



Newsletter December 3

www.northtexasstriders.com

Well yesterday's dusting of snow means our Indian summer days are long gone (is that a non-PC statement?) Just wondering...

As the holidays approach, life becomes a bit of a full-time race. There are gifts to purchase and what feels like endless projects to complete. But there are real races out there to think about. Check out Sheldon Reynolds' impressive results as well as many of us who enjoyed the Turkey Trot as much as that pumpkin pie. Of course, we have White Rock in just a couple of weeks. As that race nears, stay up to date on carpool information by checking out our forum at www.northtexasstriders.com

Come celebrate at Striders' Holiday Party

RSVP needed soon!

E-vites have gone out for our annual holiday party. We are asking all members to RSVP by December 6 and bring your payment for dinner in advance to Saturday's run and give to Duncan or mail to our PO Box. Cost is \$10 per adult and \$5 per child.



Here are the details of the Evite—NOTE: Location of party is in Corinth.

Host: North Texas Striders
Location: Don Camillo's Italian Restaurant
1400 North Corinth St. Suite 103
Corinth, TX 76210 US
View Map
When: Sunday, December 13, 5:30PM
Phone: 972-877-1376

Please join the North Texas Strider's for their annual Holiday Party on **Sunday, December 13th** at **Don Camillo's Italian Restaurant**. Cost is \$10 for adults and \$5 for children. This price includes salad, entree, and dessert as well as non-alcoholic beverages (there will be a cash bar). **The party will begin at 5:30 pm and dinner will be at 6:00 pm**. There will be entertainment and activity bags for the children so include them in your count when you RSVP. Please RSVP no later than December 6th. You can either send your money to:

North Texas Striders
PO Box 270331
Flower Mound, TX 75027

Or, you can bring it Saturday's run and give it to Duncan. We hope to see everyone there! If you have any questions please email me at: haleypollard@centurytel.net or call 972-877-1376.

Weekend plans??

Saturday Run: McKamy School at 7:30 AM

Coffee: 9 AM Saturday. Join us for coffee, tea, soft drinks and snacks at Great Harvest Bread

Sheldon Reynolds – our next marathon maniac!

Congratulations to Strider Sheldon Reynolds who has been entering maniac territory with his crazy schedule of fall marathons. What follows is a write-up of what he has been up to—Keep up the great work Sheldon!

- October 18th - Wichita Marathon - 4:02 (PR) - First marathon of the fall, fourth of the year. Fun small race with great volunteers. Point to point course that started in Derby and finished in downtown Wichita with 10 miles within McConnell Air Force Base. Nice day (35-50 degrees) with a little wind (30+). Great trip with lots of quality time with my oldest daughter Chelsea.
- November 8th - Fort Worth Marathon - 4:01 (another PR) - Three week turnaround. Not sure if I'm 'milking' the PR's or just 'sneaking up' on the sub-4 hour time. A little warm with high humidity. Well organized race with a great cause (proceeds used for after school running program in Fort Worth). I was the envy of the course as Chelsea brought me ice cold water and Powerade during the race.
- December 13th - Dallas White Rock Marathon - (yo ho, yo ho, a Maniac life for me???)
- January 9, 10th - Disney – Goofy
- February 14th - Austin Marathon

Striders have great showing at area races!



Many of our members burned some calories before their big Thanksgiving meal running the Dallas Turkey Trot. This was the first time I'd ever run this event, and I could not believe how crowded it was at the beginning! An improvement though was chip timing, if you elected it, you could start near the front and get ahead of the baby joggers and furry friends!

Here are the results I could find for the 8-mile run. I apologize if anyone is omitted:

Kevin Brosi, 1:07:54, a walk in the park for our resident maniac!

Craig Pollard, 1:03:06, a good run for Craig as he trains for Ironman!

Haley Pollard, 59:00- despite a tumble in the early going an impressive showing!

Lee Rebodos, 51:40, another amazing time for Lee!

Sandra Ricaud – 53:16, 3rd Masters, winner of 45-49 age group! Way to go Sandra.

Marie Swanson—1:04:23, an improvement of a couple of minutes from last year!

Jennifer Wilford, 56:10, third age group.

Nick Bustos and Curt Daniels also posted impressive 5K results. Nick won his age group in 20:36 with an 8th place overall at the Believe 5K run in McKinney last weekend and Curt returned to his home state of Indiana and ran the Turkey Trot in Huntington. He ran the 5K in 19:38! Great job to both!



For those interested in running White Rock, your only option is the full marathon, and that is 90 percent full. The half and relay events are sold out. For those who have registered, check out our forum to learn about carpool information at www.northtexasstriders.com

North TX RRCA meeting in two weeks

Libby Jones, our Road Runners Club of America representative, will host a North Texas RRCA annual meeting in conjunction with the Expo at White Rock.

Here are details:

When: Saturday, December 12th, 2:00-3:00 pm

Where: Dallas Convention Center, Ballroom C4, across from the Dallas White Rock Marathon Expo main entrance inside the convention center.



What: A one-hour meeting where club's key officers, race directors, volunteers, and members are invited to come meet each other, learn from what other clubs are doing in their area, and learn about current and upcoming RRCA news, programs, and services!

Everyone who attends and stays the hour gets a gift. And the first 15 who register and then attend the full hour will receive a Brooks running hat with the RRCA logo (\$25 value!).

While the meeting is free this year, Libby is asking each club to consider a donation of \$20 to help cover costs.

You MUST email her at Libby@theactivejoe.com by Friday (Dec.4) to register for the meeting so she has a headcount and you are eligible for a gift, especially the running hats. Also, email Libby if your club would like to provide a small donation and I can give you all the info on how to get that to the National Office.