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A SHOULDER TO LEAN ON



Emma Long Park - Austin, Texas

8/21 XTERRA Austin Emma's Revenge Trail Runs - 5K, 5M, 18K - 8:00 AM Start 8/21 Pure Austin Emma's Revenge Mountain Bike Race - 16M - 9:00 AM Start 8/22 XTERRA Austin Off Road Triathlon - 1000S, 16B, 5R - 8:00 AM Start



10/9 Pure Austin Aquathlon - 1.5R, 1000S, 1.5R



TRAIL BUNS

10/30 Pure Austin XTERRA Roughs Trail Runs - 5K, 10K, 21K



More Dates: www.racerevolutions.com General Race Inquiries: mike@racerevolutions.com Registration Inquiries: jhogenmiller@racerevolutions.



HILL COUNTRY













MP EAGLE

ELLE TRAIL RUNS

XTELLH

SCHEDULE OF EVENTS:

August 15

Camp Eagle/Rocksprings 1000M S, 15 B, 4 R 9:00 AM

August 21-22

Emma Long Park, Austin, TX

AUG. 21 / 8:00 AM **Xterra Austin Trial Runs** 5K, 5.5 Mile, 18K

AUG. 21 / 9:00 AM Emma's Revenge Moutain Bike Race

16 Miles

AUG. 22 / 8:00 AM **Pure Austin Xterra Austin** Triathalon 1000M S, 16 B, 5.5 R

Shonny Vanlandingham





Camp Eagle - Rocksprings, Texas

8/15 XTERRA Camp Eagle Triathlon - 1000S, 10B, 4R - 9:00 AM Start Entry Fee includes: racing, sweet shirts, towels, schwag, food, & beer!



Emma Long Park - Austin, Texas

8/21 XTERRA Austin Emma's Revenge Trail Runs - 5K, 5.5M, 18K - 8:00 AM Start 8/21 Emma's Revenge Mtn. Bike Race - 16M - 9:00 AM Start 8/22 XTERRA Austin Off Road Triathlon - 1000S, 16B, 5.5R - 8:00 AM Start













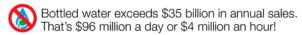


more info at: www.racerevolutions.com





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- Supplying American consumers with bottled water releases over 1 billion pounds of CO₂ gas into the atmosphere!
- 462 million barrels of oil are needed to transport bottled water from the factory to point of sale!
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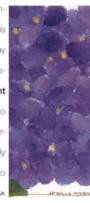
The Episcopal Student Center 512.477.6839 The Rev. John Newton UNIVERSITY MISSIONER

COVERART

Blue Hydrangea, Nancy Hausmann

Welcome to All Saints'

Change has a considerable psychological impact on the human mind. To the fearful it is threatening because it means that things may get worse. To the hopeful it is encouraging because things may get better. To the confident it is inspiring because the challenge exists to make things better. Obviously, then, one's character and frame of mind determine how readily he brings about change and how he reacts to change that is imposed on him.



Welcome to All Saints' EPISCOPAL CHURCH

Change has a considerable psychological impact on the human mind. To the fearful it is threatening because it means that things may get worse. To the hopeful it is encouraging because things may get better. To the confident it is inspiring because the challenge exists to make things better. Obviously, then, one's character and frame of mind determine how readily he brings about change and how he reacts to change that is imposed on him. King Whitney, Jr.





Above all the grace and gifts that Christ gives to his beloved is that of overcoming self. Saint Francis of Assisi

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We are proud to introduce our newest associate, Dr. Anneliese Strunk.

Dr. Strunk completed her specialty training in Avian & Exotic Animal Medicine at the University of Georgia and a residency at UC Davis. She has spent the last four years as both an associate and department head in the avian and exotic department at Red Bank Veterinary Hospital, Tinton Falls, NJ. Dr. Strunk has returned home to Texas and is bringling her expertise to help us better serve our avian and exotic patients.