



North Texas Striders newsletter July 24, 2009

Things have slowed down for the summer, but a few items of interest for the club...

Striders' meeting notes...

Thanks to Brad McClatchey for hosting us last weekend at Long Prairie Rehab. The Striders had its usual club meeting followed by a post-race review of the Declaration Dash.

- Obviously we've changed our name to the North Texas Striders. You can check out the meeting minutes at www.northtexasstriders.com
- We are considering some new apparel given the change in name of our club and logo. Be on the lookout!
- A survey has gone out to Dec Dash race participants. (Thanks to Melissa Hassan for coordinating) Feedback has generally been positive – one opportunity for improvement will be the ease of registration.

Welcome to the club!

We are thrilled to welcome some new members to the club:

Linda Babbige and her children – Holly, Jacob, Sam, John and Hannah

Welcome also Cindy Amador, who has been running with us for a few weeks now!

Need volunteer for water duty!!!



If you drink plenty during the summer months but have yet to volunteer to help your fellow runners in August, we need someone to step up and take water duty... PLEASE!

Notify me at jenwilford@yahoo.com or let Harry know at Saturday's run! Don't let us melt during the summer!

Updates on Striders' health:

Many of you have asked about Susan Morris who was recently diagnosed with breast cancer. She had a lumpectomy last week but will need another round of surgery. The scope of this surgery has yet to be determined. Susan, our heartfelt thoughts go out to you. Special thanks to Ivonne Parker for providing a meal from the Striders and Lori Gillespie, Susie Gross, Lori Gillespie and Jessica Hanson who have also pitched in to help – and others I have not mentioned!

We're happy to report that Duncan Stewart is improving after being hospitalized with a bite from a brown recluse spider.

Too Hot to Handle 15K at White Rock—

While not as hot as previous years, Too Hot to Handle still lived up to its name. We had lots of Strider participation in a fun event!

Last Saturday results:

Lee Rebodos— 1:04:19 – Third age group – GREAT JOB!!

Randy Roebuck— 1:06:53- Seventh age group- Way to go!

Jennifer Wilford: 1:10:21 – 6th in age group

Steve Shadix—1:11:36 – 14th in age group, ran even splits. Great job!

Mindy Muzzarelli—1:15:46 – negative splits and training strong for Marine Corps!

Tracy Barnes – 1:22:52 – a great time, and a hot day to boot!

Jane Niemtschk—1:33:57 – Strong effort since she's coming off an injury!

Enjoy cooler temps while they last!

Gotta run,

Jennifer