

Waco Striders Running Club



Volume 1, Issue 2

December 2010



12 Miles of a Christmas Race

By Don Hinds

On the 1st mile to Christmas this really happened to me:

I stepped up to starting line and forgot to go pee!

On the 2nd mile to Christmas this really happened to me:

Two gals just ahead passing gas
And I still really do need to go pee!

On the 3rd mile to Christmas this really happened to me:

Three really steep hills
Two gals that need some Beano
And my eyes are watering 'cause I still haven't got to pee!

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Message from Julia

Julia Riley

President of Waco Striders Club

Coming soon to the Waco Striders !

Starting in January 2011 the Waco Striders will have a designated walking group so if you know of anyone who would like to join and become part of the Waco Striders please tell them about it. I will be leading the walkers in group sessions and we will determine distances as the group grows. I am looking for spouses of runners, tired runners, friends, neighbors, couch potatoes, anyone who is interested in getting out, exercising, and being part of a group. This could be a Christmas present to someone you love, a Waco Striders membership is only \$20 a year but the benefits are never ending! (if you are already a member then your spouse is also a member) If you have any questions please call or email me.

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On the 4th mile to Christmas this really happened to me:

Four long lines at the port-a-potty
Three big hills
Two gals a tootin'
And a nice cold sweat 'cause I still have to pee!

On the 5th mile to Christmas this really happened to me:

Five to twenty-five mph cold head winds
Four occupied potties
Three lung burner hills
Two gals with methane Under Armor
And I almost forgot that I needed to pee!

On the 6th mile to Christmas this really happened to me:

Six runners singing with their iPods
Five to twenty-five mph north winds
Four out of order port-a-potties
Three Lover's Leap hills
Two flatulent females
And my bladder sure wishes I'd go pee!

On the 7th mile to Christmas this really happened to me:

Seven pace groups passed me
Six tone deaf runners singing
Five to twenty-five mph head winds
Four rest stops with no port-a-potty
Three straight up hills
Two gals blaming it on their dog
And now I need to go big potty and pee!

On the 8th mile to Christmas this really happened to me:

Eight runners spitting
Seven pace groups passing
Six John Bon Jovi want-to-be's
Five to now thirty mph numbing winds
Four puked-in port-a-potties
Three killer hills
Two ladies gassing
And I couldn't pee in the puked-in potty!

On the 9th mile to Christmas this really happened to me:

Nine volunteers spilling Gatorade
Eight runners hocking
Seven pace groups laughing while passing
Six runners singing way off key
Five to now forty mph head winds
Four port-a-potties with no T.P.
Three quad screamin' hills
Two females rippin'
And I now I don't think I need to pee!

On the 10th mile to Christmas this really happened to me:

Ten places that are now officially chaffing
Nine volunteers out of water
Eight noses running
Seven pace groups now in the distance

Six runners singing badly
Five to now forty-five mph head winds
Four disgusting port-a-potties
Three Cameron Park hills
Two females blasting
And a new sense of urgency to pee

On the 11th mile to Christmas this really did happen to me:

Eleven spectators screaming "Only one more mile"
Ten tender spots chaffing
Nine volunteers asking if I need the saggin' wagon
Eight newbies about to hurl
Seven pace groups already finished
Six runners whining
Five to zero mph tail wind
Four times I didn't see the port-a-potties
Three hills again
Two gals with morning thunder
And I give up, I'll never get to pee!

On the 12th mile to Christmas this really did happen to me:

Twelve finish line sprinters passing
Eleven spectators screaming "You're almost there"
Ten tender spots and some are bleeding
Nine volunteers pointing me to the medical tent
Eight collapsing finishers
Seven pace groups hogging the massage tables
Six anaconda lines for beer
Five concession tents and no food
Four times as long a line for the potties
Three sets of stairs to the finisher shirts
Two mile walk to the parking lot
And please give me my finisher's medal so I can go pee!

Merry Christmas to all the Striders!



UPCOMING EVENTS

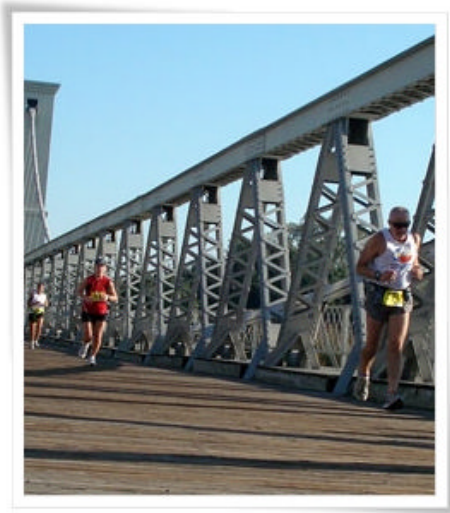
Take a look at what is happening for December.

Calendar of Events

Saturday, January 8, 2011
Bearathon Training starts

Saturday, January 15, 2011
Kids are Miracles 5K
Details to follow

Saturday, January 15, 2011
Waco Striders Awards Banquet
Details to follow



Kids are Miracles 5K and 1K January 15 2011
This race is being held by the Waco Striders and a portion of the proceeds will be given to the Miracle Match Kids to help give a child the opportunity to participate in the kids marathon. You can register by mail or online.

We are also taking donations for the Miracle Match Kids Marathon . If you sponser a child by donating \$10 your name will be listed on the back of the Kids are Miracles t shirt. See Dianna Deleon or Mitch Deskins for details.

"If you'll not settle for anything less than your best, you will be amazed at what you can accomplish in your lives"

Vince Lombard



Runner Information
(254) 666-0679
Stay updated on group runs

Club Officers

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MEMBERSHIP INFORMATION

It is time to think about paying the 2011 dues for your Waco Striders membership. The cost is \$20 per year per household. If you pay your dues between December 15 and January 31 2011 you will be entered into a drawing for a fabulous prize ! This year we have the option to register online thanks to Dave Henry. Click on the link below if you would like to sign up online <http://www.active.com/running-membership/waco-tx/waco-striders-running-club-membership-2011>

If you prefer the pen and paper method you can still download the membership form from the website.

December Birthdays



- 01 - Caleb Flores
- 03 - Scott Clay
- 05 - Payton Reynolds
- 09 - Lawrence Bright, L.T. Wimberly-Helmick
- 10 - Laura Pavlicek
- 17 - Jeanne Hickman
- 19 - Sami Duhon
- 20 - Mari Zertuche
- 21 - Jennier Good, Nikki Hunt
- 22 - Phillip Donnelly
- 23 - Hillary Davidson
- 27 - Ian Cardell
- 28 - Duane Loomis, Mary Mac Brookins
- 30 - Bill Woody
- 31 - Kay Evans

