

WACO STRIDER NEWSLETTER

APRIL 2005

Strider In The Spotlight

This months Strider in the Spotlight is Allen Miller. Allen has been running for about twenty years. His favorite course is his neighborhood and he enjoys swimming at the YMCA. His favorite race is the Symphony 6000. Favorite shoes - Brooks. Best advice - start slow finish fast. Allen's grandson, Griffin Peevey, is a Strider. You don't see a grandfather/grandson running many 5K or Cross Country races together, pretty cool. We hope to see a lot of you two in our future race events. Alien brings a lot of experience and good advice to our club. Allen is always at our Strider Meetings sharing ideas and giving positive input on how to better our running club. The Waco Striders are glad you are a member. I hope 2005 is one of your best running years ever.

Race Results

Just a reminder about race results. We all like to review the results of that last race we did. I know how important that is to a lot of you. I make every effort to get the results posted to our website as soon as I receive them, which is no problem if it is a Waco Strider event (which would be a Brazos Series Race). On the other hand, if it is not a Brazos Series Race, we have no control of over obtaining results of that particular event. We have a lot of race events listed on our website that are not Brazos Series events (noted with * beside the race). We post other race events on our website as a service to our members as well as race results. But remember we have no control of the race results from these events that are not Brazos Series events. I will post these results as soon as someone makes them available. You can get the results for the Zoo Run and the Race For The Cure from the website

Upcoming Races In April:

Cameron Park Duathlon - April 23rd

Hillcrest Best Dam Run In Texas - April 30th

Strider Picnic

The Waco Striders are having a picnic and fun run Saturday, June 2nd (providing no races are taking place that day). We plan on having a 5K prediction race, games and food. The run will start at 10am, food around noon, followed by a few outdoor games. This will take place out at Pete and Marsha's new place. I understand it is kind of out in the country, a great spot for a fun run/walk and picnic. A prediction 5K is a race where the runner predicts their time and takes off their watches to run. The one who crosses the finish line closest to their predicted time wins. I really hope you plan on making this event. I think we all will have a good time and it will give us chance to get to share some ideas for future events. More information to follow in May's Newsletter.

Group runs

We have a change in the Wednesday group run. We will meet at the Pecan Bottoms at 5:30pm on Wednesdays instead of at the Suspension Bridge. We will now have plenty of daylight to enjoy the trails.

Thursdays we have a group work out at Rice Field by Midway High School for Speed work on the Track. This is a great way to improve your race times. The group meets at 5pm.

Tuesday runs will be changed to Wednesdays beginning April 27th. I hope to see you there.

New Race

At the last Strider meeting, we decided to have a Cross Country race at Cameron Park on the trails. It will be similar to our annual Cross Country Race that was held in February. It will take place October 1, 2005. The race will be a 5 and 2 mile course. Mark your calendar this will be a lot of fun. More details to follow.

Run For Hope

I'd like to say thanks to the organizers of the Run for Hope. It was a fun race and the course was well marked with plenty of volunteers giving directions and encouragement to the runners. The awards and tee shirts were nice and running though Baylor campus is always fun. I believe everyone will look forward to doing this event next year.

Upcoming Brazos Series Races

*Waco Police Assn. Memorial Run - May 14, 2005

*Practice for the Polish Pickle Run - May 21, 2005

*Prairie Chapel Run - May 28, 2005

"If you can't win, make the fellow ahead of you break the record."

RUN FOR HOPE 5K
April 16, 2005

Overall Winner: Pete Martinez 16:52 (1)

Overall Male

Pete Martinez 16:52 (1)

Overall Female

Haley Feuerbacker 21:32:15

19 and under

1. Dustin Broom 23:14 (29)
2. Saldana Shadowhawk 23:23 (30)
3. Jeff Edwards 24:00 (35)
4. Jeremy Paxton 26:16 (50)
5. Mark Lindstrom 35:00 (84)

1. Melissa Baker 22:46 (23)
2. Heather McPherson 23:06 (27)
3. Jaqueline Garcia 23:11 (28)
4. Jenny Baker 24:29 (39)
5. Auyawna Saldana 24:30 (40)
6. Victoria Eller 26:32 (51)
7. Dana Hamann 29:11 (62)
8. Elle Demetros 29:11 (64)
9. Mary Ellen Mooman 29:12 (65)
10. Whitney Stroupe 29:12 (66)
11. Amanda Brophy 29:14 (67)
12. Joy Grewatz 34:42 (82)
13. Tanya Velazaney 34:43 (83)

20 – 29

1. Casey Hall 17:06 (2)
2. Scott Ruplinger 18:25 (3)
3. Kyle Dietz 19:00 (5)
4. Peter Powers 19:21 (6)
5. Mike Nicolaus 20:21 (8)
6. Julian Sanchez 20:32 (10)
7. Richard Matney 22:10 (19)
8. James Gibby 22:50 (24)
9. Ben Maddox 23:39 (33)
10. Michael Coons 24:26 (38)
11. Wayne Lindstrom 24:45 (43)
12. Charles Marks 24:48 (44)
13. Buster Smith 25:37 (45)
14. Ben D'Ardenne 25:58 (47)
15. John Boswell 26:11 (49)
16. Ranald Spence 28:47 (61)
17. Nathan Quinn 29:15 (68)

1. Jenny Zetner 22:32 (20)
2. Kay Ehlke 22:36 (21)
3. Meg Kirkendall 23:39 (32)
4. Heather Rasmussen 23:42 (34)
5. Ingrid Erickson 25:51 (46)
6. Missy Hardeman 26:58 (52)
7. Angelene Spence 28:14 (55)
8. Theresa Ha 28:31 (56)
9. Carol Williams 28:43 (59)
10. Maggie Fuchs 28:46 (60)
11. Laura Strickland 29:11 (63)
12. Kim Brooks 29:40 (69)
13. Mary Moadt 29:41 (70)
14. Bobbie Washburn 37:27 (87)
15. Sara Sanchez 47:37 (89)
16. Brenda Rivas 47:38 (90)

30 – 39

1. Michael Kusler 18:51 (4)
2. Scott Van Zandt 19:40 (7)
3. Pete Pope 20:24 (9)
4. Chris Rasmussen 20:41 (11)
5. Slade Hornick 20:53 (13)
6. Alfonso Saldana 21:52 (16)
7. Chris Flood 24:05 (36)
8. Matt Williams 28:43 (58)
9. Ray Bell 29:59 (73)

1. Laurie Hull 24:34 (41)
2. Alexandra Burmeister 29:44 (71)
3. Lori Lutz 30:58 (76)

40 – 49

1. Donald Ard 20:51 (12)
2. Mitch Deskins 22:57 (25)
3. Lee Washington 23:31 (31)
4. Dave Deaconson 24:10 (37)
5. John Burmeister 29:45 (72)

1. Marsha Thauwald 23:04 (26)
2. Laural Deskins 27:07 (54)
3. Sherry Eller 28:42 (57)
4. Patricia Wilson 30:44 (74)
5. Terry Guinn 30:46 (75)
6. Petra Ashleman 32:02 (77)
7. Toye Guinn 35:20 (85)

50 – 59

1. Pete Thauwald 22:02 (17)
2. Roy Perez 22:06 (18)
3. Ralph Getman 26:00 (48)
4. Tim Prefume 32:54 (78)

1. Taddie Kelly 34:23 (81)
2. Roianne Alston 36:27 (86)
3. Niki Lindstrom 37:29 (88)
4. Martha Anderson 47:50 (91)

60 and over

1. Dennis Alston 22:42 (22)
2. Jack Leath 24:43 (42)
3. Max Bunting 34:06 (80)

1. Linda Pippin 26:59 (53)

Saturday, April 23, 2005

Cameron Park Duathlon

2 mile run / 10mile bike / 2mile run

Lovers Leap Start / Finish

\$30.00 Solo/ \$40.00 per Team reg. Fee

Runners looking for partners - there are cyclist to team up with them

Byran Jenkins, president WBC

president@teamwbc.com

Saturday, April 30, 2005

Hillcrest Auxiliary Best Dam Run in Texas

More information at a later date

Saturday, May 7, 2005

LRC Pacesetter Spring 5K Run and Walk

5 year age groups

8:00 AM

Calvert, TX

Contact: Roianne Alston 979-364-2136 or 979-255-7606

Saturday, May 14, 2005

Jackrabbit Run 4 Hope 10K/5K

7:30 AM

Ogletree Pass @ US 190 W

Copperas Cove, TX

www.rabbitrun4hope.com

Saturday, May 14, 2005

*** Waco Police Assn. Memorial Run**

5K & 1Mile

8:30 AM 1Mile / 9:00 AM 5K

Indian Spring Park

[Registration](#)

Saturday, May 14, 2005

Temple Historic District May Day 5K and 1 Mile Fun Run

8:00 AM

North 15th Street and Nugent Avenue @ Optimist Park

Temple, TX

Contact: Janet Welch, 254-899-2001

[Registration](#)

Saturday, May 21, 2005

*** Practice For The Pickle**

5K and 1Mile

8:00 AM

Bremond, TX

Saturday, May 28, 2005

*** Prairie Chapel Heritage Run**

Mile 8:00 AM / 5K 8:30 AM

Crawford, TX

Saturday, September 24, 2005

LRC Pacesetter Fall 5K Run and Walk

5 year age groups

8:00 AM

Hearne, TX

Contact: Roianne Alston 979-364-2136 or 979-255-7606