

**NEW  
LOGO!!**



## 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 LGRW  
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!