

Waco Striders Running Club



March 2010

Great run today everyone! The weather today was perfect for running. We are counting down this week to the Bearathon so make some good nutritional choices and hydrate well all week. Remember it doesn't matter if it is hot, cold windy or raining you always need to drink water while you are running and also when you are preparing for a race you need to hydrate well several days prior to the race. Don't wait until the day before the race to start hydrating.

Shirts for the Bearathon

If you still have not given me your white or light gray shirt to be printed with the Striders training team logo, you have until Monday night 3/15 to give it to me.

We are changing our meeting places this week. Monday night will be at Whitehall Park and Wednesday night will be at the Redwood shelter, we had originally planned on meeting at Miss Nellie's on Wednesday nights but the Redwood Shelter is now open so we will meet there instead.

The Waco Women's Training Program will be starting this week on Thursday March 18 6pm at Bledsoe Miller. If you know someone who has thought about joining a running or walking program and just hasn't done it yet this is the program for them. The cost is \$55 for the 8 week program and our target race is the Police Memorial Run on May 8. This program is sponsored by the Striders and several of us are helping out with the program and Janis Royal is the program director.

On **March 20** we will be running the **Bearathon** which will start at 8am. We will send out a meeting place later on this week for the day of the Bearathon. I would like to get a some group pictures before the run if possible to post on our website.

On **March 27** the Striders Race Management Team will be working at the **China Spring Educational Foundation 5K run**. The 5k starts at 8:30 am, if you would like to volunteer to help out at that race please let me know. We always appreciate anyone who can help out and we always need help, especially at the finish line.

On **April 3** we will have a **5K** in the park next to **Bob Simon's house**. It is his way of celebrating his birthday it is a wonderful course to run and Bob and his wife will provides a light breakfast after the run. Come out and wish Bob Happy Birthday. There is no charge to enter the run and we will be timing the race just for the fun of it.

May 3 is the Heels and Hills half marathon, at last count there were 7 of us signed up for the race and I have two hotel rooms reserved. If you are thinking about running the race and would like to hang out with us girls for the weekend then sign up and we will make it a girls weekend. No guys allowed, sorry Mitch !

One more thing, if you have any **old running shoes** that you would like to get rid of. **I will be collecting them and sending them to Nike to be recycled.** The shoes don't have to be Nike brand, they can be any type of running shoe. If you have some old shoes that you have been hanging on to because you hated to just throw them away or were thinking about getting them bronzed because you PR's in them, then this is the time to donate them. You can just throw them in the back of my truck at any of our runs until March 31. **Please see the attached flyer for more information.**

As you can see we have alot going on right now.

I appreciate each and every one of you. Thanks to all of you for making our club great !

Julia



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They'll be recycled into materials used
in sports and playground surfaces around the world.**



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They are old favorites, **best friends** and **loyal partners** that went everywhere with you, witnessing every win, loss, and personal best. Though different in shape, size and color, they all shared **a common purpose** before ending up in the backs of closets, lost under beds and forgotten for something better – they were athletic shoes that **lived for sport**.

But now they're **worn out**, never to outlast another practice, pick-up game or scrimmage. However, the trash is **not the final stop** for these faithful companions.

Nike has made it possible for athletic shoes of every kind to become much more than **waste in a landfill** and to **serve a greater purpose** long after they've run their last race.

Since the **early 1990s**, ReUse-A-Shoe has **recycled worn-out athletic shoes**, along with manufacturing scrap, **into sports and playground surfaces**.

To date, more than **21 million pairs** of athletic shoes have been rescued from landfills and reborn into hundreds of **sports and playground surfaces** around the world.

But we can't do it alone!

Bring in **up to 10 pairs of shoes** back to the store and be part of the ReUse-A-Shoe revolution. Go to [NikeReUseAShoe.com](https://www.nike.com/reuse-a-shoe) for more information.

To keep our recycling equipment running smoothly, we have a few guidelines for recycling:

- Athletic shoes only (any brand)
- No shoes containing metal
- No cleats or dress shoes
- No wet or damp shoes

