



# The Finish Line

Volume 37, Issue 3  
March 2012

## Financials:

Operating	\$ 4,047
Dam Run/Trails Fest	\$ 1,122
Total	\$ 5,169

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## CLUB MEETING - THIS WEEK!!!

**Thursday, Mar. 22<sup>nd</sup> @ Hamilton Park  
6:30 pm (or whenever we get done running)**

Thanks to Kelly Fristoe for lining up our guest speaker, Jason Mitchell from **Complete Nutrition**.

Jason will be out at the Hamilton Park Pavilion around 5:30 pm with products recommended for runners. You can try them out prior to your run to see and/or feel the difference they make.

Afterwards, Jason will tell us more about the products and you will be able to relate it to the benefits you experienced.

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## RUN TIME CHANGES

Don't forget that with the change in Daylight Savings Time our running times from Hamilton Park on Tuesday and Thursday evenings have also changed. We now have groups starting at 5:30 and 6 pm.

There has also been a group running up Mount Murphy (Lake Wichita Park) on Wednesdays at 5:30 pm and on Sunday afternoons.

Please post on our Facebook site if you plan to go and maybe you'll have some company!

## MEMBERSHIP NEWS

New Members – we have had 18 new members join the club in 2012!

Renewals – We still have members who have not paid their 2012 dues. If you are one of them, please submit your dues ASAP. Send payments to PO Box 5001 (76307) or bring a check to one of the weekly runs. Remember it is only \$20 and entitles you to reduced entry fees on WFRC events and other select local events in addition to the discounts listed below.

## Welcome to our new members:

Megan Kinney



**Tyler Johnson (April 1<sup>st</sup>)  
Gretchen Bullock (April 2<sup>nd</sup>)  
Christina Feldman (April 8<sup>th</sup>)  
Susie Koch (April 12<sup>th</sup>)  
Jim Cummings (April 21<sup>st</sup>)  
Paul Barrager (April 22<sup>nd</sup>)  
Richard Dowdy (April 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.
- Texoma Cycling Center -20% discount on tune ups and 10% off parts and accessories.

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).

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

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## SPRING SERIES RUN!!!

Let's celebrate spring with another "No Frills Thursday Night Running Series"!

Who – WFRC members and anyone else that wants to come out for a run.

What – Varying distances, normally somewhere around a 5K distance, could be longer, could be shorter. We're not keeping track of who is the fastest, so if you want to cut the course, that's fine. We're all about participation.

When/Where – Thursday nights at 5:30 PM

- April 12 - start at Quiznos on Southwest Parkway
- April 19 - start at Fuzzy's Taco Shop in Century City – club meeting to follow in "The Fish Tank" at Fuzzy's.
- April 26 - start at Quiznos on Southwest Parkway
- May 3 - start at Fuzzy's Taco Shop in Century City
- May 10 - start at Quiznos on Southwest Parkway
- May 17 - start at Fuzzy's Taco Shop in Century City. Party and club meeting to follow in "The Fish Tank" at Fuzzy's.

Why – Because it will be fun! We'll get to run in different places and meet new people!

Cost - \$10.00 for club members, \$20.00 for non-club members (Join the club!) for all 6 runs; or \$3.00 per run. We're not going to prorate so just pay the ten bucks up front and be done with it! Of course you can come out and run with us for free, you just won't be in the prize drawing and you won't have near as much FUN!

What do I get for my \$\$\$?? – Every run you come to you get a chance in the drawing that we will have at the last run on May 17<sup>th</sup> during the club meeting. We'll use the money we collect to buy runner friendly prizes and then we'll draw for prizes. I'm sure we'll have some donated things also! The more runs you come to, the better your chances of winning something really cool! You MUST be present at the meeting on May 17<sup>th</sup> to win a prize!

Come on out and promote running and outdoor fitness and fun!

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## RECENT EVENTS

### March 3<sup>rd</sup> – The Xpress

#### Half Marathon

- Ruben Gonzalez – 1:33:39 (2<sup>nd</sup> in AG)
- Allen Brajer – 1:51:21 (3<sup>rd</sup> in AG)
- Jeremy Calfy – 1:57:38
- Lisa Manning – 2:22:28 (3<sup>rd</sup> in AG)
- JoAnne Leatherwood – 2:29:35
- Karen Riddle – 2:38:09

#### 5K

- Larry Filer – 19:29 (1<sup>st</sup> Overall)
- Jathan Fields – 23:22 (1<sup>st</sup> in AG)
- Michael Brown – 24:19 (3<sup>rd</sup> in AG)
- Jim Ingalls – 25:29 (1<sup>st</sup> in AG)
- Phil Ringman – 27:15
- Jessi Cook – 27:23

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.

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### **THE XPRESS**

#### **Half Marathon and 5K Run March 3, 2012**

Wichita Falls, Texas – There was a great turnout for the inaugural Xpress Half Marathon & 5K with over 130 participants. The overall 5K winner was Larry Filer in 19:29 and the overall Half Marathon winner was Brett Storeseth in 1:22:57.

The start/finish area located in the parking lot of Memorial Stadium provided plenty of space for runners to hang out before and after the race and offers ample room for the event to grow.



The event had a great, fun atmosphere with enthusiastic volunteers along the route, live music by Brother Sharp, barbeque from Joe's Smokehouse, and funnel cakes and other tasty treats.

Congratulations to the Xpress Soccer Club for putting on a successful first event. We look forward to next year's run.

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## UPCOMING EVENTS

### ***Local Events:***

- 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 XI 5K & 15K \*\*

### ***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) \*

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

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## **DAM RUN XI – 5K & 15K May 5, 2012**

Where: Lake Wichita Park

When: May 5<sup>th</sup> - 8am

What: 5K and 15K on the Paved Wichita Falls Circle trail. Chip timing by WFRC. Shirts guaranteed to all pre-registered and on a first come first serve basis at packet pickup for late registrants.

### **Packet Pickup & Late Registration**

- Fri, May 4th at Fuzzy's Tacos - 5 - 7 PM
- Sat, May 5th at Lake Wichita Park - 7 - 7:30 AM

Come out and set a PR - this is a flat fast course. Beautiful weather usually abounds for this race. The course follows the edge of Lake Wichita and crosses the Lake Wichita Dam. Wildlife run free – whitetail deer, bobcats and pelicans are common sights.

Proceeds go toward trail improvements. Following the event this year there will be a special "surprise" event so hang around after the race and awards to participate for special titles and awards.

For more info go to Active.com or contact the race director (Cody) at 940-257-7741.

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## **A NEW EASIER WAY TO RECYCLE!**

You may have spotted the new bright green recycling dumpsters around town. IESI - Progressive Waste Solutions, with an office in Iowa Park, is offering:

### ***"Single-Stream" Recycle Service***



*IESI—Progressive Waste Solutions is excited to introduce "single-stream" recycle service to the North Texas Region. "Single-stream" recycling is unique in the sense that it doesn't require the user to separate items into segregated containers. Every item identified below is simply discarded into one receptacle and placed into a recycle cart or commercial bin.*

Current dumpster locations in our area:

Sikes Senter Mall, 3111 Midwestern Pkwy — 6 large containers located along the fence by Toys-R-Us

United Market Street, 4590 Kell Blvd — 2 large containers located behind the store

River Bend Nature Center, 2200 Third St — 2 large containers in the main parking lot

Burkburnett Community Center, 735 Davey Drive — 3 large containers in the main parking lot

Containers have also been spotted at the BBB, YMCA, and in Lake Side City.

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## **WEB SITE STILL DOWN**

As most of you know our web site was attacked a few weeks ago. Colt West and the CRANE | WEST company are setting up a new site that is more secure and easier to update. Please be patient while we work to bring you a new and improved website.

In the interim, please post on the WFRC Facebook page if you are going to a run, want a running buddy or have a question about running.

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## TEST YOUR RUNNING KNOWLEDGE WITH THESE 15 FUN FACTS

So you think you know a lot about running? Test your knowledge below and see how much you *really* know. A few of the answers may surprise you!

- 1. Which A-list Hollywood actor says he likes to run barefoot?**  
A: Jake Gyllenhaal
- 2. Which famous American runner has said her favorite indulgence is “blond brownies as big as my face”?**  
A: Kara Goucher
- 3. How many more calories will you burn in a marathon if you average 8 minutes per mile compared to 9 minutes per mile?**  
A: Zero. It takes the same number of calories to run any given distance at a certain body weight regardless of pace.
- 4. What did Alberto Salazar drink on his way to winning the 1982 Boston Marathon with a course-record time of 2:08:52 in 70° heat?**  
A: Nothing
- 5. Which competitor.com blogger has won 19 national championships as a professional despite winning none in high school or college?**  
A: Deena Kastor
- 6. What was the distance of the first Olympic Marathon, held in Athens in 1896?**  
A: 40 kilometers (24.8 miles)
- 7. What is the average men’s finishing time in all U.S. marathons?**  
A: 4:24:17
- 8. What is the average women’s finishing time in all U.S. marathons?**  
A: 4:52:31
- 9. Which five marathons are known as the World Marathon Majors?**  
A: Berlin, Boston, Chicago, London, and New York
- 10. What is 4-time Boston Marathon winner Bill Rodgers favorite pizza topping?**  
A: Mayonnaise
- 11. How fast did Olympian Dathan Ritzenhein run for 2 miles as an eighth-grader?**  
A: 10:24
- 12. What was Josh Cox’s marathon split en route to his U.S. 50K record of 2:43:45 last January?**  
A: 2:17:32
- 13. What is ultra running star Scott Jurek’s marathon personal best?**  
A: 2:38:25
- 14. What is the longest distance Shalane Flanagan has ever covered in a single training run?**  
A: 28 miles

- 15. Who has a better personal best in the marathon, Oprah Winfrey or “P.Diddy”?**

A: P.Diddy, 4:14:54 to Oprah’s 4:29:20

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### DID YOU KNOW?

Buying a higher priced running shoe doesn’t necessarily mean you’re getting a better shoe as compared to the lower priced shoe? Research shows that actually many lower-priced shoes provide better support, decreasing the chances of plantar fasciitis.

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### A NOTE FROM THE PRESIDENT

I wanted to let everyone know that during the March Officers and Directors Meeting, Don Plummer resigned from his position as director. He would like to step aside to allow someone else the opportunity to serve on the board. Don has been involved with the club for many years and has served in numerous capacities. Don plans on remaining actively involved with the club.

The Board then voted unanimously to appoint Cody Cassity to fulfill the remainder of Don’s 2012 term.

We want to thank Don for his commitment to the club and welcome back Cody to the Board.

Michael Boyle  
WFRC President

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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).