

WACO STRIDER NEWSLETTER

AUGUST 2005

Up Coming Races

It seems to have been a long hot summer with that usual lack of races to run in Central Texas. Fear not, because our race calendar is filling up fast. It seems like the fall race season is going to offer a lot of many challenging races and different type of events for everyone to enjoy. The weather will start cooling down some (I would like to believe that anyway); so let's get those old injuries heeled up, and start working on those wind sprints.

Starting Labor Day, we have two races, the Waco Symphony 6000 Run & One Mile Run on Saturday, and on Sunday the Kolache 5000 run. These are very fun events to run. The Kolache Run is in West, Texas and while you're there be sure and hang around for the West Fest (it is a lot of fun). I never ran a race in West that I did not enjoy, but be ready to run; West has very strong runners. I hope to see you out there.

Also coming up in October, the Miracle Match Marathon and 5k and then the Brazos Cross Country 5-mile and 2-mile run thru the trails at Cameron Park, you don't want to miss these. The Brazos Cross Country Race will be a very challenging course as well as very scenic. With a two mile and five mile course, I think there will be something for everyone to enjoy. There will be registration on the website within the week, so mark those calendars for October 1, 2005.

If anyone knows of a race in the Central Texas area, please let us know and we will get it posted. If you are looking at our race Calendar and you see a race that is not on the website, it is because we don't know about it, or if there is a race event in another area that you think we would enjoy, please let me know and we will get it listed.

Waco Strider Running Club Meeting

Wednesday September 7, 2005 6:00 PM At Uncle Dans on Lake Air Drive. Please make plans to be there. We have a lot of Fun Events this fall to talk about and your input is important, hope to see you there.

Saturday, September 3, 2005

Waco Symphony 6000 Run & One Mile Run

8:00 AM at Heritage Square
Waco, TX

[Details & Registration](#)

Sunday, September 4, 2005

*** Kolache 5000 Fun Run**

8:00 AM
Certified 5k

[Registration Form](#)

Saturday, September 10, 2005

*** Hillsboro 5K and 1 Mile**

8 AM

Saturday, September 17, 2005

McGregor's Founders Day 5 & 10 K Run

Registration 6:30 AM
Start 7:30 AM

Downtown McGregor - 5th & Madison

<http://www.mcgregor-texas.com/foundersday/racehome.htm>

\$18.00 Pre-Registration / \$25.00 Race Day

Online Registration www.active.com

Mike Paschall, Race Director
254-840-2821

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

Saturday, October 1, 2005

*** Brazos River Trail Run**

In Cameron Park
(Details to Follow)

Saturday, October 15, 2005

Gallop or Trot at the Gap 5K Run/Walk

6:30 AM

Copperas Cove City Park
Copperas Cove, TX

Chip Timed

Plaques, Medals, Ribbons, T-shirts

Online Registration www.ogletreegap.net

Saturday, October 22, 2005

SHIITAKE RUN

8:30 AM

5K run/walk at Lake Madison Park, Madisonville
Benefiting Fort Boggy State Park.

Race info available at

www.texasmushroomfestival.com

[Registration](#)

Sunday, October 23, 2005

Second Annual Miracle Match Marathon

Waco, TX

Certified Full Marathon, two & four person relay events, 5K & 1 mile run/walk.

Visit website for up dates and registration information

<http://mmm.sw.org>

or call 888 7242811

Saturday, November 12, 2005

*** Waco Crime Stopper Pig Trot**

5K and Kids K

Cameron Park Zoo

Sunday, January 15, 2006

Rock 'N' Roll Marathon & 1/2 Marathon

Phoenix, Arizona

[Click here for details](#)

*** Brazos Race Series Race**