

## **Waco Striders July Newsletter**

Our Team Striders Marathon Training Program got off to a great start on June 13. We had over 50 people sign up to join the program! Everyone is doing a great job. Keep up with your weekly training runs and also keep up the hydration. Even if you are not running on any given day drinking water should be part of your daily routine . Remember to drink at least half of your body weight in ounces every day. By now you should all be learning about the pace groups and how important it is to take your breaks at the very start of your run. As our mileage increases you will see how important the breaks become.

### **Things going on in July**

#### **July 8**

Please note that we will be meeting at Whitehall Park on Wed July 8 at 6pm. After our run we will meet at Rosatti's to watch a movie on GEAR (Girls Empowered and Running). Last year at the MS Run for Hope there was a large group of elementary age girls who were part of the GEAR program and ran their first 5K. Some of the race was filmed and if you participated in this run you may see yourself in the movie.

#### **July 11**

Pool Party at Julia's house. Come and swim and eat hamburgers and hot dogs. If you haven't noticed yet running makes you hungry !! Striders club will provide the hamburgers and hot dogs and members will bring the rest. Bring your own drinks, towels and bathing suits please. I will give out copies of map to my house at one of our group runs this week.

#### **July 18**

Team Sarcoma 5K and 1K fun run

This race was planned by Benjamin Moore to help raise money for the Team Sarcoma Initiative which has raised over 1.5 million dollars since 2003 for Sarcoma Cancer Research. There is a personal reason for Benjamin, his 9 yr old brother Andrew, was diagnosed with

malignant sarcoma 9 months ago.

The race starts at the suspension bridge at 8:30am. You can go to the Strider website for more information and to register.

This is a great way to do something you love and also support a good cause.

## **July 26**

### Waco Triathlon

Go to the website <http://triwaco.org> for more info about entering or volunteering. This is from the actual website. I think it is interesting to know that the Striders were the first to host the event.

Waco is the home of the first triathlon ever held in the state of Texas. The Waco Striders hosted the event in May 1980 with 24 men and one woman to compete in the Olympic distance at Lake Waco with the staging area at Speegleville Park.

The event grew to 500 entries with a waiting list each year. The 12<sup>th</sup> annual Waco Triathlon was in 1991. That was the last year for the triathlon until the new TriWaco this year. Many triathletes considered the Waco Triathlon the best in Texas.

The Waco Triathlon is also known for hosting Lance Armstrong as a 15-year-old record-setting triathlete in 1987. Armstrong set the Waco Triathlon record of 1:58:17 by competing in the .6-mile swim, 28-mile bike ride and 6.5-mile run. The record was never approached in the event's 12-year history.

I think that is all the news I have for now. If anyone has anything they would like to share please email me at [Jrileyrnc@aol.com](mailto:Jrileyrnc@aol.com) or call me at 254-855-2485.

Julia