

WACO STRIDER NEWSLETTER JANUARY 2006

Happy New Year Striders

It is hard to believe 2005 has come and gone. It was a great year for the running club, and it looks like 2006 is going to be a better year with a lot of exciting race events to look forward to. This year the club is making a few positive changes that I think everyone will like. At this time, I would like to extend a very special thanks to everyone this year who has helped the Waco Striders Running Club, whether it has been a volunteer for a race event, donation, sponsor or a race participant.

Brazos Series.

Congratulations to Dennis Alston and Nancy Kasberg the 2005 overall male and female Brazos series winners, great job! The awards were handed out at the Waco Strider Christmas Party. I would like to thank Linda Pippin for the work for our award certificates, they were great. This year we have decided to make some changes in the Brazos Series. First change is that you will automatically be entered into the Brazos Series when we receive your membership. Hopefully that will relieve some confusion about how and when to enter the Series. Second, we will be adding a wider variety of race events to the Brazos Series calendar. Third, Roianne Alston will be our new 2006 Brazos Series Race Director. Thank you Roianne, and a big thanks to Phyllis Tipton for all the hard work and effort you have put in the Brazos Series. We will be discussing more about the Brazos Series at our upcoming Waco Striders Club meeting January 18, 2006.

New Membership Guidelines

The Waco Strider membership dues have changed to a simplified system based on the calendar year, effective January 1, 2006. The rate per person or family living at the same address has changed to \$20. Still a super price! (If you have just signed up don't worry you are ok) Members who join after June 30th during the calendar year will pay one half the full year rate or \$10. Simply stated --- membership paid in January, February, March, April, May and June is \$20. Those paid in July, August, September, October, November and December is \$10. Waco Striders are a Non-Profit Organization and any donations you give are Tax Deductible.

Waco Strider Club Meeting

Waco Strider Club meeting will be held Wednesday, January 18, 2006, 6:30 PM at Uncle Dan's on Lake Air Drive. I hope to see you there; we have a lot to discuss.

Waco Striders Christmas Party

This years Christmas Party was a little different. We had it on a different day and time. A big thank you to Pete and Marsha Thauwald for opening up their home. It was great. I really enjoyed the food and visiting with everyone there. It was nice to put a name on familiar faces that I see at our races. We need to get together more often.

The Waco Strider Cross Country Race

You know spring is right around the corner when it is time for the Annual Waco Strider Cross Country Race. This race has been a tradition for many years so be sure and mark your calendars, you do not want to miss this race. There will be a Two mile and a Five mile course, something for everyone. This race will start and finish at Lovers Leap in beautiful Cameron Park, Saturday at 1PM, February 4, 2006. The Two and Five mile courses are all trails. This race starts our 2006 race season, hope to see you out there. I plan on having a practice run the week before the race. It will be announced on our website. Any one who would be interested in volunteering to help with this race, please contact Mitch Deskins at 254 717 8905 or E-Mail mitch.deskins@pruettmedical.com

Strider In The Spotlight

Tim Prefume: He is a new member and is running his first marathon, The Rock and Roll Marathon in Arizona, January 15th. Tim has raised over \$2500.00 in sponsorships for sick children. Tim and his family live in China Spring, Texas, where he has his Insurance business with Texas Farm Bureau. Tim has been a big asset to The Waco Striders Running Club, as a volunteer and sponsor. Good Luck Tim!

Waco Strider Officers 2006

President - Mitch Deskins
Vice President/Race Coordinator - Scott Ruplinger
Treasurer/Membership - Laural Deskins
Secretary/Awards - Linda Pippin
Past President/Publicity - Pete Thauwald

Upcoming Events

Wednesday, January 18, 2006

Waco Strider Club Meeting

6:30 PM

Uncle Dan's on Lake Air Drive

Saturday, February 4, 2006

Waco Strider Annual Cross Country

Five Mile & Two Mile

1:00 PM

Lovers Leap in Cameron Park

Waco, Texas

Saturday, February 18, 2006

Presidents Day 5K / 1Mile

1 Mile 9:00 AM 5K 9:30 AM

Tonkawa Park, Crawford, Texas

Strider in The Spotlight

It is always interesting to me to get with Cliff Burges this time of year and awe over his 2005 marathon runs. I don't know anyone with this kind of running record. Cliff was kind enough to share with us his 2005 schedule. Cliff, you are very aspiring. I can't wait to see what you do this year. We are very proud of you.

 Most of you ask about my marathons so I figured I would list the ones that I did this year. I have enjoyed these runs and know that the wheels should come off very soon. Looking at age 68, I am asked if I finished and not my time.

I hope all of us can have a good 2006. I look to it with excitement.

Marathon #

168	1-16	4:15	Houston Marathon	Qualified for Boston
169	2-13	4:37	Austin Marathon	
170	2-26	4:38	Cowtown Marathon	
171	3-26	4:56	Great Southwest	
172	4-03	4:42	Big D Texas	
173	4:18	4:38	Boston Marathon	
			Took camera & cell phone on the run.. A super time.	
174	4-24	4:30	Oklahoma City	
175	4-30	4:52	Kentucky	
176	4-31	4:33	Flying Pig	
177	9-25	5:04	Lewis & Clark Montana	
178	10-01	4:37	Leavenworth Washington	
179	10-16	4:54	Beijing	Two fun weeks; Great Wall of China, Forbidden City, Tiananmen Square, plane to Zian (Terra-cotta warriors), train to Hong Kong etc..
180	10-23	4:29	Miracle Match/Waco	Breakfast in Hong Kong day before run
181	11-05	4:58	Midsouth Arkansas	
182	11-13	4:45	San Antonio	
183	11-19	4:39	Oklahoma	
184	12-11	4:27	Dallas White Rock	

Waco Striders Cross Country Run

Date: Saturday, February 4, 2006 **Start:** 1:00 P.M.

Distance: 2 mile and 5 mile trail run **Where:** Lovers Leap at Cameron Park, Waco, Texas

Entry Fee: \$15.00 Pre-registration thru January 28, 2006

\$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 11:30 A.M. at the Lovers Leap 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-mile.

Directions: From I-35, exit onto University Parks Dr. Continue past the Hilton Hotel (with the river on your right). Entering Cameron Park, continue under the Herring St. bridge. Take the first right onto Cameron Park Dr. Follow the signs to Lovers Leap.

Name: _____ Phone: _____

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

Street Address: _____

City: _____ State: _____ Zip: _____

Event: 5 mile 2 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

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

BENEFITING COMMUNITY PROJECTS & SCHOLARSHIPS

Saturday, February 18, 2006

1 MILE - 9:00 A.M. 5K - 9:30 A.M.

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 COMMERCE

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, MY HEIRS, EXECUTORS, AND ADMINISTRATORS, 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, LOSSES, 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)