



## Newsletter

September 10, 2009

Labor Day can mean a backyard a backyard bar-b-q -- but this year, I plopped my sweaty self down on the concrete parking lot at Luke's Locker in downtown Ft. Worth, fresh, or not so fresh, from finishing a 15K with fellow Striders Haley Pollard, Kiet Hoang, and Lee Rebodos . I was sipping a beer and eating a hot dog at oh, 9:30 a.m.

I looked around at the throngs of other runners doing the same, munching on whatever they could find – lettuce wraps from Pei Wei in the morning, fabulous; Cinnamon bread from Panera delicious; Vitamin Water, bring it on... more beer... well, just one more.

I looked at Haley and laughed and said, “Does it get any better than this?”

I guess I'm into simple pleasures these days – and running ranks at the top – only made better when combined with good friends and a parking lot bar-b-q!

Gotta run,

Jennifer

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## Where are the Striders meeting on Saturdays? Stay tuned... cast your vote!

We also are looking at other options to begin our Saturday runs. While we currently meet in Murrell Park, we understand at some point in the future (who knows how soon or how distant) the Corp of Engineers will start charging admission into the park. In order to be prepped for this, we're scoping out other locales.

You can still vote your choice at Saturday's run. Thanks to Brad McClatchey for organizing this.

## Great Harvest offers GREAT benefits!



Many of you know, we've even changed our Saturday coffee and chat location! We have abandoned the corporate powers that be at Starbucks and happily moved our business to Great Harvest, which supported our Declaration Dash. As a grassroots running club, supporting a local business just felt right. Thanks to Kevin Brosi for talking to Great Harvest, which readily offered a 10 percent rebate on all morning purchases while we are there for coffee and treats! Can't beat that!

So go carbo-load and support Great Harvest, and the Striders!

## Mark your calendars... monthly meeting!



Don't miss our monthly meeting on Sept. 12—this month Nick Bustos is hosting us at his place, 2900 Windsor Drive. Nick also will be hosting us on Nov. 7 in a big hog roast... save the date!

## Race Results:

- Congrats to Alex Parker (Ivonne's son) who ran another PR in the 5K of 21:50 in his high school cross country team. Ivonne reports that Strider Connor Adams was a full minute ahead of his peers finishing in 14:45, but apparently they are evaluating the course to make sure it was a full 5K. Regardless great job to both on these accomplishments!
- Congrats to Sandra Ricaud who ran the Crull Fitness Summer 5K in a blazing 19:48, good for first place overall!



**Sandra Ricaud, left, with Yolanda Hopping.**

### Ft. Worth Running Club 5K at Luke's Locker on Labor Day—

(by Jennifer Wilford)

It was a fun morning with Haley, who set a blazing pace in the 15K in 1:11:42 to take third in her age group and a huge PR (7:40 pace) and Kiet Hoang, who was second in his age group with a PR of 1:01:52 (6:37 pace).

Lee ran this race in a leisurely (for him) 1:10 since he has been very sick and had not even run in two weeks! Amazing he was even there.

Kiet's friend Dennis Cox was with us and finished in 1:18:09, and Laura Russo, who was using this as a training run finished second in her age group in 1:18:36.

I used this as a training run for Chicago and was happy with how I felt finishing in 1:11:26.

## Update on Duncan Stewart—



Great news on Duncan who is recovering from a brown recluse spider bite.

I'm doing much better, now that the vacuum machine is no longer attached to my arm. The doctor now thinks that a 2nd skin graft operation will NOT be necessary. I've got my fingers crossed. I'm able to run, but it's cross country season now and my daughter has a meet almost every Saturday.

### **A Race to consider...**

**Fellow Strider Vanessa Loggins reports the following sad news...  
please consider running this race.**

Diane Proud (who instructed me in deep water running) and is a good friend, was recently diagnosed with ALS (Lou Gehrig's Disease). This is a devastating disease with no cure. It slowly removes your ability to control your body but usually leaves your brain alone, so you're aware of what's happening to you.

For Diane, this news hit us hard because she's a great tri-athlete:

Diane is an 8-time USA Triathlon All-American. Athletic accomplishments include: 3-time National Grand Masters Female Duathlete of the Year (2006, 2007, 2008); ITU World Duathlon Championship Gold, Silver & Bronze Medalist; ITU World Triathlon Championship Bronze medalist. Additional age group titles include: National Triathlon Champion; National Winter Triathlon Champion; 2-time National Duathlon Champion, National X-Terra USA Championship Bronze; and 2-time ITU World Aquathlon Champion. Three Ironman-distance finishes include two World Ironman Championship races in Kona, Hawaii.

Anyway, RunOn Coppel has put together a 5K run in October benefiting ALS and Diane's medical expenses (one of her medications costs over \$1200/month). Here's the info and how to sign up:

<http://www.runproud.org/>

I encourage everyone to run this 5K if they're available – it's for a good cause and she's a wonderful person!

Vanessa