenneth Crandell            | 3:18:20      |
| Brian Martin                | 3:20:17      |
| Gregory Leger               | 3:21:37      |
| Fred Towner                 | 3:24:57      |
| Mike Stepanek               | 3:27:05      |
| Conrad Fernandes            | 3:30:23      |
| Lawrence Groman             | 3:32:39      |
| Michele Ritter              | 3:35:04      |
| Michelle Hollingsworth      | 3:36:57      |
| Greg Orlofsky               | 3:37:59      |
| Sharon Madden               | 3:48:52      |
| Ronnie Wong                 | 3:49:42      |
| Cecilia Murach              | 3:49:45      |
| Grace Tran                  | 3:52:22      |
| Allison Hayes               | 3:54:07      |
| Deborah Sharp               | 3:54:31      |
| Xinhua Xu                   | 3:54:56      |
| Julia Skinner               | (PR) 3:55:50 |
| Stephanie Staub             | 3:55:51      |
| Marc Wenson                 | 3:57:45      |
| Chris Schauerman            | 3:58:46      |
| Steve Boyce                 | 3:59:35      |
| Dwight Mikulis              | 4:02:02      |
| Jill Calhoun                | 4:03:58      |
| Megan Ressler               | 4:10:11      |
| Heidi Splete                | 4:10:11      |
| Amy Floyd                   | 4:10:59      |
| Michael Knestout            | 4:13:14      |
| Judith Weber                | 4:15:38      |
| Linda Koech                 | 4:16:02      |
| Lauren Wenson               | 4:16:08      |
| Stephan Uzzell              | 4:20:40      |
| Glenda Rodriguez            | 4:27:17      |
| Sonja Hitman                | 4:37:29      |
| David McGarvey              | 4:39:46      |
| Heather Stroble             | 4:42:40      |
| Amanda Idstein              | 4:44:32      |
| Aleah Zinalabedini          | 4:46:09      |
| Rebecca Holtz               | 4:46:59      |
| Cheryl Ford                 | 4:54:59      |
| Douglas Spezzano            | 4:55:36      |
| Susana Montoya              | 4:56:59      |
| William Brown               | 4:58:12      |
| Chad Nordby                 | 4:58:19      |
| Adam Vanderhook             | 4:58:35      |
| Jaquisha Kearson            | 5:00:14      |
| Angela McGinty              | 5:01:21      |
| Keith Sigur                 | 5:08:47      |

|                   |         |
|-------------------|---------|
| Kelli Shimabukuro | 5:13:25 |
| Andrea Ball       | 5:13:59 |
| Jordan Kelso      | 5:14:33 |
| Jessica Stern     | 5:16:39 |
| Valerie James     | 5:33:26 |
| April Kociolek    | 5:37:36 |
| Arleen Matelock   | 6:03:30 |

With Hurricane Sandy bearing down on the East Coast, the marathoners hurried through these 26.2 as fast as they could. This time *Keith Levasseur* did not wear flip flops and he set a personal record. The MCM recognized the year the Marine Corps was founded (1775) by honoring those participants who are serving or have served in the Corps. The 1,775th finisher was awarded the Marathon USMC Diver's Automatic Wrist Watch. 23515 finished, the largest field in the history of the event.

ROCKVILLE 10k  
Rockville, MD – November 4

|                              |       |
|------------------------------|-------|
| Robert Blanco                | 42:28 |
| John Way (1st, 45-49M)       | 43:15 |
| Phyllis Sevik (1st 45-49F)   | 46:17 |
| Christine Josey (1st 50-54F) | 47:18 |
| Eric Johnston                | 47:56 |
| Mike Fleming (1st 65-69M)    | 48:27 |
| Karen Harvey (2nd 54-59F)    | 51:20 |

The Rockville 10k race was part of the RRCA Maryland Championship series, so some people had to skip Grapevine. After the race, *Mike Fleming* zipped over to the Run Through the Grapevine race just in time to photograph the finish line. 537 finished.

ROSARYVILLE 5k  
Annapolis, MD – November 11

|                   |         |
|-------------------|---------|
| 7. Karsten Brown  | 3:57:41 |
| Conrad Fernandes  | 4:29:36 |
| Carlos Castrillon | 4:32:27 |
| Amanda An (3rd F) | 4:56:38 |
| Chris Farmer      | 6:56:47 |

Some felt they needed a greater challenge than the Metric Marathon, held at the same time, and this was it. 120 finished out of 133 who started.

JFK 50 MILER  
Washington, CO, MD – November 17

|                  |         |
|------------------|---------|
| Michael Stepanek | 8:40:17 |
| Lawrence Groman  | 9:14:07 |
| Lisa Farias      | 9:27:43 |
| Dane Jeter       | 9:34:22 |

Over the hill and down the towpath to DC. This was the 50th anniversary of this storied Ultramarathon. 1041 started but only 943 finished.

STONE MILL 50 MILER  
Montgomery County, MD – November 17

|                    |          |
|--------------------|----------|
| 5. Keith Levasseur | 7:40:22  |
| 9. Adam Wytko      | 7:59:02  |
| Timothy McGee      | 8:43:33  |
| Amanda An (5th F)  | 8:49:52  |
| Donnie Chapman     | 8:59:30  |
| Hai Nguyen         | 9:31:36  |
| Dave Orlik         | 10:26:38 |
| Stephen Mang       | 11:39:27 |
| Ed Masuoka         | 12:42:01 |
| David McGarvey     | 12:48:30 |
| Judith Weber       | 13:20:33 |

Tired of running the same old JFK 50 Miler, many of the Strider ultramarathoners opted to run this newer ultra, obviously competing with JFK. 257 finished.

**HOWARD COUNTY STRIDERS**

**ANNUAL MEETING & AWARDS BANQUET**

Saturday, January 5, 2013

The Bain Center

5470 Ruth Keeton Way

Columbia, MD 21044

4:45 pm - 8:30 pm (approximately)

for information, check the website

[www.striders.net/events/banquet/2013](http://www.striders.net/events/banquet/2013)

**YOU MUST BRING FOOD**

Striders will provide plates, plastic ware, napkins, & beverages

For more information contact:

Bev Byron ([bbyron167@aol.com](mailto:bbyron167@aol.com))

or Donnie Chapman ([membership@striders.net](mailto:membership@striders.net))

NCR TRAIL MARATHON  
Sparks, MD – November 24

|                                   |         |
|-----------------------------------|---------|
| 2. Keith Levasseur                | 2:50:37 |
| Mark Corriere (1st, 35-39M)       | 3:04:51 |
| Karsten Brown (2nd, 35-39M)       | 3:05:06 |
| Stephen Bohse (2nd, MM)           | 3:06:16 |
| Akintunde Morakinyo (1st, 45-49M) | 3:12:49 |
| Conrad Fernandes                  | 3:25:20 |
| Yasuo Oda                         | 3:27:38 |
| Steven Grufferman (2nd, 55-59M)   | 3:39:43 |
| Amanda An (2nd, 25-29F)           | 3:40:00 |
| Michael Bohse                     | 3:43:27 |
| Wade Gaasch                       | 3:48:14 |
| David Jun                         | 3:49:54 |
| Ronnie Wong (1st, 65-59M)         | 3:50:40 |
| Erin LaBarre                      | 4:17:18 |
| Chris Farmer                      | 4:17:46 |
| Deborah Sharp                     | 4:34:45 |
| Izzy Bowlsbey                     | 4:34:45 |
| Cheryl Ford                       | 5:00:33 |

On a chilly, breezy morning, 407 runners completed this marathon, an out-and-back along an old railroad grade.

**SPECIAL RECOGNITIONS**

- *Amanda An* and *Chris Farmer* both set personal records at the Monster Mash Marathon in Dover, DE, on October 20. Chris ran 3:54:54, but Amanda's 3:17:00 won the women's race. 178 finished.

- While we slogged through the Metric Marathon in Columbia, MD, *Carlos Renjifo* and *Mark Buschman* zoomed through the Veteran's Day 10k in Washington, DC. Against an elite field, Carlos placed 10th overall in 31:53, while Mark came in 13th in 32:11. Over 1900 finished.

## THE GREAT TURKEY TROT OF 2012

*Marsha Demaree* ran the Turkey Trot 10k Prediction Run with *Mike Fleming* because Mike had it all figured out. Participants had to negotiate the 6.2-miles through Jeffers Hill, with the winner being the closest to 11:00 AM, without the benefit of watches or any other timing devices. Mike had done extensive calculations about how to pace himself from a start time of 10:06 AM to a finish time at exactly 11:00 AM, and he carried a little cheat sheet to remind himself of the pace. Marsha thought the system would work. It didn't, but the two came close.

Turkey Trotter *John Chall* also had a system. "I know how fast I can run a 10k, and I just push myself as close to that as possible," he said. An accomplished grandmaster, John's system almost worked. He started at 10:20 AM or so, much later than the others, and pushing himself through the hilly 10k, came at 2.91 seconds of the appointed hour.

Amy Zhang, however, came within 2.61 seconds of 11:00 AM and won the coveted golden turkey award. Unfortunately, Amy was not present at the awards ceremony at the Jeffers Hill Neighborhood Center. Not only did she win the gold turkey (actually, a small plastic turkey with gold paint), she also earned a \$50 gift certificate to P.F. Chang in the Columbia Mall. "I'm going to try to find her," vowed event director *Len Guralnick*. A couple days later, he did.

Len had several random awards to hand out, and he also gave two awards to volunteers *Jill Dunham* and *Mike Fleming*, who stayed afterwards to help clean up. So Mike got something after all, even if he finished nearly 45 seconds before the hour.

A near-record field of 332 turned out on Thanksgiving morning to compete in this unusual race, which was genuinely not to the swiftest. Possibly thinking of a feast later in the day, most of them (243) finished before 11:00 AM, while only 89 finished after. Some of them may have wanted to finish early to prepare dinners, or maybe to get the free Dunkin Donuts and cider after finishing.



*Current Strider President Dwight Mikulis (right) congratulates Turkey Trot director (and former Strider President) Len Guralnick. Len has directed the Trot for a number of years and this will be his last time. (photo by Mike Fleming)*

### TURKEY TROT 10k TOP FINISHERS Jeffers Hill N.C. – November 22

|                                  |                    |
|----------------------------------|--------------------|
| Stacey Gordon (Columbia, MD)     | 10:59:47.08        |
| William Carballo (Columbia, MD)  | 10:59:51.09        |
| Dave Orlik (Columbia, MD)        | 10:59:51.58        |
| Scott Riddler (N/A)              | 10:59:52.08        |
| Patrick Cristaldi (Laurel, MD)   | 10:59:52.86        |
| Walter C. Ellis (Columbia, MD)   | 10:59:53.58        |
| Barry Merritt (Gaithersburg, MD) | 10:59:53.59        |
| Elizabeth Flynn (Ellicott City)  | 10:59:54.10        |
| Tom Logue (Columbia, MD)         | 10:59:56.84        |
| John Chall (Crownsville, MD)     | 10:59:57.09        |
| <b>Amy Zhang (Baltimore, MD)</b> | <b>10:59:57.84</b> |
| Megan Gitterman (Columbia, MD)   | 11:00:03.33        |
| Robyn W. Kajiura (Columbia, MD)  | 11:00:08.35        |
| Scott Woods (Ellicott City, MD)  | 11:00:12.09        |
| Paige Thumel (Ellicott City, MD) | 11:00:20.34        |
| Kevin Levi-Goerlich (N/A)        | 11:00:21.10        |
| Brett Nells (Columbia, MD)       | 11:00:21.33        |
| Melinda Krummerich (Elkridge)    | 11:00:26.09        |
| Katy Patchan (N/A)               | 11:00:27.84        |
| Michelle Gilbert (N/A)           | 11:00:28.34        |
| Dwight Johnson (Columbia, MD)    | 11:00:31.33        |

## JUNIOR STRIDERS

The Howard County Junior Striders, G1-8, held their annual cross country meet at Centennial High School on September 23. Running distances based on their ages, nearly 400 kids participated in five races on virtually the same course they'll be racing when they get to high school. The Juniors were directed by *Phil* and *Vicki Lang* of Bullseye Running, with the support of many parent-coaches. The Junior Striders also participated in several junior cross country meets throughout the mid-Maryland region, and some went on to AAU meets in November and December.



*Early action at the Junior Strider Home Meet.  
(photo by Bullseye Running)*

### JUNIOR STRIDERS HOME MEET Centennial High School – September 23

#### Boys 6&U 1k

|                      |      |
|----------------------|------|
| 2. Ben Welton        | 4:45 |
| 3. Munthir Elhabashy | 4:53 |
| 5. Jack Reading      | 5:02 |
| Henry Milner         | 5:17 |
| Aiden Carter         | 6:01 |
| Dominic Delpo        | 6:10 |
| Will Fullerton       | 6:27 |
| Ilan Tracton         | 6:47 |
| Joshua Pennsy        | 7:01 |
| Daitlan Ma           | 9:32 |

#### Girls 6&U 1k

|                       |      |
|-----------------------|------|
| 4. Sarah Hall         | 5:27 |
| 6. Aubrey Heiges      | 5:47 |
| 7. Caroline McCaffrey | 5:50 |
| 8. Nellie Squirelock  | 5:58 |
| 9. Ella Davidson      | 6:15 |
| Carolyn Shadrick      | 9:12 |

#### Boys 7-8 2k

|                    |       |
|--------------------|-------|
| 3. Jeffrey Heiges  | 8:53  |
| 10. Connor Croft   | 9:16  |
| Jeremiah Windsor   | 9:39  |
| Grant Bierce       | 9:54  |
| Peter Keating      | 10:13 |
| Mahdi Hotiat       | 10:32 |
| Stephen Sine       | 11:22 |
| Christopher Withee | 11:48 |
| Jack Milner        | 11:51 |
| Christopher Lopez  | 12:01 |
| Chaz McPhillips    | 12:05 |
| Zander Barton      | 12:10 |

|                    |       |
|--------------------|-------|
| Noah Steele        | 12:18 |
| Alejandro Delacruz | 12:27 |
| Sebastian Sabbat   | 12:36 |

#### Girls 7-8 2k

|                    |       |
|--------------------|-------|
| 9. Delaney Hammill | 9:58  |
| Paige McPhillips   | 11:09 |
| Katherine Hall     | 11:25 |
| Audrey Loudin      | 11:28 |
| Cecelia Shadrick   | 11:31 |
| Ania Grodsky       | 11:35 |
| Alyssa Dorsey      | 11:51 |
| Sarah Johnson      | 11:52 |
| Talia Tracton      | 12:05 |
| Sela Hale          | 12:37 |
| Kahlan LaCount     | 13:16 |
| Makenna Cox        | 13:28 |
| Kate Rossmark      | 13:51 |
| Romy Delpo         | 17:22 |
| Adalina Cochrane   | 17:40 |

#### Boys 9-10 3k

|                |       |
|----------------|-------|
| 4. Alex Kohn   | 12:19 |
| Liam McCaffrey | 13:12 |
| Chris Weber    | 14:01 |
| Joseph Withee  | 14:16 |
| Jacob Shindel  | 14:19 |
| Jake Baumann   | 14:22 |
| Logan Kim      | 14:30 |
| Joey Squirlock | 14:34 |
| Mats Chattin   | 14:35 |
| Davy Elsaesser | 15:27 |
| Kaleb Afework  | 15:33 |
| William Tripp  | 15:59 |
| Collin Carter  | 16:22 |
| Sam Martin     | 16:36 |

|                |       |
|----------------|-------|
| Andrew Bray    | 17:04 |
| Ben Roseman    | 17:12 |
| Joey Pennsey   | 18:02 |
| C.J. Bierce    | 18:16 |
| Henry Wilt     | 18:46 |
| Cobi Williams  | 18:56 |
| Diego DelaCruz | 19:33 |
| Jacob Wellman  | 22:20 |
| Aidan O'Connor | 22:21 |
| Ellis Witte    | 22:22 |
| Entian Ma      | 25:07 |

Girls 9-10 3k

|                     |       |
|---------------------|-------|
| 10. Makenna Hammill | 15:42 |
| Kyria Windsor       | 15:46 |
| Megan Hessler       | 16:10 |
| Aleyia King         | 16:22 |
| Charlotte Benfer    | 16:39 |
| Kacie Costello      | 16:51 |
| Sophia Davidson     | 17:36 |
| Isabel Sinnott      | 18:01 |
| Olivia Tedesco      | 18:04 |
| Katie Oliver        | 18:26 |
| Thandi Romney       | 18:50 |
| Isabelle Smith      | 19:06 |
| Sana Kayani         | 20:34 |
| Sarah Thorman       | 20:59 |
| Vanessa Knight      | 24:50 |

Boys 11-12 3k

|                      |       |
|----------------------|-------|
| 3. Hamzah Elhabashy  | 11:56 |
| 4. Max Hill          | 12:08 |
| 6. Gianni Harrington | 12:22 |
| 7. anders Chattin    | 12:31 |
| 8. Tommy McCarty     | 12:36 |
| 9. Jackson Pittman   | 12:37 |
| Philip Allen         | 12:46 |
| Ian Hinson           | 12:46 |
| Adam Lowe            | 13:24 |
| Nathan Breland       | 13:34 |
| Noah Kim             | 13:34 |
| Nate Vorsteg         | 13:35 |
| Rocco Delpo          | 14:13 |
| Josh Krutz           | 14:30 |
| Quincy Boateng       | 14:34 |
| Jon Wolf             | 14:36 |
| Andrew Dworski       | 15:26 |
| Billy Bott           | 15:29 |
| Lucas Kaiser         | 16:20 |
| Kurt Knoernschild    | 16:41 |
| Darby Costello       | 17:10 |
| Lincoln Sine         | 18:31 |
| Brian Hebert         | 19:09 |

Girls 11-12 3k

|                    |       |
|--------------------|-------|
| 5. Isabel Pineo    | 13:12 |
| 6. Zoe Reading     | 13:19 |
| 10. Celine Pisanic | 13:57 |
| Ally Merwitz       | 14:05 |
| Bethany Firebaugh  | 14:20 |
| Grace Chaverini    | 14:27 |
| Bridgette Kim      | 14:29 |
| Olivia Cassidy     | 20:29 |
| Chloe Hinson       | 22:28 |

Boys 13-14 4k

|                   |       |
|-------------------|-------|
| 3. Gavin Kohn     | 15:39 |
| 4. Ben Oldhouser  | 15:45 |
| 5. Eric Haney     | 15:51 |
| 8. Rahul Reddy    | 16:27 |
| 10. Ben Rosicky   | 17:08 |
| Gavin Reynolds    | 18:24 |
| Chris Young       | 18:30 |
| Paul Danieli      | 18:55 |
| Michael Simmons   | 19:15 |
| Thomas Wilson     | 20:17 |
| Mikie Allen       | 20:30 |
| Erick Sims        | 21:22 |
| Burham Rangwala   | 21:51 |
| Cyrus Bird-Walker | 21:54 |
| Spencer Leins     | 25:46 |
| Matt Leins        | 25:50 |
| Michael Leard     | 26:11 |

Girls 13-14 4k

|                    |       |
|--------------------|-------|
| 3. Cara Nardone    | 16:55 |
| 6. Natalie Perkins | 18:51 |
| 7. Megan Prescott  | 19:15 |
| 8. Courtney Mann   | 19:46 |
| Fanny Yayi Bondje  | 21:45 |
| Lia Hanus          | 21:52 |
| Emily Magoon       | 22:31 |
| Rosa Kirk-Davidoff | 24:39 |
| Annabelle Trotier  | 25:06 |
| Ginni Knight       | 28:13 |

**NOTICE**

Feet First still has Striders jerseys for sale, and what a great idea during this Holiday season but they also have long sleeve Striders performance shirts for only \$25 NOW, limited supply!

## WINTER SCHEDULE

Don't worry about running in cold weather this winter. Global warming will give us a nice, warm winter. Sure, there may be a few snowstorms or ice storms, but nothing you haven't seen before. Temperatures should remain above freezing for most of the time. Other than a few stupid football games, you won't have any excuse not to run.

In the extremely unlikely event that winter weather makes some of these races questionable, you can check the Strider website or its Facebook or Twitter equivalents for up-to-the-minute instructions.

The weekly series features six races starting on December 2 (hey, that's *before* winter starts!) and ending on February 11. The first Big Time Strider Event is the **Resolution Run 8k** on New Years' Day. Like the Turkey Trot on Thanksgiving, this one is a prediction run. The next BTSE is the **Penguin Pace 5k**, which starts at the Bain Senior center and follows that ridiculously hilly course through the Longfellow and Beaverbrook neighborhoods. [Note the 7:45 am start time— roads will close around 7:30 am.] If you liked those hills, you'll love the slopes at the **10-Mile Challenge** three weeks later. All able-bodied Strider runners should plan on doing this race, and if you can't then you can volunteer to help. This is an RRCA Team Championship race. **Defend this house!**

12/2 Weekly Series #1 – 2mi 10km  
2pm Thunder Hill Elementary School

12/16 Weekly Series #2 – 2mi, 5mi  
2pm Burleigh Manor Middle School

1/1 **Resolution Run** – 8km  
>9am Phelps Luck Neighborhood Center

1/5 **Awards Banquet**  
>4:45p Florence Bain Senior Center

1/13 Weekly Series #3 – 5km  
2 pm Elkhorn/Savage

1/20 Weekly Series #4 – 2mi, 6mi  
2 pm Thunder Hill Elementary School



*At the beginning of the Snowmageddon Marathon, staged by the Howard County Striders in 2010. Remember that one? It was not on the 2010 Schedule. (photo by Jim Carbarry)*

1/27 Weekly Series #5 – 5km  
2 pm Northfield Elementary School

2/3 **Penguin Pace 5km**  
7:45am Bain Senior Center

2/10 Weekly Series #6 – 2mi, 10km  
2 pm Longfellow Elementary School

2/17 Weekly Series Awards – 5km  
2 pm Hammond High School

2/24 **10 Mile Challenge**  
8 am Howard Community College

For more information, or in case of questionable weather, check out the website:

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

## PRESIDENT'S LETTER

Thank you! The last two years have been a fantastic experience for me as President of the best running club in Maryland. The Howard County Striders have become a central part of my life, where I have met some of my best friends and actually look forward to running at 7 am on Saturdays.

The club was in excellent shape when Nadia handed it over and we have continued the "Strider Way". The Strider Way is to put on well managed races, to provide top notch training through our trademarked Next Step programs, and provide some of the best young runner training with the Junior Striders under Coach *Phil Lang*.

Why can we boldly say this? Results! Membership is at a record with over 2100 individual members and over 1200 households. The races that we manage and the races that we own sold out in 2012. Clyde's with 2000 runners for the first time in a long time. Grapevine with 780 registered runners. This is a tribute to the volunteers and race directors.

How about the Next Step programs? With program coordinators *Dave Weber, Michael Mbugi, Meredith Olsen, Phyllis Sevik, Hafiz Shaikh, Caroline Bauer, Faye Weaver, Bev Byron* and *Jessica Stern*, we brought well coached weekly group training to hundreds of Striders through Next Step Hibernation to 5K, 10K/10 mile, F.I.T., Half/Full Marathon and G.I.R.L.

Speaking of Junior Striders, hundreds of Howard County youths have embraced our core mission of lifetime fitness through running starting at a young age. The Juniors had a record numbers of participants starting with the spring program and all the way through the fall. You can be sure that the high school coaches in the county are pleased when Junior Striders get old enough to run for them and compete against the best in the state.

The club also is strong financially. We have been under budget on expenses and over budget on income for each year. This has allowed the club to continue purchasing state of the art timing equipment, provide for safe storage, invest in new website technology and improve the overall runner experience in our

programs and races. This will continue in 2013 and beyond.

I'm very excited about the running opportunities for Howard County Striders with our lit track nights for the first time in more than 10 years for safe running in the winter. More informal runs through our Striders Meet Up group with our standard Saturday Bagel Runs and now Thursday evening runs from Feet First. Just as fun, more and more cars are sporting our Strider Blue and White magnet, Choose Running.

I've had the pleasure of working with dedicated Striders on the board who have supported me and many new initiatives. We have purposefully encouraged new members on the HCS board and have had wonderful Striders step up as race directors as existing RDs have completed their "tour of duty."

For me, this has absolutely been the great experience that I had hoped for when I took over the reins. Much still needs to be done and improved on and we have just the team to do it with *Bill Arbelaez* and *Donnie Chapman* as incoming President and Vice President.

Next year, I will continue to serve on the Striders board as Past President and will take on a new position as the Maryland RRCA Representative taking over from *Phil Lang*. This will give me the opportunity to serve the broader community of runners throughout the entire state of Maryland via the other RRCA clubs.

Thank you again for allowing me to lead the club and to help continue the Strider Way into a new running boom in Howard County.

See you in 2013 at the Striders annual banquet, January 5.

— *Dwight Mikulis*, a.k.a. "The Prez"

Don't forget these Strider events this Winter:

Resolution Run Prediction 8k – Jeffers Hill Neighborhood Center  
after 9:30 am, Tuesday, January 1, 2013

Awards Banquet – Bain Senior Center  
after 4:45 pm, Saturday, January 5, 2012

Penguin Pace 5k – Bain Senior Center  
7:45 am, Sunday, February 3

10 Mile Challenge – Howard Community College  
8:00 am, Sunday, February 24

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Return Address:  
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Columbia, MD 21045

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