



**Classified Ads...** Still FREE & No  
Post your own ad. Buy it. Sell it.  
Find a job. Find a car. Fix your

- [Birth Announcements](#)
- [Business News](#)
- [Columns](#)
- [Crime Log](#)
- [Food/Recipes](#)
- [Fun and Entertainment](#)
- [Health](#)
- [Neighbors](#)
- [News and Information](#)
- [Views](#)
- [Schools](#)
- [Seniors](#)
- [Sports](#)
- [Worship](#)

[EMAIL](#)

## See Mommy Run

With tots in tow, area moms stretch their legs and bond

ALEX HURSKY

August 16, 2006

Play groups with a purpose aren't that unusual. Most of the time, however, the purported purpose is to enhance the children's environment. Whether parents want to help their offspring develop social skills they can carry with them into preschool, or nudge them along the road to becoming baby Einsteins, the children are usually the primary focus of the gatherings.

One organization is hoping to turn that premise on its side. See Mommy Run aims to help mothers (and dads) who share a passion for running to get together and bring their tots along for a ride as well. Exercising and sharing parenting tips are the draw for a local group that meets regularly at Centennial Park for a jog around the lake.



Left to Right: Lisa Juliet, Aggie Wojdon Brody, and Andrea Ashley, take a break their weekly run.

[Printable Version](#)

"We have both runners and walkers," said Aggie Wojdon. "We meet at Centennial, and maybe the walkers do one lap, and we (runners) might do two laps. And then we meet up at the playground and just play."

Wojdon, who lives in Ellicott City, has been an avid runner since her teens. "In high college I did track and field and cross-country," she explained. She continued to run graduated, noting that she made an effort to run approximately four times a week was pregnant.

After her son Brody was born, however, Wojdon started looking around for a group shared her interest in running. "I was surfing the net and found www.seeMOMMYrun said, "and I created one here." Not only did Wojdon start a group in Howard County an employment ad put out by the organization and now works for See Mommy Run associate.

Wojdon stressed that athletic ability is not a prerequisite for joining the group. "All want to emphasize that fitness ability is not a requirement. It's making that comm there every week. With a lot of moms, they're just coming to have a fun time out with kids," she noted.

Ozlen Luznar is one of the regulars who became hooked on running with the group, first she was hesitant about coming. "I liked running just outside my house," comm who lives in Catonsville, "and at first it was hard, getting into the car and driving, minutes. I was, like, I could do it outside my house."

She points to the camaraderie she shares with the others as a reason for returning

- [The View from Ellicott City](#)
- [The View from Arbutus, Catonsville, Halethorpe & Relay](#)
- [The View from Elkridge/Hanover](#)
- [The Ellicott City Visitor's Guide](#)
- [The View from Western Howard County](#)

Subscribe to our print version [Click Here!](#)



Park over and over. "Running was never the only focus," she said. "It was something shared, but there was a lot of tips that we shared with each other. We were all first mothers, and most had eating issues, sleeping issues that we wanted to talk about.

Like Wojdon, Luznar has been an avid runner for a long time. She began running in high school, and she found, to her surprise, that she really enjoyed running long distances. She has entered several races, including metric marathons (app. 16 miles) in Annapolis and Columbia. "It's just to finish," she noted. "It was fun and I liked the t-shirts. The scenery can be really pretty, especially in the fall."

Luznar started pushing for more than just the once-a-week Wednesday meetings, and a group has several core members who also run on Fridays. Two weeks ago, Luznar had a baby, a little girl named Emine who will be joining big brother Bobby on mom's jog. "I ran up until I was 34 weeks pregnant," said Luznar. "I already got my double-jogger Mother's Day gift from my husband."

Wojdon notes that joining is free and that the [www.seemommyrun.com](http://www.seemommyrun.com) website is easy to navigate. "It's great if you want to meet other moms without spending time away from home. Motherhood is the biggest network around," she added.



---

© 2003 Zip Publishing. All Rights Reserved

[Classifieds](#) | [About Us](#) | [Contact Us](#) | [Email Us](#) | [Advertising Rates / Circulation](#) | [Weather](#)