

FOOTPRINTS



NEWSLETTER OF THE
HOWARD COUNTY STRIDERS
VOLUME 33, No. 1 — SPRING 2013



Kyle Stanton, Dave Berdan, and Brian Harvey slug it out after a 4:40 first mile at the 10-Mile Challenge. Both Stanton and Harvey beat Berdan. (photo by Doug Hawkland).

STRIDERS ROCK!

MEN, WOMEN BEAT FALLS ROAD
(BUT MISS COED TITLE BY 2 POINTS)

The Howard County Striders thought their chances for winning the 10-Mile Challenge went down the drain when racing team captain and runner-of-the-year *Carlos Renjifo* pulled out of the race with an Achilles injury the week before. But *Brian Harvey* and *Kyle Stanton* stepped into the breach and delivered an astounding victory in the men's

team competition. Harvey and Stanton began the race in a tight contest with Dave Berdan from the nemesis Falls Road team. After a 4:40 first mile, the three of them were running neck and neck going across the bridge into the Allview community. When they came out of Allview, after running some serious hills, Harvey had taken complete control of the race. He cruised the remaining three miles all alone to win the race and set a course record of 51:00. Stanton bested Berdan by 14 seconds to capture second place, and the Strider men were on their way to beating the Falls Road Team for the first time in years.

The top 12 men from each of 10 local area running clubs scored in the men's team competition.

A former all-America from Carnegie-Mellon, Harvey began his career at Centennial High School, while Stanton was an elite runner at Hammond High. Both won David L. Tripp scholarships as scholar-athletes. "It was lots of fun," Mr. Harvey remarked about the race. "I've never really raced 10 miles before [only half marathons]!"

The Strider women also did something they had not done in many, many years: they beat the Falls Road women's team. Master-runner-of-2012 *Kelly Westlake* spearheaded the effort by placing third among the women in a person record time of 1:05:02. She was actually leading the race for the first few miles, until Falls Road's Christine Ramsey and Melissa Majumdar took over. The latter two ran the race in lock-step, finishing at virtually the same moment about two minutes ahead of Westlake. "After those hills," Kelly said, "I'm looking forward to [flat] Cherry Blossom [10 Miler]. The winning Strider women's team included new racing team member *Jessica Ivy* (fifth female), elite triathlete *Suzy Serpico* (sixth female), and half-marathoner *Caroline Bauer* (ninth female), who also set an improbable personal record. The top six women from each club scored.

The story was completely different, however, for the coed team competition. Somehow the Falls Road coeds pulled out a remarkable victory over Howard County. But the score was very close: 557 points to 559 (low score wins), with the point totals coming from adding up the finishing positions of the top 11 men and top 4 women. Race scorer *Jim DiScuillo* ran the tallies several times on the computer to guarantee accuracy. Some members of the Strider racing team though he was surely in error. "You just can't argue with a computer," Jim said. "And don't call me 'Shirley'." Falls Road might have had a better showing had some of their best runners not gone off to New Orleans to run a marathon or something.

The winning teams and the top male and female runners received trophies, but, to underscore the *team* nature of the race, there were no other awards. A new coed traveling



James Gilmore (left) in the early going with Kelly Westlake. (photo by Doug Hawkland)

trophy replaced the ancient (and ugly) 30-year-old trophy. The new trophy will reside at Falls Road Running Store – at least until next year.

This year's Challenge enjoyed the nicest weather in the 33-year history of the event. Race-time temperatures were around 41F and the Sun was shining brightly. The only quibble might have been wet pavement. The weather was so fine that the post-race refreshments were served outside. Over 1000 runners registered for the race, and 739 finished, both of which are records.

The Howard County Striders stage the race every February. The race is the official 10-Mile Championship for the Maryland chapter of the Road Runners Club of America. The course runs south from the Howard Community College, circles through the hills of Allview, and returns through Hickory Ridge.

Brad Murach made his premiere as race director. Although he had never directed a race before and isn't even a runner (he's a bicyclist), his day-job involves logistics, and he had no trouble organizing this baby. "He was calm and organized," said his wife *Cecilia*. "I'm very proud of him."

The Striders wish to thank Steve Musselman and the Howard Community College for allowing use of the College gym as the race venue. They also want to thank the Howard County Police for providing traffic control, and dozens of Howard County Striders who served as course marshals, course markers, and water stop volunteers.

RRCA 10 Mile Championship
Columbia, MD — 23 February 2013

Top 20 Men

1. Brian Harvey (Howard County)	51:00
2. Kyle Stanton (Howard County)	52:25
3. Dave Berdan (Falls Road)	52:39
4. Mark Buschman (Howard County)	54:14
5. Matthew Barresi (Howard County)	54:50
6. Nathan Brigham (Falls Road)	54:56
7. Dustin Meeker (Falls Road)	55:21
8. Andrew Madison (Howard County)	55:36
9. Hugh Toland (DC Road Runners)	55:56
10. John Ealy (Falls Road)	56:02
11. Erik Anderson (Falls Road)	57:03
12. Steve Kartalia (Westminster)	57:05
13. Phil Turner (Falls Road)	57:16
14. Kevin Ford (Howard County)	57:28
15. Stephen Olenick (Howard County)	57:36
16. Douglas Woods (Montgomery C.)	57:57
17. Kent Werner (Howard County)	57:59
18. Daniel Meranda (Falls Road)	58:07
19. Andy Sovonick (Falls Road)	58:47
20. Karsten Brown (Annapolis)	58:54



Dr. Kent Werner doesn't have as much time as he used to have to run, but he came out and made his run count. (photo by Doug Hawkland)

Top 20 Women

1. Melissa Majumdar (Falls Road)	1:03:16
2. Christy Ramsey (Falls Road)	1:03:16
3. Kelly Westlake (Howard County)	1:05:02
4. Sherry Stick (Westminster)	1:05:43
5. Jessiva Ivy (Howard County)	1:05:54
6. Suzy Serpico (Howard County)	1:05:54
7. Sage Norton (Frederick)	1:05:56
8. Suzanne Hurst (Falls Road)	1:06:38
9. Caroline Bauer (Howard County)	1:06:45
10. Lindsay Warfield (Westminster)	1:06:47
11. Cindy Conant (Montgomery C.)	1:06:56
12. Stefani Penn (Howard County)	1:07:16
13. Carly Page (Falls Road)	1:07:21
14. Jackie Range (Falls Road)	1:07:52
15. Robyn Humphrey (Howard County)	1:08:11
16. Nicole Deziel (Montgomery County)	1:08:52
17. Heidi Lane (Annapolis)	1:08:55
18. Tiffany Hevner (Howard County)	1:08:55
19. Catherine Howard (Montgomery C.)	1:09:18
20. Candice Rhine (Annapolis)	1:09:50



The new 10-Mile Challenge trophy. Nicer than the old one? (photo by Mike Fleming)



Brian Harvey at 8.5 miles– nobody in the rear-view mirror. (photo by Doug Hawkland)

Coed Team Scores (low score wins)

1. Falls Road Running	557
2. Howard County Striders	559
3. Montgomery County Road Runners	1321
4. Annapolis Striders	1471
5. DC Road Runners	1597
6. Baltimore Road Runners	2012
7. Westminster Road Runners	2181
8. Frederick Steeplechasers	2234
9. Renaissance All-Sports Athletic Club	3206
10. Prince Georges Road Runners	6645

Women's Team Scores

1. Howard County Striders	50
2. Falls Road Running	59
3. Annapolis Striders	147
4. Montgomery County Road Runners	157
5. DC Road Runners	218
6. Baltimore Road Runners	290
7. Westminster Road Runners	292
8. Frederick Steeplechasers	315
9. Renaissance All-Sports Athletic Club	371
10. Prince Georges Road Runners	963

Men's Team Scores

1. Howard County Striders	165
2. Falls Road Running	211
3. Montgomery County Road Runners	748
4. Annapolis Striders	851
5. DC Road Runners	881
6. Baltimore Road Runners	1129
7. Frederick Steeplechasers	1433
8. Westminster Road Runners	1467
9. Renaissance All-Sports Athletic Club	2234

RINGING IN 2013

The Howard County Striders ran in the New Year with their traditional Resolution Run, a five-mile rumble along the bike paths of Jeffers Hill and Long Reach communities. The runners' objective was to finish the run at exactly 11:00 AM, starting whenever they chose, and the closest finisher to that hour won—no speed necessary! The catch was that they couldn't use watches, clocks, or any other timing devices.

Yes, strategies do exist for winning this type of "race." You could, for instance, run the course several times beforehand and time yourself to get accustomed to a certain speed. You might also try to run with previous winners of the event. Or you could run with your wife, who is always on time. Usually, though, none of these approaches guarantees a finish close to 11:00 AM.

Winner *Michael Smolyak* had the perfect strategy. "I ran with my sister," he said. "She only started running a few months ago" [and consequently has virtually no experience establishing a pace]. Mike and sis started out well before most of the other runners, and Michael surprised himself by finishing only 1.65 seconds after 11 AM. Chip timing guaranteed accuracy down to 0.01 seconds.

In the past, most prediction runners usually wind up running faster than they think and finishing before the appointed hour. Usually, they rush for the Dunkin Donuts, fruit juice, and coffee in the warmth of the Jeffers Hill Neighborhood Center. This time was different. Of the 171 finishers, 78 finished before 11 AM and 93 finished after. Strange, very strange. Maybe it was the fine winter morning: cold but clean.

But even if your pacing wasn't accurate, you still had a chance to win one of several random awards, which included gift certificates to local restaurants and to Feet First in Hickory Ridge. Event director *Len Guralnick* also handed out a random award to one of the many volunteers.



*Michael Smolyak with his seeded number.
(photo by Mike Fleming)*

TOP FINISHERS AT RESOLUTION RUN

Jeffers Hill, Columbia, MD — January 1

69. Lehtonen, John	10:59:51.15
70. Myrtue, Marianne	10:59:52.14
71. Bogan, Shane	10:59:52.39
72. Nelson, Jane	10:59:54.16
73. Zimmerman, Ginny	10:59:54.42
74. Steinecke, John	10:59:56.40
75. Barouch, Lili	10:59:56.40
76. Fawls, Dominic	10:59:56.64
77. Diel, Jason	10:59:56.89
78. Bevan, Matthew	10:59:57.91
79. Smolyak, Michael	11:00:01.65
80. Mang, Stephen	11:00:02.89
81. Fernandez, Juan C.	11:00:08.15
82. Howe, Emily F.	11:00:10.68
83. Schuler, Eric	11:00:10.89
84. Rosicky, John	11:00:11.40
85. Rosicky, Julie	11:00:12.15
86. Maybee, Nelly	11:00:12.39
87. Proctor, Kelly	11:00:16.93
88. Rhoton, Rob	11:00:17.40
89. Thumel, Julie	11:00:17.42

BANQUET! BANQUET!

On Saturday, January 5, the Striders held their Annual Awards Banquet and Culinary Festival at the Bain Senior Center. Luckily, the Ravens and the Redskins played on Sunday, which permitted a rather large assembly. In fact, the original five rows of tables needed to be expanded by another row, along the side of hall, to accommodate the influx. The meeting began around 5 PM and concluded promptly at 7:51 PM.

Before the feeding commenced, a brief meeting took place in which the 2012 Board of Directors were recognized for service, especially departing members *Pat Wilkerson* (Secretary), *Marsha Demaree* (Special Programs), and *Nadia Wasserman* (Immediate Past President). The three received Lucite plaques, and Nadia received a director's chair with her name on it. She became emotional.

Speaker *Bill Arbelaez* opened the floor for nominations for the 2013 Board, but none materialized, and the pre-appointed slate was elected by the audience with no dissent. The 2013 Board of Directors appears in the box at right. "Anyone who volunteered in any way during 2012 should pick up one winter and one summer cap before leaving," Bill announced. This was his first act as the new President of the Howard County Striders.

He acknowledged *Bev Byron* for organizing the meeting, and requested she step forward to arrange the food acquisition. "You're all hungry, right?" Bev said. She instructed the hungry runners at the "A" tables would go first, "B" table second, and the poor "C" tables last. The process was orderly, and no one was injured.

The food tally included two tables of chips and dips, one table of pizzas (seven of them), two tables with soups, chowders, bisques, and stews, one table of various breads and rolls, one table of salads, one table of pastas, two tables of desserts including one cake in the form of a running shoe, and two tables of liquid refreshments— one alcoholic and one soft drinks and water. Of all these tasty delights, *Sari Chapman's* peanut-tomato-and-curry soup won the highest praise and top honors. "It's a west African dish," Sari explained. "It makes me run fast!" said her husband Donnie.



What was left of Sari Chapman's East African peanut-curry stew after a few minutes. (photo by Jim Carbery)



Interesting departure from the traditional cake form. Cake by Jennifer Blanco. The shoelaces were eatable, too. (photo by Mike Fleming)

YOUR 2013 BOARD OF DIRECTORS

<i>Bill Arbelaez</i>	President
<i>Donnie Chapman</i>	Vice President
<i>Chris Schauerman</i>	Secretary
<i>Rob Gettier</i>	Treasurer
<i>Dwight Mikulis</i>	Immediate Past Pres.
<i>Bobby Gessler</i>	Junior Striders
<i>Jess Stern</i>	Special Programs
<i>Paul Goldenberg</i>	Special Races
<i>John Bratiotis</i>	Weekly Series
<i>Cecelia Murach</i>	Membership
<i>Amanda Loudin</i>	Community/Media
<i>James Blackwood</i>	Technology/Website
<i>Carlos Renjifo</i>	Racing Team
<i>Jim Carbery</i>	Stupendous Editor

When the audience had gotten past the initial courses and into the desserts, the Striders presented their annual donations to various local organizations. The first donation was made to the Howard County Fire and Rescue and was accepted by Captain Concho and his partner Kelly. Kelly said the donation would go towards CPR training and the prevention of sudden cardiac arrest. "We're into training high school students now," she explained, "with the goal of educating all Howard Countians in CPR."

The second donation went to the Howard County Police, who play a very important role in our race events. Major Bender accepted for the police. "The Howard County Striders are the nicest group of people we work with," the Major said.

Strider *Nancy Burns* accepted a donation for the Howard Community College, site of two major Strider races: the 10-Mile Challenge and the Women's Distance Festival 5k. *Becking Ramsing* received a fourth donation on behalf of Girls on the Run, a national organization dedicated to getting school-age girls into running. *Vicki Lang* accepted yet another donation to the Maryland Grand Prix Series. Her husband, *Phil*, was the 2012 RRCA state representative. She also received a donation to the Women's Distance Festival, but no one was sure where that one was ultimately going.

With some eating still going on, Bill requested the audience to write down suggested activities for the club. Forms had been provided on each table for such suggestions. "This is your format for change," Bill challenged. The response of the group is not yet known.

In an overt act of "transparency," the 2013 budget was then reviewed by Treasurer *Rob Gettier* and Immediate Past President Dwight Mikulis. A balanced budget was clearly indicated. Even before *Dave Tripp* could voice his query, Dwight answered him: "This is cash basis, not accrual." He continued, "We are financially strong. Will we avoid the Runner's Cliff? Yes." There was a lot of chatter could be heard in the background, but none of it seemed to be related to the financial statements. Although Bill said he would spend more in 2013 than Dwight did in 2012, he vowed to keep the budget balanced. The

audience then approved the 2013 budget unanimously.

Then it was time to recognize the hard working and long-suffering race directors who recently retired: *John and Ann Worley* (Metric Marathon), *Richard Bernstein* (10 Mile Challenge), and *Len Guralnick* (Turkey Trot and Resolution Predictions Runs). All of them received those director's chairs with their names on them.

Strider Emeritus *Dave Tripp* then took the floor to announce the inductions of two new members into the Strider Hall of Fame.

The first new inductee was *George Altieri*. George and his wife *Bea Marie*, also a Hall of Famer, were highly competitive runners and triathletes during the 1980's and 1990's. First and foremost a multisport athlete, George twice competed in the Hawaii Ironman, was nationally ranked first among the 35-39 men, completed the Columbia Triathlon (Olympic distances) once in 2:04, and qualified to represent the United States in the World Championships in Australia. George made his mark as a runner, also, with times of 15:55 for 5km, 32:50 for 10km, 54:50 for 10 miles, and 1:13 for the half marathon. (By the way, he ran 26.2 miles in 3:06 at the Hawaii Ironman— after swimming 2.4 miles and biking 112 miles.) He served on a number of Strider racing teams, back in the days when the team won everything. He earned Runner of the Year honors in 1995 and Master Runner of the Year in 1998, and was recognized three times with President's Awards. As Director of PowerBar, George supported Strider events with generous donations of those tasty energizers. By the turn of the millennium, though, George and Bea Marie moved to Florida. George couldn't attend the Banquet, but he sent a kind note to Dave thanking him and the Hall of Fame Committee for the honor.

The second inductee can still be seen a Bagel Runs. "It's hard to believe she used to be a smoker," Dave said about *Nancy Burns*. Her husband, *Bob*, and other Striders helped "win her over from the dark side," and by 1991 she was a committed runner. Her notable achievements include running the Twin Cities Marathon (Minnesota), qualifying for Boston, and then actually running Boston. She won the Most Improved Runner award in 1996.

Her greatest contributions to the club, however, came from her zealous volunteering: she served as the race director of the Women's Distance Festival in 1995, 1996, and 1997, and was secretary of the Board of Directors from 1997 through 2001. She became a certified official and worked numerous high school track and cross country races at local, regional, and state levels. She was a FIT leader for 11 years, and still advises for the FIT and GIRL training programs. She is one of the few volunteers to be recognized by the RRCA for donating over 2,000 hours to the running community. She and Bob are still married.

The Banquet culminated in the next series of presentations for Runners of the Year. That's why we call it the "Awards" Banquet."

The awards parade began with the Junior Runners of the Year who are young runners who have distinguished themselves at the high school competitions. *Brittany Lang*, daughter of Coaches *Phil* and *Vicki*, followed in her sister *Tiffany's* footsteps – literally and figuratively – in winning the award for Junior Female Runner of the Year. Running for the Oakland Mills Scorpions, Brit placed sixth at the Howard County Invitational Cross Country Meet (21:34) on a brutally hot afternoon. Running that same Centennial course on a cooler day at the Howard County Championships, she placed second overall in 20:00. Brit won the 2A Regionals on her home course in 19:08, and went on to win the 2A State Cross Country Meet in 19:21.

The male Junior Runner of the Year began a running career because he hated soccer (yeah!). At Howard High, *Danny Rau* built himself into a cross country force by training with the junior Striders in the summer under Coach Lang, and his efforts paid off this year. He placed second at the Howard County Invitational (17:24), went on to win the Howard County Meet (17:10), then placed second at the 3A East Regionals (16:59), and second overall at the 3A State Meet (an incredible 16:20). Daniel also ran the Cherry Blossom 10 Miler and placed first among the 19-and-under males (59:34). Later in the Spring, he showcased his multisport skills by winning first place among the 17-19 year olds at the Columbia Triathlon.



Meet the future of running in Howard County—Brittany Lang and Danny Rau with their Lucite plaques. (photos by Mike Fleming)

"We all have a chance to win this award," Dwight Mikulis said when he introduced the most-improved runners of the year. As if to prove that point, the competition was fierce for this award, with four female nominees and five male nominees.

Michael Mbugi set *multiple* personal records at just about every distance he raced this year. For instance, his 1:09:05 at the 10-Mile Challenge was the slowest he ran that distance last year. He set 10-mile records three times: first at Cherry Blossom (1:02:57), next at the Baltimore 10 Miler (1:01:50), and then at Annapolis (1:05:05). At the shorter 5k distance, Michael established new bests at AFCEA (18:47), Run for Remembrance (18:42), and Damien's (17:54). And don't forget personal records at the 10k (Clyde's, 37:46), half marathon (Frederick, 1:24:08) and the full marathon (Baltimore, 2:55:00). After winning the new runner of the year award in 2011, Mr. Mbugi has come a long, long way!

Michele "Gazelle" Ritter earned the honor for most improved female runner of 2012. She immediately beat her 10-mile best at the Challenge, lowering her time by over 13 minutes to 1:19:54, and by August she lowered that by an addition two minutes to 1:17:53 at the Annapolis 10 Miler. The Gazelle set half marathon standards of 1:48:18 at the Maryland Half, then 1:42:37 at the Parks and Recs Half, and finally 1:37:47 at the challenging Bachman Valley Half. She



Fleet as a gazelle, Michele Ritter was most improved female runner of 2012. (photo by Mike Fleming)

concluded a stellar racing season with a personal record of 3:35:03 at Marine Corps, a time over 20 minutes better than her previous best marathon time.

New runners of the year must be persons who took up running for the first time and have no previous experience at the sport. So deserving were two new male runners that the committee had no choice but to serve a dual award to *Bill Brown* and *Tim Orman*. Known as the “Running Reverend,” Bill signed up to a run a 5k for charity and, after finishing that, went on to train for and complete a marathon only 10 months later. Tim has frequented Strider events for many years, but didn’t start running until last year. From 1-2 miles, he worked gradually up to 5k and has become a regular at the weekly races.

“A real sweetheart,” *Gina Morakinyo*, was the new female runner of the year. Wife of distinguished master, *Tunde* (he *may* have had something to do with her progress), Gina ran several races throughout last year, and she didn’t bother with the short stuff. She did the Cherry Blossom 10 Miler (1:33:17) and then ran the Metric Marathon (2:58:57). This year, maybe she’ll tackle a marathon.



There’s something about these two: Pat Huffman (#2) with New Runner of the Year Tim Orman (#1). (photo by Mike Fleming)

Just how do all the new and improved runners manage their startling successes? Many of them rely on good coaching that comes from one or more of the Howard County Strider programs, such as FIT, GIRL and Next Step. Hundreds of Striders take advantage of such programs, so it’s fitting to recognize the best coaches of the programs.

The Junior Striders program (K-G8) benefited from a number of adult coaches, the most outstanding of which in 2012 were *Pete Kruus* and *Susan Kim*. Pete’s kids have grown up and moved on, but he remained to coach the current crop of Juniors. In fact, he has been with the program for five year. Susan has been with the Juniors for six years, serving as both cross country and track coach. She has two children in the program– and she was really excited about winning this award.

Jess Stern received the award for best female coach for an adult program. Jess has coached Next Step, Fit, and GIRL, and has served as a coordinator of programs also. The runners especially appreciate her “witty, engaging style.” Jess liked coaching and coordinating so much that in 2013 she will be taking over *Marsha Demaree’s* job as Programs Director on the Board of Directors.

The male coach of the year award went to *George Kroeker*, who coached multiple editions of the Next Step program. Also a triathlete, George brings not only experience but speed to his coaching resume: he ran a 3:30:01 at the Baltimore Marathon and won his and the 60-64M group. Apparently, the women also like his accent.

The Striders recognize truly meritorious service with the Volunteers of the Year. *Marc Burger* has previously won the award, and earned it again for 2012. Marc served as the equipment manager for the weekly series, thanklessly carting clocks, tables, jugs, and sundry race paraphernalia each week. He additionally keeps score for those in the series. Marc also organizes the annual Strider picnic and cooks hamburgers and hot dogs. (And he's be happy if you helped him out—don't be shy.)

The female Volunteer of the Year is noted ultrarunner *Grace Tran*. Some know her as Coach Tran because as a coach in the Nest Step programs, she worked some 30 weeks of the 52 in a year. And Grace didn't work with the easy groups— she coached the tough ones. Not having enough to do running ultras or coaching, she took on the responsibility of directing the Metric Marathon. She introduced a new format for the race with lavish sponsorship, as well as lots of post-race Pepsi and pizza.

The category of UltraRunner of the Year moved the presentations into more serious territory. On the male side, *Keith Levassuer* had no competition for UltraRunner of 2012. It seemed like he was running a marathon or ultramarathon every week. Some of his credits include placing fifth overall in the Stone Mill 50 Miler (7:40:22) and winning the Maryland 50k (4:11:12). He also completed the prestigious Leadville 100 Miler in 24:44:48, earning the coveted Silver Belt Buckle, which he proudly wore at the Banquet. Keith also ran the Baltimore Marathon in flip-flops (2nd Marylander, 2:46:58), set a personal marathon record at Marine Corps (2:41:43), and almost won the Maryland Half Marathon (2nd, 1:20:09).

Amanda An, winner of the Female UltraRunner Award, was not present at the Banquet ["She must be out running someplace," Dwight quipped.] Amanda went from a measly 900 miles in 2011 to over 3700 miles in 2012. Her accomplishments include the Gunpowder Trail 50k (7:09:??), the Old Dominion 100 Miler (26:43:29), where she finished fourth among the women, and the Rosaryville 50k (4:56:38, third female overall). Both Keith and Amanda also serve as coaches of the Next Step program.



Ultrarunner Keith Levassuer wearing his Leadville belt buckle. (photo by Mike Fleming)



Grandmaster Donna Wecker aged one year and earned her second consecutive runner of the year award. (photo by Mike Fleming)

The female Master Runner of 2011 aged up one year to win the female GrandMaster Runner Award for 2012. [“You can’t win the same award two years in a row,” Dwight reminded the audience.] *Donna Wecker* enjoyed a marvelous string of successes last year. She placed first among the 50-59 women at the Arbutus 10k (42:36), then bested the 50-54 woman in the Annapolis 10 Miler (1:09:51), placed first among all women at the Dread Druid Hills 10k (43:47), placed third overall at the Run Through the Grapevine 8k (36:30— and those were hard miles), and concluded the racing season by finishing third overall at the Metric Marathon (1:57:34).

Coach *Bobby Gessler* earned the Male Grandmaster Award for the year. He started 2012 with a 1:08:58 at the 10 Mile Challenge, then finished second among the 55-59 men at Clyde’s 10k (42:01), finished second in the 50-59 men at the Shamrock 5k (19:00) and Damien’s 5k (19:46), and finally won the 55-59 age group at the BelAir Town 5k (19:09). He concluded the season by running his first half marathon— the Annapolis Half— and winning the 55-59 age group (1:27:46). Bobby also serves as a coach of the Junior Striders and the Tuesday morning Elite Running Group (ERG).

The Male Master Runner of the Year also directs the wildly popular Run Through the Grapevine cross country race, a member of the Strider Hall of Fame, and son of Strider Emeritus *Dave Tripp*. Jason Tripp recently turned the big Four Oh but that didn’t affect his race performances. He began 2012 by contributing a 59:43 to The Cause at the 10-Mile Challenge. He eclipsed that time at the Cherry Blossom 10 Miler (59:06) and then won his age group at the Baltimore 10 Miler (59:03). Jason placed first among the 40-44 men at the highly-competitive Rockville Rotary 8k (28:20), and also won prize money at the Arbutus 10k (1st, 40-49 men, 36:41). He finished second among the 40-44 males at the Baltimore Marathon (2:48:24), and concluded the year by placing second overall at the Metric Marathon (1:39:44).

Indisputably, *Kelly Westlake* enjoyed the best year among the Strider masterwomen. She finished fifth in the 40-44 age group at the Cherry Blossom 10 Miler (1:05:18), placed second among all women at Clyde’s 10k



The one person Kelly Westlake couldn’t beat – Runner of the Year Unsong Ostrowski. (photo by Mike Fleming)

(39:48), and second woman again at the hilly Maryland Half Marathon (1:29:08). Kelly was the first female at Damien’s 5k (18:56), the Columbia Women’s Distance Festival 5k (identical time), and the Metric 5k (18:59). She also posted the fastest female time at the Meet of the Miles: 5:37.

In nearly every race she ran, Kelly always seemed to be chasing the Women’s Runner of the year, *Unsong Ostrowski*. Although injured for much of the latter part of the year, Unsong compiled an incredible string of performances through August. She led the Striderwomen at the 10 Mile Challenge, finishing 7th overall woman in 1:05:30, won Clyde’s 10k (38:49), won the Maryland Half Marathon (1:27:34) and won the Run for Remembrance 5k (18:53). She placed second at Damien’s 5k (18:46 in brutal heat). All too soon, she finished her racing season at the Annapolis 10 Miler, where she won the 30-34 women’s group in 1:05:31— only one second slower than Cherry Blossom.

Carlos Renjifo captains the Strider Racing Team and serves on the Strider Board of

Directors, and he had a really good year as he always does. Carlos led the charge at the 10 Mile Challenge with a 53:20— third overall, then went on to win the Shamrock 5k (15:04) a couple weeks later. At the Cherry Blossom 10 Miler, he finished 20th overall and set a personal record of 51:43. At Clyde’s 10k, Carlos finished second in 32:37. During the summer, Carlos cruised the Rockville Rotary 8k in 25:57. He set another person record at the Philadelphia Rock n’ Roll Half Marathon in 1:09:20— faster than most of us can run 10 miles. Unfortunately, Carlos could not be present at Banquet (there was a wedding to attend). The award was presented to him a couple weeks later at the first Board of Directors meeting of 2013.

One final award remained. Dwight honored *Paul Goldenberg* with the 2012 President’s Award. “He’s helped me enormously over the year and supported the club for many, many years as Special Races Director and on the Board of Directors.” Paul is also a past president and member of the Hall of Fame. Mr. Goldenberg was away on a business trip and not on hand to receive his award; some say he was winter camping with the Boy Scouts. He was presented with the award at the next Board of Directors meeting.

Mr. Mikulis concluding the evening as well as his presidency with the “State of the Club” address. He thanked his family, especially his wife, as well as incoming president *Bill Arbelaez*, and the Hero Friends Group, particularly *Greg Lepore* and *Shane Bogan*. Dwight lamented that he still wanted to be on the racing team. He noted the Striders have been managing races for over 30 year, “and some countries aren’t that old.” He noted we have “a fine newsletter, good equipment (that Arch thing), a fast racing team, numerous standing committees, rising membership, efficient and planned turnover, rapid results, communicative online services, and supportive community programs. “Get your ‘Choose Running’ magnets!”

Banquet organizer *Bev Byron* says, “I want to publicly thank all those folks who came out early and helped me set up and then stayed and helped clean up. I am so appreciative!”



Racing team hopeful and (currently) Immediate Past President Dwight Mikulis holding his personal Maryland State Proclamation from Liz Bobo. (photo by Mike Fleming)



The Immediate Past President before Dwight, Nadia Wasserman with her (collapsed) director’s chair. (photo by Mike Fleming)

“WHEN I’M NOT RUNNING, I’M SITTING” LOWER CROSS PATTERN

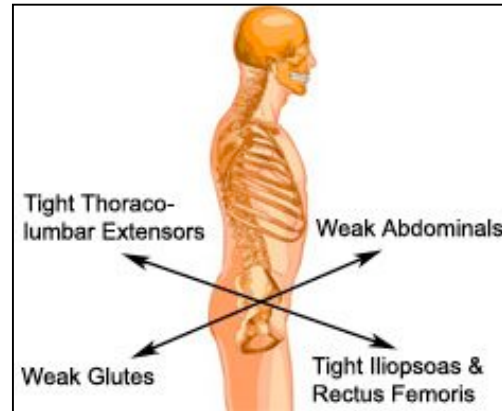
By Dr. Russ Antico, D.C., C.C.S.P., C.S.C.S.

Sound familiar? Of course it does. These days many of us spend hours upon hours resting on our rears. Whether it is behind a computer screen or a steering wheel, the results are the same; shortening and tightening (facilitation) of certain muscle groups and lengthening and weakening (inhibition) of others. When this common imbalance occurs around the pelvis it is termed *The Lower Cross Pattern*. Although this imbalance is typically caused and sustained by normal activities of daily living which involve sitting, the problem is often times compounded by performing the wrong type of exercises or even the correct exercises, improperly. In the sedentary individual, this imbalance can cause significant issues (and pain) around the lower back and pelvis, but when considering an athlete (especially a runner), the effects can include not only the lower back, pelvis and hips, but can reach as far at the knees and ankles. Effects of this imbalance include pain and tightness of course, but more subtle changes such as decreased performance and/or endurance can also be linked and are more difficult to identify by the lay person.

Addressing these imbalances with the proper exercises and stretches (while avoiding improper exercises and stretches) can have its benefits; these benefits include...

1. Improved posture
2. Increased core strength & stability
3. Better overall lower back/pelvic bio-mechanics, which result in...
 - Reduced facet joint compression
 - Reduced lumbar disc compression
4. Improved performance and reduced likelihood for future injury and pain!

Below are some general “DO’s & DO NOT’s” to guide you in avoiding or correcting the lower cross pattern. The underlying focus here is to stretch the short, tight muscles but more importantly, to strengthen the stretched, weak ones. As always, it is imperative to use proper form and technique.



The Lower Cross Pattern

Do:

- Core stabilization exercises
- Strengthen the abdominal muscles
- Strengthen the gluts (buttocks)
- Stretch the hip flexors
- Stretch the lower back extensors

Do Not:

- Perform back extensions
- Perform dead lifts
- Perform “traditional” sit-ups
- Strengthen hip flexors (leg lifts, scissors, flutter kicks, etc...)

These exercises do not strengthen the abdominals but do make the hip flexors tighter and stronger. Although true correction of this imbalance often requires working with a professional such as chiropractor, by following the simple guide lines above you can be sure that you are not promoting and/or worsening this imbalance. Also remember to take frequent breaks at work, standing up and walking around a bit is another way to address this common pattern of imbalance.

About the Author: *Dr. Russ Antico* has been a proud member and supporter of the H.C. Striders since 2000. He and his wife own and operate Howard County Chiropractic, located in Columbia. Dr. Antico is a Chiropractic Sports Physician and a Strength and Conditioning Specialist and has been running for over 23 years. He has become a trusted resource by The Striders for the assessment and treatment of running related injuries. More information can be obtained by calling (443) 259-0235 or visiting www.hoco chirto.com.

PENGUINS! PENGUINS!

Karsten Brown had run a 10-mile race in Frederick, MD, the day before the Penguin Pace 5k last Sunday, and he really didn't expect to do as well as he did in the hilly race through the Longfellow and Beaverbrook communities. In fact, because of the light snow that fell the evening before, he said "I was afraid the race might be cancelled." But after a blistering downhill in the first mile, he began gaining ground on the leaders, David Toller and Nick Grossi, both of Columbia, MD. "I knew the course," Karsten explained, "because I've run the [Howard County Strider] Longfellow weekly race through here billions of times." Certainly, he exaggerated. Anyway, Mr. Brown overhauled Toller just before the 5k course doubled back on itself on Lake View Circle, and he gradually gained ground ascending the final, mile-long hill back to the starting point at the Bain Center. He won in 17:28. "I was surprised the roads were in such good condition," he said, "and I'm grateful to the volunteers for helpfully pointing out possibly slippery spots." Note: Karsten won the race last year, too, after he ran the same 10 miler.

In the women's race, *Tiffany Hevner* had all she could handle racing against Alison Slade. The two brushed aside last year's winner, *Robyn Humphrey*, and took control of the field on the initial downhill. And they didn't succumb to any late charge on the backside of the course, either. "If anything, they got farther ahead on the uphill," Ms. Humphrey said. Eyewitnesses noted Hevner and Slade battling "neck and neck" up the final hill on Elliot's Oak Road, but Hevner opened it up on the final 0.2 mile at the top of the hill to best her competitor by a scant eight seconds ahead of Slade. Columbia resident Hevner is a recent addition to the Strider racing team and finishing ninth overall in the Penguin Pace in 20:06.

No one reported setting a personal record on the mercilessly hilly 5k, but *Eric Johnston* did set a course PR – by 29 seconds. In fact, each time he runs the Penguin Pace, he runs the route faster. "I don't want to have to run faster next year," he said. "It's getting too hard!"



The t-shirt had this on it.

An extremely popular race, the Penguin Pace closed its registration several weeks ago when the allowed maximum of 500 runners had signed up. The snowfall must have kept many away, because only 368 finished. Every runner received a long-sleeve "technical" t-shirt plus in one of those plastic bags usable for groceries. Overall and age group winners earned a signature Penguin Pace knit cap they've been giving out for 18 years. Karsten has a regular collection of them.

Co-Race Director *Glenda Rodriguez* was called out of town before the race and could not be on hand, but she phoned in the morning all the way from Puerto Rico to check up on the event. The other co-director, Malcolm Wolf, President of the Bain Center Council, was on hand, and he helped out at the post-race awards ceremony. Proceeds from the event went to the Bain Center Council, a non-profit advisory group associated with the Bain Center.

After the race, runners came in from the cold (it was 22F at race time) to enjoy a lavish brunch catered by the Elkridge Furnace Inn (circa 1744). The gourmet meal included elegant pastries, fruit salads, muffins, and beverages such as hot chocolate and orange juice.

In addition to the Bain Center, the Howard County Striders thank the Howard County Police for directing traffic during the event, and the dozens of chilled volunteers along the course who kept Karsten, among others, from slipping.



PP winners Karsten Brown and Tiffany Hevner after the race. (photo by Mike Fleming)



Originator of the Penguin Pace, Arleen Dinneen wore #1. (photo by Mike Fleming)

Penguin Pace 5k
Bain Senior Center, Columbia, MD
February 3

Overall Female

1. Tiffany Hevner (Columbia MD) 20:06

Overall Male

1. Karsten Brown (Front Royal VA) 17:28

1-14 Male

1. Riley McDermott (Frederick,MD) 21:07
2. Adam Lowe (Ellicott City, MD) 23:51
3. Alex Kvech (Woodbine, MD) 24:16

1-14 Female

1. Isabel Pineo (Columbia, MD) 23:24
2. Cassandra McIltrout (Sykesville,MD) 26:17
3. Kiersten Moore (Ellicott City, MD) 27:53

15-19 Female

1. Becca Andersen (Cloarksville,MD) 24:06
2. Samantha Vermillion (Savage,MD) 28:21

15-19 Male

1. Conner McIntyre (Ellicott City,MD) 20:24
2. Matthew Thompson (Ellicott City) 20:40
3. Shanon McIntyre (Ellicott City,MD) 20:43

20-29 Male

1. David Toller (Columbia, MD) 17:52
2. William Brockmeyer (Columbia,MD) 23:34
3. Ben Hemler (Mount Wolf, PA) 24:00

20-29 Female

1. Allison Valentine (Washington,DC) 23:53
2. Elizabeth Logan (Baltimore, MD) 23:54
3. Allison Hayes (Ellicott City, MD) 25:35

30-39 Female

1. Alison Slade (N/A) 20:14
2. Faye Weaver (Ellicott City, MD) 22:27
3. Rebecca Hemler (Baltimore, MD) 22:29

30-39 Male

1. Nicholas Grossi (Columbia, MD) 18:14
2. Sigurd Knippenberg (Columbia, MD) 19:53
3. Joshua Marsh (Baltimore, MD) 20:04

40-49 Female

1. Robyn Humphrey (Columbia, MD) 20:54
2. Colleen Carroll (Davidsonville, MD) 22:02
3. Julie Rosicky (Columbia, MD) 23:33

40-49 Male

1. Richard Griffiths (Columbia, MD) 19:56
2. Marc Applegate (Marriottsville, MD) 21:35
3. Drew Carter (Carpenteria, CA) 21:40

50-59 Male

1. Stuart Pineo (Columbia, MD) 19:29
2. Weems McFadden (Annapolis, MD) 19:59
3. Bob Hemler (Ellicott City, MD) 23:21

50-59 Female

1. Barbara Lyons (Clarksville, MD) 24:30
2. Sara Vermillion (Savage, MD) 27:35
3. Caroline Colclough (Columbia, MD) 29:09

60-69 Female

1. Debbie Kirk (Gaithersburg, MD) 27:54
2. Adele Snowman (Cockeysville, MD) 34:11
3. Frances Daum (Elkridge, MD) 35:38

60-69 Male

1. James Carbary (Columbia, MD) 22:27
2. Ronnie Wong (Catonsville, MD) 23:56
3. Mike Fleming (Columbia, MD) 24:01

70-99 Male

1. Stan Neumann (Timonium, MD) 26:10
2. Jack McMahan (Silver Spring, MD) 30:00
3. Alan Wycherley (Annapolis, MD) 37:41

ROAD WARRIORS OF THE WINTER

Seriously, after a winter like that, aren't we all longing for global warming to hurry up and get here? Driving your SUV, eating more beef, and turning up the heating/cooling will help.

PHILADELPHIA MARATHON Philadelphia, PA — November 18

Shaikh Hafiz	(PR) 3:04:12
Steve Muchnick	3:06:33
Daniel Kirk-Davidoff	3:31:06
Lisa Saula	3:35:37
Greg MacPhee	3:52:13
Julie Rosicky	3:59:40
Bill Dooley	4:03:24
Suzy Corriere	4:18:37
Glenda Rodriguez	4:22:42
Rebecca Holtz	4:22:44

Shaikh "Coach Pain" Hafiz set a personal record, and by a lot too! 1164 finished the 26.2 miler.

ANNAPOLIS HALF MARATHON Annapolis, MD — December 1

Michael Mbugi (2nd, 35-39M)	1:27:41
Bobby Gessler (1st, 55-59M) (1st 1/2M)	1:27:46
Robyn Humphrey (1st MF)	1:28:53
Mick Slonaker (1st, 60-64M)	1:28:53
Wade Gaasch (2nd, 55-59M)	1:40:40
James Carbary (3rd, 60-64M)	1:41:44

"Don't forget to mention that a course marshal directed the four of us (Bobby, Michael, Robyn and me) plus about 40 other runners the wrong way early one causing us to run 0.22 mile (according to Bobby's GPS) too long (or about 90 seconds)," writes a disgruntled Mick Slonaker about this race. "In the picture of Michael and Robyn, Bobby and I are in the second row of runners behind them (Bobby in the white hat and me to his left in the Strider racing singlet). Can barely make us out due to the fog." There was hot tomato soup at the finish and loud Irish music. 2661 finished.



After going seriously off course (in the fog), Michael Mbugi and Robyn Humphrey zip through the streets of downtown Annapolis as the second Annual Annapolis Half Marathon. (photo from Mick Slonaker)

RESOLUTION RUN 5k Baltimore, MD – January 1

8. Phil Lang (1st, 40-49M)	18:19
Tiffany Lang (3rd F)	19:55
Janeth Scott (1st, 50-59F)	21:29
Ronnie Wong (2nd, 60-69M)	21:49
Dean Siedlecki	23:59
Bill Dooley	24:15
Barbara Lyons	24:32
Lauren Siedlecki	28:26
Christina McGarvey	29:36
Rosa Kirk-Davidoff	32:37
Heather Kirk-Davidoff	36:56

This wasn't any prediction run! This was a real race. 740 turned out on New Year's Day for a real competition.

CELTIC SOLSTICE 5MI
Druid Hill Park – December 5, 2012

2. Carlos Renjifo	25:35	John Rosicky	38:03
7. Mark Buschman (2nd, 25-29M)	26:26	Dean Siedlecki	38:21
Stephen Olenick (1st, 35-39M)	28:10	Mark Sanetrik	38:21
Jason Tripp (2nd, 40-44M)	28:12	Julie Rosicky	38:27
Brian Fleming	29:35	Mike Fleming (3rd, 65-69M)	38:41
Rian Landes-Ramos (3rd, 30-34F)	30:38	Karl Barris	38:50
Hafiz Shaikh	30:41	Jim Grover	38:51
Weems McFadden (2nd, 55-59M)	30:57	Jerry Ueckerman	39:18
John Chall (3rd, 55-59M)	31:28	Christine Josey	39:25
Philip Rupp	31:48	Pamela Jock	39:44
Akintunde Morakinyo (3rd, 45-49M)	31:51	Leslie Burge	39:56
Isaac Kirk-Davidoff	31:51	Bethany McGee	40:03
Bobby Gessler	32:18	Tim Jock	40:25
Robyn Humphrey (2nd, 45-49F)	32:38	Aleah Zinalabedini	40:47
Joseph Howe	33:04	Julie Thienel	40:49
Steve Muchnick	33:07	Amanda Loudin	40:50
Yasuo Oda (2nd, 50-54M)	33:10	David Hogue	40:58
Caroline Bauer (1st, 25-29F)	33:12	Rebecca Holtz	41:08
John Bratiotis	33:13	Barbara Lyons	41:13
Sigurd Knippenberg	33:31	Lili Barouch	41:13
Fred Towner	33:47	Lizette Smith	41:26
Amanda An (3rd, 25-29F)	33:56	Emily Howe	41:49
Lisa Farias (2nd, 35-39F)	33:56	Matthew Fichman	41:50
Steve Meininger	34:00	Phyllis Sevik	41:56
John MacMillan	34:07	Barbara Walters	41:58
Janeth Scott (1st, 50-54F)	34:32	Beth Stofka	42:00
Dorothy Beckett (2nd, 55-59F)	34:41	Erin Labarre	42:02
Chad Burger	34:53	Anna Hogue	42:42
Lisa Fichman (2nd, 50-54F)	35:01	Lisa Harbaugh	42:46
Caragh MacDermott (1st, 15-19)	35:06	Kelly Dixon	43:03
Franz Vergara	35:11	Emily Elkonoh	43:15
Dennis Albright	35:23	Michael Elkonoh	43:19
Russ Amens	35:35	Mike Ramos	43:40
Johnathan Kennedy	35:37	Ray Lake	43:43
Wade Gaasch	35:37	Chad Nordby	43:53
Chris Farmer	35:39	Scott Habicht	43:59
Marc Burger	35:44	Kelli Habicht	43:59
Andrew Sartor	35:57	Bob Patchan	44:11
Faye Weaver	36:11	Elizabeth Towner	44:24
Jim Fetters	36:19	Gwen Musk	44:57
Gordon Kieffer	36:46	Natalie Beach	45:05
Dwight Mikulis	36:51	Edward Beach	45:05
Eric Remoy	36:54	John Steinecke	45:07
Carrie Anderson	37:09	Amelia Mullican	45:25
Greg Thomas	37:10	Diane Broemsen	45:39
Marsha Demaree	37:12	Jaquiska Kearson	45:45
Juan Fernandez	37:29	Elizabeth Rupp	45:48
Grace Tran	37:37	Amanda Idstein	45:50
Marc Wenson	37:54	Samantha Vermillion	46:30
Bill Dooley	38:02	Chuck Johnson	46:32
		Wendy Silver	47:09
		Sarah Johnson	47:37
		Yvette Oquendo-Burrus	48:00

John Eckstrom	48:06
Christine McGravey	48:13
Sloane Fish	48:37
Debbie Grover	48:59
Paula Stehle	49:15
Barbara Boardman-Pavao	49:26
Patty Mulkeen Remoy	49:26
Rosa Kirk-Davidoff	49:28
Parice Halbert	49:30
Kathleen Tuckey	49:31
Nathan Capelle	49:42
Heidi Vecera	49:43
Pamela Johnson	49:55
Megan Stine	50:10
Andi Ball	50:22
Kimberly Hartke	50:24
Sally McMahan	50:28
Emily Leclerq	50:33
Claudia Eckstrom	51:00
Leslie Nissenberg	51:43
Ginger Rowley	51:43
Kathryn Bayer	51:46
April Kociolek	52:56
Kelli Shimbukaro	53:37
Jennifer Elkonoh	53:47
Sarah Beach	53:51
Donna Ueckerman	54:28
Susan Watson	54:38
Jennifer Hayaski	55:19
Kelly Proctor	55:55
Loretta Farb	55:58
Elizabeth Cowan	56:01
Heather Kirk-Davidoff	57:16
Wendy Allen	57:51
Margaret Barry	57:55
Michele Fullerton	58:00
Ally Rogan	1:00:53
Kathleen Callaghan	1:02:28
Beverly Byron	1:02:28
Jessica Stern	1:03:51
Adam Stine	1:04:21
Alan McLaine	1:04:38
Susan Gum	1:06:05
Jennifer Loudin	1:09:30
Ben Hartke	1:09:51
Erin Cabrera	1:15:53

WALT DISNEY WORLD HALF MARATHON
Disney World, FL – January 11

Shawn Young	1:21:23
Rafael Fernandez	1:27:20
Tiffany Hevner	1:33:18
Lisa Farias	1:37:53
Juan Fernandez	1:56:09
Michael Stepanek	1:59:13
Megan Ressler	2:00:52
Jennifer Dunstin	2:04:27
William Isley, Jr.	2:10:27
Aleah Zinalabedini	2:26:44
Pat Huffman	2:31:25
Anastasia Salter	2:36:36
Chimene Castor	3:11:28

WALT DISNEY WORLD MARATHON
Disney World, FL – January 12

Shawn Young	2:59:44
Barbara Flynn	3:43:12
Marc Wenson	4:48:22
Lisa Farias	4:01:31
Michael Stepanek	4:04:24
Carrie Harris	4:22:58
Brian Cummings	4:22:58
Jennifer Dustin	4:37:55
Aleah Zinalabedini	4:44:20
Megan Ressler	4:44:21
Sandra Wittholz	4:55:21
Lauren Wenson	4:01:28
William Isley, Jr.	5:03:46
Richard Reinhardt	5:12:53
Chimene Castor	7:06:37

Many of the Striders ran both the Marathon and the Half Marathon, the feat being known as the “Goofy Challenge.” For good reason. 20728 ran the marathon and 23145 the half.

3130 finished this wildly popular seasonal event, and large number of them were Howard County Striders. Awards were Christmas tree ornaments.

‘Twas 3 Weeks Before Christmas...

Well before Christmas, a large contingent of Junior Striders (59 of them) and their parents traveled to Winthrop University in Rock Hill, SC, to compete in the AAU National Cross Country Meet. Over 1400 kids from all across the country met to compete in 12 boys and girls divisions.

Junior Striders *Corey Hamilton* and *Michael Wegner* won their respective races and earned national champion status, while *Brit Lang* came in third in her race, almost winning her second national championship. Junior Strider male teams finished second in the Boys’ Midget Division (11-12 yrs), second in the Boys’ High School Division (15-19 yrs), and fourth in the Boys’ Youth Division (13-14 yrs). Junior Strider female teams placed second in the Girls’ Youth Division (13-14 yrs), and second in the Girls’ High School Division (15-19 yrs).

“Wow were they good!” said their coach, *Phil Lang*.

JUNIOR STRIDERS AT AAU NATIONAL XC MEET Rock Hill, SC – December 1

Girls 5k – 15-16 yrs

Elizabeth Oldhouser	20:47
Kari Dunagan	21:28

Alyssa Taylor

Girls 5k – 17-19 yrs

9. Catherine Bernhardt	20:20
Angelica Yi	20:49

Girls 4k – 13 yrs

8. Cara Nardone	15:06
9. Reilly Coldwell	15:10
Natalie Perkins	17:29
Lisa Hamm	17:50

Girls 4k – 14 yrs

3. Brittany Lang	14:39
9. Shreya Nalubola	14:58
Eileen Ying	16:22

Boys 5k – 15-16 yrs

1. Michael Wegner	15:49
9. Thomas Brumbaugh	17:09
Bryce Rosicky	17:49
Andrew Conca-Cheng	18:21
Isaiah Keebler	18:34

Boys 5k – 17-19 yrs

8. Gary Smolyak	16:49
Griffin Riddler	17:10
Gulraize Khan	17:49

Boys 4k – 13 yrs

Kevin Reynolds	14:51
Benjamin Oldhouser	15:17
Paul Daneli	15:41
Benjamin Rosicky	16:10
Mikie Allen	17:48

Boys 4k – 14 yrs

1. Corey Hamilton	13:19
Daniel Smolyak	13:54
Trent Rose	14:16
Kyle Weaver	14:19
Shane McGovern	14:39
Eric Haney	14:53
Jason Vanisko	16:04

Boys 3k – 11 yrs

7. Hamzah Elhabashy	10:35
Jackson Pittman	10:48
Liam Sullivan	11:41
Evan Ying	11:53
Philip Allen	12:07
Adam Lowe	12:18
Noah Kim	14:17

Boys 3k – 12 yrs

4. Camden Gilmore	9:58
10. Gregory Costello	10:12
Max Hill	10:27
Anders Chattin	11:28
Thomas McCarty	12:11
Ian Hinson	12:52
Lucas Kaiser	12:58

Boys 3k – 9 yrs

Logan Kim	12:51
Mats Chattin	13:20

Boys 3k – 10 yrs

Sean Miller	11:21
Alexander Kohn	11:22

Boys 2k – 7-8 yrs

Jeffrey Heiges	8:22
Connor Croft	8:52
Max Moldenhauer	9:14

WELCOME NEW STRIDERS

(as of 2/26/2013)

Abdur-Rahman, Adam	Carter, Amari	Fugate, Collin	Keelan, Victoria
Aissen, Shannon	Carter, Brendan	Fugate, Dennis	Kim, Hee
Allen, Erick	Carter, Collin	Fugate, Jan	Kim, Yong Seong
Allen, Philip	Carter, Nkhensani	Fullerton, William	Knight, Ginny
Altieri, George (HOF)	Carter, Postell	Goeller, Matthew	Knight, Vanessa
Alvares, Ariel	Carter, Tahir	Gonzalez, Ada	Knippenberg, Cody
Amstad, Kathleen	Cassidy, Olivia	Gonzalez, Alejandro	Knoernschild, Kurt
Ashar, Dilan	Chall, Joelle	Gonzalez, Carlos	Kolocotronis, Andrew
Ashar, Raj	Chi, Arthur	Gonzalez, Daniel	Kolocotronis, Jordan
Bakelmun, Ashley	Cioffi, Wyatt	Gonzalez, Gabriel	Kolocotronis, Philip
Baqai, Mifrah	Coe, Kelly	Goode, Evan	Kopp, Jacob
Barresi, Matthew	Contreras, Jessica	Goode, Gwen	Korompis, Katherine
Barton, Xander	Cook, Amber	Goode, Matt	Kovach, Connor
Baziz, Mike	Corriere, Dominic	Gopez, Iris	Kramer, Bennett
Becker, Joelle	Corriere, Molly	Gough, Meaghan	Krutz, Joshua
Becker, Kerry	Corriere, Sam	Greenlee, Lucas	Kuderna, Doug T
Becker, Lila	Corriere, Tommy	Gross, Paul	Kuderna, Maria T
Becker, Randy	Costello, Darby	Gustafson, Ellie	Lang, Brittany
Beers, Warren E	Costello, Kacie	Hagen, Sandra	Larrison, Jeanne
Benavides, Lucas	Courtney, James	Hale, Marisela	Lascola, Andrew
Bergquist, Matt	Courtney, Karen	Hamelink, Carol	Lascola, Kevin
Bernhardt, Catherine	Cowan, Clayton	Hamilton, Darius	Lascola, Lynn
Best, Kori	Dahiwadkar, Aboli	Hamilton, Darius	Leard, Michael
Biagiotti, Benjamin	Dahiwadkar, Pooja	Hamilton, Destanee	Lebro, Edward
Bierce, CJ	Danieli, Paul	Hamilton, Tina	Leins, Matthew
Bierce, Grant	Davidson, Ella	Hamilton, William	Leins, Spencer
Blackwood, Erin	Davidson, Sophia	Haney, Eric	Leverton, Connor
Boateng, Quincy	Day, John	Hanus, Lia	Levine, Lori
Bonar, Joshua	Day, Kelly	Harris, James	Lieberman, Brad
Bonham, Emily	Day, Kevin	Harvey, Brian C	Lincoln, Dominique
Bott, Billy	Day, Sarah	Hayman, Kimberley	Lincoln, Judson
Boulos, Camil	DeCarlo, Jackson	Hebert, Brian	Lincoln, IV, Judson
Bowen, Laura	DeCarlo, Oscar	Heiges, Aubrey	Lisenbee, Jake
Bowser, Carson	Degenhardt, Sheldon L	Henderson, Clint	Lisenbee, John
Bowser, Mitchell	Demaree, Anna Rachel	Henry, Katherine	Lisenbee, Mason
Boytim, Jonathan	Dembowski, Sherri	Henry, Madeleine	Lisenbee, Michelle A
Bray, Andrew	Diamond, Laura	Hermstein, Tammy	Loeffler, Eleanor
Breon, Erin	Dietrich, Gina	Hernandez, Reyna	Loeffler, Lauren
Broccolino, Gianina	Dorsey, Alyssa	Hessler, Megan	Loeffler, Lillian
Broccolino, Tracy B	Drew, Emily	Higgins, Maya	Loeffler, Mark
Brown, Bill	Drewniak, Angela	Hill, Mark	Logue, Patricia
Brown, Denise	Driscoll, Alexandra	Holland, Joshua	Logue, Thomas
Brown, Lawrence	Dunagan, Kari	Holley, Logan	Logue, Trip
Brown, Melvin	Dunham, Dan	Holtz, J.j.	Lopez, Christopher
Brown, Susan	Dunham, Jill	Hoppe, Sarah	Ma, Entian
Brown, Torie	Dustin, Jennifer	Horrocks, Amy	MacPhee, Ian
Buckler, John	Early, Gillian	Hotait, Mahdi	Macurak, Michelle
Burke, Kevin	Eck, Christine	Hunt, Peter	Mahoney, Jim
Bussey, Adam	edwards, jack	Jhon, Susanto	Maris, Matthew B
Bussey, Jennifer	Elsaesser, Davy	Johnson, Anne	Martin, Sam
Cabrera, Erin	Esquivel, Gaby	Johnson, Brayden	Mathews, Jon
Calderon, Noris	Esquivel, Jackie	Johnson, Caroline	May, Katherine
Calderon, Saidie	Evans, Dayona	Johnson, Chuck	mccabe, matt
Calderon, Wil	Evansmore, Jean	Johnson, Sarah	mccabe, mike
Caldwell, Reilly	Faughnan, Kealy	Joo, Alice	McCaffery, Adam
Camacho, Antonio	Fernandez, Rafael	Jorgensen, Teddy	McCarty, Tommy
Camacho, Ariela	Ferrari-Smith, Crystal	Kaloo, Kara	McMahon, Sally A
Camacho, Jose	Flajnik, Martin	Kayani, Sana	McPhillips, Chaz
Carlson, Jeff	Fleischman, Tess	Keelan, Christine	McWright, Lawrence
Carruth, Justin	Fleming, Heather	Keelan, David	McWright, Nikole
Carter, Aiden	Flitter, Jennifer	Keelan, Victor	Meyer, Erin

Miles, Michael	Ramsing, Charis	Shadrick, Carolyn	Upton, Michael
Miller, Sean	Ramsing, Jadon	Shadrick, Stacy	Uy, Annette
Mock, Doug	Ramsing, Kailey	Shaw, Larry	vahovich, heather
Moldenhauer, Max	Ramsing, Nick	Sheehy, Paul	Vanisko, Jason
Moldenhauer, Weston	Rangwala,	Shindel, Jacob	Vogel, Daniel
Morgan, Nate	Burhanuddin	Silverberg, Brooke	Vogel, Jacob
Mullen, Robert	Ray, Mohan	Simmons, Michael	Vogel, Robert
Mullican, Andrew	Reading, Jack	Sims, Erick	Vorsteg, Nate
Murach, Brad	Reddy, Rahul	Siswaputri, Atikahrizki	Wallman, Jacob
Murphy, Eileen	Reyes, Eliana	Sleeman, Alexander	Wassell, Brigid
Ndu, Adora	Reyes, Elisa	Sleeman, Jennifer	Wassell, Edward
Neal, Emily	Reyes, Olaf	Sleeman, Mark	Wassell, James
Neal, John W	Reyes, Sophia	Smith, Isabelle	Wassell, John
Neal, Kerrie	Reynolds, Edward	Smith, Kendrick	Wassell, Mary
Neal, William	Reynolds, Gavin	Smith, Kirsty	Wassell, Timothy
O'Brien, Daniel	Riss, Susan M	Smith, Laylana	Watson, Matthew
Ocasio, Mikail	Rivera, Megan	Smith, Maurice	Weaver, Jeffrey
O'Connor, Aidan	Rivera, Nicholas	Smith, Ray	Weaver, Matthew
Oldhouser, Benjamin	Robbins, Brooke C	Smith, William	Weber, Christopher
Oldhouser, Elizabeth	Roberts, Denise	Smith, William	Weinhold, Emily
Oliver, Katie	Rogan, Allyson	Soon, Annie	Weissert, Beth
Orzach, Elana	Romney, Leah	Soon, David	Weissert, Jennie
O'Steen, Lindsay	Romney, Thandi	Soon, Samuel	Weissert, Lois
Owei, Timi	Rose, Dana	Spenard, Beth	Wells, Beck
Pacheco, Jose	Rose, Trent	Spenard, Michael	Welton, Ben
Pacheco, Mateo	Roseman, Ben	St. John, Jeri	White, Katherine
Page, Robyn	Rosicky, Ben	Stakias, Steven	White, Richard
Page Gilmore, Simone	Rossmark, Kate	Stanton, Kyle	Williams, Brandon
Page Gilmore, Vivienne	Ruddy, Erin	Stein, Chris	Williams, Callie
Palldino, Richard	Rupp, Elizabeth	Stern, Larry	Williams, Carter
Park, Aaron	Rupp, Owen	Stevenson, Angela	Williams, Cobi
Pastino, Anthony	Ryan, Quinn	Stewart, Jeff	Williams, Ifor
Pastino, Gabrielle	Sabbat, Sebastian	Stewart, Jonathan	Williams, Tony
Pate, Darlene	Saintrose, Latoya	Studdt, Celia	Williams, Tracey
Patel, Priyal	Salim, Alex	Studdt, Lenore	Windsor, Jeremiah
Peck, Jonathan	Salim, Debra	Sturdivannt, Gillian	Windsor, Kyrie
Peck, Matthew	Salim, Mary	Sturdivant, Neysan	Witte, Ellis
Peck, Patricia	Sanchez, Nubia	Sullivan, Liam	Wittholz, Katherine
Penn, Stefani	Sandor, Francis	Sutherland, Samuel	Wittholz, Sandra
Peres, Jose	Sanford, Billye	Tarkow, David	Wolf, Brian
Perry, Efreem	Sarceno, Anthony	Terrasa, Joseph	Wolf, Jonathan
Persick, Travis	Sarceno, Edi	Thomas, Elizabeth	Wongsuptawee,
Pittman, Jackson	Sarceno, Jonathan	Thomas, George	Yoopadee
Pointer, Maurice	Sarceno, Sandra	Thorman, Sarah	Worster, Justin
Pontious, Emily	Schmall, Alana	Toller, David	Wovas, Zach
Potts, Lacey	Schofield, Danny	Trevizo, Sam	Yayi Bondje, Fanny
Prescott, Megan	Serpico, Danny	Tripp, William	Yi, Angelica
Prester, Elijah	Serpico, Suzy	Trotier, Annabelle	Youngworth, Jacob
Prester, Ezekiel	Serrao, Gary	Trovillion, Lisa	Yuan, Christine
Prester, Ezra	Serrao, Geoffrey	Tung, Justin	Ziegler, Justin
Quasebarth, Kurt	Serrao, Gordon	Turner, Wendy	Zinsmeister, Hillary
Quinn, Laura	Sevrin, Ethan	Ubbens, Hunter	Zinsmeister, Marc
Ramsing, Becky	Shadrick, Brian	Upton, Brandon	

SPECIAL RECOGNITIONS

- *Bev Byron* writes — The initial service opportunity at Grassroots Homeless Shelter at 5pm on Sunday, December 9, went very well. Here is a photo we took before we started serving. The employee who was our “supervisor” was very happy we came and asked me after we finished “can you all come back again?” The residents were very nice and some asked “who are the Striders?” so we got to take advantage of a teachable moment! We were finished by 6:15pm. This is our chance to give back to the community; please consider volunteering.

- *Faye* and *Robert Weaver* journeyed to Bermuda in January and participated in the Bermuda Marathon Weekend events, which consisted of the Bermuda Triangle Mile (January 18), the Bermuda 10k (January 19), and the Bermuda Marathon (January 20). Faye did all three: 9:09.5 mile, 1:02:34 for 10k, and 3:47:45 for the marathon (2nd, 30-39F).

- *Ronnie Wong* also ran all three Bermuda Marathon Weekend events, finishing first among the 60-69 men in *all three*: 6:31.2 mile, 44:42 10k, and 3:41:16 marathon.

SPRING SCHEDULE

Celebrate the season of life with your running friends! The Spring Series, called “Vernal Velocity,” begins on the first Sunday in March, and don’t let a little snow or chill deter you at that first event. For information on the Spring Series, contact weekly series director *John Bratiotis* (weeklyseries@striders.net).

To help you (or your kids) prepare for the racing season, the Striders offer three fine training programs: the award-winning Females in Training (FIT) program for women only (starts April 4), the Next Step 10k/10mi program (starts April 2), and the Junior Striders Spring Track program for kids K-G8 (starts March 26).

Finally, after you’ve done all that training and test racing, you’ll be ready for the main events. These are the popular Clyde’s 10k on April 14 (lots of really good post-race food), the Musical Madness 5k on April 18 (high school musicians serenade the runners), and the Rotary Run for Remembrance 5k on May 27 (benefiting the Dave Tripp Scholarship Fund). You may also want to do some speedwork with your friends on a 4-person relay team at the light-hearted All Fruit Relay on May 26.

3/3 Spring Series #1 – 2mi, 5mi
2pm Clarksville Elementary School

3/17 Spring Series #2 – 1mi, 5km
2pm Swansfield Elementary School

3/24 Spring Series #3 – 2mi, 10km
2pm Elkhorn-Savage

3/26 Jr Striders Spring Track begins
6:00p Oakland Mills High School OR
6:30p Atholton High School
coachlang@hotmail.com

4/2 Next Step 10k/10mi begins
6:30p Centennial High School
striders.net/programs/next-step-10k/2013

4/4 Next Step F.I.T. begins
6:30p Centennial High School
striders.net/programs/fit/2013

4/7 Spring Series #4 – 2mi, 10km
2pm Longfellow Elementary School

4/14 **Clyde’s 10k**
8:15a Columbia Towncenter
striders.net/races/clydes/2013

4/28 Spring Series #5 – 2mi, 10km
2pm Jeffers Hill Neighborhood Cntr

5/5 Viking 5k
9am Mt Hebron High School
viking5k.wikispaces.com

5/12 Spring Series #6 – 5km
2pm Hammond High School
Mothers’ Day Special!

5/18 Musical Madness 5km
8:00a Maple Lawn
musicalmadness.wikispaces.com

5/19 Columbia Triathlon
7:00a Centennial Lake Park
tricolumbia.org

5/19 Spring Awards – 2mi, 5mi
2pm Burleigh Manor Middle School

5/26 **All Fruit Relay** – 4 x 2mi
2pm Oakland Mills Middle School

5/27 **Rotary Run for Remembrance 5k**
8:00a Columbia Gateway
active.com

For complete, up-to-the-minute information on these events, always check the website:

www.striders.net

PRESIDENT'S LETTER

Can you feel it coming? Have you noticed some change in the air? Last week, on several early-morning runs, I met up with any number of rabbits. The birds outside, though not very numerous yet, are quite loud. Shooters are popping up in our sunny garden beds. And this morning's [Sunday, February 24] RRCA Ten-Mile Challenge was run in perfect conditions, sunny and mild. Shorts and single-layers carried the day! Yes, spring is on the way, and even after a boring and uneventful winter, I can't wait! Each added minute of sunlight, on either end of the day, is a blessing, and I'm soaking it in. I'm looking forward to longer days and milder temperatures, and so many races, it's hard to decide which ones are important!

I hope that most of you reading this are preparing to race, hard and frequently, this spring. I, on the other hand, am preparing to help out, to volunteer when and where I can. Not entirely by design, I will have some surgery next month, providing me with more down time than I care to imagine. Not on my regular schedule, but still an acceptable trade-off for improvements down the road. As runners, we're used to trade-offs. How much time and effort can I bank in this down-hill stretch, versus the fatigue and hills I know are coming? Because I have a few extra minutes today, plus perfect weather, should I push beyond a reasonable bump on my long run this week, and hope for no injury as a result? Will those extra 800's today ensure a PR on my next 5k? Ahhh, trade-offs are everywhere, at any moment, but one that should require little thought is to volunteer.

At today's Challenge race, two different friends, both out with injuries, mentioned how strange it felt not to be running. I even heard comments about how fast so many of the runners were. If you're taking part, you may never see the lead runners, except at the starting line, long after the finish. It can be refreshing to see the talent we have here locally, and exciting to help all runners have a terrific race experience. I would highly recommend, and hope for you, to consider helping out with the Striders. Our many incredible races and programs don't happen without your help. The weekly races, as low-



Peaceable transfer of authority: outgoing President Dwight Mikulis (left) hands over the reigns of power to new President Bill Arbelaez at the Banquet. (photo by Mike Fleming)

key as they are, need your efforts to make them take place. We are open to your thoughts, ideas, and assistance, at any level, for so many projects. We need you to help us be the best running club, anywhere. This should not be a trade-off, it should be part of a plan. As you are sitting down and plotting out your 5k's and 10k's this spring, and your half or full marathons for next fall, allow time to help out, to give back, so others can enjoy their races, or programs, as well. Find the time. You'll get back so much more than you give! If *John Bratiotis* is looking for help on a Sunday afternoon, you can be that help. When *Paul Goldenberg* asks for course marshals at Clyde's, that can be you! Somewhere down the road, I look forward to running with you, but for now, I'll see you, and hopefully, volunteer with you, at the races...

— *Bill*

*See box on page 6 for your 2013
Board of Directors*

Don't forget these Strider events this Spring:

Clyde's 10k – Columbia Town Center
8:00 am, Sunday, April 14, 2013

Columbia Triathlon – Centennial Lake Park
7:00 am, Sunday, May 19, 2013

All-Fruit Relay 4 x 2 mi – Oakland Mills Middle School
2:00 pm, Sunday, May 26, 2013

Run for Remembrance 5k – Columbia Gateway
8:00 am, Monday, May 27, 2013

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

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