



The Finish Line

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Operating	\$2230.34
Dam Run/TrailsFest	\$3270.98
TOTAL	\$5501.32

-There is a very fine line between hobby and mental illness. Many a runner has crossed it.

-You should not confuse your career with your life. Unless running is your career.

-Nobody cares if you're not a good dancer. Just get up and dance. The same holds true for racing. Whether first or last, we all cross that same finish line. Just get out there and run.

-If you had to identify, in one word, the reason why the human race has not achieved, and never will achieve, its full potential, that word would be, "Meetings." They've shortened plenty of good training runs, too.

-The most destructive force in the universe is gossip...with chaffing a close second.

-If at first you don't succeed, train harder.

-When traveling to a race, never, under any circumstances, take a sleeping pill and a laxative on the same night.

-On the keyboard of life, always keep one finger on the escape key.

-You've never really learned to swear until your shoelace comes undone during a race.

-Been there, Done that, Got the race t-shirt to prove it.

Wear it proudly!

Race Results:

10-9 Reuel Classic, Madill, OK
½ Marathon –Chris Lipscomb 1st AG
5K-Jerry Nottingham 1st AG

10-9 Race for the Cure, Wichita Falls 5K

Susan Koch 25:12
Steve Flinn 22:36
Steve Priester
Alan Brajer

10-10-Spirit of Survival 5K, Lawton, OK

Jerry Nottingham -1st AG

10-10-Prairie Fire Marathon, Wichita, KS

Kate Teichman 4:21:52 11th AG

"Social Hour" at Buffalo Wild Wings, most Fridays after work 5-7pm.

President: Richard Dowdy 733-7076

Vice Pres.:

Don Plummer 766-1817

Treasurer: Susan Koch 767-1854

Secretary: Kate Teichman 733-6518

Directors:

Jacki Dowdy 636-5936

Cody Cassity 781-8655

Richard Koch 767-1854

Sandy Monson 704-1769

Andy Stanford 237-1110

Dale Teichman-Equip. Manager 696-1401

Upcoming Events:

Oct. 16, 2010 –Palo Duro Trail Run
50 Mile • 50K • 20K Fun Run/Walk (A Western States Qualifier)

<http://www.palodurocanyon.com/race.php>

October 23,2010- Circle of Hope 5K , Wichita Falls
<http://www.northcentraltexasaidrun.info>

Oct. 29, 2010.10K & 5K 14th Halloween Hustle,
Gainesville www.ntmconline.net

Nov. 7- The Half, Dallas, TX

Nov. 20, 2010 - City Lights 5k and Downtown
Festival, always the weekend before Thanksgiving.

<http://downtownproud.com/> and www.weechita.org

Historic West Floral Heights Neighborhood Assoc. Turkey Trot

Thursday, November 25
(Thanksgiving Day)
8:00 am

1300 Tilden (corner of Tenth & Tilden)
Home of James & Ronda Wetherbee

Please join us at the annual Historic West Floral Heights Neighborhood Association's annual Turkey Trot. Enjoy a beautiful 2-loop course (1 loop = 1 ½ miles; 2 loops = 5K) through the West Floral Heights

Historic District, containing over 200 historic homes in a variety of architectural styles. This is a low-key, time-yourself event with free t-shirts to the first 100 participants (please bring a couple of canned goods to donate to the Food Bank). There will be cider, water, and muffins available along the course; children, strollers, and pets are all welcome. There will be Model A's on display, crafts for the kids, a drawing for baked goods (Margie's Sweet Shop pies!), an opportunity for a photo with our neighborhood "Turkey," and more. This fun local event is a great way to kick off your Thanksgiving holiday – you can get in a good run and still have time (and room!) for a big turkey dinner afterwards! We look forward to seeing everyone there!

Notre Dame Third Grade wins the Golden Shoe

On a gorgeous September afternoon, the Notre Dame 3rd-Grade class won the coveted Golden Shoe trophy at this annual fitness event for the whole elementary school. Coming into Wednesday's event as the favorites, having placed second last year to the 5th-graders, who are now ineligible to participate, the 3rd grade was confident of their chances. As the Koch twins told their mother the day before, "We're going to win it this year.... I hope!"

The students invite parents, grandparents, aunts, uncles, and godparents to join them as they walk around a grass track for 11 minutes, collecting popsicle sticks with each lap. The Class of 2020 contains a number of aspiring runners, including WFRC members Thomas & Andrew Koch, Connor Mitchell, Ambree Anderle, and Katie Ahrens. Leading the grown-ups were WFRC members Richard & Susan Koch and Jane Macha. Local runner Keith Anderle, his wife, 2nd-grade teacher Nicole, and his parents, along with Steve and Dayla Ahrens also contributed significantly to the effort. As Taylor Lott pointed out, "That Mr. Koch never stopped running!!"

After a "heated" competition, the kids were allowed to cool off by running through the spray of a cool garden hose as their classmates cheered. Upon tallying the popsicle sticks, it was determined that 3rd grade averaged just over 32 sticks per child, while second-place 1st grade brought in just over 30 sticks each. It was a fun day for all the students, from 3k through 5th grade. The prized trophy, a glistening "golden" shoe, will be displayed in the 3rd-grade classroom for the remainder of the school year.



July 4, 2011 – Carnival Cruise (Mexico)



October Club Meeting! Thursday, October 21st,
7:00PM–Hamilton Park Pavilion –

***WELCOME to our
newest WFRC Member:
Daniel Frank Roberts-born 9/25/10 6lbs 11oz
son of Katy and Mark Roberts***



TO....October's
10/16 Kate T.
10-27 Christina Dellanebbia

**NOW: You can pay your dues online @
Active.com**