

Waco Striders Newsletter

January

Upcoming Race

It is that time of the year for the Waco Striders Cross Country Race. The race is at a new location this year. It will start and finish at Lover's Leap in Cameron Park. Last years race site will be under construction. Race day will be Feb., 5 2005 at 1:00 p.m. 2 mile and 5 mile. We will have 5 year age groups. The 2 mile race will have awards for the first 5 male and female finishers. The 5 mile race will award first second and third in each age group. If you have not ran the trails you will be in for a treat. The Park is very scenic and the course will offer a good training ground for new and experienced runners.

The Cameron Park Cross Country Race is an important fund-raiser for our club. I hope all of our members can show their support and bring a friend we always need new members. This race will kick off the 2005 Brazos Race Series. This series needs your support, so please take the time to sign up. It is a great way to keep track of your running. As always a race is only successful as its participants and gracious volunteers. If you can't run maybe you could volunteer. If you have any suggestions please feel free to contact me at

mitch.deskins@pruettmedical.com
or call 717-8905.

Club Meeting

The Waco Strider Club meeting will be held at 6:30 p.m. on Monday January, 24 2005 at Uncle Dan's on Lake Air drive in Waco. We will be discussing the cross country race and future races. Please come and friends are welcome. There will also be a drawing for free registrations for the cross country race. You must be present to win. Also, we will have maps of the cross country race available.

Striders in the Spotlight

How could we have striders in the spotlight without mentioning Cliff Burgess. If anyone can think of marathon man they should picture Cliff. Here is a list of Cliff's marathons in 2004:

- 1/10 Charlotte 4:56
- 1/17 Houston 4:49
- 2/15 Austin 4:55
- 2/29 Mardi Gras 4:58
- 3/7 Littlerock 4:59
- 3/28 Dallas 5:18
- 4/4 Paris 4:45
- 7/25 Nova Scotia 4:49

- 9/11 Bismark 4:40
- 10/2 New Hampshire 5:17
- 10/3 Maine 4:55
- 10/7 Lake Tahoe 5:30
- 10/8 Lake Tahoe 5:37
- 10/9 Lake Tahoe 5:11
- 10/16 Marathon 4:53
- 10/31 Marine Corps 4:51
- 11/7 New York 4:45
- 11/20 Oklahoma 4:50
- 11/21 Overland Park 6:28
- 11/25 Atlanta 4:40
- 11/27 Mississippi 4:42
- 12/12 Dallas 4:24

Out standing Cliff! I am proud that you are a member of the Waco Striders. You have represented our club all over the country very well. Cliff will be 67 in 2005.

Waco Striders at White Rock Marathon

1/2 Marathon: Pete Thauwald
Marathon: Cliff Burgess
Female Relay Team
Marsha Thauwald
Laurie Hull
Joy Elliott
Mary Eastland
Beth Hicks
These gals did well up there.
Overall best looking relay team.

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Letter From the Club President

Fellow striders, my name is Mitch Deskins. I just wanted to say hi and introduce myself. I was born in Waco in 1955. Went to school in Waco and have lived here my entire life except for a short time I lived in College Station. I am a sales rep. at Pruett Medical and an Instructor at the Waco Family Y.

I have been involved in fitness for a while but I am new to the running world. My wife Laural and I have been running together for two years now and we can't seem to stop. Then we ran into the Waco Striders and we joined the club. Because of the Waco Striders we started running in races and the rest is history. It really meant a lot to me when I was asked to be club President.

Race after race I see what a talented group of people we have in our club. It is also a challenge to keep up with all of you. I know I am not the fastest runner on the block, but it is an honor running with some of the best in our area. I have learned many things from all of you. We have a lot of interesting members in our club with even more interesting stories and experiences. I hope we will have many more to share this year. With your help and support we

can make this our best running year. Please don't forget we need members to keep our club going. Every membership helps support our website and newsletter. I hope to see you soon.

Safe running
Mitch Deskins

Special thanks to the 2004 officers

Pete Thauwald
President

Erin Crye
Vice President/Treasurer

Gabe Crye
Club Secretary

Marcie Reed
Newsletter Secretary

Michael Bowman
Membership Chairperson

Cindy Neal
Race Coordinator

Phyllis Tipton
Brazos Series

2005 Officers

Mitch Deskins
President

Laural Deskins
Secretary/Treasurer

Linda Pippin
Membership Chairperson

Cindy Neal
Race Coordinator

Phyllis Tipton
Brazos Series

Race Calendar

Sat. 2/5 Waco Striders Cross**
Country Run 5mi and 2mi 1:00
p.m.

Sun. 2/13 Freescale Austin
Marathon 7:00 a.m.

Sun 2/20 President Day Race 5k
1mi Crawford Tx*

Sat 3/5 Bearathon 1/2 marathon
Baylor Campus

Sat 4/2 Race for the Cure Heritage
Square

Sat 4/30 Hillcrest Aux. Best Dam
Run in Texas

Sat 5/14 Practice for the Pickle 5k
and 1 mi 8:00 a.m. Bredmond *

*Brazos Series

Waco Striders

Membership Application

Last Name _____ First _____ Male _____ Female _____

Street or PO Box _____ Date of Birth _____

City _____ State _____ Zip _____ Work Phone _____

Email Address _____ Home Phone _____

Names of Family Members & Birthdate: _____

Please check one: New Renewal Address Change

I am willing to serve as a volunteer for the following activities:
<input type="checkbox"/> Races <input type="checkbox"/> Banquets <input type="checkbox"/> Picnics <input type="checkbox"/> Mailings <input type="checkbox"/> Special Projects

Date of Application _____ Date Received _____

Annual Membership Fee is \$15 per mailing address. Make check payable to:

**Waco Striders
P.O. Box 21715
Waco, Texas 76702-1715**

Saturday, February 5, 2005

*** Waco Striders Cross Country Run**

5 mile and 2 mile...1:00 PM
Lovers Leap, Cameron Park
Waco, TX

[Registration Form](#)

Sunday, February 13, 2005

Freescale Austin Marathon

(formerly Motorola)
7:00 AM start

www.freescaleaustinmarathon.com

Sunday, February 20, 2005

*** Presidents Day Race**

1mile 9:00 AM - 5K 9:30 AM
Crawford, TX

[Registration Form](#)

Saturday, March 5, 2005

Bearathon

13.1 miles -- Half marathon
Baylor Campus
Waco, TX

Saturday, April 2, 2005

Race For The Cure

Heritage Square
Waco, TX

www.centraltexasracefortheure.org

254-776-1204

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

*** Practice For The Pickle**

5K and 1Mile
8:00am
Bremond, 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