



Welcome Back Runners

The Striders Running Club has officially reopened. All normally scheduled group runs have resumed and will be practicing proper social distancing, please be respectful of one another. As an ongoing precaution, water stops will not be provided, so don't forget to bring your own hydration aka. BYOW (bring your own water.) Running can keep your immune system and lungs strong, give you a mood boost, and offer some vitamin D. Plus, you don't have to touch any surfaces.

LET'S GET SOCIAL

January 23rd Season kick-off run

January 29th Social Celebration 7pm at Gloria's. Gloria's offers a heated outdoor space to socially distance appropriately.

February 6th Injury Prevention Clinic at Novel Coffee immediately following the social run. Dr. Marybeth Crane will share her expertise in foot & ankle injuries.

Herself, a marathon runner and triathlete, she is uniquely qualified to address our group with great advise to keep us healthy and injury free!

Weekly Group Runs

Tuesday: FMHS Track
5:30am

Thursday: Hills Post Oak Park
5:30am

Saturday: Lakeside Starbucks
7:30am

Sunday: Bartonville Kroger
7:00 am

2021 RACES

Dallas 50th Anniversary May 2

Cowtown May 8

Ragnar October 15 & 16

Rockledge Rumble November 13

When signing up, check to see if we are registered as a group to receive a discount

2021 BOARD

Jasmine Johnson
President



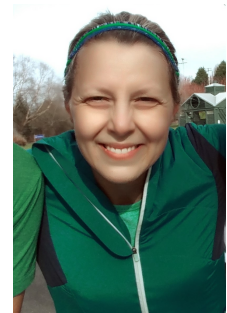
Lee Rebodos
Vice President



Steve Zinecker
Treasurer



Erika McCann
Membership



Mike Bratton
Website



Kimberlee Nuzkowski
Newsletter



Rick Velasquez
Merchandise



Sonia Soprenuk
Social Chair



INTRODUCING YOUR 2021 SERVING BOARD MEMBERS

MONTHLY BOARD MEETING:

The next board meeting will be held Sunday February 21 from 4-5 pm at Market Street in the outdoor dining area. All members are welcome! Have an idea or suggestion, don't hesitate to join us!

2020 BOSTON MARATHON

124TH BOSTON MARATHON
VIRTUAL EXPERIENCE!

Way to Go Striders!!

The Boston Marathon is the world's oldest annual marathon and ranks as one of the world's most prestigious road racing events. The B.A.A. continues to manage this American classic, which has been sponsored by John Hancock Financial since 1986. The Boston Marathon has distinguished itself as the pinnacle event within the sport of road racing by virtue of its traditions, longevity, and method of gaining entry into the race (via qualification).

Sadly, the the 124th Boston Marathon was mandated as a virtual event, following the cancellation of the marathon due to the COVID-19 pandemic.

Many runners train for years to qualify for this iconic race and the cancellation served as quite the disappointment. Despite the unprecedented circumstances, our Striders represented in the Virtual Boston Marathon! Way to go!

Lee Rebodos, Steve Zinecker, Kelley Aviles and Kris Seastrom showed true grit and integrity to the sport by running virtually and members proudly showed their support. True winners in every possible way! We celebrate you!

