



The Finish Line

Volume 37, Issue 1
January 2012

Financials:

Operating	\$ 3,913
Dam Run/Trails Fest	\$ 1,122
Total	\$ 5,035

ANNUAL CLUB MEETING FUZZY'S TACO SHOP February 10th @ 6pm

Join us Friday, Feb. 10th at 6 pm at Fuzzy's for our annual club meeting. We will be voting on changes to the by-laws (see attached), electing the 2012 officers and directors, and revealing the runner of the year.

Come enjoy some great tacos and visit with your fellow runners and walkers. This year the club is providing a taco bar and tea & soft drinks for all members in good standing (i.e. – paid your 2012 dues).

Haven't paid your dues yet...no problem, you can pay at the meeting. Hope to see you there!

2012 OFFICER & DIRECTOR NOMINATIONS

President – Michael Boyle
Vice President – Sandy Monson
Treasurer – Susie Koch
Secretary – Jacki Dowdy

Directors:

Kelly Fristoe	Steve Priester
Randall Dugan	Andy Stanford
Don Plummer	Dale Teichman

RECENT EVENTS

Dec 10th Holiday Hustle – 5K

- Tyler Johnson – 19:46 Overall Open Winner
- Joanne Leatherwood – 28:31 Overall Masters

Dec 10th Holiday Hustle – 10K

- David Epler – 44:54 Overall Masters
- Pam Featherston – 49:32 1st AG
- Michael Brown – 50:21 1st AG
- Jathan Fields – 52:19 3rd AG
- Allen Brajer – 52:35 2nd AG
- Kelly Fristoe – 53:24
- Tracy Hill – 53:24 2nd AG
- Steve Priester – 55:33 1st AG
- Charles Penturf – 56:10
- Phil Ringman – 57:45
- Lisa Manning – 1:04:36 1st AG
- Debi Walters – 1:04:50

Jan 21st The DUEL – Trail Events

Half Marathon

- Tyler Johnson – 1:43:57 1st AG
- Michael Boyle – 1:48:40 2nd AG
- Charlie Penturf – 2:20:37 1st AG
- Mark Bullock – 2:27:42
- Gretchen Bullock – 2:27:43 2nd AG
- Alan Brock – 2:47:52

Full Marathon

- Ruben Gonzalez – 3:44:32 1st AG
- Chad Schroeder – 4:00:52 2nd AG

Ultra Marathon

- Frank (Jim) Ingalls – 6:53:10 1st AG
- Chad Cummings – 7:43:38
- Karen Riddle – 8:36:43 1st AG

Jan 22nd The DUEL – Paved Events

5K

- Oliver Barker – 23:59 1st AG
- Luke Barker – 24:01 1st AG
- Pete Barker – 27:02 1st AG
- Keevin Baxter – 28:25 1st AG
- Jessi Cook – 28:32 1st AG
- Christina Feldman – 29:06 1st AG
- Crystal Boyle – 30:19 3rd AG
- Linda Knox – 33:33 1st AG
- Melissa Moore – 34:59 3rd AG
- Michael Valverde – 35:28 3rd AG
- Arnold Rieder – 36:01
- Leesa Atkins – 42:20 1st AG
- Eddy Atkins – 42:20 1st AG

Half Marathon

- Ruben Gonzalez – 1:39:28 2nd AG
- Randell Dugan – 1:45:48

- Chad Schroeder – 1:53:14
- Michael Brown – 1:53:33
- Pam Featherston – 1:56:22 2nd AG
- Tracy Hill – 1:56:30 3rd AG
- Hanna Walters – 2:24:35
- Debi Walters – 2:24:40
- Sharon Wood – 2:44:06
- Ruth Morrow – 3:25:32 3rd AG

Full Marathon

- Allen Brajer- 4:09:57 1st AG
- Don Knox – 4:58:31 3rd AG

Ultra Marathon

- Frank (Jim) Ingalls – 7:08:56 1st AG
- Karen Riddle – 7:36:21 1st AG

Have you participated in an event recently and would like to share your achievement with the club. Email your results to info@wrunnersclub.org and we will include them in the next newsletter. Also, don't forget to let us know if you won an award or set a PR.

THE DUEL

The Duel – “an entire weekend of running” was a huge success! It was a great weekend! Almost 300 runners signed up for at least one of the seven events over the weekend. We’ve had nothing but positive comments on our face book pages and via email. The runners loved both the dirt and paved trail. They said the rest stops were the best they had experienced and that the volunteers cheered for them and were very helpful. They also loved the MSU CC team handing out finisher’s awards!

The timing systems worked flawlessly, the weather was great, and the post-race food was delicious. It was a great weekend! Thanks to everyone that participated either as a runner or a volunteer. A special thank you to those of you that spent all weekend with us! It truly takes a village to host such a well-run weekend of events. Thanks to every one of you, we are a huge success! - Sandy M.



Roby gets ready to start the runners off with a “bang”!

UPCOMING EVENTS

Local Events:

- Mar 3rd – The Xpress* – Half & 5K
- Mar 31st – T.H.O.R.
- Apr 14th – Speak up for kids CASA 5K
- May 5th – Dam Run 5K**

Area Events:

- Feb 18th - Cross Timbers (Lake Texhoma)
- Feb 26th - Cowtown (Ft Worth)
- Mar 24th – Grasslands (LBJ Nat’l Grasslands)
- Apr 27th-29th – Germanfest (Muenster)
- May 12th – Byers Bicycle Bash (Byers)
- May 19th – Laseman Run (Henrietta) *

** *WFRC sponsored event* / * *WFRC timed event*

THE XPRESS

Half Marathon and 5K Run March 3, 2012

Come participate in THE XPRESS and enjoy a beautiful run while supporting the efforts to teach kids “the Beautiful Game”.

Both events start at Memorial Stadium. The Half course takes you on the Lake Wichita Trail system and the 5K course meanders through a nearby neighborhood.

Event will be chip timed by the WFRC with live music by Brother Sharp and BBQ by Joe's Smokehouse.

Register early for discounts. Prices increase Feb 13th and registration closes Mar 1st. Military discounts available.

For more info visit www.runthexpress.com or contact Michael Brown at 940-642-1355 or michaeljobrown@hotmail.com.

ITEMS OF INTEREST

RRCA Multi-Use Trail Running Tips

Reprinted from RRCA.org

The Road Runners Club of America encourages everyone to follow these important safety tips when training on the multi-use trails around the country.

- Follow the rules of the road: Travel on the right and pass on the left. Run on the right side to allow others to pass safely, and avoid running down the middle of the trail.
- Don't wear headphones—but if you insist, keep the volume low or only wear one earbud.
- Making a sudden U-turn without looking over your shoulder is a good way to get hit by an oncoming cyclist or skater who can't read your mind. If you're running an out-and-back route, don't just make a sudden u-turn at your turn around point. Be sure the trail is clear of oncoming traffic (runners, cyclists, in-line skaters, etc.) before making your turn-around.
- Avoid running on trails in the evening if they are not well lit and do not have regular traffic.
- Don't be a trail hog. Never run more than two abreast if you are running in a group.
- While pedestrians have the right of way on most trails, the goal is to share the trails. Alert people when you are passing them—don't assume they are aware of their surroundings. A simple "on your left" warning will suffice. This can prevent you from getting "clothes-lined" as you pass someone walking his or her dog.
- Be alert on blind curves.
- Stop at stop signs if the trail crosses a roadway. Don't assume cars on the road will stop for you.
- Be mindful of young children on the trail—their movements can be unpredictable. Slowing the pace a bit when you pass small children on the trail is a wise idea, especially if they are on a bike or tricycle. Use this as an opportunity to slow the pace then pick up the tempo.
- Respect private property along the trail.
- Don't litter. If you can't find a trash can, carry your trash home.
- Donate funds from a recent race to support local multi-use trails for upkeep, security, and facilities.
- Report suspicious behavior that you observe on the trails to local authorities.
- Get approval from local authorities before planning a race or training event on your local multi-use trail.

MEMBERSHIP NEWS



<u>January B-Days</u>	6 th – Joseph Baird
1 st – Carlos Moreno	15 th – Jane Macha
15 th – Susan Johnston	15 th – Karen Riddle
20 th – Steve Flinn	15 th – Ralph Stearns
	19 th – Steve Priester
<u>February B-Days</u>	24 th – Allen Brajer
2 nd – David Teichman	27 th – Candi McKee

Welcome to our new members:

Eddy & Leesa Atkins	
Mark & Gretchen Bullock	
Pete Barker	Tracy Hill
Keevin Baxter	Frank Ingalls
Michael Brown	Tyler Johnson
Jessi Cook	Melissa Moore
Pam Featherston	Carlos Moreno
Ruben Gonzalez	Ruth Morrow
Lindsay Hagerman	Debi Walters

Remember WFRC members in good standing can enjoy the following discounts:

- The Bike Stop – 20% discount on bike tune-ups and 10% discount on accessories.
- Wichita Falls Streams and Valleys – discounts off early mail-in entries: \$2 off The Wee-Chi-Tah Trail races on HHH weekend, The Texas Forts Tour and the City Lights 5K, and \$10 off events during The Duel marathon weekend.
- Espressos 2 Go – 10% off everything. Located in the lobby of the Hamilton Building in Beautiful Downtown Wichita Falls, 900 8th Street between Travis and Lamar.

If your business or organization would like to offer a discount to WFRC members, please email the club at info@wfrunnersclub.org.

"Social Hour" at Parkway Grill
Fridays after work from 5-7pm

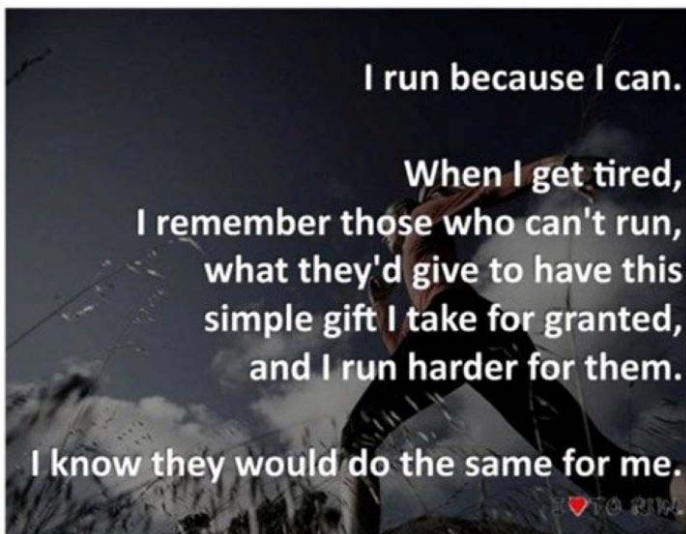
DID YOU KNOW?

Wichita Falls is one of only 14 communities in the country designated by the Road Runners Clubs of America as a Runner Friendly Community.



A NOTE FROM THE PRESIDENT

I saw this on a friend's Facebook post recently and I thought it was worth sharing:



Speaking of Facebook be sure and join the Wichita Falls Runners Club group on Facebook.

Well, I hope you enjoyed this slightly reworked version of our monthly newsletter. If you have suggestions for future editions or if you would like to help out with the production of the newsletter, please send me an email at info@wfrunnersclub.org.

Michael Boyle
WFRC President