

## WACO STRIDERS NEWSLETTER FEBURARY 2008

### Group Runs

The Waco Striders have added a new weekly group run and walk. The group meets at Whitehall Park in Woodway at 5:45 PM every Monday. Our course is mostly flat, we run thru neighborhoods for about three miles and back in the park. This makes for a great recovery run from the weekend. There is a nice walking/running trail that is 4/10 of a mile in the park, which is great for walkers. There have been walkers joining us every Monday, some walk the trail and some are walking in the neighborhood. We always welcome people who just want to walk. It is one of the best ways to exercise.

The Waco Striders have a group run/walk on Wednesdays at 5:45 PM; we meet in front of the Hilton at Indian Springs Park. Our course is about 4 miles, very scenic. Our group on Wednesday consists of many different pace groups, you can be sure that one will fit your particular exercise needs. When daylight savings time starts, we will move our Wednesday meeting place to the Redwood Shelter in Cameron Park. The change will be



updated on our webpage. Also in the near future, after the time change, we will have someone leading a group trail run on Wednesdays as well. Once a month after a group run, we meet at a restaurant near our run for dinner. Last month we met at Ninfa's. We have a lot of fun at the monthly dinners. Try to make it even if you can't run with us that evening. Remember our group runs and dinners are open to anyone who wants to join us. We announce

when and where the next dinner will be at our group run the week before, and send out an email on the strider list serve.

### Waco Striders E- Mail List Serve

Just a reminder for everyone to please join our list serve. This is a great way to communicate with each other and stay informed of upcoming events. It is easy to do, just go to The Waco Strider Home Page, scroll down until you come to the "Yahoo join this group" enter your email and you are in. This is a great tool to communicate with your fellow runners and friends in the running club.

### If You Are A Woman And Want to Run A 5K

We have a training group for you! The Waco Striders are proud to offer the Waco Women's Training Program, geared to empower women of all skill levels to complete a 5K race. This year's race will be the Susan G. Komen Race for the Cure. The first meeting of the Waco Women's Training Program begins Thursday March 6<sup>th</sup> at 6:00PM room 302 in the Marrs Mclean Gym on Baylor University Campus. It is not too late to sign up. For more information go to [wacowtp.spruz.net](http://wacowtp.spruz.net) or go to the Waco Striders Web

Site and click on Women's Training Program. The program will have weekly seminars and group training runs for all fitness levels. This program includes walkers as well.

**New Race Events:**

**Troy Funfest 5K and Kid's 1K Fun Run/Walk**

Saturday April 19, 2008

Troy, Texas

Race starts At Troy Elementary School

Kid's K starts at 8:30 AM

5K at 9:00AM

Printable Entry Form go Waco Strider Website

Race Management Provided by: Waco Striders Race Management Team

**The Doris Miller YMCA Memorial Day 5K Run and Kids 1K Fun Run/Walk**

Saturday May 24, 2008

Kids 1K Starts at 8:00AM

5K Starts at 8:30AM

Race starts in the parking lot of the Doris Miller YMCA

More Details to Follow

Race Management Provided by: Waco Striders Race Management Team

**Waco Striders Cross Country Race**

This year's cross country race was as fun and challenging as always. We had a good turnout this year. This race event is a tradition for the running club as well as the park. On behalf of the Waco Striders, I want to thank every one of participants and the many volunteers who helped to make this event safe, fun, challenging and successful.