

**WACO STRIDERS NEWSLETTER**  
**SEPTEMBER 2009**

When I became president of the Waco Striders Running Club this year I was determined that I would try to get a newsletter out at least every 2 months. I feel that it is important to spread the news and information about the club. We have made some great improvements in this area but I am still not quite where I would like for our club to be. I will continue to work in that area and if you have any ideas or suggestions please feel free to email or call me.

Another thing that I thought would be of interest to you all is the Runner in the Spotlight section on our website. Ed Barker was gracious enough to be my guinea pig and let me interview him for my first runner in the spotlight. Please read the interview with Ed and learn all about him. Just to let you know that I am very much appreciative of Ed and his willingness to let me post this.

You guys are all doing such a great job of keeping up with your training. Several of you have entered races this year and have had improvements on your time from where you were when you first started. As this newsletter is sent out, several of you have ran some distances that you probably never thought possible for yourself. It is amazing what one can do when one sets their mind to it. The key is you have to want to run the distance.

Talking about running a long way, if you have made all of your Saturday runs with us and also the Monday and Wednesday night runs your mileage is adding up, if you are beginning to feel some aches and pains that you haven't felt before it could be your running shoes. It is recommended that you get new shoes after putting approximately 300 to 500 miles on your shoes. Unlike tires you can't rotate your shoes.

The following information I found on [www.runnersworld.com](http://www.runnersworld.com)

**When is it time to retire my running shoes?—Ken Becker, Phoenix**

Between 300 and 500 miles. Why the range? Because how quickly a shoe wears depends on you. If you land hard on your heels with each stride, for example, you're going to wear through shoes more quickly than more efficient runners. Go by feel. If after a normal run your legs feel as if the shoes aren't providing you adequate protection, they probably aren't. Give your legs a week to make sure it's really the shoes and you're not just tired. If the shoes still feel dead, replace them. We can tell you that the vast majority of runners replace their shoes too late. When you can see white midsole material poking through the outsole or when the sole under the heel looks crushed, the shoes are long past their prime.

Because some of you are running the San Antonio half or full marathon in November, you may want to go ahead and get some new shoes now so that you will have time to break them in. You really don't want to run a marathon or half marathon in new shoes.

The new tie dye shirts have been a huge hit and I want you to know that we are in style. According to the Waco Tribune Herald the tie dye look is in. So if you don't have one, I would hate to think that you are not styling like the rest of us! I am going to order some more shirts. If you would like a certain color shirt, please let me know so that I can get it ordered.

For those of you who enjoy the thrill of running the trails at high speed with danger lurking around every corner, there is a trail run on Sundays at 2pm. Meeting place is the Northern Ball Field in Cameron Park. Call Mitch if you have any questions 717-8905.

I want everyone to know how proud we are of all your accomplishments. You guys just keep getting better. We have a great group of people. As always I am always looking for things of interest. If you have any suggestions for improvement on our website or just in general, then please let Mitch or myself know.

Our running club would not be what it is today without all of you as members.

Thank you all for making this club special.

Julia

“Running, it's better than therapy” Cindy Booker