



# The Pace-Setter

A publication of The Waco Striders Running Club

“Knowledge is power, community is strength and positive attitude is everything” -Lance Armstrong

## Take the first step

### Health benefits are only the beginning for Hinds

**By: Don Hinds**

“The most difficult part of any journey is the first step.” The familiar old anecdote rings very true for me.

For years I wanted to run a half marathon and found myself procrastinating. Finally, I attended a Monday evening group run and I was hooked.

The enthusiasm, spirit and welcoming of the Striders made up my mind that this club was for me.

Since that time I have heard the same story with different words from all kinds of people. Twenty six miles was a distance they had only driven in their vehicles and now they were training to run that same distance. A new member, who had never ran three miles, was going to run their first 5K after six weeks of training.

The physical benefits are obvious. At my yearly physical my family doctor told me that my resting heart rate was down, my blood pressure was lower and he asked me what I had been doing. I told him that I had been run-



Courtesy of the Waco Striders

**Hinds**

ning with the Waco Striders. Instead of giving me some long winded medical reference, he simply said “Keep doing it”.

Besides the positive health impact, the club also offers members the opportunity to volunteer at running related events which benefit local civic organizations.

Great is the only word I know that describes the feeling I get from being involved in these community events.

A wonderful social group, beneficial exercise or achieving a long postponed goal. What’s your reason for joining? Now it is time to take that first step.

“The most difficult part of any journey is the first step.”

## How a resolution became a lifestyle

**By: Jessica Wilson**

Steven Richard started working out as a new years resolution to loose weight. He initially began taking aerobics classes at the gym, but once he realized he needed to improve his cardiovascular system (and coordination), he started exploring the idea of running. One thing led to another and Richard soon became a member of the Waco Striders in January 2011.

When asked about what motivates him Richard responded with an enthusiastic, “The group work motivates me best!”

The Striders have group runs twice a week that allow the runners to compare thier progress to one another while encouraging each other to improve, “The varying levels of fitness help sustain my own”, Richard said.

His membership in the Striders had helped Richard develop his fitness fand ultimately improved his self-confidence. The Striders build each other up through their positive attitudes.

**See Resolution**

*Continued on page 3*





## Runners strive to see change in their lives

### Exercise breeds happy people

**By: Blake Schrader**

As president of the triathlon club I have worked together with the Striders for two years, and we now have around 130 members.

The Waco Striders is more than just a running club, it is a community of people that keeps each other accountable.

Group training is good in all aspects, especially for competition, and everyone has their own pace. Groups can walk the whole time, do intervals of walking and running or run the whole time.

The Waco Striders have group runs every Monday, Wednesday and Saturday for all levels of running. It is a very supportive group no matter what each individual is training for. It is a community of walkers and marathon qualifiers from different walks of life.

I first got involved with the club when I was inspired to change my eating habits and lose weight. I used

to be a trainer for Baylor University football. I quit working out after college, which is when I gained my weight.

I originally joined the club because I wanted to do an Ironman, and ended up really enjoying the group training. I started running 3 times a week and just worked my way up.

I am training right now to do a 50-mile run. The health benefits I have noticed are an increase in energy and a better mood all day long. I can unwillingly wake up at 6 a.m. to run and afterwards be so glad I did.

It is important to try and do at least one hour of physical activity every day. Also, that recovery is almost as important as the actual training, and you must listen to your body. Recovery keeps the body stronger and performing better.

My diet consists of fish, chicken, lean protein and vegetables. I try to stay away from starch as much as I can, but everyone has slip-ups.

It is necessary to carb load three days before a race with whole grains. The morning of a race a peanut butter and jelly sandwich does miracles for me.



Courtesy of the Waco Striders

Top, shows members of the Waco Striders Running Club. Member of the club and president of the Triclub, Blake Schrader, is pictured above.

After a race low-fat chocolate milk is best to drink, because it has a good carb to protein ratio of 4 to 1, which is best for recovery.

A favorite quote of mine to inspire motivation is by John F. Kennedy, "We choose to go to the moon, and do the other things, not because they are easy, but because they are hard."

The biggest motivator for me is to compete against myself and push past my limits. Health is important but comes as a byproduct, it is not necessarily my main motivator.

Running helps me think, but most of all I love training and being apart of a group.

### Resolution from page 1

His heart is clearly with this group of people who have continued to motivate him, and it is "the support, encouragement and trust in other members of the group" that have kept him going.

Running has helped improve Richard's cardiovascular health, muscularity and overall physical endurance. The process has inspired him to learn what is happening with his body through exercising, reiterating his lifestyle transformation. Richard is realistic about his health improvements. He notes that his diet still needs work, "it just takes time and isn't going to happen over

night." A healthier lifestyle is a work in progress that keeps him constantly learning and improving. Not only has his running with the Striders improved his physical health, but also his mental health, with a decreased level of stress and increased level of confidence from the endorphin release through running and accomplishing set goals.

When meeting Steven Richard it is easy to see that he is a truly joyful man. It is not until talking to him, though, that you learn that his passion and enthusiasm has come from his health-improvement journey with the Waco Striders Running Club.



Courtesy of the Waco Striders

Above, Steven Richard, running in his first half-marathon on the Chisolm Trail with cheers of fellow Striders.

## One race at a time

Waco Striders finish strong not only for themselves, but the community

**By: Karoline Argo**

Nothing makes you feel better than the feeling of accomplishment you get after just finishing a marathon. Unless of course you just ran that marathon for an event that is worth running for.

Every year the Waco Striders Running Club contributes to numerous charities in Waco. The donations are monetary, volunteer efforts and direct participation. Some of the events that the Waco the Strid

ers participate in are the Sarcoma 5K, Miracle Match Marathon, Waco Crop Hunger Walk, Run to Live 5K and the Bearathon.

They are involved in events that help raise awareness and have assisted in raising over \$250,000 for numerous charities.

The Striders are so invested in gaining new members because they have each person's best interest in mind. They know that the friendships and life changes they have

made with fellow members are irreplaceable. So, when a new face at tends one of their group runs he/she is welcomed with a smile and enthusiasm.

The Striders do not see running as merely a sport or an activity to improve health, but as a lifestyle to be shared with like-minded people.

The structure of the club is centralized around the common theme of "community."

Though each member strives for their own improvement, nothing about the club is centralized around the individual. This becomes very evident when just briefly talking to a member.

Each story is not complete without the help and encouragement of their strider community.

It is not a group of professional runners, but rather a group of ordinary people wanting to improve their lives through the fellowship of people in their same situation.

It is a complete support system that is truly inspiring to those both in the club and on the outside.



Courtesy of The Waco Striders

Part of the Waco Striders are pictures above after just finishing the Bearathon. The bearathon is a challenging 13.1 mile half-marathon that serves as the Student Foundations main fundraising event. The Bearathon uses all the funds towards student scholarships.

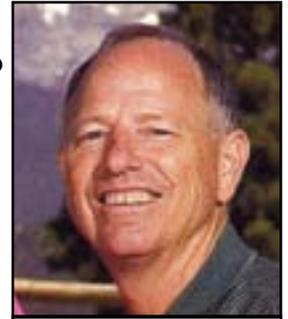
# Runner in the Limelight: Dave Henry

**Q: How long have you been a member of the Waco Striders Club?**

A: We moved to Waco in 2008 but didn't join the Waco Striders until early 2010. I was active in the Brazosport Area Running Club in the 1980s and 90s and wanted to get back into a running group here in Waco. I am currently the webmaster for the Waco Striders website and help with registration and timing for most of the clubs runs.

**Q: What motivates you for running and fitness?**

A: I have been running for over 30 years. I originally got started to lose the 20 lb. I had gained after I quit smoking. I got hooked on the sport and have been a dedicated runner ever since. As I get older, I think the saying "Use it or Lose it" is becoming a big motivator for me.



Henry

**Q: How has being a member helped you reach your goals?**

A: My goals have changed over the years from trying to get faster to just trying to stay injury free. I like the Waco Striders focus on running as a lifelong activity rather than trying to gain elite status for speed.

**Q: How has running improved your health?**

A: I think runners in general lead a healthy life style because of the discipline needed to train for long distance running events. Weight control has probably been the biggest benefit for me.

## Calendar of Events

### November 2011

- 24th- Thanksgiving Day Turkey Trot 5K  
South Temple Park in Temple, TX
- 26th- Poultry in Motion 5K & Duathlon  
Cameron Park in Waco, TX

### December 2011

- 3rd- Reindeer Run/Walk 5K  
Whitney Elementary School, Whitney, TX
- 4th- Dallas White Rock Marathon, Half Marathon & Relay  
Fair Park in Dallas, TX
- 10th- Jingle Bell Run/Walk for Arthritis  
Heritage Square in Waco, TX
- 10th- Schlotzsky's Jingle Bun Run  
Scott & White W. Campus, Temple, TX

### January 2012

- 21st- Bound for the Brave  
Woodway Family Center in Woodway, TX
- 28th- Miracle Match Marathon/5K  
Indian Springs Park in Waco, TX
- 29th- Miracle Match Marathon (continued)  
Indian Springs Park in Waco, TX

### 2011 Waco Striders Officers

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