

WACO STRIDERS NEWSLETTER

JANUARY 2008

Happy New Year

It is always hard to realize that another year has come and gone. I guess the saying is true "time flies when you are having fun". Last year was a great year for the Waco Striders Running Club. We were involved in many race events and had the opportunity to help raise funds and awareness for many organizations. Needless to say, I am very proud to be associated with the many members and volunteers who make a lot of stuff happen in our club and community. The upcoming year is going to be full of activities and events for everyone to enjoy. I would like to thank everyone who has helped make things happen in 2007; with the members we have, 2008 is going to be a big year for fun fellowship and running in Waco, Texas.

Waco Striders Club Meeting

The Running Club will be having its first meeting of this year Saturday at 11AM February 9, 2008 at Beatnix's Coffee Shop located at North 19th and Lakeshore Drive. We have a lot on the agenda to meet about, so join us for a group run then head over to Beatnix's for the meeting and bring a friend. We need your input and would like to keep everyone informed with what is going on in our running community. We would like to recognize the 2007 Brazos Series Winners, set a date and place for the next Strider social, finalize our Cross Country Race plans, give an update on The Waco Women's Training Program and finalize our membership follow-up committee and new member Tee shirts and more. As you can tell, we've got a lot going on and everyone makes a difference. So mark your calendar, our meetings are open to anyone who wants to be there. Don't be shy and remember you never have to run alone unless you want to.

Congratulations

A big congratulations to all the Waco Striders and who ran in the Dallas White Rock and Houston half and full Marathons. Great job!! Also a big congratulations to the entire Waco Galloway group, everyone in the program who finished their training program completed their marathons and half marathon goals. If you want to run a marathon and you are intimidated or afraid to try, you need to check this out. This program works for all levels of fitness and the best part you don't train alone. We will have information at our meeting about this program. I urge you check it out.

Christmas Party

Thank you Pete and Marsha Thauwald for opening up your home for The Waco Strider 2007 Christmas Party. And a big thank you to Jenny Benson for hosting and organizing the party. It was a lot of fun and the food was great. The club recognized Ray Bell and Tim Perfume with The Waco Strider Appreciation award for all their efforts and support they gave to the running community in 2007. Congratulations guys! We announced the 2007 overall Brazos Series Winners. Overall Male 2007 Mark Man Bell. Overall Female Kelly Taddy. Great Job. We will recognize Brazos Series at the next Strider meeting.

Membership

On behalf of the Running Club I would like to thank everyone who joined and supported The Waco Striders Running Club with your membership. Our membership fees are \$20.00 dollars for 2008 and are due annually. Our membership dues help pay for our website and our club membership into the Road Runners Club of America, which provides us with Liability Insurance. In just about any city that a race event is held, a certificate of liability insurance is required. But, without it, there would be a lot fewer events. Our club owns race timing equipment and course certification equipment, and have members who can certify courses. We would like to train others to be course certifiers. The Running Club last year produced and sponsored several race events in Waco, helping raise thousands of dollars for charity and awareness. We have group runs on Wednesdays, picnics and a Christmas party. As you can see, we are an active club. Your membership helps fund these activities. The club is moving in a positive direction. I urge everyone to join us in 2008 and get involved in helping promote running and fitness in 2008.

Group Runs

Every Wednesday at 5:45 PM we meet in front of the Hilton for a group fun run. We meet every Wednesday rain or shine. There are enough runners, that whatever your pace or fitness level is, you will find a group to run with. There are even walkers, no one is left alone. We run down University Parks Drive, cross Herring Bridge, follow the river walk back and cross the Suspension Bridge. It is a four mile course, walkers walk about two miles, and we all finish about the same time. Once a month after our run, we pick a restaurant and go to diner. The camaraderie has been great. This is great way to get to get out and enjoy a safe run in a beautiful part of Waco. We will change our meeting location to the Redwood Shelter the first week of Daylight Saving Times.

The Waco Strider Cross Country Run

It is time for the annual Waco Strider Cross Country Run, one of the oldest race events in Waco. This year's race will start and finish at the Redwood Shelter in Cameron Park Saturday, February 23, 2008, 10AM. The venue is a two mile and a five mile course which is rocky, rooty, hilly, scenic and fun. This is a great opportunity to enjoy the trails of Cameron Park. Proceeds of this race will go to the Cameron Park Rangers, who do an excellent job in keeping the park safe and beautiful for all to enjoy. Awards will be given to the top five male and female finishers in the two mile race. Awards will be given to the top three in each age group male and female in the five mile run. Water provided at the half in the five mile and at the finish, Gatorade and fruit. You can get an entry form on the Waco Strider website. We will have more information about this race at our Club Meeting February 9th at Beatnix's Coffee Shop 11AM.