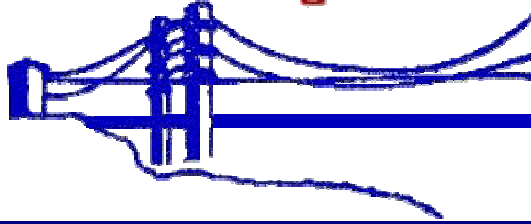


Waco Striders Running Club



Volume 1, Issue 1

November 2010



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Message from Julia

Julia Riley

President of Waco Striders Club

There is a location change for the Monday night run from Whitehall Park to the First Baptist Church in Woodway.

The Wednesday night run location is now Indian Spring Park by the suspension bridge at 6 pm. Also we need to remind runners to wear some type of reflective clothing when running in the dark.

I want to wish all the Striders who are doing the San Antonio Rock and Roll marathon/half marathon or the Ft. Worth half/full/ 20 mile run on Sunday good luck!



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Miracle Match Marathon update



KIDS MARATHON - KIDS NEED TO BE LOGGING MILES NOW

**VOLUNTEER OPPORTUNITIES - REST STATIONS,
REGISTRATION HELP, ETC**

DISCOUNT CODES FOR MEMBERS

PEOPLE LOOKING TO FORM RELAY TEAMS

Membership Information

The Waco Striders Running Club is always excited to accept new members. Our yearly membership fee is only \$20.00 and this includes your entire household. As a Waco Strider the monthly newsletter (available on the website) is packed full of interesting articles and useful information for every runner. Our newsletter also includes all entry forms for all races on the Brazos Race Series. So if you would like to stay in touch with the latest running news here in Waco, subscribe today!



 [Sign Up](#)

2010 Waco Jingle Bell Run/Walk® Dec. 4, 2010

The cost is \$35. Last year we won the trophy for the most team participants and we all wore antlers during the race. You will get a long sleeved cotton race t-shirt. Patricia Pack is the team captain or contact Cindy Neal.

If you have an interesting running story or something you like to share just let me know and I will add next month.

UPCOMING EVENTS

Take a look at what is happening for November.

CALENDAR OF EVENTS

Saturday, November 13, 2010

Zoo Stampede 5K & 10K

Cameron Park Zoo

Saturday, November 20, 2010

Turkey Trot 5K & 1K fun run

1K fun run - 8:45 AM

5K - 9:00 AM

Redwood Shelter

Cameron Park

Waco, TX

Saturday, November 20, 2010

GET FIT CSTAT FUN RUN & FITNESS FESTIVAL

5K Run/Walk - 8:00 AM

Kid K (Children 10 and under) -

9:00 am

Wolf Pen Creek Park

College Station, TX

Saturday, December 4, 2010

Jingle Bell 5K & 1K fun run

Indian Spring Park

Waco, TX

"If you'll not settle for anything less than your best, you will be amazed at what you can accomplish in your lives"

Vince Lombard

Runner Information
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Stay updated on group runs



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Suggestions for Newsletter

I WOULD BE MORE THAN HAPPY TO SHARE MY ROUTES. I WOULD ALSO LIKE TO SEE WHERE EVERYONE ELSE IS RUNNING WHEN NOT WITH THE GROUP.

TIM STEELE

I THINK IT WOULD BE NICE TO LIST EVERYONE'S RACE SCHEDULES, ESPECIALLY SINCE WE HAVE SUCH A DIVERSE GROUP OF ATHLETES.

JACKIE

IN THE FUTURE MAYBE WE COULD DO SOMETHING LIKE GETTING A CLUB MEMBER TO WRITE A BRIEF ACCOUNT ON "WHY I RUN" OR "MY FAVORITE RUNNING ROUTE".

DON HINDS

November Birthdays

- 05 JOHN UCCI
- 06 JIM SPENCER
- 07 MISTY VOTAW
- 12 RANGER DOVE
- 14 KEEGAN DOVE
- 16 LAURA LANGDALE
- 17 TAMI OTT
- 19 CHRIS KLEESE
- 20 BRAD HICKMAN
- 21 KAREN ALLEN, AMY MARINELLO
- 22 MARY EASTLAND, MARY WARRINER
- 24 NED POWELL
- 27 HAP PRICER, ERIK ROMANOV
- 30 KATHERINE MAREK, BLAKE SCHRADER

Your task is not to seek for love, but merely to seek and find all barriers within yourself that you have built against it" - Rumi

QUESTIONS AND ANSWERS

Q: Questions about the striders running club?

A:

