



# The Finish Line

Volume 37, Issue 2  
February 2012

## Financials:

Operating	\$ 4,204
Dam Run/Trails Fest	\$ 1,122
Total	\$ 5,326

## ANNUAL CLUB MEETING

Thank you to everyone who made it out to this year's annual meeting. It was a fun night with good friends and good food.

We elected our new slate of officers for 2012 and announced the WFRC 2011 Runner of the Year.

Special thanks to Zack Farquhar at Fuzzy's Tacos for hosting this year's event.

## CONGRATULATIONS!!!

### 2012 OFFICERS & DIRECTORS

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

## AND THE WINNER IS...

### SANDY MONSON 2011 RUNNER OF THE YEAR

At the annual meeting in February it was announced that Sandy was voted as the 2011 runner of the year.

It is a well deserved award based on her running accomplishments over the past year and for her tireless efforts in promoting and supporting running events in our community.

## RECENT EVENTS

### Feb 24<sup>th</sup> & 25<sup>th</sup> – The Cowtown

#### Ultra Marathon

- Chad Schroeder – 4:43:52
- Karen Riddle – 6:43:18

#### Half Marathon

- Jerry Nottingham – 6<sup>th</sup> in AG

#### 10K

- Phil Ringman – 59:04

#### 5K

- Jerry Nottingham – 5<sup>th</sup> in AG

Have you participated in an event recently and would like to share your achievement with the club. Email your results to [info@wfrunnersclub.org](mailto:info@wfrunnersclub.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.

\*\*\*\*\*

### Brothers Sweep Cowtown Races

By David Stein  
ESPNDallas.com

FORT WORTH, Texas -- Kolin Styles took first in the Cowtown Marathon on Sunday with a time of 2 hours, 37 minutes and 53 seconds, and his brother Koby won the ultra marathon 50K race in 3:18:18.

Kolin was surprised to hear he won after the runner who finished in front of him was disqualified for not registering. Kolin, who wins a free trip to the Boston or New York marathon, said he doesn't mind winning by the technicality.

Kolin Styles earned a trip to the New York Marathon by winning the Cowtown Marathon.

"I'll take it. Any possible way to win something," Kolin said. He plans to run the New York Marathon in the fall.

Koby registered for the ultra marathon just minutes before the deadline.

"My brother said I was too scared to do it," said Koby, laughing with his brother after the race. "At about 4:30, right before registration closed up, I signed up."



Jessica Gonzalez/brightroom.com

The two grew up in Holliday, Texas, a small town west of Wichita Falls.

"I can't let the little brother give me a hard time and try to outdo me," Koby said. "I have to show him he's still the little one."

Koby stole the show over his little brother when he did a cartwheel past the finish line after his 50K (just over 31 miles) race.

"I'm over here cramping across the finish line," Kolin said as the two continued to joke with each other.

They said they will take some time off before they start to train for the Tough Mudder in Dallas on March 31 and April 1.

## UPCOMING EVENTS

### Local Events:

- Mar 3<sup>rd</sup> – The Xpress\* – Half & 5K
- Mar 31<sup>st</sup> – T.H.O.R.
- Apr 7<sup>th</sup> – Autism Awareness 5K
- April 14<sup>th</sup> – Running of the Mustangs 5K
- April 21<sup>st</sup> – YMCA Beach Party 5K & 10K
- May 5<sup>th</sup> – Dam Run 5K\*\*

### Area Events:

- Mar 24<sup>th</sup> – Grasslands (LBJ Nat'l Grasslands)
- Apr 15<sup>th</sup> – Big D Marathon, Half & 5K (Dallas)
- Apr 27<sup>th</sup>-29<sup>th</sup> – Germanfest (Muenster)
- May 12<sup>th</sup> – Byers Bicycle Bash (Byers)
- May 19<sup>th</sup> – Laseman Run (Henrietta) \*

\*\* WFRM sponsored event / \* WFRM 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 WFRM with live music by Brother Sharp and BBQ by Joe's Smokehouse.

Online registration closes Mar 1<sup>st</sup>. Late registration available at packet pickup at Days Inn on Friday, Mar 2<sup>nd</sup> from 4 to 7pm, or on race day from 7 to 7:30 am.

For more info visit [www.runthepress.com](http://www.runthepress.com) or contact Michael Brown at 940-642-1355 or michaeljobrown@hotmail.com.

## MEMBERSHIP NEWS

### Welcome to our new members:

Jeremy Calfy  
Zack Farquhar  
Arthur Sanchez



Joni Schatte (Mar 2<sup>nd</sup>)  
Alan Brock (Mar 3<sup>rd</sup>)  
Pam Hughes (Mar 30<sup>th</sup>)

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..
- Espressos 2 Go – 10% off everything. Located in the lobby of the Hamilton Building at 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](mailto:info@wfrunnersclub.org).

---

**NEW "Social Hour" at Fuzzy's Taco Shop**  
Fridays after work from 5-7pm

---

### THE MARATHON vs THE MILE (The good and the bad)

"The difference between the mile and the marathon is the difference between burning your fingers with a match and being slowly roasted over hot coals."

*Hal Higdon*

If you want to run a mile, then run a mile. If you want to experience another life, run a marathon.

*Emil Zatopek*

---

## DID YOU KNOW?

The verb "run" has 645 meanings, more than any other word in the Oxford English Dictionary.

In addition to the common meaning of "putting one foot in front of the other rapidly", there's also countless common expressions such as "running an idea up the flagpole," "the days running into weeks," "running the numbers," "running a fever," "running with the wrong crowd" and "running your mouth."

There are also some less common expressions, such as "running the rabbit" used by Australians in the 20th century which meant they were bringing home liquor.

---

If you have suggestions for future editions or if you would like to help out with the production of the newsletter, please send an email to [info@wfrunnersclub.org](mailto:info@wfrunnersclub.org).

That's it for this month's newsletter... we have to go run the rabbit!