

## WACO STRIDER NEWSLETTER MARCH 2008

### **Waco Women's Training Program**

The Waco Women's Training Program got off to a great start in March. Pictured below is one of the training groups, running around the bear trail at Baylor University.



The program offers training for women of all fitness levels, walkers, beginner, intermediate and advanced runners, each group has a separate training plan. The women meet once a week for a structured group run, which starts with stretching and a training run with a pace leader. At the completion of the run, they meet in the Marrs McLean Gym for a brief seminar on running and related topics, presented by a different guest speaker each week. The target race for this program is the Komen Race for the Cure, May 3, 2008. The Waco Striders are very proud to be a part of this program. We believe that everyone in this program will gain self confidence and the knowledge needed to continue the sport of running or walking.

### **The Troy Funfest**

The Troy Funfest 5K and Kids' 1K Fun Run/Walk is April 19, 2008, Troy, Texas. The Kids' 1K starts at 8:30 a.m. and the 5K at 9:00 a.m. The event takes place at the Troy Elementary School, 800 E Austin Ave. Entry Fee: \$12.00 for Kids' K, \$15.00 for 5K and pre-registration thru April 5, 2008, \$18.00 late registration and on race day. Water, sports drinks, and fruit will be provided. All pre-registered runners will get a souvenir T-Shirt. Awards given 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> place in each 5 year age group. Ribbons will be given to all Kids' K Finishers. Race management provided by: Waco Striders Running Club. This is a Brazos Series Event.

## **COME WALK ACROSS TEXAS WITH US**

Walk Across Texas is a program created by Texas AgriLife Extension Service in 1996 to help Texans establish the habit of regular physical activity. From border to border, you or your team walk 830 miles over an 8-week period across the state while monitoring progress online or on a Texas road map.

Regardless of whether you choose to start as a team of eight, or by yourself, you can walk whenever you want, team members do not have to walk together. Other activities such as biking, swimming, even housework and gardening can be included. You will find a conversion chart on the website to convert your activity to miles.

The kick off for this program is April 5, 2008, 9 a.m. at The Bledsoe Miller Recreation Center across from Indian Springs Park in Waco, Texas. There will be a one-mile walk or fun run along the MLK River Walk. This event is free, there will healthy snacks and refreshments provided, and the first 200 participants will receive a free T-Shirt. For more information, go to The Waco Strider Website and click on calendar. The Waco Striders are a proud sponsor of this event.

## **Bearathon 2008**



A group From the Waco Galloway Marathon Training Program and some Waco Striders hanging out at the 2008 Bearathon, Saturday March 29, 2008. Great job guys!! And as always, The Baylor Student Foundation did an excellent job putting this event together. We appreciate your efforts in making this a fun and safe event.