

WACO STRIDERS NEWSLETTER MARCH 2006

The Presidents Day Race

Wow what a nice day for a race, in spite of chilly winter like conditions. This years Presidents Day Race was a lot of fun, it was good to see everyone out there. After all we don't get to run many 5k races in these conditions. The awards are awesome, and it was great to see everyone visiting and sharing running adventures under the tent. Thank you Crawford Chamber of Commerce and the Volunteers for providing a very fun and memorable racing event.

Waco Strider Social Event

Following The Presidents Day Race, Jack and Sylvia Leath hosted a brunch at their home and it was fantastic. It was really nice after being out in the cold to come to a nice warm home smelling of very delicious food. What a way to finish a good morning of running, and the fellowship among fellow striders was great. As the year progresses I hope to see many more of these events. If you missed this one try to make the next one. Once again a big thanks to Jack and Sylvia Leath for hosting a great Social event for the Waco Striders.

Two Step Across the Brazos

Couples interested in dancing for a world record while raising money for Caritas of Waco can participate in "Two Step Across The Brazos" at 2 p.m. at Indian Springs Park. Registration for two-stepping couples is \$20. A free country music concert follows at 6 p.m. To learn more or register, call 753-4593 or visit www.caritas-waco.org.

Bearathon

The 2006 Baylor Student Foundation Bearathon was great this year. As always, the Student Foundation did a fantastic job putting this race event together. As a participant in this race and on behalf of all the runners, I want to extend a big thank you to all the many volunteers who provided water and encouragement to the runners along the course. Bearathon race results can be found at Run Far website.

New Race

Be sure and mark your calendars for June 17, 2006. The Waco Striders and The Waco Wetlands are sponsoring a 5K and 1K tadpole run at the Wetlands Project located on the North Bosque River and Lake Waco. Proceeds from this race will go back into the Wetlands. This race will be very scenic for those who like the outdoors and nature. We plan on having some group run/walks out there soon which will be posted on our website and via instant message. If you enjoy Cameron Park, you will surely enjoy The Wetlands, see you out there.

Waco Five-O & Waco One-O

The Waco Five- O and The Waco One- O had its inaugural 30 and 10 mile Trail run. If you missed this, you missed a great run though the trails of Cameron Park. It felt a lot greater after the race. This was one of the most challenging, rockiest, hilliest courses I ever had the pleasure of running in Cameron Park. Somewhere deep in the woods, I ask myself the question I believe all exhausted runners ask, what the heck am I doing here, but we go on and we cross that finish line. Then we ask ourselves the next question, how or what could I have done to have a better time and when is the next race. This event was a lot of fun and when it comes around next year you don't want to miss it. I got to visit with a different breed of athlete after the race. They are known as Ultra Marathoners. There is a camaraderie among the guys that is wholesome and genuinely special. After the race there were cool drinks and plenty of food like Hot Dogs, Chicken and Beef fajitas and all the trimmings. Food and support was there until the last runner crossed the finish line, pretty cool. A big thanks to the Tim Neckar Family and the many course Volunteers who keep everybody safe and healthy during the race. The best over all course time 5:33, Kelly Gilliland awesome!

A Day in the Park

As soon as we can set a date, The Waco Striders are going to have Cameron Park Trail clean up day and fun run /walk. As we all know Cameron Park is becoming a great place to run walk and train for challenging race events. It will be good to give back a little to the Park that gives us so much fun and recreation, so stay tuned for this. And if you have any ideas or suggestions for this event, please contact Mitch at mitch.deskins@pruettmedical.com or Scott at scottcay@hotmail.com This will be more fun than work, hope you can make it and bring some friends.

Race For The Cure

This year, Ly Nguyen, is recruiting Waco Striders to join Texas Life in the Central Texas Komen Race for the Cure. By teaming up with Texas Life, a Texas Life team T-shirt will be included in your race packet... that's two T-shirts for the price of one! To receive the team T-shirt, you must submit a paper entry form by March 15th (This is for t-shirt tracking and ordering purposes.)

Entry form available at:

<http://groups.yahoo.com/group/wacostriders/files/KomenEntryForm2006.pdf>

Please mail your entry forms to:

Texas Life Insurance Co.

C/o Ly Nguyen

PO Box 830

Waco, Texas 76703

Any Questions contact Ly Nguyen 254-745-6321

Fax 254-754-7629 or lnguyen@texaslife.com

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, April 22, 2006

The Great Zoo Stampede
5k/10k walk/Runs and one mile
First Race 8 AM
Cameron Park Zoo

Saturday, May 13, 2006

* **Waco Police Memorial Race 5K**
Indian Spring Park
Waco, TX
[Brazos Series Race](#)

Saturday, May 13, 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](#)

Saturday, June 17, 2006

The Wetlands 5K and Tadpole 1K
The Wetlands
Details to follow

Sunday, September 3, 2006

* **West Fest Kolache 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 AM

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