

## **WACO STRIDERS NEWSLETTER FEBRUARY 2007**

### **Waco Striders Cross Country Run**

I would like to congratulate and thank all of the participants and volunteers who made it out to the Annual Waco Striders Cross Country Run, in spite of chilling weather reports; it turned out to be a beautiful morning for a trail run. The trail conditions were not so beautiful; they were a little muddy and very slippery not to mention a very challenging course, but all made it back and crossed the finish line. This race is one of my favorite events in Waco, also I believe that this may be one of the oldest annual races in Waco. It is almost a homecoming event for a lot our members and past participants who have moved away, but make it back for this event, it is always nice get to see and visit old friends. I would like to thank all the volunteers who helped make this a safe and successful event: Pete and Marsha Thauwald, Bob, Marilyn and Lance Davis, Don Eckles, Ray and Mark Man Bell, Rusty Pippin, Kristin and Dan Beavers, Laural Deskins and the Cameron Park Rangers. These guys did a great job from selecting awards, Tee shirts, timing and marking and unmarking the course. I hope this is a tradition that is carried on for years to come, hope to see you next year.

### **Strider News**

Chris and Heather Rasmussen are the proud new parents of a baby daughter, Katherine Elizabeth. Congratulations guys. Katherine Elizabeth is now our youngest Waco Strider. I hope to see you soon. I wanted to give an update on Dennis Alston, who has been very ill due to a virus that had him hospitalized just before The Cross Country Race in February. I understand his condition was life threatening, which had us all concerned. I got an update from Roianne Alston February 19<sup>th</sup> and she said Dennis was home and his prognosis is great, they believe he will be a 100% very soon. That is good news; it is hard to keep a good Marine down for long. We look forward to seeing Dennis and Roianne soon. Dennis has always said, "No matter how good or bad I feel on Race Day, when I come across the Finish Line, I know that I have run the best race I can run on that day." Dennis, our thoughts and prayers are with you. I got to visit with Mike Kasberg at The Cross Country Race. Mike was in a bicycle accident awhile ago and got banged up pretty good but, I am glad to say it has not affected his running at all. We were glad to see Mike and hope to see you and Nancy soon. If anyone sees Mike, remind him he has an award for the Cross Country Run.

### **Central Texas Race for the Cure**

I glad to announce that the Waco Striders will be supporting a team in the Central Texas Race for the Cure March 31, 2007. The team name will be "For the Joy of It". The team is in recognition of Joy Elliot, a breast cancer survivor. When you register on line at [komcentraltexas.org](http://komcentraltexas.org), click on teams and then click For the Joy of It. If you are a breast Cancer Survivor, please let us know and we will add your name our race T-shirt. We will announce where the team will meet to pick up T-shirts and for photos and to meet Joy, if you have not yet. Joy is a great individual and an inspiration to anyone who gets to know her and her family. I hope to see a lot of fellow Striders and friends at this event and look forward to seeing you on our team; it will be a fun time.

### **Upcoming Events**

As you can see, the race calendar looks good for March. There is a good variety of race events to choose from starting with the:

The Bearathon Half Marathon March 3<sup>rd</sup>. The course starts at Baylor Campus and takes you along the Brazos River thru scenic Cameron Park and back to Baylor. This course is marked well with miles marked

and plenty of water stops along the way. The Baylor Student Foundation does a wonderful job in making this a fun and safe event with plenty of course volunteers giving support every mile.

The Waco 5-O, 2-O and 1-O Saturday March 10<sup>th</sup>, this is a 30-mile or 20-mile or 10-mile trail run. The race starts at the Red Wood Shelter in Cameron Park. The course is all trails and hills and is very challenging if it is anything like last year's event. With three different course distances, there is something here to challenge anyone who wants to sign up. I ran this event last year and it was a lot of fun, the guys putting this on and the race participants are pretty cool and interesting individuals. They even have food at the finish line for race participants.

The St Patrick's Day 5K and Fun Run Saturday March 17<sup>th</sup> 8:30am Lion's Park, Temple, Texas. This is a new race venue; it is presented by Scott & White Medical Education Alliance.

Central Texas Race for the Cure, Saturday March 31<sup>st</sup>. This is a competitive and non-competitive 5k run and or walk, this event supports a cure for breast cancer. The Waco Striders will have a team "For the Joy of It," hope you will join us on our team to support this cause.

All the events listed above are listed on the Waco Striders calendar with registration links.

### **Memberships**

We would like to thank everyone for their membership renewals for 2007. Memberships are annual from December to January. It is our membership base that keeps our website going and helps us promote local race events and activities.

### **Congratulations**

I would like to extend a big congratulation to all the Striders who ran the Austin and Cow Town Marathons. Great job!

**Saturday, March 3, 2007**

**2007 Bearathon Half Marathon**

[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

[Entry Form](#)

**Saturday, March 31, 2007**

**Susan B. Koman Race for the Cure**

5K - 8:45

Heritage Square

Waco, TX

<http://www.komencentraltexas.org/race.htm>

**Saturday, April 14, 2007**

**Run Thru the Vines 10K & 5K**

9:00 AM

At Messina Hof Winery

Bryan, TX

[www.runthruthevines.com](http://www.runthruthevines.com)

**Saturday, April 28, 2007**

**Texas Round Up**

10K, 5K, Family Mile

8:00 AM

Austin, TX

[www.texasroundup.org](http://www.texasroundup.org)

**Saturday, May 5, 2007**

**Waco Police Association 5K**

More details to follow

**Saturday, May 19, 2007**

**Cool Cucumber**

Bremond, TX

**Saturday, May 26, 2007**

**Prairie Chapel Heritage Run**

Mile begins at 8:00 AM

5K begins at 8:30 AM

Location: Historic Prairie Chapel School

Near President Bush's Ranch, Crawford, TX

**Saturday, June 2, 2007**

**Hillcrest Annual Best Dam Run**

5K & 1 Mile

Details to follow

**Saturday, June 23, 2007**

**Polish Pickle Run**

Bremond, TX

**Saturday, November 10, 2007**

**Marine Corp Leatherneck 5K**

8 AM

Indian Springs Park

Waco, TX

**Saturday, November 17, 2007**

**Turkey Trot**

1 mile Fun Run/Walk & 5K

Cameron Park

Waco, TX

# Waco Striders

## Membership Application

Last Name \_\_\_\_\_ First \_\_\_\_\_ Male \_\_\_\_\_ Female \_\_\_\_\_

Street or PO Box \_\_\_\_\_ Date of Birth \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_ Work Phone \_\_\_\_\_

Email Address \_\_\_\_\_ Home Phone \_\_\_\_\_

Names of Family Members & Birthdate: \_\_\_\_\_

Please check one:  New  Renewal  Address Change

<b>I am willing to serve as a volunteer for the following activities:</b>
<input type="checkbox"/> Races <input type="checkbox"/> Banquets <input type="checkbox"/> Picnics <input type="checkbox"/> Mailings <input type="checkbox"/> Special Projects

Date of Application \_\_\_\_\_ Date Received \_\_\_\_\_

*Annual Membership Fee is \$20 per mailing address. Make check payable to:*

**Waco Striders  
P.O. Box 21715  
Waco, Texas 76702-1715**

*Newsletter available on Website  
(Donations are tax deductible)*