

# HOWARD COUNTY STRIDERS NEWSLETTER



Footprints Volume 49, No. 9 12/04/2024

## Intro by Nick Atkins

Hello fellow Striders. It is with sadness that I report that longtime member William "Bill" MacCormack passed away on November 23rd. Bill was an average, at best, runner, but his impact on his fellow Striders was well above average. Former President Dwight Mikulis said, "We used to do Friday morning runs that went around Centennial Lake, and my day was always made better when I saw Bill MacCormack." There are going to be several articles about Bill. Not because I couldn't make an editorial decision. That was the editorial decision. I wanted to show the affect an average runner had; that The Striders are much more than a running club. Like Bill, I am an average, at best, runner. But I still show up and race, I am healthy. Otherwise, I'll volunteer. The races are a friendly group. I can finish mid to back of the pack and then talk to the winner about training philosophies and workouts. The point is, don't ever feel like you are too slow to come out to a race, a group run, or a coaching program. You will always be welcome. And the friends you make very well may be lifelong friends.

We had a busy holiday weekend with our Turkey Trot Prediction Run and a Weekly Series race. If you made it out to either, thank you for spending a part of your holiday with us. We have our final Weekly Series race on the 15th. And our New Year's Prediction Run on New Year's Day. I'll be working the water stop with a special surprise. And there is going to be a special Christmas run that I will have more details on next week. We hope to see you there and make some more lifelong friends.

One final thing, our friends at Rehab 2 Perform are hosting a group run in Columbia on Tuesdays at 5:15 pm. It meets at their location and goes around Lake Elkhorn and finishes with some strength work back at their practice. This will be good for anyone who missed the workshop they hosted a few weeks ago. They have been very good to us, so consider coming out and supporting them. All information for their run will be on the calendar soon.

For those that are interested, Bill's obituary can be seen here: [https://www.harrywitzkefuneralhome.com/obituary/William-MacCormack?fbclid=IwY2xjawG81bVleHRuA2Flb0IXM0ABUHhQVox7TeR5povwFroSHdARPh0RPZqzH9Kc8K00Kc0P\\_w3P0h9sXAcnA\\_aem\\_fiu\\_01Pntbtk25e6Cs1N50](https://www.harrywitzkefuneralhome.com/obituary/William-MacCormack?fbclid=IwY2xjawG81bVleHRuA2Flb0IXM0ABUHhQVox7TeR5povwFroSHdARPh0RPZqzH9Kc8K00Kc0P_w3P0h9sXAcnA_aem_fiu_01Pntbtk25e6Cs1N50)



Bill is Pictured on the far right

## William "Bill" MacCormack by Donald VanOstrand

On November 23, after extended illness and injury, the Striders lost William "Bill" MacCormack, 82. Bill had a long running and cycling careers. When asked how many NYC Marathons he ran he often responded, "Not sure." Whether this was a failure of memory or some of his typical humility, we do not know. Bill was humble and did not volunteer information on his running accomplishments without prodding. One should not expect him running up and shouting, "I just ran a PR!" No. That was not our Bill. The facts are that he did successfully complete many marathons, including several New Yorks, at least one Boston, and others. In the local area his races included just about every race available in Columbia, Baltimore, Annapolis, Frederick, and DC. When he was not running the Strider events, Bill could be counted on to work as a marshal, at water stops, or finish line.

Describing Bill's running style was, shall we say, deliberate. He was not fast, but his speed was constant. Once heard about Bill's running was a quote, never forgotten. "Wind him up and he will run nine-minute miles all day." He was a finisher. Bill's favorite running companion and best friend was Rich Fox, also a former Strider. If you could catch a glimpse of them at a distance, such as crossing the dike at the end of Centennial Lake, they were unmistakable. Rich ran with elbows out, arms folded in, parallel to the ground. Bill was hunched over, head forward, looking down. The running and cycling interests coexisted for several years, and eventually, cycling became the prominent activity. Bill completed the Seagull Century several times and biked with several informal groups in the area. In 2009, Bill realized a long-time ambition to ride the entire RAGBRAI, a week-long ride across Iowa.

Bill loved running, but in a larger sense, he loved the people who ran with him more. He was a loyal friend to all, a proud parent and grandparent, and a devoted husband. His friends and family would wish you a "Bill" in your lives.

## In Memorandum by Bill Brown

On Tuesday, December 3, Vice President Larry Stern and I had the honor of representing the Howard County Striders at the visitation of Bill MacCormack, who died on November 23, 2024. Bill was a runner for over 40 years, participating in countless marathons and other local races. Bill has been a Strider since nearly the beginning of the club. At least, that is what I was told as some of our more seasoned members shared stories with me. I was able to meet his family and thank them for their ongoing support of our club. What was the most meaningful part of the time spent was meeting some of the founding members of the club and those who started some of our beloved events. I learned that not only was running their pastime, it was also what brought them together and formed their friendship. This is what the Striders is all about. The running is wonderful, but the friendships we make are so much more important. I want to encourage you to join us for our training programs, social events, our informal runs and our weekly series, because this is where friendships are formed. Thank you all for being a part of this club and for all that you do to make the Striders the best running club around.

## Contests

We are holding a couple of design contests. The first one is for a new design of our newsletter logo. The only requirement is that it includes the name "Footprints." The second contest is for a redesign of the Next Step logo. "Next Step" is the name of our coaching programs. Again, the only requirement is to include "Next Step" in the name. And obviously, they should be running-themed. The prize for both contests is free entry into any Strider race or coaching program in 2025. The deadline is the end of 2024. Send entries to [social@striders.net](mailto:social@striders.net)

## Track Lights

Howard County Striders is once again providing track lights for safe running this winter at the following tracks:  
Mondays: Oakland Hills High School 6-8 pm  
Wednesdays: Centennial High School 6-8 pm

## Programs

### Hibernation to 5k

H25K is our next program, which will start in mid-January. Signup will begin very soon!

## Results

Do you have any results you want to share? Even if you PR'ed your neighborhood loop, let us know! Send results to [social@striders.net](mailto:social@striders.net)

## Junior Strider Update by Phil Lang

The Bullseye Youth XC team is sending 53 kids to Charlotte this weekend to compete in the AAU Junior Olympic XC National Meet.

We will have an update with the results soon.

## Legends of the Fall #7 Jeffers Hill Elementary School by Marc Burger



Photos can be seen here: <https://photos.app.goo.gl/oogCLZrFPPrsuclF96>

29 runners came out for the Howard County Striders fall weekly series race at Jeffers Hill Elementary. Lincoln Wytko and Kateryna Towstopiat led the 2 mile runners. Karsten Brown and Devon Boyle were the 10k winners.

Volunteers: Bill Arbelaez (race lead), Nick Atkins, Melissa Burger, Eric Johnston.

- 2 mile
1. Lincoln Wytko 13:50
  2. John Way 14:25
  3. Simon Wytko 14:46
  4. Adam Wytko 14:47
  5. Lochlann Boyle 14:49
  6. Bill Brown 15:16
  7. Jacob Collier 17:39
  8. Kateryna Towstopiat 17:47
  9. Michael Towstopiat 17:51
  10. Ted Poulos 18:42
  11. Ronald Schmidt 18:48
  12. Jim Harrington 21:29
  13. Debbie Collier 21:38
  14. Mary Niland 22:34
  15. Alyssa Dooley 27:03
  16. Joanne Harrington 28:21
  17. Lloyd Collier 29:30
  18. Tim Ramsey 29:40
- 10k
1. Karsten Brown 44:38
  2. Devon Boyle 51:29
  3. Michael Tracton 56:24
  4. Marc Wenson 57:32
  5. James Scarborough 57:42
  6. Linda Alms 57:47
  7. Marsha Demaree 57:58
  8. Marc Burger 1:02
  9. Iris Mars 1:08
  10. Leonid Korolov 1:09
  11. Haydee Herrera 1:11

## Upcoming

1/1/2025 Resolution Run Prediction Run 8K

A prediction run is entirely different from other races that you've run in the past. Rather than finishing first or running the fastest, the object of a prediction run is to finish as close to a certain time as possible. In the case of the Howard County Striders prediction runs, the goal is to finish as close to 11:00 am as possible. One way the Striders prediction runs differ from many other runs is that you get to win whenever you want - whoever finishes closest to 11:00 am wins. Oh, and one important thing: you CANNOT use any sort of timing device. Also, no baby strollers, iPods, headphones, or animals.

After the run, enjoy refreshments in the neighborhood center while we announce the awards for the top 3 closest finishers.

## Weekly Series

12/15/2024 Legends of the Fall #8 2 Mile 4 Mile Clemens Crossing Elementary School

These are low-key fun races. And races in name only. You can run/walk them at any pace you please. If you are training for a race, learning how to pace a race will go a long way to helping you hit the time you are aiming for. Instead of paying 50 dollars, going out too hard, and being disappointed. Jump in one of our races and find out if that pace is too hard before your big race! And if you are new to the series or if you are bringing someone new to the series, we are offering bonus points for the overall standings! All races start at 2:00 pm. See <https://striders.net/weekly-series/> for more information.

## Group Runs

Bagel Run, Saturdays 7:00 am sharp in the Columbia Swim Center parking lot. If you are new, plan to arrive early and introduce yourself. The run leaves the parking lot at 7 am ON THE DOT. All paces are welcome and there are runs from routes from 6-20 miles. The Striders have run this run every single Saturday for 40+ years. See <https://striders.net/groups/bagel-runs/> for more information.

Stay tuned, announcement coming soon!

## Non-Strider local runs

These are not official group runs but are listed to highlight other local group runs many members frequent.

Miller Monday Group Run, Mondays 6:00 am, Miller Branch - Howard County Library

Rehab 2 Perform Run, Tuesdays 5:15, Rehab 2 Perform Columbia Location

Manor Hill Tavern BEER RUN, Tuesdays 5:30 pm, Manor Hill Tavern

Feet First Fun Run 6:00 pm, Thursdays, Feet First Columbia Location

Mad City/Africa Group Run, Fridays 6:00 am, Mad City Coffee

See <https://striders.net/events/> for more information.

## Discounts codes!

rnnr (rnnr.com) hats and apparel, 10% off  
code: NICKHCS

resistancebandtraining.com, these are legit resistance bands! 10% non-sale items  
code: hcsbands