



The Finish Line

Volume 37, Issue 7
September 2012

Financials:

Operating	\$ 5,143
Dam Run/Trails Fest	\$ 2,379
Total	\$ 7,523

NEXT CLUB MEETING

Thursday, October 18th @ Lucy Park
At the big pavilion (near the swimming pool)

We will have our next meeting immediately following the Fall Home Run Series run which starts at 6pm (see the article in this newsletter)

MEMBERSHIP NEWS

Welcome to our new members:

JD Todd (Circle of Hope)
Janey Hammons
Leann Leal



September Birthdays

Elizabeth Koch (3rd)
 Debbie Semtner (3rd)
 David Hartman (4th)
 Solomon McGuire (22nd)

October Birthdays

Kate Teichman (16th)
 Ruben Gonzalez (17th)
 Janey Hammons (19th)
 Arthur Sanchez (21st)
 David Epler (24th)

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

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.

RECENT EVENTS

Aug 11th – Midnight Marathon

- Cody Cassity – 4 laps (1:19:07.1)
- Allen Brajer – 3 laps (1:04:16)
- Lisa Manning – 3 laps (1:20:18)

Sept 8th – Y-Tri Triathlon

- Chad Schroeder – 2nd in AG (1:12:23)
- Michael Brown – 1st in AG (1:28:56)
- C. Cassity / Z. Farquhar – 2nd Team (1:24:28)

Sept 22nd – Shortgrass Scamper – 5K

- Phil Ringman – 3rd in AG (27:45)

Sept 22nd – Shortgrass Scamper – ¼ Marathon

- Kyle Anderson – (1:10:33)
- Lisa Manning – 2nd in AG (1:08:37)

Sept 29th – Habitat's Home Run - 5K

- Phil Ringman – 2nd in AG (28:29)

Sept 29th – Habitat's Home Run - 15K

- Michael Brown – (1:17:59)
- Art Sanchez – 1st in AG (1:20:20)
- Joanne Leatherwood – 2nd in AG (1:40:45)

Have you participated in an event recently and want 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.

Y-Tri Recap

Several of our members either worked or competed in the Y Tri on September 8th. The weather was beautiful and everything about the event went perfectly, until our own Allen Brajer “decided it needed some excitement”! Allen who we all know as a fast runner, strong biker and interesting swimmer picked the pool to have a “heart event” which required a pool rescue, several days in the hospital and a few new scars. Allen will be fine and out on the road beating runners half his age very soon! Allen is proof of someone getting a second chance in life due partly to his great fitness regime. Allen told me you can’t out run genetics, just stay ahead of them for a while. We all wish Allen a speedy recovery.

UPCOMING EVENTS

- Oct 13th - Race for the Cure - 5K
[www.wichitafalls-raceforthechance.org/Komen Wichita Falls](http://www.wichitafalls-raceforthechance.org/Komen_Wichita_Falls)
- Oct 20th - North Central TX AIDS Run/Walk - 5K *
www.northcentraltexasaidsrun.info
- Oct 27th - Zombie Crawl & 5K
<http://downtownproud.com/events>
- Nov 17th - City Lights 5K *
<http://downtownproud.com/events>
- Dec 1st - Speak Up for Kids CASA - 5K
<http://casawf.org/news/19/speak-up-for-kids-casa-5k-runwalk-2012>

** WFRC sponsored event / * WFRC timed event

Fall Home Run Series

October 4th thru November 8th we are having our Fall “Home Run Series”. Instead of the normal weekly club runs from Hamilton Park on Thursday nights, each week a WFRC member will host a run from a different location around town.

The runs will begin at 6 pm and will follow a course laid out by the host. The host for each run and the starting location are listed below:

- Oct 4th (Sandy Monson) – Lakeside City
- Oct 11th (Cody Cassity) – 4527 Jennings

- Oct 18th (Dale Teichman) – Lucy Park
- Oct 25th (Steve Priester) – TBD
- Nov 1st (Michael Boyle) – Tanglewood Eskimo Hut
- Nov 8th (Jackie Dowdy) – Lakeside City Park

Note: We are asking for donations of \$1 at each event to help with door prizes and refreshments for the last run on Nov 8th.

LIFE CHANGE

The following is an article from Women’s Adventure Magazine written by local bike/runner, Sherry Potts.

The Hotter’N Hell Hundred Was My Life-Changing Race

By: Sherry Potts, Wichita Falls, TX



Sherry’s Grandmother

It was Christmas, 1982 when my grandmother gift wrapped everything needed to ride a bike, except the bike. She was 60 years old when the first Hotter’N Hell 100 started, and—true to her spirit for adventure and devoted love for Wichita Falls—she bought a bike then entered to ride 25 miles. Standing in her company, I found myself purchasing my first road bike and joining her that Saturday morning in August for her second 25 miles and my first 100K. The morning of the ride, I had no idea what was coming. Not hundreds, but thousands of people and bikes were everywhere! The energy that comes from the crowd and the single purpose to all ride together, I would learn later, is what propels you through the first 20 miles.

When the first gun went off, nobody moved an inch. Slowly, I pushed off with one foot and moved on my

bike like a skateboarder. Then, with what sounded like a chorus of snapping fingers but was really hundreds of people clicking into their pedals, I began to lift the second foot onto my own pedals. Soon I began to move at the whopping speed of 3 miles per hour. As I glanced up, the group of riders looked like a wave in an ocean only three car lanes wide and made of glistening bikes headed straight into the sun. I was smack dab in the middle of it.

At one point, my legs began to cramp, but I was more afraid of turning into road kill if I stopped than I was afraid of slowing down my pace and trying to relax. Once I climbed the last couple of miles on my route and began to see the stadium lights, I knew I would finish without giving up. The things I felt in that moment, I had never experienced before. I was overwhelmed with the feeling of accomplishment, and as I rode up to some other bikers and stopped, I forgot to unclip from my pedal. You can guess what happened next. I'm sure it looked similar to the old guy on "Laugh In" when he stopped on his tricycle and fell off sideways. If I had any illusion of being cool, it was slammed out with a thud. So what? Nothing would change the way I felt that day or even the memory of that feeling.

I rode for a few more years before I allowed my life to get too busy. I became a workaholic; I lost all sense of balance, and my life was reduced to an 80-hour work week followed by outrageous shopping sprees and wild weekends. Then, someone talked me into trying methamphetamine.

Within four years, I went from having it all to being homeless and alone, with no desire for anything except how I could get money for my next high. With no place to go but back to my small town of Wichita Falls—broken and full of self-loathing at what I had done and all I had lost—I started a 12-step program and very slowly started my life over.

It took two years of working and paying off old debt before I could purchase a new bike. Still feeling gun shy from being around too many people, I went to the singletrack dirt trail along the river that I helped build in Wichita Falls ten years prior.

Today I ride on roads, go off-road, and trail run. Somewhere on those trails, I found awe and wonder in life. It's a gift that's so precious and short.



My grandmother passed away three years ago, but the feeling I experienced on that first day of riding with her has never left. It remains a constant in the ever-changing world that is my life.

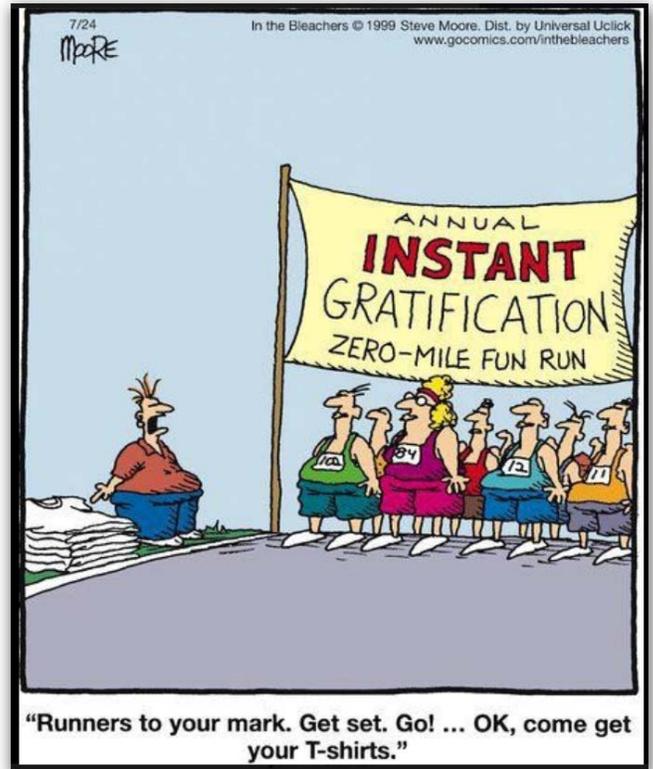
At age 49, I have a different belief of what is important than I have in the past. I look forward to whatever adventure I will be tackling when I turn the same age as my grandmother on her first group bike ride. With her fearless DNA and a gratitude for a second chance at living life, I say, let's go play!

ON THE LIGHTER SIDE...

From www.runtheplanet.com

- Michael Johnson, the Olympic gold medal runner, was on his way to a club with some friends. At the door, the bouncer turned to him and said: "*Sorry, mate, you can't come in here — no denim.*" Michael was quite annoyed at this and retorted: "*Don't you know who I am? I'm Michael Johnson.*" "*Then it won't take you long to run home and change, will it?*" replied the bouncer.
- Last year I entered the New York City Marathon. The race started and immediately I was the last of the runners. It was embarrassing. The guy who was in front of me, second to last, was making fun of me. He said, "*Hey buddy, how does it feel to be last?*" I replied: "*Do you want to know?*" and I dropped out.
- A runner asks his wife: "*What do you love most about me? My tremendous athletic ability or my superior intellect?*" "*What I love most about you,*" responded the man's wife, "*is your enormous sense of humor.*"

- Deciding to take up jogging, the man was astounded by the wide selection of jogging shoes available at the local sports shoe store. While trying on a basic pair of jogging shoe, he noticed a minor feature and asked the clerk: "What is this little pocket thing here on the side for?" And the clerk: "Oh, that's to carry spare change so you can call your wife to come pick you up when you've jogged too far."
- One man's hobby was running, he spent all his weekends on the park trails, paying no attention to weather. One Sunday, early in the morning, he went to the park as usual. It was still dark, cold and raining, so he decided to return back to his house. He came in, went to his bedroom, undressed and laid near his wife. "What terrible weather today honey," he said to her. "Yes," she replied "but my idiot husband still went running!"
- A man had been driving all night and by morning was still far from his destination. He decided to stop at the next city he came to and park somewhere quiet so he could get an hour or two of sleep. As luck would have it, the quiet place he chose happened to be on one of the city's major jogging routes. No sooner had he settled back to snooze when there came a knocking on his window. He looked out and saw a jogger running in place. "Yes?" "Excuse me, sir," the jogger said, "do you have the time?" The man looked at the car clock and answered, "8:15." The jogger said thanks and left. The man settled back again, and was just dozing off when there was another knock on the window and another jogger. "Excuse me, sir, do you have the time?" "8:25!" The jogger said thanks and left. Now the man could see other joggers passing by and he knew it was only a matter of time before another one disturbed him. To avoid the problem, he got out a pen and paper and put a sign in his window saying "I do not know the time!" Once again he settled back to sleep. He was just dozing off when there was another knock on the window. "Sir, sir? It's 8:45!"



WEBSITE UPDATE... It lives!!!

We are happy to announce that our website will be up running later this month. We have been testing it and are just about ready to take off the training wheels and open it back up to the public.

Thank you for your patience as we have worked to bring you a new and improved website. It has taken a lot longer than anticipated (funny how personal obligations and work always seem to interrupt the best laid plans), but thanks to the help of Camilo Canales I think you will be happy with the finished product.

So be on the lookout for an email later this month letting you know when everything has been moved over to the live site.

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.