



The WFRC is looking for a New Years Eve Party to attend as a group- If you know of a fun party that could take in a few more 'fun runners' email Kate with the details....



## The Finish Line

Volume 35, Issue 12  
December 2010

Operating	\$2230.34
Dam Run/TrailsFest	\$3270.98
<b>TOTAL</b>	<b>\$5501.32</b>

### Race Results:

#### 11-6 Panama City Beach Florida Ironman

Whole IRONMAN:

Mark Roberts 11:35

½ Ironman:

Stephanie Ossenbrink 4:49:39

#### 11-13-14 Mother Road 100.3

Richard Koch 22:08

Karen Riddle 28:40

#### 11-20 City Lights

Kim Monson 27:34 2<sup>nd</sup> AG

Charlie Penturf 27:41 3<sup>rd</sup> AG

Steve Flinn 24:14 1<sup>st</sup> AG

Dwayne McKee 26:03 2<sup>nd</sup> AG

Steve Priester 26:25 2<sup>nd</sup> AG

David Teichman 32:48 1<sup>st</sup> AG

Phil Ringman 28:04 3<sup>rd</sup> AG

Cody Cassity 20:56 1<sup>st</sup> AG

Kelly Fristoe 25:39 2<sup>nd</sup> AG

Michael Boyle 19:37 1<sup>st</sup> AG

Richard Koch 27:51

Andrew Koch 27:51

Thomas Koch 26:12

Elizabeth Koch 26:06 3<sup>rd</sup> AG

Bailey Leslie 30:49

Allison Brajer 35:54

Nancy Steen 30:32

Candi McKee 38:32

Karen Riddle 29:10 2<sup>nd</sup> AG

Jane Teichman 55:52 2<sup>nd</sup> AG

Brennan Leslie 22:26 2<sup>nd</sup> AG

#### 11-25 Ft. Worth Turkey Trot-10K

Kate Teichman 50:53

#### 11-25 Pagosa Springs Turkey Trot – 5miles -5°

Kim Monson 47:00 17<sup>th</sup> overall

Sandy Monson 53:38 24<sup>th</sup> overall

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:

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

Dec. 11, Jacksboro, 5K

Jan. 22 Wee Chi Tah Marathon and ½



### WFRC XMAS Party- December 18th

**HHH Building – 104 Scott St. 6pm -?**



**Bring a dish and a wrapped**

**present (\$10) for the gift exchange.**

**Please come, we'll have great holiday fellowship, relaxing dinner and a lively gift exchange-**

**12/21 Meet at Family Y @ 6pm and run, carol, and look at Christmas lights**



July 4, 2011 – Carnival Cruise (Mexico)



**WELCOME to our  
new WFRC Members:**

Josh, Amber, Isaiah, & Solomon Mcguire  
Chad Cummings  
Charlie Penturf  
Missy Seay



TO....December's  
12-16 Jerry Nottingham  
12-27 Merry Wolf

**It's Time to pay your 2011 WFRC Membership**

**Dues are \$20 annually and can be mailed to:**

**P.O. Box 5001**

**Wichita Falls, TX 76307**

**NOW: You can pay your dues online @**

**Active.com @**

**[http://www.active.com/event\\_detail.cfm?event\\_id=1918660](http://www.active.com/event_detail.cfm?event_id=1918660)**

**Please send in, or deliver your check in  
December, as we need to update our roster  
for our RRAC insurance!**

**James Thruston, 72, retires  
from race directing**

**08:46 PM CDT on Thursday, April 1, 2010**

James Thruston, a fixture in the Dallas running community for nearly 35 years, has retired. He will no longer direct the multitude of races he produced under Thruston Racing.

Thruston, 72, of Dallas, said he lost several critical staff members over the last few years. Two died, two

relocated and another stepped down for personal reasons in January.

In addition, road racing events have been hampered by recent Dallas Parks and Recreation Department policy changes that have doubled race fees and prohibited parking on the grass at Winfrey Point, he said.

"I cannot do the races anymore," said Thruston, once a serious amateur runner who went on to direct the Dallas White Rock Marathon and to serve as president of the Cross Country Club of Dallas, now the Dallas Running Club, from 1979-82. "It's been my life. I don't know what I'm going to do with my life."

Thruston's Snowman Shuffle on Jan. 9 was his final race. He said he did not schedule any other events this year.

Ron Starling and David Hartwig both said Thursday that they are trying to work out the logistics to keep producing Thruston's longtime events, many of which have been held for more than 20 years.

"We haven't gotten all the logistics worked out," Starling said. "We're in the process. We have a full schedule planned this year."

Added Hartwig: "It would be safe to say that Thruston Racing will continue to live on. The key staff members that have been involved with the production are essentially taking it over."

Hartwig said they plan to kick off the Bachman Lake Summer 5K Series on May 12.

Over the years, Thruston produced quality races, many runners said.

"He really cared about how those races went off," said area runner Linda Kelly. "He was the guy who would put on good events throughout the year. I'm sorry to hear it, but I'm not surprised."

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

The Upcoming Races List for 2011 is attached, please look it over and if you know of any that you'd like to add, or corrections – email me! Some events are just based on LY dates, so be sure to check it out before you make plans.

I am also attaching the Crewing narrative from 'The Mother Road 100 miler on Route 66' - I must warn you that it is long and wandering... feel free to delete it without reading it.

**Here's a note from our website:**

I am the massage therapist at Brelands and have been for about 9 years. I have been in practice since 1994 and have about 9 years of physical therapy rehab experience.

I hold many certifications one of which is in sports massage.

I would like to offer my services to you and your other office holders as well as all members of your club. (with your permission).

If you want to send this to all of your members via email you may do so as I would appreciate the support.

You can visit my web site for more information about my practice and services and also any of your staff or members can print the home page and bring it in to brelands for a 15% discount on massage therapy.

[bearclaw5.massagetherapy.com](http://bearclaw5.massagetherapy.com) is my web page.

Thank you Henry Hardnock