

WACO STRIDER NEWSLETTER NOVEMBER 2006

Congratulations

This year the Waco Striders had some race teams in Chicago and Miracle Match Marathons, and in both events the Waco Strider teams did fantastic! The participants for the Chicago Marathon team were Pete Martinez, Scott Ruplinger, Dewayne Reed, Mitch Deskins, Laural Deskins and Tim Perfume. This team came in 7th place in its division. The Waco Striders had two relay teams in the miracle Match Marathon. The participants for the female team (Sole Sisters) were Laurie Hull, Marsha Thauwald, Kristin Beam and Teresa Durum. The male relay team (Team Waco Striders) Scott Ruplinger, Dan Beavers and Chris Rasmussen. Our two Waco Strider teams took First Place in their division.

Congratulations to all the participants of these teams, we are very proud of your accomplishments, keep up the good running.

Upcoming Events

It seems like the year is coming quickly to a close but, there are some pretty cool events still on the calendar plus a couple of new events.

The Central Texas Turkey Trot 5K and Little Gobbler 1 mile Fun Run/Walk. This is a new race hosted by: Altrusa Club of the Brazos. The race will take place November 18, 2006 at the Redwood Shelter in Cameron Park. Packet pickup begins at 7:15 a.m. 1 mile fun run/walk begins at 8:15 a.m. 5K begins at 8:45 a.m.

Proceeds from this race will benefit the following organizations: Rapoport Academy, Hope House/Compassion Ministries, Gospel Café, A Storybook Christmas, and Caritas Food Bank. The Altrusa Club of the Brazos has put a lot of effort into this event to make it a safe, fun, challenging and worthwhile event to support; awards are in 5 year age brackets and a cash award of \$150.00 to overall male and female.

Jingle Bell Run 1 Mile Walk/Run & 5K Saturday, December 2, 2006 at Heritage Square Downtown Waco. Wheelchair Division begins at 5 p.m. Fun Run/Walk at 5:05 p.m. The 5K and 1 Mile Fun Run/Walk are handicap and stroller friendly. This event will have a costume contest. Ten year age groups, awards are given to the top three in each age group for the 5K and wheelchair only. Race proceeds go to support the Arthritis Foundation.

Waco Strider Christmas Party Friday, December 8, 2006 7p.m at Pete and Marsha Thauwald's house 15275 Chapel Road Lorena, Texas. Please bring a covered dish or dessert. BYOB. Meat and soft drinks will be provided. Call 857-3617

White Rock Marathon and Half Marathon December 11, 2006 Good running to all the Waco Runners who are going to Dallas this year.

Chautauqua Cross Country Run this event will include a trail Walk and 1K Fun Run for kids. Saturday, December 16, 2006 at Mother Neff State Park, Moody, Texas. Awards are three deep for five year age groups male and female for the five-mile cross country event.

Race check-in starts at 7:30a.m. Kids K Fun Run at 8:15a.m. Pre-Race Meeting at 8:45 a.m. Five-Mile Race and Two-Mile Walk at 9a.m. The Two-Mile Trail Walk will continue until 12:30p.m. This event is hosted by The Waco Striders and Mother Neff

Park Association. The proceeds from this event will benefit the Parks education programs and playground improvement project for park visitors. Your support of an event like this can have a lasting effect on generations yet to come. The playground equipment that is in use today has been in service since the park opened. Our state park needs our support. This race venue has something for everyone, a five mile course where runners will head up a paved Park Road for 1.3 miles .The course then converts to 2.4 miles of unpaved road in the unique Native Texas Prairie within the Park. For the Final leg, runners will transition back to the Park Road for 1.3 miles to the Finish. The Kids K Fun Run will be on a quiet paved park road. The Two Mile Trail Walk will be a non-competitive hiking adventure for event participants. The walk will take hikers on tranquil hiking trails to experience the cave dwellings of the Tonkawa's, an ancient Native American tribe. Hikers will also see the historic Wash Pond and the unique Rock Tower located in the park before returning to the finish line. This park is rich in Texas history and has many scenic and geological points of interest that your friends and family can enjoy while you are running. Also this is the last race on the Brazos Series with double points. Anyone who would be interested in volunteering at this event, please contact The Waco Striders www.wacostriders.com or Mitch Deskins 254-666-0679 or 254-717-8905.

Miracle Match Marathon

I wanted to express a big thanks to all the people involved with the Miracle Match Marathon. I believe this year's event was a huge success, and we appreciate your efforts in producing a safe and fun event for Waco to enjoy.

Strider in The Spotlight

Congratulations to Pete Thauwald, who is now an IRONMAN! Way to go Pete, all those long training days paid off, you made it, and we are all very proud of your accomplishment. Pete participated in the Florida Ironman competition in November, a Two Mile Swim, 110 Mile Bike Ride, and a Marathon!!

Saturday, November 18, 2006

Inaugural Central Texas Turkey Trot

5K Run & 1 Mile Fun Run/Walk

Packet pickup - 7:15 AM

1 Mile Fun Run/Walk - 8:15 AM

5K Run - 8:45 AM

Cameron Park

Waco, TX

Hosted by: [Altrusa Club of the Brazos](#)

Saturday, November 18, 2006

Turkey Trot

5K Run & ½ Mile Fun Run/Walk

Runner check-in - 7 AM

Little Gobbler ½ Mile Run - 8 AM

5K Run/Walk - 8:30 AM

301 South Harrison

West, TX

Saturday, December 2, 2006

Jingle Bell Run 5K

Race Registration - 4 PM

Wheelchair Division - 5 PM

1 Mile Walk/Run & 5K Run - 5:05 PM

Heritage Square 3rd & Austin

Downtown Waco

Register on-line at

www.wacojinglebellrun.kintera.org

Saturday, December 16, 2006

The Annual Chautauqua Cross Country & Chautauqua

Trail Walk

5 Mile Cross Country 9 AM

Kids K 8:15 AM

1 & 2 Mile Trail Walk 9 AM

Mother Neff State Park

Moody, TX

[Texas Parks & Wildlife Calendar](#)

Saturday, February 3, 2007

Waco Striders Annual Cross Country Run

10:00 AM

5 mile & 2 mile Trail Runs

Lovers Leap Pavilion, Cameron Park

Saturday, March 3, 2007

2007 Bearathon Half Marathon

Details to follow

[Baylor Website](#)

Saturday, March 10, 2007

Waco Five-0, Two-0, One-0

50K 6:30 AM - 20 Miler 7:30 AM - 10 Miler 7:30 AM

Redwood Pavilion in Cameron Park

Waco, TX