



The Finish Line

Volume 35, Issue 11
November 2010

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

Remember Run Time changed from 6pm to 5:30pm for the winter!!

Race Results:

10-16 Palo Duro

20K –

Kim Monson –finished!

Melanie –finished!

50K

Merry- new course record

Sandy- injury...drop @ 18+miles

Kate - finished

Don - finished

10-23 North Texas Aids Run

Full Results on our website!

11-7 The Half, Dallas

Steve Flinn 1:56:09

Kate Teichman 1:56:09

Sandy Monson 2:45

"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 Cassidy 781-8655

Richard Koch 767-1854

Sandy Monson 704-1769

Andy Stanford 237-1110

Dale Teichman-Equip. Manager 696-1401

Upcoming Events:

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

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

Thursday, November 25, Floral Heights Turkey Trot

Dec. 5, White Rock Marathon

Dec. 11, YMCA Holiday Hustle, 5K, 10K, Wichita Falls

Dec. 11, Jacksboro, 5K

Jan. 22 Wee Chi Tah Marathon and 1/2

I have a long list of upcoming runs in the Dallas/Ft. Worth area if you're looking for a run on a particular weekend, email me and I'll send you a list of what's on the schedule for November – I send out an updated one to everyone in December.

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 1/2 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!



July 4, 2011 – Carnival Cruise (Mexico)



November Club Meeting! Thursday, November 18th,
7:00PM–Hamilton Park Pavilion –

*WELCOME to our
new WFRM Member:*



TO...November's
11-13 Andy S.
11-21 Don P.
11-28 Mike R.

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

**The Bear Creek 10-Spot (10.5 miles) in
Littleton Colorado.**

This last week I got to go on a business trip with Kim to Amarillo and then Denver. We went up to Boulder and ran/hiked some really neat/hard trails. We did a “fun run” on Saturday morning in Littleton called Bear Creek 10-Spot; it was a two loop course for a total of 10.5 miles. We felt fat and out of shape in the Colorado crowd. Everyone was so fit and FAST looking... Really, I felt chunky!! Of the 171 in the run only 6 or 7 had a higher % body fat than me... I was 4th from last and ran most of the way. I just walked up the really steep hills and ran hard when I was running. My time was 2:10 and I had even splits. I'm very happy with that time. They gave awards in 10 year age groups; I got last in my age group by about 30 minutes. The 58 year old that won our age group had a time of 1:30.. The winning girl was 13th overall in 1:15. Kim finished in a very respectable 1:52 and actually beat 3 guys in his age group. The winner in his age group ran a 1:15. The winning man was in at 1:01 with a pace of 5:54 per mile. When they were awarding several of the top men the race director teased them about entering under false

names, apparently they used to be pro and or Olympic runners....

We had a lot of fun and heard some really cool stories..

One guy was telling his buddies that he was tired of running Leadville, he had run it so many times he was “just bored with it”!!!! He had put his name for Western States..

Gezzzz.

In the port a pot line some girls were talking about the marathon they had run the Sunday before, (that reminded me of Kate!) one of the girls said her shoes were just a bit too big and the other girl said “well, if they give out a pair of shoes to the winner again this year, I'll give them to you”. Then they started talking about the rattle snake they saw the last time they ran here. They went on to say they would rather see a mountain lion than a snake! I told them they were crazy! Then the guy behind me said he sees mountain lions all the time and never worries about it unless the deer are running past him... Surely he was just pulling my leg..

It was a nice run, but not in the woods. I was on bald hills, no trees. The early entry fee was \$24.00 each and they didn't give out shirts. Kim and I both got socks in the swag give a way. So, while it was fun, I don't need to run it again.

I had expected some trees and a shirt.

Sandy

The Marine Corps Marathon

The Marine Corps Marathon is definitely a marathon I look forward to every year! You have to keep your eyes open for the email in the spring for when registration starts. Usually within the first 72 hours of registration, it's already full...seriously! There are a few exceptions after it fills up. You can do a charity group also. The first year I ran it I ran for the Semper Fi Fund....it helps injured Marines and their families. They have some really worthy charities! The start of the race is like none other! You met at the Pentagon starting at 6am. About 7am you get to venture to the start, which is on the highway between the Pentagon and Arlington National Cemetery. This year I went to the Praise & Worship service at the Pentagon before the race! I tell you, there is no better way to start a marathon! The music itself was amazing, but then a chaplain for the USMC spoke....he gave you so many things to be thankful for! For our ability to be able to run a marathon....and for the Marines and other service members that give their lives for us to be so free! He challenged us to run for God and the soldiers....makes you never want to quit running. If soldiers can give of

themselves day in and day out, I can certainly finish a marathon. :)

At the start, you've got Marines everywhere...all with smiles on their faces and cheering us on! You get the National Anthem, a fly over and then the cannons fire to start the race! So stinkin exciting! We get to run through some of the most historic areas in our country! We start by running thru Rosslyn, Virginia and make our way into Georgetown. It is such beautiful scenery no matter what road you take! Every 2 miles there are Marines handing you Powerade and Water....all while encouraging each and every runner coming thru. Most of these Marines have been up since midnight the night before preparing for our race. As we leave Georgetown and head into DC, we get to run past the Lincoln Memorial, the Washington Monument, and the nation's capital building! There are bands playing every 2 miles or so or cheerleaders! At about mile 20, there is an all womens drumcorps that plays! Awesome!! The spectators are on the route the whole 26.2 miles! as you pass mile 20 and head onto mile 21, you get the bridge over the Potomac. It's a booger of a bridge! It last for a little over a mile with the wind from the Potomac blowing you backwards. :) At mile 22, you head into Crystal City for your last few miles. You do a loop through Crystal City and come out and on to mile 25! Straight past the Pentagon! You hit mile 25.....slowly. :) You want to give up, but you hear the music and commotion from the finishers village! As you near mile 26 the crowds get larger and larger. You hit the mile 26 marker, take a left and head up (and I mean UP!) towards Arlington National Cemetery and the Iwo Jima Memorial. The crowd goes crazy with every runner that comes up that hill! I try to pass as many people as possible going that last .2 up the hill. Don't worry, I don't count outloud. :) You reach that finish line and you have Marines all around you cheering for you! As you go thru, they wrap you in your blanket, the Marines put your medal on you (they don't just hand it to you!), you get your picture by the memorial and you're off to find food!

It is one of the most organized races I have ever been involved in! The first year I ran it....and the 2nd....and the 3rd....I cry when the Marine places my medal on my neck and says "Congratulations". Seriously, these Marines give of themselves every day in more ways than just a marathon, and they're congratulating me! I am so very thankful for our soldiers that protect our country! I heard someone say of that hill at the end of the marathon, "Just like the Marines: you get to mile 26 and think "I've got this", but then you see the hill and the message is: Your mission isn't over yet, Marine, one more hurdle then, mission accomplished! LOVE it!