

## WACO STRIDERS NEWSLETTER

June 2006

### Upcoming Races

**Hillcrest Best Dam Run** was June 3, 2006 and it was the first race of the summer season. The folks over at Hillcrest did a great job on putting this race event together. It was great to see all the participants out running and supporting a good cause, and having a good time as well. Again many thanks to Hillcrest and the many volunteers who gave us a nice race event to remember, we look forward to your next year's event

**The Wetlands 5K And 1K Tadpole Run** is the next local race. It will take place at the Lake Waco Wetlands Research Center Saturday June 17, 2006. Registration and Packet Pick-up 6:30-7:30 AM, The Tadpole Fun Run 7:45 AM, The 5K Run/Walk 8:00 AM. Cash Purse for Overall Male and Female 5K winners. Awards are three deep in five year age groups for both male and female. Medals will be awarded to all the participants of the Tadpole Fun Run/Walk. The awards are pretty cool. I really want to urge everyone to come out and experience the Wetlands Project; it is a very unique place to Run/Walk. This event has something for everyone to enjoy. There will be food and refreshments (BUSH'S CHICKEN) following the race. Proceeds from your entry will go back into The Wetlands Project, which is a very worthy cause. The Waco Striders will be using their new timing system for this race, which is something we are really proud of. We can now offer affordable automated timing for local race events. For information, call 254-315-5510 or Email [WACOSTRIDERS@YAHOO.COM](mailto:WACOSTRIDERS@YAHOO.COM) or [WWW.WACOSTRIDERS.COM](http://WWW.WACOSTRIDERS.COM) or [WWW.WACOWATER.COM/WETLANDS](http://WWW.WACOWATER.COM/WETLANDS)

**The Polish Pickle Run** is a 5K and Kids 1K June 24, 2006 in Bremond, Texas. This also is a pretty cool race event with runners coming from all over to participate in. These guys put on a nice event with food and drink at the finish line. As soon as I have more information concerning registration and race times I will get it posted on our Website.

### Marathon Training Opportunity

Two of our own, Tim Prefume and Scott Ruplinger have recently signed on with 1<sup>st</sup> Marathon out of Phoenix, AZ to bring a marathon training program to Waco and Central Texas. 1<sup>st</sup> Marathon was designed for the "every man and woman" with a vision to help people achieve the ultimate...run their 1<sup>st</sup> marathon. Though many of the participants have run marathons before, the program is designed to accommodate all skill levels, with a focus on the beginner to intermediate. For more information check out <http://www.1stmarathon.com/waco.registration.htm> or contact Scott at 254-315-5510 or [scott@1stmarathon.com](mailto:scott@1stmarathon.com).

### Membership

Fellow striders I just wanted to say thank you for your membership support, it really goes a long way in supporting local race events, our website and promotes running and fitness in Central Texas. We have some fantastic members and runners of all calibers who are second to none.

I envision better days ahead for the Waco Strider Running Club. We have a couple guys working on Marathon training programs for first time marathons. The club is putting on more races and social events, and best of all we can offer monetary support to some good causes like The Wetlands Project, Cameron Park, City Of Waco and Breast Cancer Research. It is so cool to see our younger membership base starting to grow. We can offer and do great things for our community. You make a difference and we thank you for your membership support.



Waco Striders

Running Club

## Member Survey

The Waco Striders Running Club has been making progress to become a more visible part of the community while promoting running and fitness in general. We are looking to you, our members, for input on how to make the club more productive, efficient, and outright more enjoyable for our members. Please complete the following questionnaire and return to: **Waco Striders Running Club**

**P. O. Box 21715  
Waco Texas 76702**

Your input is greatly appreciated for without you we would just be like the rest of Waco, running around alone.

Please rate (1-10, 1 needs improvement, 10 being perfect) and comment on:

### Training Runs

Accessibility of Training runs: \_\_\_\_\_

Times of training runs: \_\_\_\_\_

Types of Training runs: \_\_\_\_\_

Comments:

### General Club

Business meetings: \_\_\_\_\_

Membership Dues: \_\_\_\_\_

Accessibility of officers: \_\_\_\_\_

Ability to get involved: \_\_\_\_\_

Social activities: \_\_\_\_\_

Comments:

### Races

Dates/times of races: \_\_\_\_\_

Location of races: \_\_\_\_\_

Types of races: \_\_\_\_\_

Awards: \_\_\_\_\_

Comments:

What would you like to see added to the Waco Strider Calendar?

How can we increase our membership?

Would you be interested in chairing a committee (Public relations, race development, team coordinator)?

Do you feel the club is heading in the right direction?

What changes would you like to see made?

### Brazos Series

Races included/excluded in series: \_\_\_\_\_

Point System: \_\_\_\_\_

Awards: \_\_\_\_\_

Comments:

If you would like to add more comments (and we would appreciate them) please feel free to write on the back or email: [wacostriders@yahoo.com](mailto:wacostriders@yahoo.com).

**Saturday, June 17, 2006**

**\* The Wetlands 5K and Tadpole 1K**  
Registration & Packet Pickup 6:30-7:30 AM  
Tadpole Fun Run/Walk - 7:45 AM  
5/K Run/Walk - 8 AM  
The Wetlands  
[Registration Form](#)  
[Brazos Series Race](#)  
**Double Points**

**Saturday, June 24, 2006**

**\* Polish Pickle Run 5/K Kids K**  
Bremond, TX  
[Brazos Series Race](#)

**Saturday, July 1, 2006**

**2nd Annual 5K Run/Walk**  
Kyle, TX  
For more info, contact:  
Kyle Area Chamber of Commerce & Visitors Bureau  
512-268-4220  
[kacc@austin.rr.com](mailto:kacc@austin.rr.com)

**Saturday, September 2, 2006**

**HHS Dove Fest 1 mile and 5K**  
8 AM  
Starting on the square in Hamilton

**Sunday, September 3, 2006**

**\* West Fest Kolache 5000 5/K**  
West, TX  
[Entry Form](#)  
[Brazos Series Race](#)

**Saturday, September 9, 2006**

**Beat The Hill**  
Hillsboro, TX  
More info to come

**Saturday, September 23, 2006**

**\* Hearne Pacesetter 5/K**  
Hearne, TX  
[Brazos Series Race](#)

**Saturday, September 23, 2006**

**LRC Pacesetter Fall 5K Run & Walk**  
Hearne Municipal Airport  
Hearne, TX  
Contact: Roianne Alston, 979-364-2136 or 979-255-7606  
[ralston515@aol.com](mailto:ralston515@aol.com)

**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 AM

Indian Spring Park

Waco, TX

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

**November, 2006( Date to be announced)**

**\* Marine Corp Leatherneck Run 5K**

[Brazos Series Race](#)