

WACO STRIDERS NEWSLETTER FEBRUARY 2006

Waco Striders Cross Country Race

Fellow Striders, I hope everyone enjoyed the Cross Country Race as much as I did; we could not have had a nicer day for a Cross Country Race. The race times were awesome, it seems like everybody had a good time. The Waco Striders will host another Trail Race the first week in October. I want to extend congratulations to Pompilio Romero Overall Male 5 Mile time 36:58, Overall Female 5 Mile Kelly Gilliland time 44:53 Great Job. The 2 Mile Overall Male Nick Landry time 17:09, Overall Female 2 Mile Gloria Matthews time 24:08, once again great job. Everyone deserves a pat on the back who crossed the finish line, both courses were a challenge. I would like to thank everyone who volunteered to help make this race a success; we could not have done it without your help, on behalf of all the runners thank you. Also let's not forget those Sponsors: Texas Farm Bureau Tim Prefume, Best Western, Grill at the Lake Country Club, Zebs Backyard Grill, Superslow Zone, ABC Alternative Body Care Megan Davis, and Award Specialties. I hope to see you out there on those trails soon.

Waco Strider Social Event

Following the Presidents Day Race in Crawford, Jack Leath is going to host a Waco Strider Social Event at his home, so mark your calendars, you don't want to miss this opportunity to get together and visit with each other. There are a lot of new and old events coming up this year and we could use your input and suggestions on how to improve them and Running in Central Texas. I hope you can make it, there will be refreshments. Jack's house is easy to find, Coming from Waco to McGregor turn off 84 onto Twin rivers Blvd. go one block and turn right. Again go one block and turn right again, one block turn right again follow around to 1317 Windstone Dr. (see attached map)

For your Information

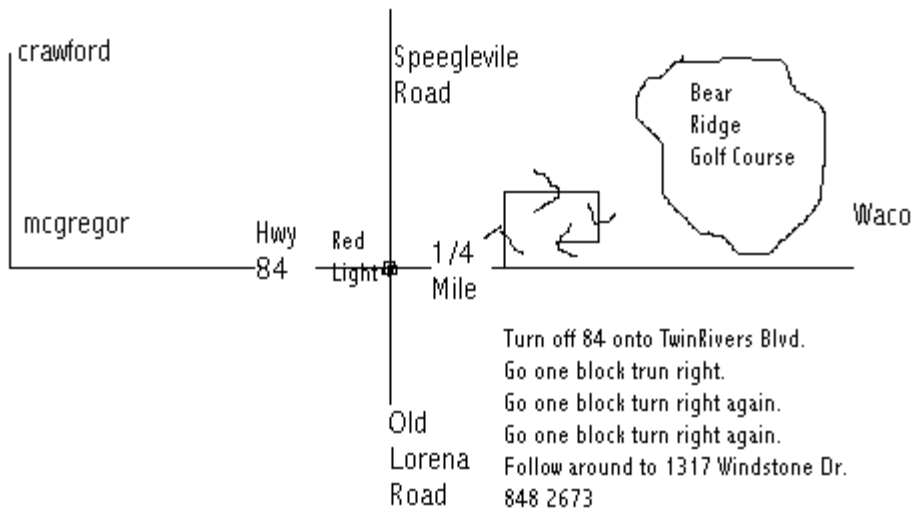
The Best Western Hotel located on I 35 in Waco is giving The Waco Striders Corporate Rates to members of the Waco Striders Running Club. In the event you need a room just let the desk know you are a member of the running club and you will get a cooperative rate.

Run For Hope

Laurie Hull is organizing a team for Race for the Cure "For the Joy" ... of it. This team is in honor of Joy Elliot. Joy has breast cancer and she is one of us. Let's show our support and join this team. If you have any questions, please call 753-4059. See attached entry form. Fellow Striders this is a good cause, hope to see you on this team.

Brazos Race Series


This year's Brazos race Series has changed, members are automatically signed up for the series when they join the club, and races that are Brazos Series are predetermined at the beginning of the year, and the point structure has changed to make the Series more competitive. Attached are 2006 Races and Regulations. We still will be giving points and awards for race participation.



Turn off 84 onto TwinRivers Blvd.
Go one block turn right.
Go one block turn right again.
Go one block turn right again.
Follow around to 1317 Windstone Dr.
848 2673

The Susan G. Komen
Breast Cancer Foundation



Presented by 



COME ON STRIDERS LET'S RUN “For the Joy” ... of it

Dear Striders,

Several years ago Joy Elliott was diagnosed with one of the most aggressive breast cancers there is at the age of 29. She went through a double mastectomy and six months of Chemotherapy. A couple weeks ago Joy was diagnosed with breast cancer again. This year let's join our Striders Team with Joy's Team to show our support to our fellow strider.

Got to www.komencentraltexas.org click online registration. You may browse the team list and go to the team name “For the Joy of it” team captain Joy Elliott. Below you will find a form to fill out for your team T-shirt. Our T-shirts this year are being sponsored by Keller Williams the Eastland Group, Eagle Security, Café Cappuccino and Boozers Jewelers. On the back of our shirts we have a list of “In Honor Of”. If you have an **immediate family member** who has lost or survived the battle of **breast cancer only** please put them in the blank provided so we can honor them on our shirt _____.

Please send this form to: Laurie Hull at 8304 Jonquil, Waco, Texas 76708 or fill in the lines and e-mail back to: starstate@yahoo.com.

For question please call me at 753-4059.

On-line team registration is open till **March 25th**. This form has to be returned to me by **March 17th** in order for our team T-shirts to be finished for the race.

Names: _____

Address: _____

Phone: _____ E-Mail: _____

Shirt Size: Adult: s ___ M ___ L ___ XL ___ XXL ___ Youth: SX (2-4) ___ S(6-8) ___ M(10-12) ___ L(14-16) ___

Packet pick-up will be at our Team location on Franklin and 3rd in the Ninfa's parking lot on race day, Saturday, April 8th starting at 6:30AM. There will be a large sign you cannot miss us!! If you will not be attending the race or need your packet sooner please call me and we can make arrangements.

Thank you Striders for all your support, Laurie

Waco Striders Brazos Race Series

The Brazos Race Series is a series of Fourteen races, each of which Eight races count toward series points. Points are awarded in 5-year age groups, beginning with 9 and under, and ending with 70 and over.

The rules are as follows:

- 1.) Your age at the beginning of the calendar year is your age for the entire series.
- 2.) Points are awarded to the top ten places in each age group. The first place runner in an age group receives 10 points, second places earns 9 points, etc.
- 3.) You must be a Waco Striders member on the day of the race to earn points for that race. In the event of a tie, the winner will be determined by the victories in head-to-head competition. If there is still a tie, the time difference in those same head-to-head races will determine the winner.
- 4.) One must run Four races to qualify for an award. A runners top Eight races will count in the total scoring for the series.
- 5.) The two XC races put on my Waco Striders will receive double points (i.e. 20, 18, 16, etc.)
- 6.) The Overall male and female cash award winners will be determined by highest point total (100 being perfect) and in case of tie, the victories in head-to-head competition.

An awards ceremony is held at the end of the year and the top three finishers in each age group are presented an award. An additional award will presented to those individuals who completed the greatest number of series races.

Plan now to join us for the 2006 Brazos Series. You must run at least four races to qualify for an award and you can earn points in a total of eight races. (Run all of the races and we'll use your top eight. It'll increase your chances of winning.) Join us!

2006 Schedule (Dates and races subject to change)

Waco Striders Cross Country	5 Mile	Cameron Park	2/4
Bearathon	Half Marathon	Waco	3/4
Race for the Cure	5K	Waco	April
Waco Police Association Memorial Run	5K	Indian Springs	5/13
Prairie Chapel Heritage	5K	Prarie	May
Hilcrest Dam Run	5K	Dam	June
Polish Pickle	5K	Bremond	June
China Spring Run	yet to be determined	China Spring	August
WestFest Kolache 5000	5K	West	9/3
Hearne Pacesetter	5K	Hearne	9/23
Waco Striders Cross Country	5 Mile	Cameron Park	October
Miracle Match Marathon	Marathon	Waco	10/22
Marine Corp Leatherneck Run	5K	Indian Springs	November
One more Waco Striders event to be determined			

WACO STRIDERS CROSS COUNTRY 5 MILE
February 4, 2006

Overall Male

Pompilio Romero 36:58 (1)

Overall Female

Kelly Gilliland 44:53 (12)

19 and under

1. Joseph Richardsonl 49:38 (16)

1. Samantha Allen 52:51 (21)

2. Rikki Moore 1:12:28 (47)

3. Ashley Self 1:12:29 (48)

20 – 24

1. Casey Hall 40:29 (5)

2. Kenta Vchida 43:32 (9)

3. Osaki Yoshihiro 47:37 (13)

4. Justin Horrdl 58:45 (35)

5. Chris St. Jean 1:00:14 (36)

25 – 29

1. Stephanie Tankersley 54:49 (27)

2. Tracy Matus 1:11:08 (46)

30 – 34

1. Mark Wachsmann 39:44 (3)

2. John Matus 42:22 (6)

3. Kenneth Zahirniak 42:57 (7)

4. Michael Saley 48:36 (15)

1. Tony Trepinski 54:28 (23)

2. Lee Ann Lee 56:32 (31)

3. Rachel Hisle 1:12:32 (49)

35 – 39

1. Slade Hornick 43:33 (10)

2. Rick Tallis 44:46 (11)

3. Ray Bell 52:28 (20)

4. Doug Noell 55:27 (29)

5. Dusty Russell 1:01:32 (39)

1. Laurie Hull 57:17 (32)

2. Tia Metzger 1:02:36 (41)

3. Courtney Noell 1:09:11 (44)

4. Michelle India 1:12:33 (50)

40 - 44

1. Mark Ayers 40:14 (4)

2. Dwayne Reed 47:38 (14)

1. Carla Freeman 54:06 (22)

2. Shani Wenzel 1:08:13 (43)

3. Marty Metzger 51:11 (18)
4. Mike Hernandez 56:31 (30)
5. Keith Karnes 58:20 (34)
6. Brian Wenzel 1:04:28 (42)

3. Holly Haries 1:09:22 (45)

45 - 49

1. Steve Allen 39:03 (2)
2. Douglas Edwards 43:28 (8)
3. Mike Kasberg 54:48 (26)
4. Phillip Jackson 57:20 (33)

1. Cindy Lee 1:00:14 (37)
2. Loral Deskins 1:01:51 (40)

50 - 54

1. Mitch Deskins 50:38 (17)
2. Ron Beal 54:41 (25)
3. Tim Prefume 1:22:09 (53)

55 - 59

1. Pete Thauwald 52:05 (19)

60 and over

1. Dennis Alston 55:05 (28)
2. Randy Walker 1:01:05 (38)
3. Alan Engisch 1:13:30 (51)

1. Viola Denny 1:22:08 (52)

WACO STRIDERS CROSS COUNTRY 2 MILE
February 4, 2006

Male

1. Nick Landry 17:09 (1)
2. Tray Dodge 19:18 (2)
3. Ty Crotord 20:11 (3)
4. Keller Matthews 24:08 (5)

Female

1. Gloria Matthews 24:08 (4)
2. Megan Irwin 26:52 (6)
3. Yoko Kawakami 28:07 (7)
4. Lisa Mokenbuha 28:13 (8)
5. Nancy Kasberg 30:30 (9)
6. Eri Iuasa 32:59 (10)
7. Emura Yukiko 34:07 (11)
8. Petra Ashleman 37:08 (12)
9. Denise Brown 37:09 (13)

Saturday, February 18, 2006

*** CRAWFORD CHAMBER OF COMMERCE & AGRICULTURE
PRESIDENT'S DAY 5k / 1 mile**

1 MILE - 9:00 A.M. - 5K - 9:30 A.M.
TONKAWA PARK
CRAWFORD, TX

[Entry Form](#)
[Brazos Series Race](#)

Saturday, March 4, 2006

*** 2006 Bearathon 1/2 Marathon**

8 AM
Waco, TX
Information 254-710-3497

[Brazos Series Race](#)

Saturday, March 11, 2006

Waco 50K (WACO FIVE-0) & 10 mile (WACO ONE-0)

Redwood Shelter Cameron Park

[Entry Form](#)

Saturday, March 18, 2006

4-6 hr Sprint Adventure Race

Redwood Shelter Cameron Park
Information www.rattlesnakeracing.com

Saturday, April 8, 2006

*** Komen Race For The Cure 5k/1mile**

Heritage Square
Waco, TX

www.KomencentralTX.org
254 7761204
[Brazos Series Race](#)

Saturday, May 13, 2006

*** Waco Police Memorial Race 5K**

Indian Spring Park
Waco, TX

[Brazos Series Race](#)

Saturday, May , 2006

Jack Rabbit Run 4 Hope 5K/10k

Copperas Cove, TX

Saturday, May 20, 2006

Cool Cucumber 5/K

Bremond, TX

Saturday May 2006(Date to be announced)

*** Prairie Chapel Heritage 5/k**

[Brazos Series Race](#)

June Date to be announced

*** Polish Pickle Run 5/K Kids K**

Bremond, TX

[Brazos Series Race](#)

Saturday, June 3, 2006

*** Hillcrest Best Dam Run 5/K**

Lake Waco Dam
Waco, TX

[Brazos Series Race](#)

Sunday, September 3, 2006

*** West Fest Kolaache 5000 5/K**

West, TX

[Brazos Series Race](#)

Saturday, September 23, 2006

*** Hearne Pacesetter 5/K**

Hearne, TX

[Brazos Series Race](#)

Saturday, October 7, 2006

*** Brazos Trail Run 5 Mile/ 2Mile**

9 AM

Lovers Leap Cameron Park
Waco, TX

[Brazos Series Race](#)

Sunday, October 22, 2006

*** Miracle Match Marathon**

A full marathon, two- and four-person marathon relays,
5K Run, and 1 Mile Fun Run/Walk.

7:30 A.M.

Indian Spring Park
Waco, TX

Website: [Scott & White - Miracle Match Marathon - Central TX](#)

[Brazos Series Race](#)

November, 2006(Date to be announced)

*** Marine Corp Leatherneck Run 5K**

[Brazos Series Race](#)

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