

July 2015 Member Profile

Ray Bader

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A nice warm day took myself and Ray Bader for a lunch experience to Jacques Bistro in downtown Casper since neither of us had tried this quaint café. A delish lunch was consumed by both of us and I would recommend patronizing this small business for breakfast or lunch. Ice tea and water

quenched our thirst, although I seemed a bit surprised that the infamous bearded man didn't pour me a shot of Fireball, maybe next time.

Ray started his running career during his high school years; come to think of it he just had his 40th reunion in August. He competed in cross country and track and when he went on to college he continued the regime to keep him fit and healthy, and has continued to remain active, and speaking of active he has been a Strider for 30 something years!! Looking back when he first started running it was all about being competitive and the PR, as we continue to be fortunate enough to still be running the PR is behind us but still have the hankering to compete and place in the different age groups and appreciate the active and social life that transpires.

His first marathon took him to sin city in 1989 and has since ran a total of 3 full marathons, **many** halves, and many trail runs of varying distances.

When training for trail events, Ray likes to get up in the mountains and find different routes using Google Earth. He prefers to train with himself and Mother Nature, as he doesn't want to hold anyone up plus it allows him time to explore. There is also the social side of running that he enjoys too, running can be a very individual activity or as we well know, many friendships have been formed by running with others .



Ray is hoping to get to the Grand Canyon in the near future and run 'rim to rim to rim', approximately 42 miles. 1994 was the first year he ran the Big Horn Trail Run and has since completed many of them and plans to tackle the infamous 52 miler again.

When beating feet Ray prefers to take in the sounds of what the particular moment might bring. While running the Meeteetse Challenge he heard a herd of elk thundering through the forest and then there they were right before his eyes. While running with Mother Nature it gives Ray the opportunity to clear his head of nuances and appreciate life's offerings.

Ray's other outside activities include downhill skiing; he enjoys being exposed to the elements that goes along with this winter sport. When the temperatures rise he likes to take to the golf course which there he can enjoy the beautiful greenery, landscaping and the beauty that golf courses offer. Skiing and golf are seasonal sports, but as with running you can be out there year round and practically in all conditions just takes the right gear and frame of mind. When in the traveling mode, running gives you the opportunity to see parts of cities, mountains and trails that you wouldn't see if you weren't out there on foot. We frequently receive texts and pictures from Ray from different parts of the country- evidence of his passion to enjoy the outdoors. You may also catch a glimpse of him cleaning up downed trees on the bridle trail.

Someone once asked Ray if there was one activity that going forward he would continue with and his reply, running. It is a pure sport, just me and the shoes on my feet. Speaking of feet, we thought women liked shoes; Ray is a shoe hoarder when it comes to his trail and running shoes. His latest and greatest love are the Hoka trail and road shoe, need a shoe review? - contact Ray.

Ray prefers running trails versus the streets, it allows him to connect with nature, experience the seasons so much more, watch the creeks and streams rise and fall, see the grasses and flowers change throughout the season, and weather the storms.

Ray thinks Casper and the Striders have a great network to support the running community from the beginning walker/runner to the ultra athlete. Everyone encourages each other, cheers are plentiful, and everyone is a winner.





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Ray winning a medal in his age group at this year's Skunk Hollow Sneaker Chase. He beat last years' time by 7:17. Improving with Age!

Ray will continue to do all he can, whatever that may be.