

Consider this a “last hurrah” for the newsletter as you know it. When we unveil the newsletter sometime in February, it will be in a new monthly format. With the aid of some new software, I think you will find it more striking visually, and we want to add some features that will make it an even better read. To stay on top of club news all the time, go to www.northtexasstriders.com. See our message board to see what runs are on tap and check out our “links” for some great new resources!

Change is afoot in other areas. Read on to find out about our officer elections, and kudos to all volunteers who are giving generously of their time and talents to help the club.

Of course we’ve got some great race results to report. I’m always thrilled to run with such talented runners, but even more proud to run with such great people.

Gotta run,

Jennifer

New leadership steps up for Striders



Officer elections recently were held. We have a new president, Tracy Barnes (above). Kiet Hoang is our vice president, Jennifer Wilford is chief communications officer and Harry Otto is treasurer. Tracy and Kiet are both stepping up as first-time officers while Harry and Jennifer have previously served.

Officer/chair positions are appointed. Thanks to the following who will contribute in the following roles:

Website: Nick Bustos—thanks to Curt Daniels who will serve as back-up

Membership: Gabe Milla

Social: Haley Pollard

Apparel: Ellen Ringenberger

Race Reports:

Striders “Rock” in Phoenix

- Mindy hits Boston-qualifying time at Rock’n’Roll Marathon
 - ML turns 40
 - Colleen fights back injury
- Kevin logs third marathon in eight days!



(Mindy , ML and Kevin are ready to run in Phoenix!) (Mindy and Colleen at Expo!)

Mindy’s race report:

This was my third marathon, and I entered it hoping to be able to qualify for Boston. The course was flat & fast, as promised. There were just under 5700 people who finished the full marathon, so it was a nice size and not too crowded – the first race where my watch and the mile markers were in sync. It was the least scenic of any race I have been in – mostly we were running through suburban neighborhoods and strip malls and the view was mostly road stretching out miles in front of you.

I wanted to just keep at even pace between 8:10 – 8:20 & felt like I was holding myself back the first 7 miles to keep gas in the tank. I felt good that morning and shortly after starting the race I was

completely focused on making my time and very determined. It helps that I had several good visualization strategies up my sleeve to keep myself entertained during the race, and I thought of all the people who have been important in my journey.

I received a lot of good advice & encouragement from many Striders as well as friends and family. It's always tough the last 5 miles, and at that point I just focused on keeping my pace till I saw the next mile marker. It wasn't till I saw the finish line & the clock that I knew I had made it, and what an awesome feeling it was! I replayed the message I left at home on the machine after the race, and I had a good laugh because I sounded absolutely euphoric. It was an incredible experience & I loved having friends to share the day with. My finishing time was a 3:39:08, and I am looking forward to the Boston Marathon on April 18, 2011.

Kevin Brosi's race report: Rock n Roll, huge and fun events (35,000 runners this year). This race is very popular for its flat course and good weather. I had previously ran this in 2006. Sunday the weather was nearly perfect at 51 degrees, partly cloudy and no wind. ML was the reason to attend the race. It was ML's 40th birthday and her mom came from France to attend. It's great to have loyal marathon fan/relatives. All ML had to do was say, "Come on Kevin, let's run a marathon in Phoenix, btw it's my birthday". Mindy was also very persuasive pointing out at Marine Corps that I had run every marathon she had run. How could I miss?

Colleen ran the Half and Mindy, ML and I ran the full. We met at the "Anchor" monument prerace, took a few photos then joined the race corrals. Mindy wore the precautionary garbage bag, an experienced marathoner solution for prerace warmth. We lost ML when she got in an endless port-a-potty line. Marathon Maniacs wandered by to say hi and we compared 2010 race schedules.

At the start John Bingham (aka The Penguin) did the announcements and Senator John McCain was there to wave us on. The event was fun and I met many old friends and made a few new ones. Such as Army wife Jen Shelby who happens to work at RunOn Coppel. She is also training for the Cowtown Ultra. There were many costumes: Elvis, the Banana, Super Woman, Bat Woman, green hair, red hair, cheese head, musical notes, 100's of cheerleaders, bands and more bands. I even ran past a sign that



said "Keep Going Mr. Kevin". I had to stop for a photo.

I ran and talked with Lisa, Jen, Lichu and Marilyn for the always difficult last 10K. hmmm, all ladies. I finished in 4:31 to make that my 3rd marathon in 8 days. And, by far the warmest. Last week in Jackson, MS it was 19 degrees and Mobile, AL was 22 degrees and I had ice icicles in my hair both days.

Post race we had a birthday party for ML at Claim Jumpers. She wore a funny hat and we had a great time. Alex narrated our food selections from the restaurant's nutritional menu which was a great source of amazement and amusement.



Next up Cowtown 2/27 (a popular Strider event) and a double in New Orleans 2/28. If you want to join the Striders on the road consider Big Sur 2010 and Paris 2011.

Final times in Phoneix:

Mindy, 3:39:08. BQ, PR

ML, 4:05:08.

Kevin, 4:31:13.

Colleen, 1:50:26 (half).

Striders show well in local, statewide races!

Congrats are in order to many Striders who have posted some impressive times throughout the Lone Star State!

Houston Marathon:

Kiet, 3:20:50.

Adam, 3:29:51



3M Half Marathon in Austin. Congrats to Susan Morris and Marie Swanson, both of whom posted PRs at this event! Susan, 1:45:34 and Marie - 1:46:41.

Bold in the Cold at Lake Grapevine- Many Striders competed in the 5/15K. Course for the 15K was .14 miles long due to being directed on a wrong turn on the course. See revised official and revised times at the bottom. Thanks to Kiet's ingenuity to figure those out!

Special recognition goes out to Duncan for volunteering for this event.

15K

Rick Hanson 56:51 1st AG, 3rd Overall

Jennifer Wilford 1:08:26 1st overall masters, 2nd Overall Female

Randy Roebuck 1:09:46

Haley Pollard 1:10:31 1st AG

Kiet Hoang 1:10:31

Tara Martin 1:12:38 2nd AG
Jessica Hanson 1:13:36 1st AG
Brad McClatchey 1:16:52
Lori Bailey 1:17:13 2nd AG
Tracy Barnes 1:17:39
Mark Stoecker 1:18:17
Ellen Ringenberger 1:21:12 3rd AG

5K

Connor Adams 16:23 1st Overall
Curt Daniels 18:43 1st AG
Nick Bustos 20:25 2nd AG
Sandra Ricaud 20:38 1st overall masters, 3rd overall female
Jonah Barth 24:10 1st AG
Adam Barth 24:11
Ivonne Parker 26:24 3rd AG

Readjusted 15K times due to the long course. Kiet used your average pace over the 9.46 mile long course to determine what your time would have been for a 15K (9.32 mile) run.

Rick 55:55
Jenn 1:07:25
Randy 1:08:44
Haley 1:09:28
Kiet 1:09:28
Tara 1:11:33
Jess 1:12:30
Brad 1:15:43
Lori 1:16:04
Tracy 1:16:30
Mark 1:17:07
Ellen 1:19:59

Mark your calendar, our next meeting date: Thursday, Feb. 11, 6 p.m., at Long Prairie Rehab

