

Waco Striders Running Club



Volume 1, Issue 3

Website: <http://www.wacostriders.com/>

January 2011

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Message from Julia

Julia Riley

President of Waco Striders Club

This is the time of year when we all make new resolutions and some of us have already broken the resolutions we vowed to keep ! I joined Weight Watchers this week and have been really good for 4 days and today I used all my points up plus some of tomorrows !

Monday January 10 will be the start of the Striders walking group. We will meet at the same place and time as the runners. This is a good opportunity for a person who has been thinking about getting out and doing something but needs the motivation of being with a group. Once we get started and decide what our goals are going to be there will be no stopping us ! Come out and join us. If you have any questions please call me or email me.

Also remember that it is time to pay you membership dues for 2011. You will have an opportunity to pay at the banquet next week or you can pay online or print up the membership form and pay by check. If you pay for your membership between Dec 15 and Jan 31 you will be entered into a drawing for a fabulous prize. cost is \$20 for the year and it includes the entire household. What a great deal !!

Congratulations are also in order for Blake Schrader who was named president of the Waco Tri club this year. You can read about Blake and what makes him tick in this newsletter. Thanks again for agreeing to be the featured In the Spotlight person this month.

Julia

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Runner Information
(254) 666-0679
Stay updated on
group runs



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



*Waco Striders 2011 Bearathon training starts **Jan 8th**, our first official run starts 8:00am meeting at the Waco Family YMCA.*

Waco Striders Awards Banquet

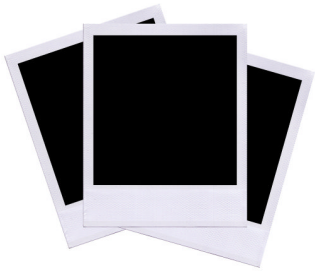
*The Waco Striders annual Awards banquet will be Sat. **Jan. 15** at 6:30 pm located at the Waco Regional Tennis and Fitness Club on Lakeshore Dr. This year we will have catered, so we need an RSVP, cost is \$6. RSVP to Julia at jrileymc@aol.com or Mitch at modeskins@grandecom.net*



Kids are Miracles 5K and 1K January 15, 2011

This race is being held by the Waco Striders and a portion of the proceeds will be given to the Miracle Match Kids to help give a child the opportunity to participate in the kids marathon. You can register by mail or online.

We are also taking donations for the Miracle Match Kids Marathon . If you sponsor a child by donating \$10 your name will be listed on the back of the Kids are Miracles t shirt. See Dianna Deleon or Mitch Deskins for details.



The Waco Striders Jingle Bell Team Won the award for biggest Coop team for 2011.

Here is a picture of the trophy.



2010 Bearathon – Team Striders





Guess Who?

See if you can figure out who this is....one clue... he is a Strider.....Find out who the little cowboy is at the Striders Award Banquet on January 15.

MEMBERSHIP INFORMATION

It is time to think about paying the 2011 dues for your Waco Striders membership. The cost is \$20 per year per household.

If you pay your dues between December 15 and January 31 2011 you will be entered into a drawing for a fabulous prize ! This year we have the option to register online thanks to Dave Henry. Click on the link below if you would like to sign up online
<http://www.active.com/running-membership/waco-tx/waco-striders-running-club-membership-2011>

If you prefer the pen and paper method you can still download the membership form from the website.

NEWSLETTER INFORMATION

The newsletter is written by Waco Strider members. If you have a running experice that you would like to share please send this information including pictures. Your contributions are will help make this newsletter better.

SPOT-LIGHT ON...



My name is Blake Schrader and I am a High School PE teacher at AJ Moore Academy. I love it because it gives me an excuse to be around physical activity constantly at work. I'm originally from Waco (China Spring...GO Cougars!) What made me start?

I started training just a little over two years ago and had never run over a 5k before that. I had a couple friends doing Ironman Triathlons so I wanted to see what it was like. I then bought a bike, running shoes, and signed up for a half-ironman (thinking it was the way to go and skip the shorter distances.) It was a painful mistake, but I won't say it was the wrong one. I learned a lot and then I was hooked! I signed up for around 15 other races that season alone, (I'm obsessive) most of which were on the drive home.

Accomplishments/ Goals?

Since then I've completed numerous sprint and Olympic distances, 4 more half-iron races. And soon will have done 3 Full Ironmans in a 1 year period. I like to tease that I'm the only lunatic that was signed up for 3 Ironmans before even finishing one, but hey...when you're hooked, you're hooked!

The Striders have since got me so hooked on running that I plan on three ultra run races this year. The Cowtown Ultra, TNT Ultra Trail run, and a 50 mile Ultra run in October. Hopefully being able to do a 100 miler in 2012 or 2013.

Favorite Quote?

"Only those who will risk going too far can possibly find out how far one can go." –T.S. Eliot

What do I eat?

During the week I keep a pretty clean diet with lots of chicken, fish and veggies. I try and stay away from a lot of starches unless I have a really long training or racing day ahead.

During a race I ingest gels, sports drinks, and on the bike during an ironman, I eat 4 peanut butter and jelly sandwiches along with jelly beans (always a kid) to get me ready for the marathon.

What motivates me?

I think the human body is capable of things most people don't know they can do. I'm the type of person that wants to push those limits and try to do the next big thing. I like doing things that the majority of people thinks isn't possible. If I'm struggling during a race I really don't have any mantras or quotes to motivate me to get to the finish, but I found out that berating myself in my mind helps. I know that without succeeding in that race or moment, that my other goals aren't possible. Lance Armstrong wrote "Pain is temporary. It may last a minute, or an hour, or a day, or a year, but eventually it will subside and something will take its place. If I quit, however, it lasts forever." (I guess that's my other favorite quote.)

I must admit that when I joined the striders I was just looking to supplement my long-run triathlon training with a run group. But I've come to realize that they are so much more than just a group and they are pushing me to do things I probably didn't even consider a couple years ago! It definitely makes it fun to train with such dedicated individuals. I have thoroughly enjoyed running with y'all and look forward to a long future with the Striders!

Waco Striders

Membership Application

Last Name _____ First _____ Male _____ Female _____

Street _____ Date of Birth _____

City _____ State _____ Zip _____ Cell Phone _____

Email Address _____ Home Phone _____

Names/DOB of other runners in household _____

Please check one: New Renewal Address Change

I am willing to serve as a volunteer for the following activities:

Races Banquets Picnics Special Projects

Date of Application _____ Date Received _____

Annual Membership Fee is \$20 per mailing address. Make check payable to:

**Waco Striders
P.O. Box 21715
Waco, Texas 76702-1715**