

Waco Striders Newsletter

September, 2005

The Brazos Trial Run

As we mentioned in our last newsletter, we are very excited about this new race we are adding to our calendar this fall, and I hope every one can make it out this year. There are a 2.5- mile and 5-mile course, both courses are very challenging to run or walk. The five-mile course starts out flat for about one and three quarters of a mile then it turns into hills, hills, and hills. If you enjoy a challenge, you will enjoy this course. The two and half mile course is equally as challenging as the five-mile course. It is just shorter with smaller hills. Whichever course you chose, you're going to have a good time and have an adventure to talk about. This race is a Brazos Series race that will give double points to the five-mile participants. This race will cover a lot of territory, so anybody who would like to volunteer, it would be greatly appreciated. Or if you have any questions, please call Mitch Deskins 717-8905 or 666-0679. We are planning on having a pre-run within a week or so before the event. It will be announced on our website, so stay tuned.

Group Runs

The Wednesday group run is starting back September 14, 2005 at 5:30 pm. We will be meeting at the Redwood Shelter just under the Herring Street Bridge in Cameron Park. Saturday group runs at 8:00 am at the Redwood Shelter also. We need volunteers for group run/walker leaders. I really want to encourage those walkers to show up. Cameron Park is a great place to walk. It is better with someone to walk with. We need walkers and walk leaders. Please call or e-mail us if you would like to help. Our group runs are new runner friendly. Please don't feel intimidated. We aren't running races, just having a fun work out.

Hope to see you out there. Everyone is welcome.

Waco Strider Meeting

I would like to thank everyone who made it the Waco Strider meeting September 7, 2005. Your input and participation is greatly appreciated.

Topics discussed:

- ❖ The Brazos Trail Run
- ❖ Web page Bulletin Board
- ❖ Group Runs Wednesday and Saturday
- ❖ A Waco Strider China Spring Chapter
- ❖ Waco Strider Group Trip
- ❖ Brazos Series Sign up
- ❖ Christmas Party
- ❖ Brazos Series Awards

We had a lot to talk about, and thanks again for your input and participation. We will have a follow-up meeting to be announced on our web page.

We have a lot of race events to choose from this month and more on the way, so check the race calendar. I would like to extend a special thanks to all the organizations and volunteers who put these Race events together.

Saturday, September 17, 2005

McGregor's Founders Day 5 & 10 K Run

Registration 6:30 AM

Start 7:30 AM

Downtown McGregor - 5th & Madison

<http://www.mcgregor-texas.com/foundersday/racehome.htm>

\$18.00 Pre-Registration / \$25.00 Race Day

Online Registration www.active.com

Mike Paschall, Race Director

254-840-2821

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, October 1, 2005

*** Brazos River Trail Run**

2.5 and 5 mile trail run

8:00 AM @ Redwood Shelter

In Cameron Park

Waco, TX

[Registration Form](#)

[Map \(Courses: red = 2.5 mile, blue = 5 mile\)](#)

Saturday, October 15, 2005

Gallop or Trot at the Gap 5K Run/Walk

8:00 AM

Copperas Cove City Park

Copperas Cove, TX

Chip Timed

Plaques, Medals, Ribbons, T-shirts

Online Registration www.ogletreegap.net

Saturday, October 22, 2005

SHIITAKE RUN

8:30 AM

5K run/walk at Lake Madison Park, Madisonville

Benefiting Fort Boggy State Park.

Race info available at www.texasmushroomfestival.com

[Registration](#)

Sunday, October 23, 2005

Second Annual Miracle Match Marathon

Waco, TX

Certified Full Marathon, two & four person relay events, 5K & 1 mile run/walk.

Visit website for up dates and registration information

<http://mmm.sw.org>

or call 888 7242811

Saturday, October 29, 2005

*** Boo Run 2005**

5K and Kids K

5K at 6:00 PM - Kids K 6:45 PM

Tours, TX

[Entry Form](#)

Sunday, January 15, 2006

Rock 'N' Roll Marathon & 1/2 Marathon

Phoenix, Arizona

[Click here for details](#)

P O S T P O N E D

*** Waco Crime Stopper Pig Trot**

5K and Kids K

Cameron Park Zoo

[Registration](#)

Postponed until spring

Waco Striders...*Brazos Trail Run*



Date: Saturday, October 1, 2005

Start: 8:00 A.M.

Distance: 2.5 mile and 5 mile trail run

**Where: Redwood Shelter on Cameron Park Dr
Waco, Texas (Cameron Park)**



Entry Fee: \$15.00 Pre-registration thru Sept. 26.

\$18.00 Late registration and on race day. (Waco Striders members receive a \$1 discount.)

Registration: Mail entry to - Waco Striders, Brazos Trail Run, P.O. 21715, Waco, Tx. 76702

Make checks payable to Waco Striders. *Race day registration & packet pick begins at 7:00A.M. at the Redwood Shelter pavilion.*

Awards: All registered runners get a souvenir T-shirt. Late and race-day entrants may have to be mailed their shirts. Five-mile awards to overall 1st, 2nd, 3rd place finishers in each five-year age groups. Two-mile awards to first five male and female finishers.

Refreshments: Water, Powerade and fruit. Water will be available on the 5-mile run.

***Brazos Race Series: Receive double points for the 5-mile and single points for the 2.5-mile.**

Directions: From I-35, exit onto University Parks Dr. Continue past the Hilton (with the river on your right). Entering Cameron Park, continue under the Herring St. bridge. Take the first right onto Cameron Park Dr. The Redwood Shelter is immediately to your left.

Name: _____ Phone: _____

Age: _____ D.O.B. _____ Email _____

Street Address: _____

City: _____ State: _____ Zip: _____

Event: ___5 mile ___2.5 mile ___Male ___Female T-shirt: S M L XL XXL

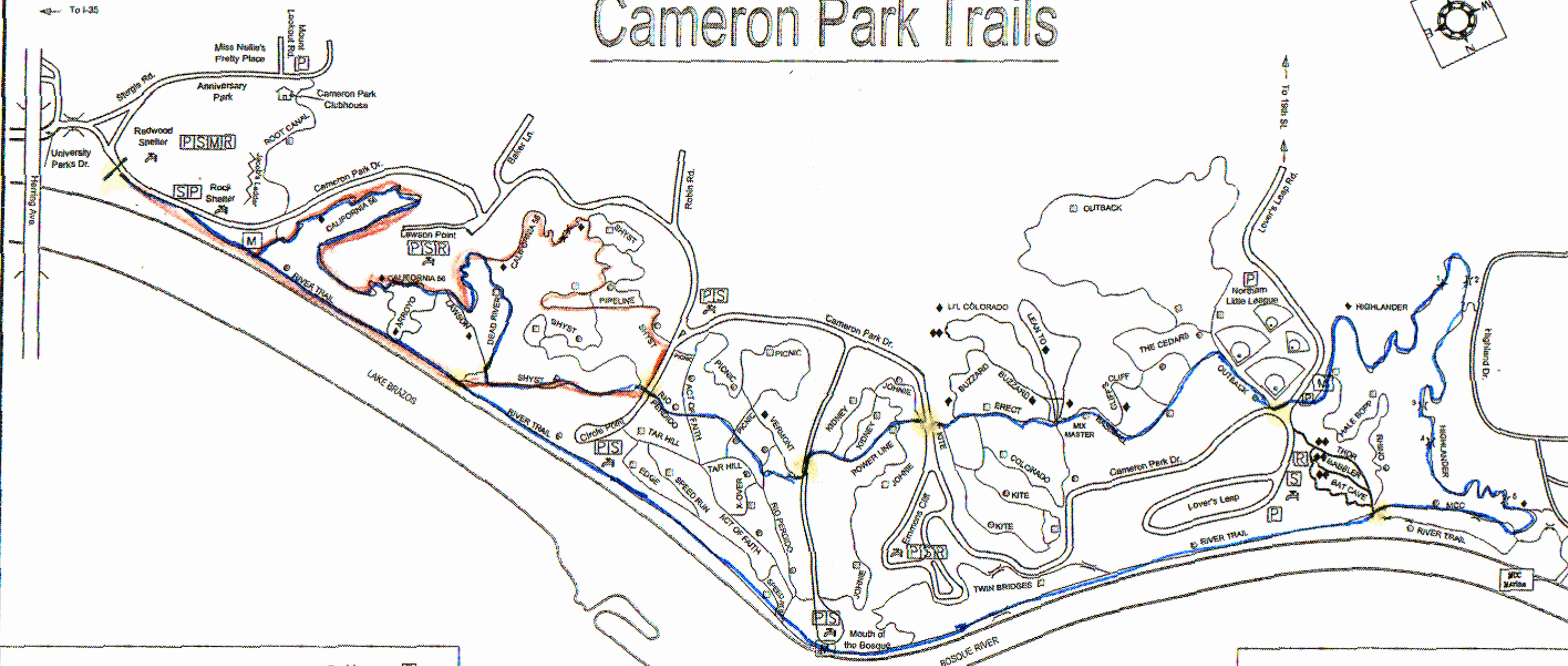
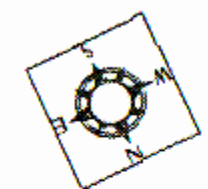
All Participants must read and sign the following waiver:

I acknowledge that running on hilly trails could be dangerous and can be a test of a person's physical and mental limits and there exists the potential for death or serious injury. I certify that I am physically fit and have sufficiently trained for this event. I assume the risks of participation and assume full responsibility for injury, accident or illness which may occur during the event. I hereby release and hold harmless the sponsors and all persons associated with the event from any injury or damage...including the Waco Striders Running Club and the City of Waco and all employees thereof.

Signature

Date

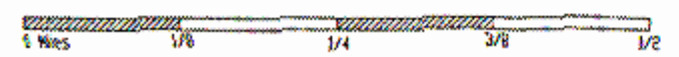
Cameron Park Trails



TRAIL MARKINGS

- Beginners
- Intermediate
- ◆ Advanced
- ◆◆ Expert

- Parking [P]
- Restrooms [R]
- Trail Map [M]
- Shelter [S]
- Water [Water symbol]
- Bridge [Bridge symbol]



- ### Rules and Regulations
1. Stay on trails, no cliff climbing.
 2. Be aware of falling rocks from cliffs.
 3. Bike, hike, run with a friend for safety.
 4. Please wear a helmet when biking.
 5. All pets must be on a leash.
 6. Downhill traffic yields to uphill traffic.
 7. All trail users yield to horses.
 8. Leave no trace - pick it up and pack it out.



CITY OF WACO
 PARKS AND RECREATION
 254-750-8080
 www.waco-texas.com