



The Finish Line

Volume 35, Issue 9
September 2010

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

Rum: Prozac for Pirates for over 300 years!

Race Results:

8-14 Watermelon 5K, Rush Springs

Jerry Nottingham – 1st Age Group

8-28 Cameron University 2 Mile Run

Jerry Nottingham 1st AG

8-29 WeeChiTah – 10K &

Merry Wolf 1st Overall Female 50:15

Joni Schatte 1st AG 1:01:18

Jim Ingalls 1st AG 59:08

Half Marathon

Koby Styles 1:24:55 1st Overall Male

Brennan Leslie 1st AG 2:12:13

Adam Leslie 1st AG 1:45:08

Cody Cassity 2nd AG 2:00:41

Allen Brajer 5th AG 2:13:34

Kim Monson 7th AG 2:17:33

Results for Short Grass Scamper, Archer City 5K are posted on wfrunnersclub.org

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

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:

Sept. 18 Alzheimers Walk

Sept. 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. 2 Roadkill 10 mile Race, Chickasha, OK

<http://roadkillrace.blogspot.com> www.signmeup.com

Deadline for shirts is 17 Sep.

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>

October 23,2010- Circle of Hope 5K

<http://www.northcentraltexasaidrun.info>

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

Many of the members of the Wichita Falls Runners Club are considering a fall TRAIL marathon near Shreveport, La.

This marathon is the Louisiana Trails Missions Marathon.

They also have a 50K and a Half marathon, on Saturday, November 13th. The races start at 7:30 am.

The courses will be outstanding single track rolling through hardwood trees, bamboo thickets, a beautiful meadow and a few creek crossings.

The link for the race is

<http://www.sportspectrumusa.com/raceDetail.php?ID=69>

For those of you looking to make a weekend out of it, there's always the casinos and nightlife of

Shreveport/Bossier City. Cajun, BBQ and Seafood are also on the agenda for hungry runners.

Contact Kate Teichman, Don Plummer or Sandy Monson for more info.



July 4, 2011 – Carnival Cruise (Mexico)



September Club Meeting! Thursday, September 16th, 7:00PM–Hamilton Park Pavilion – **Program:** ...Kathie Forehand will give us the TrailsFest update!

WELCOME to our new WFRM Members: Dave and Karla were blessed on 8-29 with the arrival of their new son, John Wesley Max & Jeremy Lasso, & CJ & Marisa Crooks



TO....September's
1- Elizabeth Koch

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: **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.

Must-do runs: The Algonquin Trail in Sault Sainte Marie, Michigan, offers a peaceful run through birch and oak tree forests, over wooden bridges and past rolling creeks. Take the ferry from St. Ignace to Mackinac Island and run the numerous trails around the island. The famous North Country Trail, which runs from North Dakota to New York, is a must-run while in the Upper Peninsula.

Post-workout fun: Tour the Lake Superior lighthouses, stop for fudge on Mackinac Island or go blueberry picking in Paradise. Visit the Pictured Rocks National Lakeshore on Lake Superior for beaches, sand dunes and sandstone cliffs.

Sweet Dreams: Enjoy views of the Mackinac Straights on the wraparound deck of the Colonial House Inn (colonialhouseinn.com) while staying in St. Ignace. Just minutes from the ferry to Mackinac,

the Colonial House is part of the Green Lodging Program.

Good eats: Try the local specialty, a meat and vegetable-filled pasty, at Dobber's Pasties (dobberspasties.com) in Escanaba.

Info: Visit runmichigan.com for a list of where to run in Michigan. The Web site uptravel.com has information on what to do and see while in the Upper Peninsula. Find [running races in Michigan](#).

5K Expo Run at Anadarko 7 Aug 2010. I got gold in my AG..ran a 28:59. It was "warm" to say the least!

How warm was it? Along about 10AM, I saw a dog chasing a rabbit and both of them were walking :) Jerry

The City Lights ladies offered us a free booth at the Texoma Outdoor Expo on October 23rd from 10 am to 4 pm. Set up is from 7 am to 9:30 am. It's outside, but under a tent. We could promote our events and club. They have the standard "outdoor" stuff... fishing tank, dog trainers, guns, boats, cars and food. It's managed by First Baptist and is in their parking lot. They say 4000 to 8000 folks come out.... It's the weekend after Palo Duro. What do you all think?? Sandy

Mud Run DFW

We have Outgrown, Outrun, and Outplayed our one day North Texas Event. Sooooo, we are now a 2 day event. For those of you wanting the thrill of the run without all the competitive rules, just want to dress up and have fun or generally feel like simply playing in the mud?...Register for the "DGAP" race on Saturday November 6, 2010.

For those of you who thrive on competition, think you might be able to prove that you are the best athlete in the world or you just know that you will win the prize...money sign up for the competitive divisions on Sunday November 7, 2010. More details can be found on www.MudRunDFW.com

A note from Terry Points-
The City had some vandalism to several of our fountains and have sent 4 away to be repaired. They should be back in our system soon. (The trail system)

3 Tips to Keep Your Marathon Training Runs Fresh

By Active Expert Patrick McCrann

[Marathon Nation](#)

One of the most challenging aspects of marathon training has to do with what makes it so effective: a repetitive weekly schedule. Balancing the competing demands of training with your regularly scheduled life means making some difficult choices regarding social activities, work, sleep and even eating. After all, long runs must integrate with tempo training, track work, hills, and other activities such as strength training. Tired yet?

All of this means creating a fixed schedule or you'd simply never get it all in. But repetition is as draining as it is effective — learning to balance the basic structure of your program with some fun and challenging workouts will ensure that your fitness continues to build while you stay sane and in the marathon training game.

Here are three great tips you can use to spice up your run training and avoid a dreaded fitness plateau or mental breakdown.

The Ladder (Long Run Alternative)

Without a doubt getting psyched up to log another...long...run is a tough part of your weekly marathon training ritual. Trade in that steady long run for a shorter, harder alternative.

Summary: Instead of running 16 miles at your steady long run pace, mix things up by including marathon race-pace specific efforts. Done in a ladder format where you alternate equal time at marathon pace with equal time of recovery, your long run will be a great workout and will be over before you know it.

Workout:

- Warm up at your usual long run pace for a 1/3 of the total run distance (16 miles = about 5 miles warm up).
- Start the ladder with a 1/2 mile increment at marathon pace, followed by a 1/2 mile at your typical long run pace.
- Continue the ladder as: 1 mile / 1 mile, 1.5 miles / 1.5 miles, 1 mile / 1 mile, 1/2 mile / 1/2 mile. This puts you at 14 miles total.
- You can totally stop here or cool down for a bit longer if you'd like to. Nice work!
- Note: You can do the intervals by time or distance, depending on how you train.

The Social Butterfly (Tempo Run Alternative)

I enjoy this workout because it really forces me to be aware of both my body and the other runners around me. Like the ladder workout above, this takes the pressure off me to manage my own workout and also distracts me by placing emphasis on my environment.

Summary: Instead of your usual tempo run with intervals, do a fartlek workout. After a good warm up, you will run varying paces based on the runners around you. You go to the next step in the cycle whether you pass someone or you are passed. Repeat until you need a rest or you are done.

Workout:

- Warm up for about 15 minutes, be sure to include a few 30-second pickups at a good pace so you are ready. Then begin.
- Step One: Run at 10K pace/effort until your first runner, then return to easy jog until your next runner.
- Step Two: Run at 5K pace/effort until the next runner, then return to easy jog until your next runner.
- Step Three: Run at half marathon pace/effort until the next runner, then return to easy jog until your next runner.
- Repeat as necessary; feel free to mix up the paces too.
- Note: It's best to do this workout in a pretty populated area; if you can't use runners you can use cars (really remote), trucks (semi-remote), or stationary objects like mailboxes or trees, etc.

The Explorer (Fun Run)

This is a great workout because it really gets you out of your routine and encourages some forethought and planning. Besides, you can come up with a really great workout on your own.

Summary: Trade in any of your runs for this fun session. This requires some planning and memory. Get online and do a search for a franchise of stores; any will do although something like Starbucks (or Dunkin Donuts here in New England) works really well. Then map out a loop run where you can check off as many locations as possible for your goal duration. Don't pay attention to terrain or if you know the route already, just map and go.

Note: If you pick a popular chain, someone will be able to point you to the next one pretty easily. If you have a smart phone you can have location map there as a reference too, but remember the whole point is the adventure!

New world record –Aug. 31st

ASHFORD, Kent, UK -- UK's highest profile Ultra Runner **Mike Buss** of Wiltshire, England, a former British soldier, completed his 51st marathon in 51 days at a shopping centre in Kent - setting the world record – so far, all of his marathons has taken place on a treadmill and he isn't stopping at 51 – his goal is 100 marathons in 100 days – Dean Karnazes was the previous record holder with 50 marathons in 50 days in 2006. The women's record is 11 marathons in 11 days-

Here's a letter from Wayne Strohman about his victory in the Triple Threat – Lowest Combined time

Sandy,

Wow!--90 seconds difference after ~125 miles of cycling and running over 3 days! It was a blast this past weekend and I truly appreciate you and your team's efforts to put on the triple-threat event. Thanks for the link. I'll see you on the roads and I look forward to the 1/2-marathon trail run in January (I think I'll start trying to put some running miles in on the Wee-Chi-Ta Trail--it's great!).

Wayne

Here's a funny race idea: In-N-Out challenge at the weekly aquathlon (.5 mile swim, 5k run). Eat a cheeseburger, fries and shake and then race. If you puke you are disqualified.