

WACO STRIDER NEWSLETTER

OCTOBER 2005

Brazos Trail Run

I hope everyone had as much fun as I did Saturday at the Waco Strider Brazos Trail Run. A special pat on the back to everyone who crossed the finish line, if it was the two and one half or the five mile course, it was a challenge we can all appreciate. I would like to acknowledge a special thanks to all the volunteers who took part in helping mark the trails, working the finish line, registration and being out on the course giving direction, we could not have done it without you. Even as challenging as the races were, every one had a good finishing time to have been proud of, and if you like this type of race, the annual Waco Strider Cross Country Run will be coming up in February, hope to see you out there.

Up coming Races

There is going to be a lot of pretty cool race events you don't want to miss coming up, so keep in shape.

The Miracle Match Marathon Sunday October 23, 2005 and 5k is upon us. This event offers a little something for every one. They have a marathon, four person relay, half marathon relay, 5K and one mile fun run/ walk. There is no excuse not to get out there and mix it up some; all proceeds go to the Marrow Donor Program.

The Boo Run 5K and Kids K Saturday October 29, 2005 at Tours Texas. The 5K starts at 6PM and Kids K at 6:45PM. This race benefits the St. Martins Church in Tours. (Directions are on the Waco Strider Website see entry form listed under The Boo Run) Fellow runners this is a very fun Race to attend, it is a race event that the whole family can enjoy; it is a great way to spend a fall evening in the country. The entry is only \$15.00 before race day or \$18.00 day of the race. Y'all come out, you'll be glad you did.

The Leatherneck Run is a 5K Run Saturday November 5, 2005 8 AM .The Race Starts and finishes at the Vietnam Memorial Plaza (Across from the Marriott). The course is through beautiful Cameron Park to the Herring Street Bridge and back. Also, fellow runners, this is a real cool race to run. The past couple of these events I ran, the Marines ran in formation that is pretty neat. The entry is only \$15.00. Lets do all we can to support the Marine Corps League. These guys have been and always will be there for us.

As you can see the rest of October will have a lot of fun race events. Coming up November the 19th there is a new race in West which we don't want to miss. I will have more details to follow. The Jingle Bell Run is December the 3rd at 4:30PM at Heritage Square in Waco; this event will offer a new course this year, more details to follow.

Waco Strider Christmas Party

Hard to believe we are talking Christmas Party, but that time of year is right around the corner. We are planning to have this years party Saturday evening, December 3rd, after the Jingle Bell Run, so mark your calendars. We will have more details for you soon.

Strider In the Spotlight

Name: Stephen Ochieng

Running: Two Years

Favorite Course: Brazos Trail Speed Work

Favorite Shoes: Addidas

Best: Advice: Tempo Runs

Story: Not Much

Stephen it is good to hear from you, keep up the good running and I hope to see you out there on those trails. Like you, my favorite course are the Brazos Trails.

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 888-724-2811

Saturday, October 29, 2005

*** Boo Run 2005**

5K and Kids K

5K at 6:00 PM - Kids K 6:45 PM

Tours, TX

[Entry Form](#)

Saturday, November 5, 2005

Marine Corp Leatherneck 5K Run

8 AM

Indian Spring Park

Waco, TX

Information: Call Ralph Getman

254-744-5437

[Entry Form](#)

Sunday, January 15, 2006

Rock 'N' Roll Marathon & 1/2 Marathon

Phoenix, Arizona

[Click here for details](#)

P O S T P O N E D

*** Waco Crime Stopper Pig Trot**

5K and Kids K

Cameron Park Zoo

[Registration](#)

Postponed until spring