



The Finish Line

Volume 37, Issue 4
April 2012

Financials:

Operating	\$ 4,330
Dam Run/Trails Fest	\$ 1,122
Total	\$ 5,452

NEXT CLUB MEETING

Thursday, May 17th @ Fuzzy's Taco Shop
6:30 pm (or whenever we get done running the
"Fuz-Nos" Spring Series run)

MEMBERSHIP NEWS

Welcome to our new members:

Brian Shield



Keevin Baxter (May 2nd)
Crystal Boyle (May 5th)
Kelly Fristoe (May 7th)
Ruth Morrow (May 9th)
Richard Koch (May 10th)
Jathan Fields (May 17th)
Greg King (May 18th)
Cody Cassity (May 28th)
Chad Shroeder (May 29th)
Jessi Cook (May 30th)

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.

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

SPRING SERIES RUN!!!

*The Spring Series runs are off to a great start! Come join us each Thursday for a run from two of our favorite eateries!

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.
- 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 17th 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 17th to win a prize!

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

RECENT EVENTS

April 14th – Running of the Mustangs 5K

- Cody Cassity – 21:37 (1st in AG)
- Don Knox – 25:53 (3rd in AG)
- Greg King – 26:56
- Phil Ringman – 28:12
- Christina Feldman – 29:37 (1st in AG)
- Linda Knox – 33:16 (2nd in AG)
- Zach Farquhar – 38:09
- Kat Davis – 39:51 (3rd in AG)

April 7th – Wayland Wellness Run (Plainview, TX)

- Linda Knox (5K) – 34:35 (3rd in AG)
- Don Knox (Half M) – 1:59:38 (3rd in AG)

April 7th – Lake McMurtry Trail Races (Stillwater, OK)

- Lisa Manning (12K) – 1:28:30
- Jeremy Calfy (25K) – 3:07:42

Notes from Jeremy - it rained most of the day, trails were slick, and several runners took soil samples with their face! The wet conditions made this a very challenging event. Trail was described as flat... they lied.

April 14th – Jeffco 5K Run (Waurika, OK)

- Jerry Nottingham – 43:30 (walked)

April 15th – Redbud Classic 5K (Oklahoma City, OK)

- Jerry Nottingham – 34:37 (1st in AG)

April 15th – Big D Marathon & Half (Dallas, TX)

- Michael Boyle (Half M) – 1:42:04

Notes from Michael – First it was humid. Then it was very windy. Then it rained...so basically, a perfect day to run – Not! However, I did complete the “4 Seasons Challenge” (completing a Mellow Productions half marathon event in summer, fall, winter, and spring).

Have you participated in an event recently and would like to share your achievement with the club. Email your results to 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.

NOT SO RECENT EVENTS

From the “Way Back Machine” - we stumbled across some old newsletters and thought it would be fun to look back at some results from April 1997. It has been 15 years but several of the people listed below are also listed in our recent event results! Way to go... keep on running!

April 1997 – YMCA Bunny Run 5K

- | | |
|-----------------------|-------------------------------|
| • Larry Browning | 19:04 |
| • James Manning | 19:52 (1 st in AG) |
| • Paul Lindauer | 20:16 |
| • Jim Cummings | 20:37 (1 st in AG) |
| • Dale Teichman | 21:31 (2 nd in AG) |
| • Matt Young | 22:10 |
| • Beth Zurawski | 22:35 (1 st in AG) |
| • Frank Holder | 22:58 |
| • Jerry Nottingham | 23:58 (2 nd in AG) |
| • Larry Hamilton | 23:31 |
| • John Hawley | 23:33 |
| • Don Knox | 23:35 |
| • Andy Stanford | 24:28 (2 nd in AG) |
| • Bob Thompson | 24:29 (3 rd in AG) |
| • Sandra Sanders-Mauk | 25:16 (2 nd in AG) |
| • Bill Jennings | 26:04 |
| • Tom George | 28:00 |
| • Kim Howell | 32:35 |
| • Marsha Sortor | 42:41 (1 st in AG) |

UPCOMING EVENTS

Local Events:

- May 5th – Dam Run XI 5K & 15K **

Area Events:

- Apr 27th-29th – Germanfest (Muenster)
- May 12th – Byers Bicycle Bash (Byers)
- May 19th – Laseman Run (Henrietta) *

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

DAM RUN XI – 5K & 15K

May 5, 2012

Where: Lake Wichita Park

When: May 5th - 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.

THE ROCKY RACCOON

100 Mile & 50 Mile

Huntsville, TX - February 3, 2012

The following is a Race Report from Allen Lazenby. Those of you that went to Old High in the late 70's would know Allen. It's long, but fascinating read. Allen is just a normal, “Good O Boy” from Wichita Falls.

The Race Director, Joe Prusaitis, commented in his own words: “It was epic! Rumbling thunder boomers, lightning flashes in the clouds, rolling sheets of rain, and a thousand people gathered under the tall pines for the annual gathering of the trail running tribes for Rocky Raccoon. Race staff, park staff, volunteers, runners, crews, families, photographers, sponsors all made for a large collection of energy on the ground to match the energy in the sky.

For the first time in 15 years, the rain poured upon the runners of Rocky Raccoon. 376 century runners burst from under the tents where they had huddled to stay dry at exactly 6am. An hour later we repeated the same start under the same conditions for the 50 mile race with 298 more runners. All told, we now had 674 runners on the course. The 100 course is five 20mi loops and the 50 mile course is three 16.7 mile loops. The two courses are the same for both groups except for a shortcut on the back side of the park.

With the course deteriorating into mud and bog from the mixture of heavy rain and 700 runners on a multi-loop course, it surprised me how well all these guys were doing. It was certainly taking its toll on the field with only 58% of the field finishing.

219 runners finished the 100 miler for the worst ever finishing percentage in 20 years. The runners who took more time suffered the worst because of the wet conditions. The water and sand mixed to create liquid sandpaper that slowly worked on the soft skin of everybody's soaking wet feet. More people dropped because of their blisters that mixed with more sand, mud, and water and the pain associated with sliding on the slippery mud. Those that persevered all night long and into the second day paid a heavy price, not to say that even the earlier runners didn't have the same issues... but for a much shorter period of time. It was about as emotional a finish as I have ever seen in 20 years... over and over again... all night long.

As difficult and awkward as this race was under these rough conditions, it was even worse for the volunteers. We had 150 people working aid stations, marking course, hauling supplies, working the radios, providing medical support, managing timing, packets, tents, and so on and so on. Some of the tent covers turned into swimming pools and we had to cut the

tarps to release the water. Those hauling supplies dealt with muddy roads and poor visibility. Medical & radio people teamed up with a boat to ferry people and supplies across Raven Lake. But all the runners were tracked, the course was well marked, and the tear down was handled with care... til the ATV went through the back window on my truck. All in all, the volunteers rocked."

Note: The above words and excerpts were taken from the Tejas Trails Group posting. These are the written words of Joe Prusaitis, the Rocky Raccoon Race Director. Those words provide you with the background for race day.

Race Report from my running viewpoint:

My friends above provided me with a running journey that lasted some 22 hours over the slickest, wettest, deepest clay base mud in the middle of Huntsville State Park. YES, IT WAS A CHALLENGE and I came up short ONLY 28 miles. I am laughing now, because I told Denise that I did not plan for the horrendous rain storm at the beginning of the race. For those not living in or around Houston, it has not rained in Houston this past year. I did not have any "torrential rain" run training. The Texas skies opened up on race day! I experienced blister damage due to all the standing water and mud. My legs were in great shape the entire run and my nutrition adequate, but the slick trails and the ankle deep water damage caused severe blisters on the bottom of my left foot, but the NAIL IN THE COFFIN this run was the lower back that just gave way instantaneously at mile 70.5. At mile 58, Jen noticed that I was leaning to the left. I am a Conservative; I would have thought my lean would have at least been to the right. That last statement was meant to be humorous for my liberal friends. The lean became worse and worse until I lost my center of gravity and crashed into a few small trees at mile 70.5. I did get up quickly, but I could not walk straight. We (Becky, me) told Jen to continue on, as Jen had decided at the last minute to sign up for the 100 miler because the sold out event had many no-shows due to the bad weather. Yes, you heard me correctly, there are some people, like Jen Evans (Western States 100 Finisher and Rocky Raccoon 100 Finisher), that are 100 mile "walk-ons". Jens plan was to pace Bruce

from Mile 1 to Mile 100; however, Bruce went out with an early injury at Mile 36. After my crash at 70.5 miles, Becky stayed with me, and she located a large tree branch that she made into a walking cane. I used that stick (like Moses in the desert) to walk 1.5 miles with Becky at my side. It took us 1 hour 15 minutes to reach the aid station. Yes, my run was over. I still had a smile, I had all my brains (well, what little I have), and I gave it my very best. Becky went into fast action to get me safely back to the aid station in good spirits. We had to stop about every 100 yards as I was having terrible back spasms. Becky, I appreciate YOU.

I have to report that Bruce and Jen Evans saved me more than once as my headlight went dark on the first hour of the race (which was in the dark). I had to run between Bruce and Jen until daylight in order to see the running trail. I must remind you it was a torrential downpour and 20 mph winds. That was the first Evans save. At night-some 12 hours later, my SAME headlight failed AGAIN. Fortunately, Jen had a spare handheld flashlight that I borrowed until I could get to the next aid station in order to borrow Jen's back-up headlamp. This is the second and third EVANS save. I also ran out of dry socks at Mile 60 and Bruce came to the rescue with two pair of dry socks. This was the fourth Evans save! Get the picture? And I appreciate the fact that I got to run 36 miles with my best friend, Bruce. I realize Bruce had a down day, but that's what this ultra running is all about. That was the fifth Evans save that I got to run with Bruce! The last save was the fact that Jen picked me up at Mile 36 and ran with me to Mile 70.5. She paced me through my 3rd loop. This was the sixth Evans save as it was the 3rd loop that I quit last year. Now we understand the picture!

Becky's extensive experience foot taping experience and blister prevention (Becky saved many runners this race) helped ease my foot damage, but the water damage was just too extensive due to all the ankle deep mud and water.

Denise says that she knows why Huntsville State Park is always hauling in sand and dirt. It's because most of the missing dirt is in our home washing machine. Yes, my running clothes were nasty and stinky. What would I do without the love of my better half?

Denise means ALL to me! But you all know that. I LOVE DENISE.

Now for the biggest emotional surprise that I experienced this run. At Mile 56, Mathew Mapram was waiting at the Park Road crossing, behind the trees. I have no idea how long Mathew had been waiting for me, as each loop takes approximately 5 hours to 6 hours. I was taken back that Mathew would drive 150 miles roundtrip just to cheer me own! Wow, I was teary eyed the next 4 miles. That was SPECIAL. Mathew, I appreciate that so much.

I conclude that I should have had done more extensive "core body work." I was carrying a hydration pack that weighed 9 pounds full. Carrying this for 72 miles was tough for a 53 year old man. Denise just shakes her head. Denise says next time I will have better core work, and it will be something else that gives way. Perhaps I am too old to hang with the young 100 milers. But it's my hobby! Will I keep trying for the 100 mile buckle? **YES**. I see 70 year old people doing it. It's totally possible. Trailrunning, for the most part, is for smaller people, not 205 pound horse frames, like me. At the 72 Mile aid station, Lynn Ballard, the guru and great runner, offered to massage my back spasm, but I declined. I wish that I would have done it now. Lynn said that I was inducted into the "Royal Order of the Question Mark?" That is eating on me as I write this race report. All in all, legs were fine, nutrition was fine, maybe the mental edge was fuzzy at Mile 72. I think the outcome would have been different if the course was dry. Just Maybe?

What is the takeaway from my 72 mile running Journey? Live life to the fullest. I was able to run in a beautiful state park with my friends beside me as opposed to being in a care facility after a stroke or unfortunate life event. GOD HAS BLESSED ME! Seize the moment. Seize YOUR moment. Live YOUR dreams. You can do whatever you put your mind too if you persevere. Do not give up on anything. If it was easy, everyone would be doing it.

You may think this sounds "corny" or "strange", but I was praying hard before and after my back gave way. I call my running prayers "bullet prayers." I asked God to give me the energy and strength to finish the 100 mile race, as I WANTED THAT BUCKLE. You see,

HE taught me something right there on that hard 1.5 mile walk to the aid station. I was using the word "I WANT". It was not HIS WILL. I understand.

I pray that each one of us will say "I" less and "IF ITS HIS WILL" more. MAY GOD BLESS EACH ONE OF YOU. I appreciate your good wishes, thoughts, and prayers. I realize that I have friends of many religions, and I love each and every one of you.

I already have the Buckle that really matters to me.

2 Corinthians 12:9-10

⁹But He said to me, My grace (My favor and loving-kindness and mercy) is enough for you [sufficient against any danger and enables you to bear the trouble manfully]; for My strength and power are made perfect (fulfilled and completed) and ^[a]show themselves most effective in [your] weakness. Therefore, I will all the more gladly glory in my weaknesses and infirmities, that the strength and power of Christ (the Messiah) may rest (yes, may ^[b]pitch a tent over and dwell) upon me!

¹⁰So for the sake of Christ, I am well pleased and take pleasure in infirmities, insults, hardships, persecutions, perplexities and distresses; for when I am weak ^[c]in human strength], then am I [truly] strong (able, powerful ^[d]in divine strength).

POST RACE NOTE: I HAVE SIGNED UP FOR THE PIGTAILS 100 IN SEATTLE, WASHINGTON ON MAY 26. IF IT IS HIS WILL, I WILL FINISH THE 100 MILER THIS TIME. I AM DOING THE GRAND CANYON R2R2R ON MAY 12TH AS MY LONG RUN.

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.

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.