

WACO STRIDERS NEWSLETTER

MAY 2007

Hillcrest Annual Best Dam Run

This years Hillcrest Annual Best Dam Run 5k & 1 Mile fun run will be held Saturday June 2, 2007 at the Lake Waco Dam in Waco. The race course runs along a paved road on top of the dam, the race route is flat and out and back. The view is very scenic over looking Lake Waco on one side and the Bosque and Brazos River Bottom on the other side. I really think you will enjoy this event; last years race was a lot of fun and was a huge success in the running community. I feel this year's venue will be bigger and better. I am very proud to mention that the Waco Striders are one of many sponsors in this year's event. Any Waco Strider who would be interested, or knows anyone who would be interested in volunteering to help race day, please contact Mitch or Laural Deskins by phone 666-0679 or email mdeskins@grandecom.net The race event awards are three deep in five year age groups and is a Waco Strider Brazos Series Race. This event is a wonderful opportunity to score some Brazos series points. Hillcrest Hospital has served our community with quality health care and community service for decades. Let's show our support on race day.

Big Sir Marathon

Big congratulations to some of the Waco Striders who attended the Big Sir Marathon in California this last weekend. Dan and Kristen Beavers from Waco and Jim and Carmen Long of Round Rock, good job guys. I hope they got some pictures to share with us, I hear it is a beautiful Marathon Course.

Waco Wetlands

I am pleased to announce that the Waco Striders along with the City of Waco Wetlands Research Center will be putting on the 2nd annual Waco Wetlands 5k and Little Tadpole Race this year. The event will take place Saturday June 16, 2007 at The Lake Waco Wetlands Research Center. Registration and Packet Pick Up 6:30 AM – 7:45 AM. The Little Tadpole Fun Run Starts at 7:45 AM and the 5K Run/Walk starts at 8:00 AM. Awards are three deep in each age group Male and Female. Medals will be awarded to all participants of the Tadpole Fun Run. The course is beautiful and scenic as it takes you thru The Waco Wetlands. This is an event that the whole family can enjoy. Proceeds go to The Lake Waco Research and Education Center. This race is a Brazos Series Race worth double points.

Past Events

I wanted to mention and thank the race directors and the many volunteers of some the events that have taken place in March and April, which gave the running community some fun and unique race venues.

The Bearathon was great this year. The support to the runners from the Baylor Students and the Student Foundation was Fantastic and the Traffic Control from the Waco and Baylor Police was awesome.

The Waco 5-0, 2-0 and 1-0, the ultra trail event runs thru Cameron Park Trails. If you like Rocks, Roots, Stumps, Dust, Dirt, Sweat, Blood and a challenging course, this race is for you. Big thanks to Tim Neckar and all the volunteers who worked many hours providing good food and hydration to all the race participants. If you have never run this event, you don't know what you're missing.

The Race for the Cure was bigger and better than ever this year. The course was great, the volunteers were fantastic. Big thanks to all the race participants who joined in and supported this cause. An event this size takes a lot of planning and a lot of hard work. A big thanks to Nancy Goodnight for making this a safe and successful event.

The Waco Striders had a Hospitality tent set up at the race for members of "For the Joy of It" team and for the running club members and friends; we are looking forward to doing that more often.

The Police Memorial changed their venue to the Zoo. This was a nice change. As always, this is a fun event to participate in. The Police Memorial was very runner friendly, complete with a band playing at the finish, and many door prizes were handed out.

New Equipment

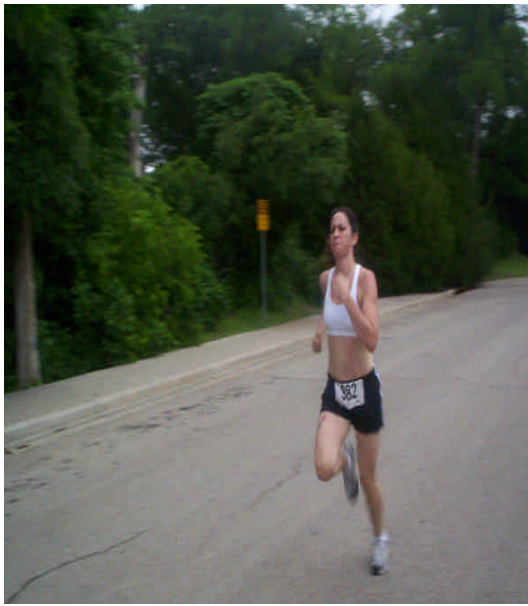
With the help of Lone Star Music in Waco, the Club is purchasing a new Public Address Sound System to use at our events for announcements and for music during events. Also we are in the process of purchasing a new Lap Top PC to use in race timing. Thank you Waco Strider members and sponsors for your help in making these positive changes.



Top Right: April Swindal, Sharon Brown Race for the Cure at the Waco Striders Hospitality Tent.

Top Left: Laural and Mitch Deskins Nora Roberts and John Tremont Police Memorial Run

Bottom Left: Mark Man Bell Police Memorial Run.



Tonya Trepinski coming in at the Police Memorial Run.



Relaxing at the Strider Hospitality Tent Race for the Cure.



Julia Riley and Sherri Hicks Barathon 2007.



Marsha Thauwald Race for the Cure

Saturday, May 19, 2007

Cool Cucumber Run

5K & Kids K
Bremond, TX

[Entry Form](#)

Saturday, May 26, 2007

Prairie Chapel Heritage Run

Mile begins at 8:00 AM
5K begins at 8:30 AM
Location: Historic Prairie Chapel School
Near President Bush's Ranch, Crawford, TX

[Entry Form & Map](#)

Saturday, June 2, 2007

*** Hillcrest Annual Best Dam Run**

5K & 1 Mile

[Information](#)

[Online registration](#)

Saturday, June 16, 2007

*** Waco Wetlands Run**

Off-Road - 5K

8:00 AM

For directions go to www.wacowater.com

[Entry Form](#)

[Map](#)

Saturday, June 23, 2007

Polish Pickle Run

Bremond, TX

Saturday, November 10, 2007

*** Marine Corp Leatherneck 5K**

8 AM

Indian Springs Park
Waco, TX

Saturday, November 17, 2007

*** Turkey Trot**

1 mile Fun Run/Walk & 5K

Cameron Park
Waco, TX