



The Finish Line

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Operating **\$2230.34**

Dam Run/TrailsFest **\$3270.98**

TOTAL \$5501.32

There comes a time in life when you walk away from all the pointless drama and people who create it, and surround yourself with people who make you laugh so hard that you forget the bad and focus on the good. Life is too short to be anything but happy!!!

""The truth is like surgery, it cuts, but it cures.""

Race Results:

July 10 Palo Duro Hot Dog Run – 15K

Cody Cassity 1:20?
Kim Monson 1:26:
Kate Teichman 1:26|
Sandy Monson 1:48
Don Plummer 1:48

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

-a funny thing I read in Runners World – Solutions for Intestinal Rebellion:

#4) Learn your personal transit time by eating sesame seeds, corn or beets--foods that can be seen in feces. Because food moves through most people's intestines in 1 to 3 days, the trigger may be a food you ate a few days ago.

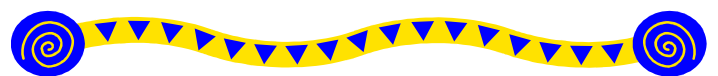
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Upcoming Events:

Aug 7 Cross Timbers, Lake Texoma
Aug 14-5k Watermelon Run-Rush Springs, OK
Aug 21 5/10K Sheppard AFB
Aug. 27, 28 and 29, 2010 – Hotter'N Hell Hundred and the Wee-Chi-Tah Trail
Races – www.hh100.org
Sep. 11 Short Grass Scamper, Archer City 5K 9:30a
Sept. 18 Alzheimers Walk
Sep. 25, 2010 – Trails Fest – 5k and 15k – Presented along with Falls Fest, a huge party
In the park! <http://www.wfrunnersclub.org/> for info on Falls Fest, go to
<http://www.fallsfest.org/>
Oct. 9 – Race for the Cure, Downtown
www.wichitafalls-raceforthecure.org/
Oct. 9, 10 and 11, 2010 - Texas Forts Bicycle Tour, Columbus Day Weekend.
Oct. 16, 2010 –Palo Duro Trail Run
50 Mile • 50K • 20K Fun Run/Walk (A Western States Qualifier)
<http://www.palodurocanyon.com/race.php>
Nov. 13 Louisiana Trail Ultra 50K, 26.2mi, 13.1mi-Shreveport, la (320 miles/5.25 hours)
Nov. 20, 2010 - City Lights 5k and Downtown Festival, always the weekend before Thanksgiving.
<http://downtownproud.com/> and www.weechita.org



July 4, 2011 – Carnival Cruise (Mexico)



Here's a funny excerpt from review of the first annual 'Rocky Road Trail 100 miler' in California. – From the race director- This left only one runner on the course, and the only potential female finisher, Jean Ho. Jean joked that if she finished the race, she would: 1) Be first overall female; 2) Set a female course record; and 3) Finish DFL all in the same race! This motivated her to struggle and complete her first 100-mile race in 38 hours 17 minutes, which Jean joked was "a normal work week for most people!"

August Club Meeting! Thursday, August 19th,
7:00PM–Hamilton Park Pavilion – **Program:**
Bees..... should be interesting...

*WELCOME BACK to our
renewing WFRC Members:
Sally Henschel
Tobi McCauley
Joe Rico*



TO....August's
12- Sandy Monson
17-Sally Henschel

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

Continuing on with the five locations across America
have a perfect trail running community-next up:

SANTA FE, NEW MEXICO

Must-do runs: The Dale Ball Trails consist of 22 miles of looped single-track trails close to town. Terrain ranges from easy to difficult. Don't forget to slow down and enjoy the desert views that make these trails so popular. The Windsor Trail starts near the Santa Fe ski area and heads into the Sangre de Cristo Mountains, climbing up to 12,000 feet for hours of alpine running. For a flat recovery run, try the Rail Trail that runs from Santa Fe to the Lamy Amtrak station.

Post-workout fun: Visit the Ten Thousand Waves spa resort (tenthousandwaves.com) or Absolute Nirvana Spa Tea Room and Gardens (absolutenirvana.com) for some pampering, including massages, facials and post-run soaks. Spend a day

strolling the plaza and browsing through art galleries, such as the Georgia O'Keeffe Museum and the New Mexico Museum of Art. Guided walking tours showcasing the capital city's unique history and architecture is a popular post-run activity.

Good eats: Stop by the Santa Fe Baking Company for award-winning burritos. For a true taste of local cuisine, try TIA Sophia's or Coyote Cafe. Sweet dreams: Stay at the Inn at Santa Fe (innatsantafe.com), located in the heart of town, for close proximity to the area's attractions. For a true lodging splurge, try the Encantado Resort (encantadoresort.com) at the foothills of the Sangre de Cristo Mountains. Fine dining, luxurious casitas lodging, peace and tranquility await you.

*Next Month: **UPPER PENINSULA OF MICHIGAN***

The land above the bridge--the Upper Peninsula--is the northern of the two landmasses comprising Michigan. Despite the harsh winters, the residents of the U.P. (known as Yoopers) love the 1,700 miles of shoreline, endless recreation opportunities and the Nordic and Finnish heritage of the area.

Running is a means of [terrestrial locomotion](#) allowing a [human](#) or an [animal](#) to move rapidly on [foot](#). It is defined in human [sporting](#) terms as a [gait](#) in which at some point all feet are off the ground at the same time. This is in contrast to [walking](#), where one foot is always in contact with the ground, the legs are kept mostly straight and the [center of gravity](#) vault over the legs in an inverted pendulum fashion. The term running can refer to any of a variety of speeds ranging from [jogging](#) to [sprinting](#).

Early mankind developed the ability to run about four and a half million years ago in order to hunt animals. Competitive running grew out of religious festivals in various areas. Records of competitive racing date back to the [Tailteann Games](#) in Ireland in 1829 BCE, while the first recorded [Olympic Games](#) took place in 776 BCE

The test of our future leaders' merit may well not lie in hanging in there when the light at the end of the tunnel is expected but rather in their persistence and continued performance of duty when there is no possibility that the light will ever show up."
VADM James B. Stockdale

Recap: Too Hot to Handle

My chip time ended up being 1:44:10 ! I was three minutes away from 3rd place. There were soooo many people - over 1,000 in the 15K and almost 1,000 in the 5K (I figured there would be about 3 times as many in the 5K but I was wrong!). I thought it started at 7:00 and wanted to park in Norbuck Park instead of a half mile away, so got there early, only to find out it started at 7:30 so I was really early ! I rested in my car a bit, which was good. Then, when we lined up, bumper to bumper people, they announced 15 minute delay in the start! Actually it ended up to be 20 minutes - very disappointing.

The course itself was nice - part of the White Rock course, very pleasant, no traffic. Very hot and humid. I had a water bottle with me and electrolytes. I walked up every hint of a hill and through the water stop if I was getting my bottle filled. I had frozen my water and by race start, it was already melted and warm! At the end, they had all kinds of booths set up, pizza, watermelon, beer, samples of other things, massages, and awards started right away! Everyone was drenched! I gave it all I had, I could give no more! Halfway through I doubted I could beat 1:45, but pushed near the end. I couldn't push anymore than that as it was dizzingly hot, head pounding, head spinning hot and humid. All in all, I'm very glad I went.

I don't think I was slow, even though you guys thought you were slow at the Hot Dog Run. I truly gave it everything I had ! ! I couldn't have done any better or I would have passed out ! You should see the times though - they are incredible ! ! ! Like super racer speed times ! I don't know how they do it !

Karen

You know you're in TEXAS when....

You notice your radiator is overheating, before you start your car.

You no longer associate bridges over rivers with water.

The thermometer in the lid of your Bar-B-Que Grill shows 150 degrees F, before you light it.

You know a swamp cooler is not a happy hour drink.

You hear the weather forecast for 105 degrees without flinching.

You discover, in July it only takes two fingers to drive your car, because your steering wheel is so hot.

You can make instant sun tea or sun tea instantly.

You run the house a/c in the middle of winter, so you can use your fireplace.

The best parking is determined by shade not distance.

Hotter water comes from the cold water tap than the hot one.

You actually burn your hand opening the car door.

Sunscreen is sold year round, it is always kept right at the checkout counter.

Sunscreen with less than 50 SPF is called 'hand cream.' You put on fresh sunscreen just to go check the mail box.

Some fools market mini-misters for joggers and some other fools will actually buy them.

Worse... a lot of fools actually try to jog!!

When hot air balloons can't rise because the outside air is hotter than the air inside the balloon.

When fabric is considered the deluxe interior, rather than stick-to-your-seat leather.

You see two trees fighting over a dog.