



North Texas Striders' Newsletter—October 8, 2009

Lots of unique and fun news to report this week – a wedding, a hog roast and coincidentally, a marathon.

I'll be among the Strider contingent headed to run the marathon in Chicago this weekend. Weather looks downright frosty (I'm not joking!) but I'm sure it will be an adventure.

It's always a strange feeling to know there is nothing left for me to do other than eat a boatload of carbs, hop on a plane on Saturday morning and hope for the best. I so enjoy road trips with my Strider buddies and appreciate the support of those who check in from afar. As I near the race, I am grateful for my running pals who can share in the trials and tribulations of training and celebrate the longest of long runs – a great mantra for friends of all walks, or runs, of life.

Gotta run (well... 26.2 on Sunday),
Jennifer

Mark your calendars for upcoming Strider events:



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| 6:00 p.m. Thursday , Oct. 15 | Strider meeting- Long Prairie Rehab |
| Saturday, Oct. 17 | Race for the Cure- North Park DEADLINE TO ORDER SHIRTS/REGISTER IS SUNDAY! |
| 5:00 p.m Saturday, Nov. 7 | Nick's Strider fall party- Go HOG wild – 6015 Plantation Lane |

Strider monthly meeting coming up:

Don't miss our monthly meeting where you can have a voice in our club. This month's meeting is at 6:00 p.m., on Thursday, October 15 at Long Prairie Rehab – 3301 Long Prairie Rd. Special thanks to Brad McClatchey for hosting us.

Deadline approaches for Race for the Cure!!! Save the Ta-Tas...

Calling all Strider girls (boys welcome too).....Please join Susan Morris, who was diagnosed with breast cancer in July, and Ellen Ringenberger on Saturday, October 17th for the Race for the Cure at North Park in Dallas. We have put together a team, the Ta-Tas of North Texas. Below is the team t-shirt.



Please go to the website for the Race for the Cure www.komen-dallas.org and register under the Ta-Tas of North Texas. You will then register for the race and the packet and t-shirt will be mailed directly to you. You have until October 12th to do this. Please forward to your friends and family. You do not have to be a member of the North Texas Striders to participate.

Ellen needs to have a final count on how many will be ordering t-shirts to wear for the race by Sunday. The cost of the t-shirt is \$14.00. Fellow friends and family who have battled cancer will be named on the back of the t-shirt. Please send Ellen their name and if it is in honor of or in memory of that person. Even if you cannot make it to the race you can order a t-shirt and/or put a name on the back of the t-shirt.

Questions? Contact Ellen at GroovEdesignsER@aol.com or 972-874-0379 (H)/ (214) 532-8165.
Ellen Ringenberger

Go Hog Wild at Strider fall bash

Nick and Todd's Crème de la Crème Hog Roast

Save the Date-- Saturday, November 7—party starts around 5:00 p.m.

Watch for Evite-- coming SOON!



Come nosh on the delicacy of fresh roasted hog at Todd Dingman's home, a close personal friend of Nick's at 6015 Plantation Lane, Flower Mound, TX 75022 -- off Shiloh Road near Christina's.

Festivities will begin at 4:30-5:00 p.m. when the posh pig will be carved to your liking (contrary to rumors, Haley and I will not be in charge of the carving). Chicken also will be served for those not willing to broaden their culinary horizons. Kids are welcome and there will be a bounce house to entertain them.

What to bring: A lawnchair, your favorite side dish to share, and BYOB, (leave Endurox at home please). Also, if you wish to make a donation to defray costs of the bounce house and cost of prepping the hog, it would be much appreciated.

Come eat, drink and have fun with your fellow Striders!

Direct any questions to Nick at nick.bustos@gmail.com

Strider will be a Runaway Bride...

Congratulations to Strider Carolyn Spain, who will be getting married prior to the White Rock Marathon on Dec. 13 to Bob Jacobs. Both are marathon runners and then will run the race, Carolyn in her wedding dress – if she can find one that works!



This twosome will have a private starting area for the ceremony located behind the elite start. They will start the ceremony there and then head to a covered tent for final vows, do a quick ring exchange and then hit the road! Reception naturally will be in the American Airlines Center with 20,000 friends!

Bob and Carolyn have a logged a dozen marathons collectively including White Rock, San Francisco and Boston. Combined they have 5 daughters ages 11, 12, 13, 16 and 18. She reports that running is their sanity. Congratulations!

Marathon madness -- Striders hit the road:

10/11/09 [Chicago Marathon](#): Craig, Haley, Kiet, Jennifer, Lori G, Susie, Randy

10/11/09 [Victoria Marathon](#) Victoria, BC, Canada: Kevin

10/18/09 [Nike Women's Marathon](#): Marie

10/25/09: [Frankfurt Germany Marathon](#): Adam

10/25/09 [Marine Corps Marathon](#) Washington, DC: Mark Stoecker, Kevin Brosi, ML Wolbrink, Mindy Muzzarelli