



# The Finish Line

Volume 37, Issue 8  
November 2012

## Financials:

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

## NEXT CLUB MEETING

Thursday, December 20th @ Hamilton Park  
6:30 pm (or whenever we get done running)

## MEMBERSHIP NEWS

### Welcome to our new members:

The Filer Family



### November Birthdays

Lisa Manning (16<sup>th</sup>)  
Andy Stanford (17<sup>th</sup>)  
Jane Teichman (18<sup>th</sup>)  
Don Plummer (21<sup>st</sup>)  
Pamela Moss (26<sup>th</sup>)  
Mike Rueschenberg (28<sup>th</sup>)  
Melissa Moore (28<sup>th</sup>)

### December Birthdays

Carla Taylor (2<sup>nd</sup>)  
Joe Rico (12<sup>th</sup>)  
Jerry Nottingham (16<sup>th</sup>)  
Mark Bullock (17<sup>th</sup>)  
Frank Ingalls (19<sup>th</sup>)  
Amber McGuire (21<sup>st</sup>)  
Sarah Landes (22<sup>nd</sup>)  
Merry Wolf (27<sup>th</sup>)

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

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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).

## OFFICER & DIRECTOR ELECTIONS

Now that the national Presidential election is behind us, it is time to move on to more local concerns... like the election of the 2013 WFRC officers & directors.

We are currently accepting nominations for the positions of President, Vice President, Secretary, Treasurer, and (6) Directors. Nominations can be made during our monthly WFRC meetings or via email to [info@wfrunnersclub.org](mailto:info@wfrunnersclub.org).

Nominations will be accepted up thru the end of the January meeting. After that time, a ballot will be prepared and sent out to all members in good standing. The election will take place during our annual meeting in February (site and time TBD).

## RECENT EVENTS

### Nov 17<sup>th</sup> – City Lights 5K

- Art Sanchez – 1<sup>st</sup> in AG (23:03)
- Lilah Gilmore – 2<sup>nd</sup> in AG (25:02)
- Keevin Baxter – 2<sup>nd</sup> in AG (25:16)
- Charles Penturf – 3<sup>rd</sup> in AG (25:58)
- Steve Priester – 1<sup>st</sup> in AG (27:20)
- Phil Ringman – (27:47)
- Raymond Hernandez – 3<sup>rd</sup> in AG (28:23)
- Noel Filer – 1<sup>st</sup> in AG (28:27)
- Alan Brock – (29:41)
- Kyle Anderson – (30:03)
- Garrett Brock – (34:49)
- Joseph Baird – (36:36)
- Joanne Leatherwood – (37:39)

**Nov 10<sup>th</sup> – Harvest Hustle 5K**

- Keevin Baxter - 2nd in AG (21:33)
- Phil Ringman - 3rd in AG (23:07)
- Joanne Leatherwood - 1st in AG (23:52)
- Raymond Hernandez -(24:09)
- Kyle Anderson - (25:29)
- Lisa Manning - 3rd in AG (25:40)
- Allen Brajer - (43:33)

**Sept 22<sup>nd</sup> – Cactus Rose 50 Miler (Bandera, TX)**

- Lindsay Hagerman – (14:41:58)\*

*This was Lindsay's first 50 mile event.  
Congratulations Lindsay!!!*

Have you participated in an event recently and want 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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**City Lights Recap**

The weather was wonderful for this year's City Lights 5K! Santa and Mrs. Clause were on site to help start the race, hand out awards, pose for pictures and of course hear Christmas wish lists! Many runners dressed in Christmas themed attire as well as several dogs. We even had a huge horse decked out in garland, bows and glitter!

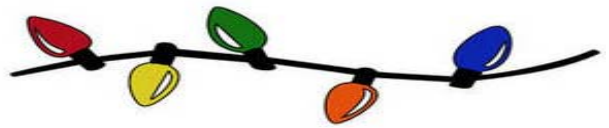
We had 148 happy runners start off the Thanksgiving holiday with a run on the City Lights Parade route! Everyone loved the course and the new awards! The long-sleeved tech shirts were also popular with the runners. All profit made from the City Lights 5 K goes right back to the Wee-Chi-Tah trail. Thank you for supporting the Best Urban Off Road Trail in Texas! Results are available on the club website.

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**UPCOMING EVENTS**

- Dec 1<sup>st</sup> - Speak Up for Kids CASA - 5K  
<http://casawf.org/news/19/speak-up-for-kids-casa-5k-runwalk-2012>
- Dec 8<sup>th</sup> - Holiday Hustle - 5K \*  
[www.ymcawf.org](http://www.ymcawf.org)
- Jan 21<sup>st</sup> & 22<sup>nd</sup> - The Duel – 5K, Half, Full & Ultra \*  
[www.runthexpress.com](http://www.runthexpress.com)

\*\* WFRM sponsored event / \* WFRM timed event



**Christmas Lights Run & Party**

On December 6<sup>th</sup> we will be hosting a Christmas Lights Run and Christmas Party at American National Bank's Platinum Circle Room (behind the bank on Maplewood facing Barwise Jr. High Track) from 5 to 8 pm. At 5:30 we will take a group run thru the MSU Fantasy of Lights display and surrounding areas and end up back at the Platinum Circle Room. After the run the WFRM will provide beverages and soup and sandwiches from Quiznos! If you would like, bring a side item or dessert to share with the group. Please RSVP to [info@wfrunnersclub.org](mailto:info@wfrunnersclub.org) by Tuesday, Dec 4<sup>th</sup> so that we will have a general idea on how much food to bring. FYI – there will not be a gift exchange, just a fun run, good food & Christmas cheer!

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**THE DUEL  
January 19<sup>th</sup> & 20<sup>th</sup>**

We are working hard on The Duel – A weekend of running in Beautiful Downtown Wichita Falls!

[www.theduel.org](http://www.theduel.org)

Just in case you don't know what The Duel is, it's two days of running, in January! That's right, January! Saturday we run in the dirt on the Wee-Chi-Tah Trail, choose from either a half or full marathon or 50 K (that's just 5 miles more than a marathon) think of it as a marathon with a 5 mile cool down!

On Sunday we 'do it the hard way' on the Wichita Falls Circle trail. Choose from a half or full marathon, a 50K or a 5K. The marathon on Sunday is a certified course and thus a Boston Marathon qualifier! That's right, a Boston qualifier here in YOUR HOMETOWN! It's a 'flat', fast course. Come out and run a best time or run a marathon for the first time where your friends and family can cheer for you at many spots along the trail. You can train on the course, sleep in your own bed the night before and eat your normal breakfast! No leaving the hotel 2 hours before the race starts sore and tired because you slept in a strange bed! Just make the short drive downtown and run in YOUR HOMETOWN!

Have you already run a few marathons? Want a new challenge? Why not run both marathons? How about both half's? Are you really tough? Run both 50 k's!

If you run both half marathons you'll be a Half Fanatic on the Jupiter level ([www.halffanatics.com](http://www.halffanatics.com)). If you're tough and run either both full marathons or both 50 K's you'll be a Marathon Maniac on the Iridium level ([www.marathonmaniacs.com](http://www.marathonmaniacs.com)).

Don't want to run that much? No worries, just come on down and run whichever distance you want! Want to be involved but not run? Great! We always need more help! Just send Sandy an email at [info@weechita.org](mailto:info@weechita.org) and tell her when you are available and what you would like to do!

Registration is now open at [www.theduel.org](http://www.theduel.org) or at <http://www.active.com/marathon/wichita-falls-tx/the-duel-2013?int=29-12>.

Proceeds from The Duel go back to the trails and the MSU Cross Country Team! Go Mustangs!

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## NEW LOGO CONTEST

We have been working with the Bigfoot Creative design firm to come up with an updated logo for the club. We recently narrowed our options down to the following two choices:

### Option #1:



### Option #2:



Now we would like your input. Please visit our Facebook page to take our poll and tell us which logo you prefer. Or can send us an email to [info@wfrunnersclub.org](mailto:info@wfrunnersclub.org) with "logo" in the subject line, and give us your feedback on the new logo options. Please note that these are proofs and the final logo may have slight changes in color and/or sizing.

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## HURRICANE SANDY & THE NEW YOUR MARATHON

*The following is an excerpt from a recent Active.com newsletter.*

Hurricane Sandy flooded several coastal and low-lying areas in New York and New Jersey, destroying numerous buildings, displacing residents, and leaving thousands without power for a week or more. The total death toll and exact cost of damage remained unknown as of November 6, a week after the storm; however, media reports counted 113 deaths in the tri-state area, over 7.5 million power outages, and approximately \$50 billion worth of losses to the area.

The night before the marathon was cancelled, it was reported that event protestors screamed complaints at workers and looted the start village at Fort Wadsworth in Staten Island. Two days later, a social media and email campaign was launched to encourage marathoners to volunteer on Staten Island. Hundreds of runners took the ferry to Staten Island, backpacks filled with supplies, and ran or walked anywhere from six to 14 miles to distribute goods at various drop-off points. Athletes moved destroyed furniture out of homes, and cleared debris and soggy marsh out of yards. Although unsure of the reception they might receive, runners hit the streets of Staten Island anyway. They were met with

honks, cheers, claps and messages of thanks from residents

Many runners used their race bags to transport necessities such as batteries, toiletries, food and medicine to those in need.

Runners who spent the day volunteering in storm-ravaged areas displayed their marathon pride by affixing race bibs to their backpacks, and wearing their bright orange marathon finisher shirts.

This two-time Ironman finisher eagerly awaited her chance to run her first New York City Marathon after being rejected from the entrance lottery three times. She took her family, who came to watch her race, to Staten Island to distribute a suitcase and three backpacks worth of baby formula and other supplies to storm victims. Current and former staff of New York Road Runners, the nonprofit that organizes the marathon, paused their event wrap-up duties to contribute to the volunteer effort on Staten Island. Race-day food and supplies were bagged and rerouted to areas in need.



Thousands of runners blanketed Central Park on Marathon Sunday to run 13.1 or 26.2 miles, and any distances in between. Runners organized themselves shoulder to shoulder on the road near the finish line, which remained erect for them.

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## WEBSITE UPDATE

The new website is officially up and running. The web address is still [www.wfrunnersclub.org](http://www.wfrunnersclub.org). Please take a minute to visit YOUR site. We think you will like the updated, cleaner format.

If you have any suggestions for content, please email the club or talk to one of the directors. We will continue to add contact and event information. We are also looking for more pictures from local running events. So if you have any, please email them to the club.

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## REFLECTIONS

I just wanted to take a moment to reflect on 2012. It has been a very busy year for the club. We have redone the website, updated the WFRC logo, and provided timing services for 10 local running events.

Our financial position is secure and the membership numbers have remained steady. I would, however, like to see increased participation in club events. There is enough interest in the community to increase our membership, but in order for that to happen we must start with more involvement by our existing members. I know everyone is busy, but when you have the chance please join us at one of our weekly club runs or special events like the upcoming Christmas Lights Run & Party.

Finally, with the nights getting longer and with the increased traffic due to the holiday season, I want to remind everyone to be extra careful when running out on the roads. Please remember to wear bright-colored, reflective clothing and keep an eye out for distracted drivers.

Merry Christmas & happy running!

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).