VOL. 1 ISSUE 2 · APRIL 2021





COACH'S CORNER

How do I get faster?

I'm a firm believer in the you have to run fast to get fast.

That means slowly adding speed training into your workouts once or twice a week. Start with small intervals and build over time. Allow your body to recover and adapt. Slow runs are part of the process.

Chelsea LeClaire

LET'S GET SOCIAL

March 27 Monthly Social The Tavern Lakeside 4PM

April 3rd 7AM Striders Field Trip Run Grapevine Running Club LGRAW Carpool at 6:30 am

Let's get to know our neighbors! Carpool provided & Breakfast following.

Stretch Clinic with Jennifer Wilford April 17 9:30AM following Group Run

WEEKLY GROUP RUNS

Tuesday: Track Harmon High School 1250 Round Grove Road Lewisville

5:30am

Wednesday: Murrell Park

9:00am

Thursday: Hills Post Oak Park

5:30am

Saturday: Lakeside Starbucks

7:30am

Sunday: Bartonville Kroger

7:00 am

2021 RACES

Dallas 50th Anniversary postponed till Dec. 10 - 12
Cowtown May 8th
Social Celebration Market Street Cafe 1:00 pm
Wounded Warrior Military 5K 10K Half June 13th
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

HAVING FUN IN 2021





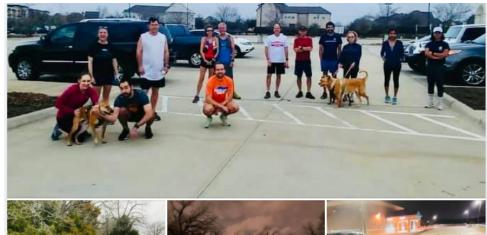
















WELCOME BACK REMINDER

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.

MONTHLY BOARD MEETING:

The next board meeting will be held
Saturday May 1 at 9:30am Market Street in
the outdoor dining area. All members are
welcome! Have an idea or suggestion, don't
hesitate to join us!

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