

## WACO STRIDERS NEWSLETTER AUGUST 2006

### **The 1<sup>st</sup> Marathon Training**

The 1<sup>st</sup> Marathon training group kicked off on July 22. We have a wide range of skills and abilities with everyone being a first time marathoner. This a twenty-two week program aimed at helping everyone achieve the ultimate. Feel free to contact coaches Scott Ruplinger (254-315-5510, [scott@1stmarathon.com](mailto:scott@1stmarathon.com)) or Tim Prefume (254-495-1885, [tim@1stmarathon.com](mailto:tim@1stmarathon.com)).

### **Community Outreach**

Waco Striders has begun what we hope is a series of community outreach efforts. When asked what the membership dues go towards, besides the usual overhead fees, it allows programs like the new “Athletes in Action”. “Athletes in Action” is a summer track series of practices and meets aimed at youth age 12 – 18. It allows for athletes to remain active during the summer and ultimately compete in regional and state meets. The program is run out of Crawford High School by Coach Ray Bowden on a volunteer basis. With the assistance of Waco Striders, all members of the team have been outfitted with track uniforms and we are looking at a greater role in next season’s athletes via volunteer coaches and assisting with travel. We have some great mentors and athletes within our club and this is a great opportunity to give a little back to the community and start grooming tomorrow’s runners. If you are interested in helping out or have any additional community service ideals please contact Scott (254-315-5510, [wacostriders@yahoo.com](mailto:wacostriders@yahoo.com)).



### **The Wetlands**

I wanted to take a moment and thank all of the many Volunteers, Sponsors and Participants who made this race possible. This was a race event organized by the Waco Striders to give our Community and Runners a unique running event, while supporting the Waco Wetlands Project. In spite one of the worst and only thunderstorms we experienced in a long time, the race went off with out a hitch. The rain gave a new meaning to the term "Wetlands", there was a lot of slipping and sliding but everyone made it across the finish line. It is not everyday you get to run a race with Olympic athletes from Kenya, pretty cool. I would like to offer a big thanks to co-directors Scott Ruplinger and Tim Prefume. These guys did a great job putting this event together, the trophies, goodie bags and post race food where great. I think they even made arrangements for the much needed rain, after all we needed it.

### **Team in Training for Leukemia and Lymphoma Society Marathon Training**

Yet another training and fundraising opportunity is available. The new season of Team in Training will begin September 30<sup>th</sup>. Program is geared towards PF Chang Marathon in Phoenix, AZ or Freescale in Austin. Now is your opportunity to raise money for a great cause and train with a great program. All travel and entry fees are paid upon completion of program. For more information contact Sue McElheny at (512) 491-6610, ext. 27 or [mcelhenys@lls.org](mailto:mcelhenys@lls.org) or Scott Ruplinger at [scottcay@hotmail.com](mailto:scottcay@hotmail.com). Online at [www.teamintraining.org](http://www.teamintraining.org).

### **The Run for Hope**

I am very excited to announce that The Run for Hope is going to take place this fall. We meet with the race directors and set a date for this event, which will be held Saturday November 11, 2006 at 8am. This race will take place on Baylor Campus, the venue will be a 5K Run/Walk and 1-mile Run/Walk. This Event will be posted on the Waco Strider website. The directors are Michael Wilkinson (210-683-1630) and Kimber Ray (214-543-2153).

### **Waco Striders Club Meeting**

The Waco Striders will have a quarterly meeting this Saturday, August 26, 2006 at 10:00 am at Beatnix Coffee Shop, located at the corner of North 19<sup>th</sup> and Lakeshore Drive. We have a lot of topics to discuss, and we would like to have your input and support on upcoming events and activities. Remember this is your club you ideas and opinions are important to us. I look forward to seeing you there. Any questions please call Mitch 254-717-8905 email [modeskins@grandecom.net](mailto:modeskins@grandecom.net)

### **Long Runs**

If you are running a marathon or a half marathon this fall, you are well into your training program. Anyone who is interested, is more than welcome to join us on Saturday mornings for a long run. We usually break our long run in to two loops. First loop starting at 5:30am second loop starting around 7am, it breaks up the mileage, if your mileage is not that high yet. Remember you don't have to run alone, and anyone who wants to participate is welcome. Any questions and information on the weeks distance please call Mitch 254-717-8905. Email [modeskins@grandecom.net](mailto:modeskins@grandecom.net)

### **Chautauqua Cross Country Run**

The Chautauqua is a new race event sponsored by The Waco Striders and The Mother Neff Park Association. This event will take place Saturday, December 16, 2006 at 9 am at Mother Neff State Park, Moody, Texas.

This event will have a very unique venue with something for everyone and all ages to enjoy. It will have a five-mile cross country run which is awesome, a kids K, and a non-competitive trail walk, which is a separate course than the runners are taking, highlighting historical and geological points of interest along the way. Proceeds from the event and other donations will benefit the park's education program and children's playground equipment. I believe this is an event we can all feel proud to support and give something back to our community that children can enjoy for years to come. Anyone who is interested in being on the race committee, please contact Mitch Deskins 254-717-8905 or email [mdeskins@grandecom.net](mailto:mdeskins@grandecom.net). See the website for brochures and more information.

**Saturday, September 2, 2006**

**HHS Dove Fest 1 mile and 5K**  
8 AM  
Starting on the square in Hamilton

**Sunday, September 3, 2006**

\* **West Fest Kolache 5000 5/K**  
West, TX  
[Entry Form](#)  
[Brazos Series Race](#)

**Saturday, September 9, 2006**

**Beat The Hill**  
Hillsboro, TX  
More info to come

**Saturday, September 16, 2006**

**McGregor Founders' Day**  
Kid K, 5K & 10K Runs  
Registration & Packet Pickup 6:30-7:30 AM  
Kid K - 7:15 AM  
5K & 10K Run - 7:45 AM  
Downtown McGregor  
For more info, call 254-840-0123, or go to  
[www.mcgregor-texas.com/foundersday/racehome.htm](http://www.mcgregor-texas.com/foundersday/racehome.htm)

**Saturday, September 23, 2006**

\* **Hearne Pacesetter 5/K**  
Hearne, TX  
[Brazos Series Race](#)

**Saturday, September 23, 2006**

**LRC Pacesetter Fall 5K Run & Walk**  
Hearne Municipal Airport  
Hearne, TX  
Contact: Roianne Alston, 979-364-2136 or 979-255-7606  
[ralston515@aol.com](mailto:ralston515@aol.com)

**Saturday, November 11, 2006**

**Run for Hope 5K & 1 Mile**  
8 AM  
Baylor Campus  
For more information Mike Wilkerson 210-683-1630

**Saturday, October 7, 2006**

\* **Brazos Trail Run 5 Mile/ 2Mile**  
9 AM  
Lovers Leap Cameron Park  
Waco, TX  
[Brazos Series Race](#)

**Sunday, October 29, 2006**

**Miracle Match Marathon**  
A full marathon, two- and four-person marathon relays,  
5K Run, and 1 Mile Fun Run/Walk.  
7:30 AM  
Indian Spring Park  
Waco, TX  
Website: [Scott & White - Miracle Match Marathon - Central TX](#)

**November, 2006( Date to be announced)**

**\* Marine Corp Leatherneck Run 5K**

[Brazos Series Race](#)

**Saturday, December 16, 2006**

**The Annual Chautauqua Cross Country & Chautauqua  
Trail Walk**

5 Mile Cross Country 9 AM

Kids K 8:15 AM

1 & 2 Mile Trail Walk 9 AM

Mother Neff State Park

Moody, TX

**Saturday, March 10, 2007**

**Waco Five-0, Two-0, One-0**

50K 6:30 AM - 20 Miler 7:30 AM - 10 Miler 7:30 AM

Redwood Pavilion in Cameron Park

Waco, TX

[Entry Form](#)

**Waco Striders Running Club  
Meeting Agenda  
August 2006**

**Introductions**

**Treasures Report**

**Race Timing**

- 1. Anyone interested in learning how to time**
- 2. The purchase of laptop(We are using Scott's personal one now)**
- 3. What races are being timed by Striders or Cindy Neal.**
- 4. Race Fees**

**New Fall Races**

- 1. The Texas Youth**
- 2. Pioneers Day in Whitney**
- 3. The Run For Hope**
- 4. Chautauqua “Advisory Committee volunteers needed”**

**Waco Striders Sponsored Race Teams**

- 1. Chicago Marathon**
- 2. Waco Marathon**

**Brazos Race Series**

- 1. Adding the Waco Five O to the race series**
- 2. Removing October 7, 2006 Brazos Trail Run**
- 3. Removeing Prairie Chapel never provide race results**
- 4. Brazos Series Awards Presentations**

**Discuss the 2007 Slate of Club Officers**

**Possible dates:**

- 1. The Annual Cameron Park Cross Country Trail Run**
- 2. Christmas Party**

**Group Runs**