



Houston Striders

2008

Information Handbook



HOUSTON STRIDERS
PO Box 721405
Houston, TX 77272-1405

ADDRESS CORRECTION
REQUESTED

Board of Directors (Contact: President)

Each November the President appoints a nominating committee that assembles a slate of nominees. The slate is published in February Stridelines. Board positions are then voted on by the membership in the February formal club meeting.

Board members for 2008 are:

Position	Incumbent	Phone	Email
President	Whitney LaRocca	(281) 398-6995	whitneylarocca@katyisd.org
Vice President	Miriam Terc	(281) 398-1125	miriam.terc@halliburton.com
Secretary	Lou Thrash	(254) 421-0081	olthrash@yahoo.com
Treasurer	Andrew Keller	(281) 497-2839	grz@swbell.net
At Large	Santos Hernandez	(281) 686-9667	cas@hal-pc.org
At Large	Lee Greb	(281) 222-1455	D14000@peoplepc.com
At Large	Chip Maxa	(713) 376-1265	rrmaxa3@gmail.com
At Large	George Moriarty	(281) 799-1323	geomoriarty@sbcglobal.net
At Large	Loren Neufeld	(713) 962-4035	lorenmr@aol.com
At Large	Steve Schroeder	(281) 948-4637	steve.schroeder@mckesson.com
Pres Emeritus	Steve Shepard	(281) 493-3578	texassheps@aol.com

Board Meetings are held prior to formal club meetings in February, May and August, and at a separate time and venue in November. Meetings are open to all Strider Members. Board Meeting minutes are taken by the Secretary and published in Stridelines.

Volunteering (Contact: Volunteer Director)

The Houston Striders volunteer for a variety of run-related activities in the course of the year. The four standing activities on the calendar are listed below.

Half Marathon Race Management (Contact: Half Marathon Director)

The Houston Striders provide all race management and volunteer coordination for the annual Koala/Luke's Houston Half Marathon road race held in October each year. This race attracts up to 3,000 runners and is the first race in the Houston Marathon Warmup Series. Each year it is the club's most significant undertaking, and is the primary funding mechanism for all club activities.

All members are encouraged to help with the race. Opportunities include attending packet stuffing parties, working packet pickup and race registration the last three days before the race and, especially, volunteering on race day. Those training for the Houston Marathon as their first marathon are encouraged to run in the Warmup Series races. Other Striders are encouraged to compete in the club's Bear Creek 10k/20k race to be available to volunteer on Koala/Luke's race day.

30k Water Station (Contact: Volunteer Coordinator)

Each year the Houston Striders manage the water station at 30k race held in Sugar Land in early December. Striders hand out water and encouragement to all runners but especially to fellow Striders running the race, and are treated to Houston Marathon Warmup series volunteer Tshirts for their efforts.

Marathon Mile 21.5 Water Station (Contact: Volunteer Coordinator)

Each year the Houston Striders manage the water station at mile 21.5 of the Houston Marathon held in mid January. Mile 21.5 is an attractive location on the eastern edge of Memorial Park. Striders hand out water and offer lots of encouragement to all runners but especially to fellow Striders running the marathon, and are treated to a Mile 21.5 volunteer picnic afterward the race and admission to the Houston Marathon volunteers dinner later in the week.

Newsletter (Contact: Stridelines Editor)

The Houston Striders newsletter Stridelines is published monthly about the 1st of the month and is posted to the Strider Web Page. An email is sent from Stride4fun when Stridelines is ready. Hard copy Stridelines will also be mailed to Strider families on request. It generally runs 24-32 pages and is loaded with information about the Striders, its members, race reports, social activities, and upcoming events. Stridelines won the 2000 RRCA award for best small club newsletter, the 2003 RRCA award for best medium club newsletter, the 2007 RRCA award for best small/medium club newsletter, and the 2005 RRCA Southern Region award for best medium club newsletter.

Race Results (Contact: Running Coach)

Race results of all Houston Striders are reported in Stridelines. Results of particular significance are also reported in Stride4fun. Age group and overall awards, PR's and first time participation are noted as well.

The Running Coach collects race results off the internet and at formal monthly meetings. However, any member wishing to be sure their result is reported should email the result to the Running Coach.

Training Groups (Contact: Running Coach)

Informal training groups are facilitated by listings of Strider group runs and member target races in Stridelines and Stride4fun emails.

Committees (Contact: President)

Committee directors are appointed by the Board for a one-year term and may or may not be Board members. They report status and plans at the quarterly board meetings.

Committee directors for 2008 are:

Position	Incumbent	Phone	Email
Newsletter	John Yoder	(281) 829-6547	jyoder123@aol.com
Web Page	Chris Boylan	(281) 398-3197	caboylan@gmail.com
Membership/Stride4Fun	George Moriarty	(281) 799-1323	geomoriarty@sbcglobal.net
Program	Miriam Terc	(713) 447-2904	Miriam.terc@halliburton.com
Social Coordination	Kate Hallaway	(713) 449-7835	khallaway@aol.com
	Angela Martinez	(281) 300-5908	Triciam10@gmail.com
Half Marathon Director	Lisa Ruthven	(713) 864-3858	luthven@comcast.net
	Stacy Stepler	(713) 937-0528	sbstepler@sbcglobal.net
Volunteer Coordination	vacant		
Welcoming Committee	Alison Stewart	(281) 752-8925	al_stewart@earthlink.net
Club Clothing	Lee Greb	(281) 222-1455	DI4000@peoplepc.com
Novelty Runs	Helen Grant	(832) 467-0205	hgrant58@comcast.net
Hot Line	Jack Rubalcava	(713) 864-3858	jrubalcava@comcast.net
Tent Management	Santos Hernandez	(281) 686-9667	cas@hal-pc.org
	Steve Bezner	(832) 489-5760	sbezner@gmail.com
Librarian	Chris Murphy	(713) 868-6381	clmurphy@swbell.net
SMART Coordinator	Heather Thompson	(832) 971-7188	nodakcracker@hotmail.com
Strider Warmup Series	Lee Greb	(281) 222-1455	DI4000@peoplepc.com
Walking Coach	Diana Tiberia	(713) 694-0004	dltiberia@att.net
Relay Coordination	Andrew Keller	(281) 497-2839	grz@swbell.net
	Abby Maxa	(832) 754-9746	abymaxa@gmail.com
	Chip Maxa	(713) 376-1265	rrmaxa3@gmail.com
Governance	Megan Clark-Dillingham	(281) 216-7147	meganebcd@yahoo.com
Budget	Andrew Keller	(281) 497-2839	grz@swbell.net
Race Results/Awards Coordinator	vacant		

Anyone interested in serving on any of the committees should contact the committee director.

HARRA/RRCA (Contact: President)

The Houston Striders are affiliated with the Houston Area Road Runners Association (HARRA) and the Road Runners Club of America (RRCA).

Each year the Strider Board nominates members to attend the annual RRCA convention. Generally the nominees are Board Members or Committee Directors who have provided exceptional service to the club. The Striders subsidize air fare, hotel and registration costs for the convention.

2006 was a very special year as the Houston Striders hosted the RRCA Convention!

1998 - Steve Shepard, Mercedes Tarley

1999 - Carlos Camacho, Barbara Shepard

2000 - Joe Altomari, Heather Jones

2001 - Ralph Collins, Barbara Shepard

2002 - Liz Bearman

2003 - Barbara Shepard, Steve Shepard

2004 - Lee Baughman, Barbara Shepard, Steve Shepard,
Sandy Wollangk

2005 - Brett Riley, Barbara Shepard

2006 -



2007 - Lee Greb, Ted Traynor

Walking Program (Contact: Walking Coach)

The Houston Striders maintain an active walking program including group walks and hikes to locations such as Brazos State Park.

Running Library (Contact: Librarian)

The Houston Striders maintain a running library available to all members.

If you'd like to check out a book from the library, contact the Librarian. Or, buy a book for the library, review it in *Stridelines*, and the Striders will pick up the tab!

Club Clothing (Contact: Membership Director)

All new Houston Striders are given an official Houston Strider t-shirt with the Strider logo up joining the club. T-shirt distribution is coordinated by the Membership Director. In addition, cool-max singlets and other club merchandise (luggage tags, gym bags, etc.) are bulk-purchased from time to time and sold to club members at cost.

"Victory Shirts", grey short-sleeve technical shirts, were printed in early 2007 and are available to adult Strider members for free while supplies last.

Social Activities (Contact: Social Director)

The Houston Striders hold numerous social activities throughout the year. Highlights include a Chili Cookoff Competition in the Spring, a Picnic in the Summer, an Astros baseball game in the Fall, and a formal Holiday Party in December. All Striders and their families and friends are welcome to join in these activities.

Club Runs (Contact: Running Coach)

The Houston Striders organize a variety of runs throughout the year. Emphasis is always on participation and fun. Longer runs are held in preparation for the Houston marathon. The "Strider Warmup Series" is as follows:

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|-----------------|---|
| October | Bear Creek 10k/20k (simulated race for 21k volunteers) |
| November | The Tour de Memorial (3/6/12/18 mile training runs with lots of food and fun) |
| December | Christmas lights run (food, fun, also a little running)
Longest Long Run (21 mile training run on the Houston Marathon course) |
| January | Resolution Run (7 miles at a civilized starting time with refreshments at the finish to get the new year off right) |

In addition, organized trips to Huntsville State Park, Conroe and Sealy are scheduled throughout the year. Also, practice triathlons are often held for first timers before major events.

Striders train for races year round. Amongst the most popular are the Houston Marathon, Austin Marathon, Seabrook Marathon, Chicago Marathon, and Beach to Bay Relay Marathon.

Novelty Runs (Contact: Novelty Run Coordinator)

Novelty runs (relay races, handicap races, poker runs, etc.) are held semi-annually in March and July.

Meetings (Contact: Program Director)

The Houston Striders meet monthly, generally on the 2nd Tuesday of the month. The monthly meetings are as follows:

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| January | Houston Marathon 21.5 mile water station |
| February | Formal meeting with guest speaker |
| March | Novelty run and informal meeting |
| April | Houston Striders chili cookoff |
| May | Formal meeting with guest speaker |
| June | Houston Striders picnic |
| July | Novelty run and informal meeting |
| August | Formal meeting with planning for the 21k |
| September | Houston Astros baseball outing |
| October | Half marathon race and volunteer celebration |
| November | Houston Striders Distinguished Speaker Series |
| December | Formal Holiday Party |

Formal and informal meetings feature free menu selections provided by the club.

Dues (Contact: Treasurer)

Annual dues are \$20 for single membership, \$25 for family membership and \$15 for a senior single membership (55 and over). Out-of-state family memberships are \$10. 6 month memberships may be purchased for \$10 for single membership, \$12.50 for family membership, and \$7.50 for a senior single membership. Memberships purchased after the 4Q Race of the Quarter are deemed to be full year memberships for the following year.

Race of the Quarter (Contact: Treasurer)

One of the really great benefits of being a Houston Strider is that the club subsidizes race entries up to \$15 for all of its members who *run* the race once per quarter. The club votes for the race of the quarter at a formal monthly meeting in the previous quarter and publicizes the results in Stridelines.

In 2000 these races were selected for Race of the Quarter:

1Q - Bayou City 10k	2Q - Bellaire Trolley 5k
3Q - Terry Fox 5k	4Q - Dinosaur Dash 5k

In 2001 we had:

1Q - Conoco Rodeo 10k	2Q - Friends For Scleroderma 5k
3Q - Cross Country Relay	4Q - Run With The Saints 5k

In 2002 we had:

1Q - Fine Arts 5k	2Q - Friends For Scleroderma 5k
3Q - Terry Fox 5k	4Q - Run With The Saints 5k

In 2003 we had:

1Q - Rockets Run 5k	2Q - Run Through The Vines 10k
3Q - Cross Country Relay	4Q - Run With The Saints 5k

In 2004 we had:

1Q - Bayou City 10k	2Q - Friends For Scleroderma 5k
3Q - Cross Country Relay	4Q - Run With The Saints 5k

In 2005 we had:

1Q - Bayou City 10k	2Q - Bellaire Trolley Run 5k
3Q - Cross Country Relay	4Q - Run With The Saints 5k

In 2006 we had:

1Q - Bayou City 10k	2Q - Stepping Stones 5k/10k
3Q - Cross Country Relay	4Q - HMSA Classical 25k and Relay

In 2007 we had:

1Q - Bayou City 10k	2Q - Bayou Bash Relay
3Q - Cross Country Relay	4Q - HMSA Classical 25k and Relay

To get your subsidy simply mail your bib to the Houston Strider post office box. Alternatively you can simply give your bib to the Strider Treasurer. A check will be mailed to you by the Strider Treasurer within a few weeks.

Boston Marathon Qualifiers (Contact: Treasurer)

The Houston Striders subsidize the entry fee for all members who have met the qualifying time and are running their first Boston Marathon. You must be a member before running your qualifying race to earn the subsidy.

Web Page (Contact: Webmaster)

The Houston Striders web page www.houstonstriders.org provides introductory information, features and photos of the Houston Striders.

Stride4fun (Contact: Stride4fun Moderator)

Stride4fun is the Houston Striders email distribution system. It is used for quick, informal communications of interest to all Houston Striders.

Marathon Training (Contact: Running Coach)

The Houston Striders have their own performance-based marathon training program called Strider Marathon Training (SMART). SMART is free to club members who also are HARRA members and race for the Striders.