

North Texas Striders 2010 Schedule

Saturday Run: Our main weekly run occurs every Saturday @ 7:30 AM at Murrell Park. We'll typically have 15-30 people, running at paces of 6:30 min/mile to 10+. We provide a water stop at the 2.5 mile mark where many turn around to complete a 5 mile out-n-back, while others can complete the 7-8 miles mile route. Some of our members trying to get in a longer run will start around 6:00 AM, but this should be coordinated using our Forum.