

WACO STRIDER NEWSLETTER

MARCH 2005

STRIDER IN THE SPOTLIGHT

This month's Strider in the spotlight is Petra Ashleman. Petra has been a Waco Strider for eight years, but has been running races for the past three years. She said that running the races keeps her in shape, the races are her cardiovascular work out. She doesn't train for races, her races are her training. If you don't recognize her name, I know you have seen her at our races. She always dresses with the theme of the event. At the Jingle Bell run she was dressed as the nut cracker, she was patriotic at the Presidents Day Run, she was in camo at across country race. Petra was born in Germany, moved to the US in 1966 with her mother. She was in the Air Force for ten years, married a fighter pilot. Petra is an Intensive Care Nurse at Providence Hospital, before that she worked Med Surg and Oncology at Providence. Petra is a very interesting person and she adds a lot of color to our race events.

BRAZOS SERIES

Just a reminder, don't forget to sign up for the Brazos Race Series. The Brazos Series are race events that use Waco Strider equipment, such as clock and stop watches, etc. So when an organization rents this equipment from us, we want to do our best to support these events. It helps them and our running club. We have two sources of revenue to support our running club, membership dues and equipment rental. The Brazos Series Races are noted on the Strider Race Calendar with a * beside the event. Each Brazos Series Race you participate in you receive points, if you place in an event you receive more points and these points are accumulated throughout the year. Awards are given out at our annual Christmas Party in December. It's a great way to track your races and a good way to motivate yourself to run more events. Brazos Series Race forms are available on the Waco Strider Website, to join is free to members. The Brazos Series results will be posted on the website within a week or so.

GROUP RUNS

The days are getting longer, the weather is warming up, making running a lot more enjoyable. We are adding a couple of more group runs to the week.

Tuesday we meet at 5:00pm at the Pecan bottoms in Cameron Park. The run is 4.7 miles along the Brazos River trail, which is a flat trail to MCC and back. Water and Gatorade available.

Wednesday we meet at 5:45pm at Indian Springs Park in front of the Hilton. We run along the river through Fort Fisher around Baylor Campus and back to Indian Springs Park, which is about 4 miles. This puts us back at our starting point, and if we want to go further we can. As the days get longer, this run will be moved into Cameron Park so we can enjoy the trails.

Saturday we meet at the Pecan Bottoms in Cameron Park at 8:00am. The run is flat for about 2 miles, then we run some hilly trails (which is optional, some of us keep it flat). Over all we run about 7 miles or so. We have all level of runners (beginners and experienced) some walk and run. It is a safe way to enjoy a work out in the woods.

Directions We meet in the first parking lot in Cameron Park. If you are coming up University Parks Drive from the Hilton, it is the first parking lot on the right as soon as you enter the Park. If you have any questions or would be interested in being a run leader or walk leader, please contact Mitch Deskins at 254 717 8905.

PRESIDENTS DAY RUN

Striders if you missed the Presidents Day 5K/1 Mile race you missed a great race and a good time. It was a beautiful morning for a race. The folks at Crawford did a super job putting the event together. The course was challenging. It had a little bit of an incline to it (some might call it a hill). I was glad to see the finish line. The tee shirts were nice and the awards were pretty cool. I would like to give a thanks to the guys involved in putting on The Presidents Day Race. Hope to see you next year.

NEW MEMBERSHIP GUIDELINES

The Waco Strider membership dues have changed to a simplified system based on the calendar year, effective January 1, 2005. The rate per year per person or family living at the same address remains at \$15. Still a super price!!

Members who join after June 30th during the calendar year will pay one half the full year rate or \$7.50

Simply stated-membership paid in January, February, March, April, May and June is \$15. Those paid in July, August, September, October, November and December is \$7.50.

“Jogging is very beneficial. It’s good for your legs and your feet. It’s also very good for the ground. It makes it feel needed.”

Charles Schulz

Race For Gold

The Waco Strider Running Club would like to thank the WHS Key Club for putting on a good 5K race. We hope it will be an annual event.

WACO STRIDER CLUB MEETING

Striders it’s time for our club meeting. We will meet Wednesday April 6 at 6:30PM at Uncle Dans on Lake Air Drive. We need your input on future events. Hope to see you there.

PRESIDENTS' DAY 5K
February 20, 2005

Overall Male

Casey Hall 18:51 (1)

Overall Female

Sarah Peters 22:33 (16)

12 and under

1. Jamison Hicks 20:35 (8)

1. Ariel Davis 35:37 (74)
2. Alexandra Davis 47:28 (83)

13 – 15

1. Morgan Underwood 19:13 (2)
2. Jeremy Gann 21:32 (10)
3. Troy Dodge 23:36 (22)

20 – 29

1. Peter Powers 19:38 (4)
2. Chris St. Jean 20:34 (7)
3. Zachary Southwell 22:22 (15)
4. Shannon McDaniel 23:38 (23)
5. Javier Perez 27:26 (42)

1. Irma Portillo 24:42 (31)
2. Molly House 26:41 (39)
3. Missy Hardeman 27:45 (44)
4. Kelly Rust 29:40 (54)
5. Millisa McDaniel 30:10 (59)
6. Lori Russell 30:36 (60)
7. Susie Belle Spillman 32:32 (64)
8. Marcie Greenbaum 32:58 (67)

30 – 39

1. Dwayne Reed 21:50 (11)
2. Pete Pope 22:04 (12)
3. Mitchell Tone 22:57 (17)
4. Charles Russell 23:34 (21)
5. James Lee 24:18 (27)
6. Irwin Scott 24:47 (32)
7. Jodicus Prosser 25:52 (34)
8. Brian House 26:12 (35)
9. Rich Gochis 26:59 (40)
10. David Thomas 27:45 (45)
11. Chad Gooding 27:46 (46)
12. Ron Grumbles 31:13 (61)
13. Chandler Arden 32:58 (66)
14. Adam Fields 33:41 (68)

1. Elaine Shard 26:30 (37)
2. Lee Ann Lee 27:02 (41)
3. Cheryl Gochis 27:54 (47)
4. Ruth Posser 28:14 (48)
5. Kari McMullen 29:39 (53)
6. Abby St. Clair 33:54 (69)
7. Susan Fields 34:16 (70)
8. Eugenia Thomas 35:59 (75)

40 – 49

1. Rob Erlich 19:36 (3)
2. Rickey Henderson 19:52 (5)
3. Martin Juarez 20:16 (6)
4. Joe Alexander 22:14 (13)
5. Mike Kasberg 23:47 (25)
6. Mitch Deskins 24:35 (29)
7. Terry Schroeder 24:37 (30)
8. Randy Parker 26:21 (36)
9. Kenneth Young 29:56 (58)

1. Elizabeth Bender 23:17 (20)
2. Brigette Miller 24:31 (28)
3. Marsha Thauwald 24:55 (33)
4. Robin Sykes 27:41 (43)
5. Sheila Thomas 28:38 (49)
6. Laural Deskins 28:49 (51)
7. Nancy Kasberg 29:49 (56)
8. Kim Raibairn 31:21 (62)
9. Petra Ashleman 34:40 (72)
10. Dana Hamilton 36:29 (77)

50 – 59

1. Jerry Sparks 20:57 (9)
2. Antolin Garza 22:19 (14)
3. Larry Southwell 23:10 (19)
4. Pete Thauwald 23:45 (24)
5. David Taylor 24:12 (26)
6. Perrin Wells 28:59 (52)
7. Andy Shedlosky 29:42 (55)

1. Angie Wilson 26:41 (38)
2. Elaine Miles 28:45 (50)
3. Patsy Miller 32:46 (65)
4. Marla Hendricks 34:17 (71)
5. Sandy McCuskey 35:23 (73)
6. Taddie Kelly 36:55 (78)
7. Tari Shedlosky 37:01 (79)
8. Roianne Alston 42:13 (81)

60 – 64

1. Dennis Alston 23:04 (18)

1. Julie Patin 39:00 (80)

65 – 69

1. Bill Engelke 29:54 (57)

1. Mary Kaplan 32:01 (63)

70 and over

1. Gene Bauer 36:28 (76)
2. Sam McCuskey N/A (84)

1. Martha Stewart 44:24 (82)

PRESIDENTS' DAY 1 MILE
February 20, 2005

Male

1. Michael Kasberg 6:57 (2)
2. Jameson Wills 7:24 (3)
3. Josh Ester 7:40 (4)
4. Tanner Schultz 8:14 (6)
5. Andy Shedlosky 8:33 (7)
6. Adam Fields 10:53 (10)
7. Joe Fields 11:02 (11)
8. Ken Luikhart 11:03 (12)
9. Stephen St. Clair 12:14 (17)

Female

1. Brittany Vick 6:50 (1)
2. Marla Hendricks 7:47 (5)
3. Susie Belle Spillman 10:14 (8)
4. Dawn Blenden 10:15 (9)
5. Amanda Fields 11:46 (13)
6. Susan Fields 11:49 (14)
7. Remy Lavadia 11:51 (15)
8. Gabrielle St. Clair 12:55 (18)
9. Tari Shedlosky 12:56 (19)
10. Mary Ann Boring 13:53 (20)
11. Kathryn Reed 14:43 (21)
12. Marcie Reed 14:44 (22)
13. Norma Walkup 18:21 (23)
14. Anne Pachero 18:22 (24)

Race for the Gold 5K

March 5, 2005

West, Texas

	Name	Time	Overall Place		Name	Time	Overall Place
Male				Female			
Overall Winner:	Peter Powers	19:17	1	Overall Winner:	Hanna Otto	21:06	6
11-14	1. Steven Lee	28:36	20	11-14	1. Allison Kreder	26:28	16
	2. Ryan Wilkinson	31:57	23				
15-19	1. Danny Tamayo	20:18	2	15-19	1. Sarah Wilcoxson	26:45	17
	2. Nick Herod	20:18	3				
	3. James Webre	21:35	8				
20-29	1. John Matus	21:05	5	20-29	1. Natalie Wines	23:06	12
					2. Missy Hardeman	27:51	18
					3. Rebecca Boyco	32:35	27
					4. Tracy Matus	33:17	29
30-39	1. Ken Zahirniak	20:49	4	30-39	1. Karen Hoelscher	32:01	24
	2. Paul Sulak	29:32	21		2. Janice Roessler	32:02	25
					3. Eugenia Thomas	32:34	26
40-49	1. Mike Kasberg	22:23	10	40-49	1. Sarah Peters	21:24	7
	2. Randy Barton	22:56	11		2. Marsha Thauwald	24:00	13
	3. Ricky Garrett	25:42	15		3. Nancy Kasberg	28:17	19
					4. Kim Raibourn	30:05	22
					5. Petra Ashleman	33:15	28
50-59	1. Kirk Wines	22:04	9				
	2. Edward Snider	25:12	14				
60 & over	1. Presley Donaldson	36:41	30				

*** Brazos Race Series Race**

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 16, 2005

*** Run For Hope**

Baylor Campus
Waco, TX

Saturday, April 23, 2005

Cameron Park Duathlon

2 mile run / 10mile bike / 2mile run
Lovers Leap Start / Finish
\$30.00 Solo/ \$40.00 per Team reg. Fee
Runners looking for partners - there are cyclist to team up
with them
Byran Jenkins, president WBC
president@teamwbc.com

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

Jackrabbit Run 4 Hope 10K/5K

7:30 AM
Ogletree Pass @ US 190 W
Copperas Cove, TX
www.rabbitrun4hope.com

Saturday, May 14, 2005

*** Waco Police Assn. Memorial Run**

5K & 1Mile
8:30 AM 1Mile / 9:00 AM 5K
Indian Spring Park

Saturday, May 21, 2005

*** Practice For The Pickle**

5K and 1Mile
8:00 AM
Bremond, TX

Saturday, May 28, 2005

*** Prairie Chapel Heritage Run**

Mile 8:00 AM / 5K 8:30 AM

Crawford, TX

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