

Durham Striders Track Club



Registration Deadline TODAY

The deadline for all Striders except the middle and high school kids who are still with their school track teams. Please make sure that Mrs. Holland and Mrs. Brown have all of the necessary registration materials. There were some parents who wanted to know about the registration fee. As track teams go, it is really cheap and has stayed the same for years. The Striders pay all entry fees for all events, when we travel away, we pay for the costs of staying in hotels, and transport ~50 kids on the bus at no charge. We ask the kids only to bring money or food. Last year, we raised money to fly the kids who qualified to the USATF National Championships in California, so that everyone who qualified could go. The estimated costs of supporting a child from March through the end of July is almost \$800-1000/athlete which is what the Club is responsible for and for which we spend a lot of time trying to raise funds all year. Everyone who participates in the program, e.g. coaches, administrative staff are all volunteers. We never turn children away because of inability to pay the \$40. There are scholarships available where there is a hardship and we hope that no one will fail to participate because of finances.

Intra-squad meet Followup:

After a few snags, the Intra-squad meet went smoothly and efficiently. We were able to get times on most of our kids in the 100m, 400m, and 800m. We were pleased at the effort that the kids put into running their events and their enthusiasm was incredible. We especially appreciate the encouragement that all of the parents provided for ALL of the kids. There were some tears that we expected with first competition, and nervous jitters, but they quickly went away and the kids did a great job.

We did not get to long jump and will get some preliminary jumps in during practice this week. We will do this by age group and given the numbers of kids that we have, it will take most of the week to get jumps from everyone.

Based on what we have seen so far, we will shift some kids into the middle distance group, and will begin to look at kids for jumps, hurdles, and throws. We will also begin to work with 4x100 and 4x400 relay teams over the next few weeks. Please remember that to be eligible to run on a relay team, the kids must be at practice, have the required speed/performance, and get the handoffs, particularly in the 4x100m relays. The coaches will make final decisions about which kids will participate as members and alternates.

The coaches will have the overall results from Saturday. Please feel free to ask about these and what kinds of times we will be working toward as the season moves on.











International Freedom and Friendship Games, Saturday, April 19, 2008/NC A&T State University

There will be limited competition for younger runners at this weekend's Friendship and Freedom Games at NC A&T State. Competition in the 100m, 1500m, LJ, and 4x100 and 4x400 relays for Bantam(9-10), Midget(11-12), and Youth(13-14) boys and girls will happen. A full set of competition will occur for high school, college, and post-college athletes. Based on the times that we have so far, a limited number of our kids will participate in the races listed above. Those athletes who will participate will need to get over to A&T as the bus will NOT be going. Specific details will be available by Wednesday for those athletes who will be participating.

Walt Cleary/9th Street Active Feet/Warmups, Durham Strider parent items, etc

Walt Cleary, owner of 9th Street Active Feet, will be at the track on **this Wednesday at 6:00PM** to talk with the parents about Durham Strider parent items, warm-ups for the kids, running items for the kids, etc. Many of you have indicated your interest in these items and Wednesday will be your opportunity to talk with Walt about this. Walt has been a faithful generous supporter of our efforts, is one of the country's experts for runners of all ages, and he has advised us better than anyone about things like shoes, sponsorships, outfitting the team, etc.

This Week's Weather

			High / Low (°F)	Precip. %
Tonight Apr 13		Partly Cloudy	41°	20 %
Mon Apr 14		PM Showers	57°/39°	30 %
Tue Apr 15		Partly Cloudy	61°/39°	20 %
Wed Apr 16		Sunny	69°/43°	10 %
Thu Apr 17		Sunny	77°/51°	10 %
Fri Apr 18		Partly Cloudy	77°/55°	10 %
Sat Apr 19		Partly Cloudy	78°/54°	20 %
Sun Apr 20		Isolated T-Storms	78°/55°	30 %
Mon Apr 21		Showers	71°/54°	40 %
Tue Apr 22		Showers	73°/55°	30 %