

## WACO STRIDERS NEWSLETTER JULY 2007

### Group Runs

With the days getting longer, at our last meeting we decided to move back the starting time to the Wednesday Group Run to make it a little more convenient to get there from work. The new time will be 5:45PM instead of 5:30PM, still meeting at the Redwood Shelter. We are deciding on the course just before we run it, whatever the group consensus is. We have been running the road or the sidewalk river walk for about four to five miles. We have a pretty diverse running group so whatever your pace or fitness level is, I believe anyone would feel at ease running with us. Once a month after our group run we pick a restaurant and meet for dinner

### The Galloway Program Waco, Texas



The Jeff Galloway Marathon training program had its Waco Registration and Kick Off Saturday June 23, 2007 at The Redwood Shelter in Cameron Park. We are very excited about having this Marathon and Half Marathon training program available in Waco and Central Texas. This program offers training programs for first time

runners to experienced runners with a time goal. One of the many things about this program I like is, that the runners are placed in a pace group according to their pace. This means that you will have someone to train with on long runs that can be pretty miserable by yourself. Each pace group has a pace group leader that keeps everyone at their pace level. It sounds like these guys are going to be having a lot of fun and camaraderie with their training. Each pace group had a name; some of the names are The GU Zombies, Happy Feet, The Goal Busters and Team TBA. The information and support for The Galloway Program are awesome, the program requires only three days a week training, one can still run and have fun doing so and have a life outside of running as well.

### Waco Strider June Meeting

With the Wetlands Race postponed due to flooding we had our club meeting instead. Topics discussed were the newly formed Women's 5K training program for The Race for the Cure, Strider picnic and fun run, guidelines for the list serve, new race date for the Wetlands Race, fees for equipment rental and changing the group run time on Wednesday to 5:45PM instead of 5:30PM. Also at this meeting The Striders presented Scott Ruplinger with an award of appreciation for all his dedication and efforts for the sport of running in Central Texas. Scott is moving back East this summer. We all wish Scott the best.



### **Waco Strider Picnic and Fun Run**

The Running Club will be having a picnic and fun run Saturday July 21, 2007. The fun run which will be a 5K Prediction Run will start at 7:00PM followed by a cook out. The Striders will take care of meat/rolls/non-alcoholic beverages and if everyone could bring a side, that would be great. Please feel free to contact Kristen Beavers, [Kristen\\_Beavers@baylor.edu](mailto:Kristen_Beavers@baylor.edu) with what you plan to bring or if you have any questions. Ok, what is a Prediction Run? It is a race where everyone writes what their race time will be and remove your watches and run the race, the one closest to their predicted time wins. We will hand out awards for first second and third male/female winners. There is not much in local racing going on this time of year, so I hope you can make this one. We have done this type of run before and it was a lot of fun. All of this is going to take place at Pete and Marsha Thauwalds house located at 15275 Chapel Road in Lorena, Texas 254-857-3617.