

WACO STRIDER NEWSLETTER

FEBRUARY 2005

GOT TRAILS

It is hard to believe that the Waco Strider Cross Country trail run has come and gone for 2005. I hope everyone enjoyed the race as much as I did. This years venue was a little different, it was at Lovers Leap instead of Anniversary Pavillion (which is under construction at this time). Race day turned out good. The trails were a little muddy (OK a lot muddy). In fact, at one time I thought we should have changed the name of the race to Mud & Blood Trail Run. There were a lot of muddy legs and arms and a few cuts and scratches. But we all made it across the finish line. I would like to mention a special thanks to Pete Thauwald for mapping us a great course this year. Pete put a lot of effort in marking the trails (this is the first year I did not get lost). The race times were fantastic. I think everyone had a good course time. And what about that two mile race, that was an awesome course! To the finishers of the two mile race, good job. If you like cross country running, just wait. We are planning one in the fall and we hope to see you there.

SPECIAL THANKS.....

We had a lot of help this year with our Cross Country Race. I would like to thank our many volunteers.....

The Christian Healthcare Society of Baylor:

Sara Saxon, Chelsea Barker, Marla Matthews, Kerrie Perkins, Venessa Guzzman, Stacy Brundrett, Michael Soileau, Lance Davis, Bob Davis, Marilyn Davis, Rusty Pippin, Roianne Alston, .Marsha Thauwald, Chris Deskins, Cliff Burgess. Sharon Parsons, Megan Rowe, Cindy Neal.

and the Cameron Park Rangers.

You all did a great job!

BRAZOS SERIES

Don't forget to sign up for the Brazos Series, it is free for Waco Strider members. We will have Brazos Race Series forms at the Presidents Day Run or you can find the form on our website.

Welcome New Members

Lori Lutz & Family
April Swindall & Family
Jamison Hicks
Michael Saley
Valerie Fielder & Family
Kelly Lee
Kit Manchester
Melissa & Shannon McDaniel
Scott Irwin & Family

New Members remember to check the website for newsletter, race calendar, race results and information concerning meetings and group events.

If any one would like a copy of the newsletter mailed please let us know.

MAN WHO RUN IN FRONT OF CAR GET TIRED, MAN WHO RUN BEHIND CAR GET EXHAUSTED!!

WACO STRIDERS NEWSLETTER

FEBRUARY 2005

Brazos race series awards winners 2004

Male over all
Peter Powers

Males 7-12

1st Jared Griffin
2nd Shadowhawk Saldang
3rd D.B Browning III

Male 14-under

1st Troy NW Dodge

Male 20-24

1st Chris St. James
2nd Casey Hall

Male 25-29

1st Peter Powers

Male 30-34

1st Cory Williams

Male 35-39

1st Kirk Allen
2nd Alfonso Saldang
3rd Dwayne Reed

Male 40-44

1st Michael Goldsmith
2nd Gary bowdoin

Male 45-49

1st Mitch Deskins
2nd Kerry Arseneaux
3rd Mike Kasberg

Male 50-54

1st Mike Hall

Male 55-59

1st Pete Thawald
2nd Peter Boulette

Male 60-64

1st Dennis Alston

Male 65-69

1st Dewey Geary
2nd Barney Eary
3rd John Tuggle

Male 70

1st Max Bunting

Female Over All

Laural Deskins

Female 7-12

1st Jordan Walker

Female 14- Under

1st Megan Rowe

Female 30-34

1st Jenifer Uptmore
2nd Gale Brooks

Female 35-39

1st Krist Heid
2nd Nola Saldana

Female 45-49

1st Laural Deskins
2nd Marasha Thauwald
3rd Petra Ashleman

Female 50-54

1st Linda Garret

Females 60-64

1st Julie Patin
2nd Linda Pippin
3rd Jan Eary

Waco Striders Cross Country-Cameron Park
5 mile
February 5, 2005

Overall Male

Todd Copeland 33:20 (1)

Overall Female

Laurie Millan 39:53 (7)

19 and under

1. Jamison Hicks 40:29 (8)

20-24

1. Casey Hall 34:53 (3)
2. Chris St. Jean 42:03 (11)

1. Lindsey Tlustos 41:24 (9)
2. Melissa McDaniel 55:22 (39)

25-29

1. Peter Powers 38:37 (6)
2. Shannon McDaniel 45:37 (19)

30-34

1. Michael Saley 43:07 (13)
2. Dennis Kelley 49:31 (29)

35-39

1. Paul Illich 37:29 (4)
2. Mark Ayers 37:50 (5)
3. Dwayne Reed 43:27 (14)
4. Doug Noell 47:29 (25)
5. Kevin Riley 48:36 (28)
6. Scott Irwin 51:57 (32)

1. Laurie Hull 54:17 (37)
2. Courtney Noell
3. Lisa Noell

40-44

1. Sta Moszysky 48:20 (26)

1. Sarah Peters 42:44 (12)

45-49

1. Steve Allen 34:44 (2)
2. Scott Scholl 41:29 (10)
3. Phillip Ballman 44:34 (15)
4. Michael Kasbers 44:50 (16)
5. Mitch Deskins 45:04 (17)
6. Keith Warren 45:47 (20)
7. Keller Matthews 48:20 (27)

1. Laural Deskins 55:46 (40)

50-54

1. Michael Hall 47:02 (23)
2. John Pope 49:51 (30)
3. Rick Bostwick 51:45 (31)
4. Ron Beal 54:47 (38)

1. Linda Bostwick 52:54 (33)

55-59

1. Larry Southwell 46:06 (21)
2. Pete Thauwald 46:54 (22)
3. Keith Poehl 47:17 (24)
4. John Bush 52:56 (34)
5. Randy Walker 1:00:36 (41)

60 and over

1. Dennis Alston 45:11 (18)
2. Joe Bledsoe 52:58 (35)

1. Linda Pippin 53:49 (36)
2. Viola Denny 1:16:39 (42)
3. Julie Patin (44)

Waco Striders Cross Country-Cameron Park
2 mile
February 5, 2005

Male

1. Gene Wolske	17:39 (1)
2. Troy Dodge	19:50 (2)
3. Christopher Whitmark	19:59 (3)
4. Scott Wade	23:02 (5)
5. Griffin Peevey	28:27 (7)
6. Cecil Norris	28:33 (8)
7. Allen Miller	34:42 (14)
8. Nick Landry	35:00 (16)

Female

1. Katie Wade	23:02 (4)
2. April Swindall	25:22 (6)
3. Erica Ancira	29:59 (9)
4. Mary Eastland	30:27 (10)
5. LeeAnn Lee	31:10 (11)
6. Petra Ashleman	32:36 (12)
7. Bonnie Bledsoe	32:42 (13)
8. Marcie Reed	34:57 (15)

CRAWFORD CHAMBER OF COMMERCE & AGRICULTURE
PRESIDENTS DAY

5k / 1 mile

BENEFITING COMMUNITY PROJECTS & SCHOLARSHIPS

Sunday Feb. 20,2005
1 MILE - 9:00 A.M. 5K - 9:30
TONKAWA PARK - CRAWFORD, TEXAS
ENTRY FEE \$18.00

RACE WILL BEGIN AND FINISH IN TONKAWA PARK LOCATED IN CRAWFORD,TEXAS HOME
OF THE PRESIDENT OF THE UNITED STATES OF AMERICA - GEORGE W. BUSH
**ALL RUNNERS WILL RECEIVE A SOUVENIR T-SHIRT. AWARDS TO 1ST,2ND, & 3RD PLACE
RUNNERS IN EACH AGE DIVISION IN THE 5K AND TOP 10 MALE AND FEMALE MILERS.**

MAKE CHECKS PAYABLE TO: CRAWFORD CHAMBER OF COMMECE
MAIL ENTRIES TO: GARY BOWDOIN

695 VANISHING OAKS DRIVE
CRAWFORD,TEXAS 76638
254-486-2288

LAST NAME _____ FIRST NAME _____
ADDRESS _____
CITY _____ STATE _____ ZIP CODE _____
PHONE _____ BIRTH DATE ____/____/_____
MALE _____ Age on race day _____
FEMALE _____

RACE ENTERING ____5K ____ 1 MILE
T-SHIRT SIZE: ____SMALL ____MEDIUM ____LARGE ____X-LARGE

IN CONSIDERATION OF YOUR ACCEPTING THE RACE ENTRY,I,THE UNDERSIGNED,INTENDING TO BE LEGALLY
BOUND,FOR MYSELF, MYHEIRS, EXECUTORS, AND ADMINISTRATATORS,WAIVE AND RELEASE ANY AND ALL
RIGHTS AND CLAIMS FOR DAMAGES I MAY HAVE AGAINST THE CRAWFORD CHAMBER OF COMMERCE, AND
ANY AND ALL OTHER SPONSORS ASSOCIATED WITH THIS EVENT AND THEIR REPRESENTATIVES, SUCCESSORS,
AND ASSIGNS FOR ANY AND ALL INJURIES SUFFERED BY ME IN THIS EVENT. I HOLD HARMLESS ALL SPONSORS
AND OTHER PARTIES FROM AND AGAINST ALL CLAIMS, ACTIONS, LOSES, COSTS, AND EXPENSES INCLUDING
ATTORNEY'S FEES, INCURRED BY SPONSORS AND ALL THEIR PARTIES AS A DIRECT RESULT OF MY
PARTICIPATION IN THIS EVENT. I ATTEST AND VERIFY THAT I AM PHYSICALLY FIT AND HAVE SUFFICIENTLY
TRAINED FOR THIS EVENT. I KNOW AND UNDERSTAND THE TEMPERATURE AND HUMIDITY CONDITIONS OF
THIS EVENT. I FURTHER GRANT FULL PERMISSION TO ANY AND ALL FOREGOING TO USE PHOTOS, RECORDINGS,
VIDEOTAPES, OR ANY OTHER RECORD OF THIS EVENT FOR ANY PURPOSE WHATSOEVER.

DATE ____/____/____

SIGNATURE (PARENT/GUARDIAN IF ENTRANT IS UNDER 18)

Sunday, February 20, 2005

*** Presidents Day Race**

1mile 9:00 AM - 5K 9:30 AM

Crawford, TX

[Registration Form](#)

Saturday, March 5, 2005

Bearathon

13.1 miles -- Half marathon

Baylor Campus

Waco, TX

Saturday, March 26, 2005

The Great Zoo Stampede

10K 8:00 AM / 5K 9:00 AM / 1-mile 9:30 AM

Cameron Park Zoo

Waco, TX

Saturday, April 2, 2005

Race For The Cure

Heritage Square

Waco, TX

www.centraltexasraceforthecure.org

254-776-1204

Saturday, April 30, 2005

Hillcrest Auxiliary Best Dam Run in Texas

More information at a later date

Saturday, May 7, 2005

LRC Pacesetter Spring 5K Run and Walk

5 year age groups

8:00 AM

Calvert, TX

Contact: Roianne Alston 979-364-2136 or 979-255-7606

Saturday, May 14, 2005

*** Practice For The Pickle**

5K and 1Mile

8:00 AM

Bremond, TX

Saturday, May 14, 2005

Jackrabbit Run 4 Hope 10K/5K

7:30 AM

Ogletree Pass @ US 190 W

Copperas Cove, TX

www.rabbitrun4hope.com

Saturday, September 24, 2005

LRC Pacesetter Fall 5K Run and Walk

5 year age groups

8:00 AM

Hearne, TX

Contact: Roianne Alston 979-364-2136 or 979-255-7606