

WACO STRIDER NEWSLETTER

MAY 2005

Cameron Park Duathlon

If you missed the Cameron Park Duathlon AKA: (Jet Down. Get UP, Get Dirty Duathlon) you missed a fun event. This was the first Duathlon that the Waco Bike Club has put on and it was a lot of fun. The Event was a two mile run, about a nine mile bike ride and finishing off with a two mile run, all Trails. Some of the participants did the whole course solo. Some had relay teams, one team member ran, one team member rode their bike, it was pretty neat. There were a lot of Waco Striders at this event who teamed up with hikers. I can't speak for the bike part of the race but the trail part of the race was totally awesome, I will not forget this race. There were some pretty intense athletes at this event. The top times for this course were finishers that did the whole event solo, that means these guys did not get a break til they crossed the finish line, that is incredible. (I ran with a partner which is a biker and I thought I was not going to make it but I did.) I think the Waco Bicycle Club will put this Event on again, I really think you would enjoy this event, hope to see you there next year.

Waco Strider Picnic

The Waco Striders are having a Picnic and fun run Saturday June the 4th. We plan on having a 5K prediction fun run. A prediction run is a race were the participants make a prediction of what their race time will be, take off their watches and run the race. We will have a prize for the male and female who come closest to their predicted time. This is a race I think everyone can enjoy, speed doesn't count in this one, just your predicted time. The race will start at 10am Saturday morning, followed by lunch about noon. All this fun will be taking place at Pete and Marsha Thauwald's place which is located at 15275 Chaple Road (from Hewitt Drive it is 6.2 miles down Chaple Road), map attached to this letter. All you need to bring is what beverage you like to drink and optional a covered dish and chips or something sweet (Picnic Food). Hope you can make it, and bring a friend. Any Questions please call 666-0679.

Strider in the Spotlight

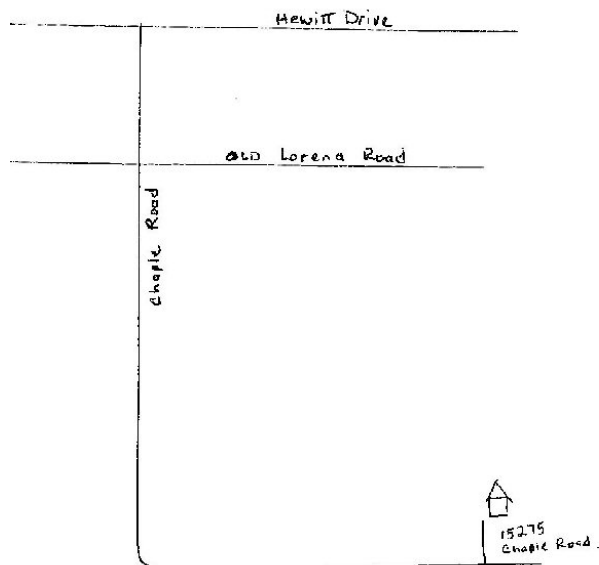
Well if you don't think good guys finish first, you don't know the Hall boys. Mike and Cassy Hall are this months Striders in the Spotlight. This father and son seem to always be at the head of the pack in any 5k race they run. It is always nice to see a family involved in these events, which at this point, I don't want to forget to mention Mama Hall. If one of her men are running she will be there at the finish line, supporting her family. To all the Halls, you are a positive influence to us all and we are very proud that you are Waco Striders. Stay healthy and good running.

The Waco Police Memorial Run

A big thanks to the organizers of the Police Memorial Run, it was a lot of fun. This makes my third Police Memorial run and each year it gets bigger and better, and so does the competition, if you placed in this event you earned it. The tee shirts and awards were pretty cool. I look forward to doing this event next year.

"Running is the greatest metaphor for life, because you get out of it what you put into it."

Waco Strider Picnic
June 4, 2005 Run at 10am Lunch at Noon



Directions: 6.2 Miles from Hewitt Drive down Chaple Rd. to Pete and Marsha Thauwald's House. Bring your own beverage and optional food item to share. Hope to see you there. For more information call 254 6660679 or 254 7173905.

WACO POLICE ASSOCIATION MEMORIAL 5K
May 14, 2005

Overall Male

Pete Martinez 17:08 (1)

Overall Female

Maria Becker 21:58 (15)

14 and under

1. Nick Landry 20:29 (8)
2. Riley Edwards 24:30 (30)
3. Chance Aycock 26:27 (40)
4. Brian Billeard 33:41 (60)

1. Holley Gentsch 23:53 (26)

15 – 19

1. Ben Roberts 23:35 (22)

1. Melissa Baker 24:54 (33)
2. Megan Rowe 31:37 (56)

20 – 24

1. Scott Ruplinger 18:31 (2)
2. Michael Becker 22:36 (18)

1. Missy Hardeman 26:41 (41)

25 – 29

1. Peter Powers 19:53 (5)
2. Joseph Fair 25:08 (34)

1. Heather Rasmussen 23:48 (25)
2. Molly House 24:40 (31)

30 – 34

1. Pompilio Romero 19:01 (3)
2. Ken Zahirniak 20:12 (6)
3. Pete Pope 20:14 (7)
4. Chris Rasmussen 20:52 (9)
5. Brian House 23:44 (23)
6. Chris Flood 23:46 (24)
7. Andrew Degnan 25:09 (35)
8. Tyler Harpole 27:47 (43)

1. Melanie Melton 27:58 (46)

35 – 39

1. Michael Kusler 19:18 (4)
2. Andrew Hermes 25:53 (38)
3. Christopher Evilia 26:07 (39)

1. Cherish Hermes 35:13 (64)

4. Ray Bell 32:02 (57)
5. Raul Rubert 37:31 (68)

40 – 44

1. William Richter 24:42 (32)
2. Doug Roberts 25:39 (37)
3. John Lyons Rozyskie 27:57 (45)
4. Frank Gentsch 29:35 (50)
5. Geoff Aycock 37:10 (67)

1. Dalila Segovia 27:52 (44)
2. Patricia Wilson 30:00 (53)
3. Joy Billeaud 33:47 (61)

45 – 49

1. Roy Luna 21:07 (11)
2. Bobby Velasquez 21:24 (12)
3. Michael Kasberg 21:27 (13)
4. Phillip Ballman 21:32 (14)
5. Keith Wauen 23:57 (27)
6. Phillip Jackson 24:27 (29)
7. Robert James 27:03 (42)
8. Louis Almaguer 28:08 (48)
9. Michael Jones 29:39 (51)
10. Bob Turner 36:37 (66)

1. Marsha Thauwald 24:06 (28)
2. Laural Deskins 28:05 (47)
3. Nancy Kasberg 29:17 (49)
4. Pera Ashleman 33:19 (59)

50 – 59

1. Walter Harris 20:53 (10)
2. Pete Thauwald 22:18 (16)
3. Roy Perez 22:31 (17)
4. Larry Southwell 22:45 (20)
5. Mitch Deskins 23:25 (21)
6. Bobby Ray Tucker 29:43 (52)
7. Don Hurst 31:11 (55)

1. Patricia Broyles 30:41 (54)
2. Patsy Miller 32:13 (58)
3. Brenda Taylor 35:26 (65)
4. Roianne Alston 38:01 (69)

60 and over

1. Dennis Alston 22:40 (19)
2. Jack Leath 25:15 (36)
3. Allen Miller 34:14 (62)
4. Max Bunting 34:26 (63)
5. John Tuggle 43:57 (70)

WACO POLICE ASSOCIATION MEMORIAL 1 MILE
May 14, 2005

1. Ray Perez 6:31 (1)
2. Keith Warren 7:42 (2)
3. Cruzito Romero 8:39 (5)
4. Stephen Jansky 9:23 (6)
5. Zack Roberts 9:54 (8)
6. Grayson Edwards 9:59 (9)
7. Rigoberto Calvillo 11:54 (11)

1. Aliza Duenes 8:18 (3)
2. Tiffany Jansky 8:21 (4)
3. Lorena Romero 9:44 (7)
4. Nohely Calvillo 11:53 (10)
5. Kaithlyn Roberts 13:22 (12)
6. Becky Roberts 13:24 (13)
7. Marsha Cottle 16:25 (14)
8. Linda Crook 16:26 (15)
9. Sue Reed 16:26 (16)
10. Amanda Buenger 16:27 (17)

Saturday, May 21, 2005

*** Practice For The Pickle**

5K and 1Mile

8:00 AM

Bremond, TX

[Registration](#)

Saturday, May 28, 2005

*** Prairie Chapel Heritage Run**

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

Crawford, TX

Saturday, June 4, 2005

Waco Strider Picnic & Fun Run

5k Fun Run - 10am

Lunch at Noon

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

Saturday, November 12, 2005

Waco Crime Stopper Pig Trot

5K and Kids K

Cameron Park Zoo