

WACO STRIDERS RUNNING CLUB

STRIDER NEWS

JUNE 2009

Looking back through the archives of the Striders newsletters it looks as though we haven't done much of anything since last year. However, the opposite is quite apparent when you attend the group runs and see all the new members we have. When you look at the race calendar and see how many races we are involved in, whether we are timing, renting out equipment or in the charge of the whole operation, the Striders are there in some capacity.

This year we had a very successful Women's Training Program and an even more successful target race for the WTP, the Fuzzy Friends 5K. We helped raise a good amount of money, \$21,000 to be exact, and more importantly helped many of you run your first 5K.

Sadly we said goodbye to Kristen and Dan Beavers in May as they graduated from Baylor. They have been a huge part of the Waco Striders for several years and will truly be missed.

We are meeting for a post run dinner on the second Wednesday of every month . If you haven't stayed to enjoy the fun and friendship yet we will be meeting again on Wednesday June 10. We usually meet at the Lake Brazos Steakhouse around 7pm and sit outside on the patio. It is nice to sit and talk to everyone without huffing and puffing!

This past week the Striders club bought an enclosed trailer to load all of the race equipment in it. This is an exciting purchase for us because Mitch and Laural Deskins and several others have had to load and unload everything we needed for timing and managing a race for the past several years. Now we can just store everything in the trailer and hook it up and go when we need to. We are going to have the Striders name put on the trailer so we can show people who we are.

On June 13 we will have our kick off for the Striders marathon training program. The target races this year are the San Antonio Rock and Roll half and full marathon, which is Nov. 15 and the Dallas White Rock full and half marathon, which is Dec. 13. If you are thinking of running either of these

races then please consider signing up for the training program. We all know it is much easier and more fun to run with a group.

Janis Royal and I are now timing races and thank you very much to all of you who have participated in the timed runs so that we could practice our timing skills. Just a few observations we have made while getting this process down.

- 1) Always pre register for a race if possible.
- 2) Don't scribble when filling out the registration form or you might end up a different gender or have a wrong name.
- 3) Always put your age or DOB.
- 4) Always make sure your bib is showing when crossing the finish line.
- 5) Only cross the finish line once.
- 6) Smile!

I will try to send out Strider News every 2-3 months. If you think of anything that would be good to mention please email me. Also if you have pictures of any Striders events please send them to me so we can post them on our website.

Thanks everyone for making our running club great.

Julia Riley

Jrileymc@aol.com

855-2485