



# The Finish Line

Volume 38, Issue 1  
January 2013

## MEMBERSHIP NEWS

### Welcome to our new members:

Tomi Adelakun  
Chip & Noel Filer  
Tiffany Howard  
Koby Styles

Richard Barnett  
John Fritzsch  
Laura Mayfield



### *Financials:*

Operating	\$ 5,869
Dam Run/Trails Fest	\$ 2,379
Total	\$ 8,248

### ANNUAL CLUB MEETING FUZZY'S TACO SHOP February 21<sup>st</sup> @ 6:30pm

Join us Thursday, Feb. 21<sup>st</sup> at 6:30 pm at Fuzzy's for our annual club meeting. We will be electing the 2013 officers and directors and revealing the runner of the year.

Come enjoy some great tacos and visit with your fellow runners and walkers. Once again the club will be providing a taco bar and non-alcoholic drinks for all members in good standing (i.e. – paid your 2013 dues).

Haven't paid your dues yet...no problem, you can pay at the meeting. Hope to see you there!

### AND THE NOMINEES ARE...

Nominations for Officers and Directors are officially closed. The following individuals have been nominated and will be voted on during the Annual Club Meeting.

President – Sandy Monson      VP – Steve Priester  
Treasurer – Susie Koch      Secretary – Linda Knox

#### Directors:

Cody Cassity      Dale Teichman  
Jackie Dowdy      Koby Styles  
Melinda Fritsche      Zach Farquhar

#### January Birthdays

Carlos Moreno (1<sup>st</sup>)  
Oliver Barker (2<sup>nd</sup>)  
Kim Monson (5<sup>th</sup>)  
Debra Barker (6<sup>th</sup>)  
Jeremy Calfy ( 11<sup>th</sup>)  
Christi Kelton (16<sup>th</sup>)  
Tracy Hill (20<sup>th</sup>)  
Linda Plummer (24<sup>th</sup>)

#### February Birthdays

David Teichman (2<sup>nd</sup>)  
Royce Brock (2<sup>nd</sup>)  
Joseph Baird (6<sup>th</sup>)  
Jane Macha (15<sup>th</sup>)  
Karen Riddle (15<sup>th</sup>)  
Steve Priester (19<sup>th</sup>)  
Allen Brajer (24<sup>th</sup>)  
Zach Farquhar (24<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:

- **\*\*\* NEW \*\*\*** Fuzzy's Taco Shop - 10% of your total check (excluding alcohol). Just tell the cashier you are a member of the WFRC.
- 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.

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).

### ANNUAL DUES ARE NOW DUE

Don't forget your 2013 WFRC dues are now due. Renew your membership online at [www.active.com](http://www.active.com) (search for Wichita Falls Runners Club) or mail your \$20 to WFRC, PO Box 5001, Wichita Falls, TX 76307.

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## RECENT EVENTS

### Dec 8<sup>th</sup> – Holiday Hustle

#### 5K

- Tyler Johnson - 1st in AG (19:53)
- Keevin Baxter - 1st in AG (24:54)

#### 10K

- Don Knox - 1st in AG (51:56)
- Steve Priester - 2nd in AG (56:34)
- Tracy Hill - (57:15)
- Linda Knox - (58:53)
- Lisa Manning (1:04:45)
- Kyle Anderson (1:02:59)

### Dec 9<sup>th</sup> - White Rock Marathon (Dallas, TX)

- Art Sanchez - 4:49:01

### Jan 12<sup>th</sup> – Polar Bear Plunge (Fort Sill, OK)

- Jerry Nottingham - 2nd in AG

### Jan 19<sup>th</sup> – The Duel

#### Dirt Half Marathon

- Lindsay Hagerman - (2:23:11)

#### Dirt Ultra Marathon

- Karen Riddle - (9:48:57)

#### Paved 5K

- Phil Ringman - 2nd in AG (28:04)
- Richard Dowdy - 2nd in AG (34:58)

#### Paved Half Marathon

- Koby Styles - 1st Overall (1:15:24)
- Don Knox - (1:56:36)
- Linda Knox - (2:18:02)
- Kyle Anderson - (2:35:07)
- Tiffany Howard - (3:04:14)

#### Paved Full Marathon

- John Fritzsich - (4:07:08)
- Michael Brown - (4:22:36)

#### Paved Ultra Marathon

- Karen Riddle - (8:27:44)

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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## Christmas Lights Run Recap

On December 6<sup>th</sup> the WFRC hosted the Christmas Lights Run and Christmas Party at American National Bank's Platinum Circle. We had a good turnout and those that showed up enjoyed a great run thru the MSU Fantasy of Lights display and surrounding areas. Afterwards we relaxed and visited in the Platinum Circle Room while we enjoyed the cold beverage of our choice and hot soup and sandwiches from Quiznos!

If you missed out on this club run, be sure to watch out for our next one sometime in early spring. More information will be coming out soon so keep an eye on the website and our Facebook page for details.

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## Jingle Jog Recap

The 6<sup>th</sup> Annual Jingle Jog was held in Lawton, OK at Elmer Thomas Park. Our very own Jerry Nottingham is the race director for this event.

They had a great turnout with 138 runners in the 5K and 33 participants in the 1 mile walk. This is more than doubled their highest participation number from previous events.

This year's event raised over \$4,000 for the Cameron University Cross Country Team, who provided most of the volunteer man hours on the course for the event.

Congratulations Jerry for a very successful event!

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## The Duel Recap

by: Sandy Monson

Another successful event is 'in the books". Thank you one and all for your hard work!

We had great weather, the dirt trail was in wonderful shape; everyone loved the new additions and we had three runners set Boston Qualifying times on the Circle Trail! Everyone that I talked to on Sunday set a personal best time.

Thanks to all of the volunteers for your hours of hard work, your thoughts and prayers for good weather! Whether you were on site all weekend, worked for weeks to get the trail ready, came on race weekend

to help or run or just sent positive vibes our way; thank you!

Participation was down slightly from last year but with the perfect weather we had this year; as opposed to 44 MPH wind gust last year, we expect many more runners next year.

We are thinking about changing the format next year to highlight "The Duel" between trail and road runners more. We would have all events on the same day and give an award for the fastest in each event no matter the surface! If you would like to be in on the discussion of revamping The Duel, send me an email at info@weechita.org.

Check out a great race report at - <http://endurancebuzz.com/2013/01/23/the-duel-50-km-2013-race-report/>

Again, thank you all; each and every one of you for your support.

Sandy

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### UPCOMING EVENTS

- Feb 16<sup>th</sup> - The BRRRRRRY Fast 10K & 5K  
<http://www.wrunnersclub.org>
- Mar 2<sup>nd</sup> - Color Me Running - 5K  
<http://facebook.com/ChristAcademyColorMeRunning>
- Mar 2<sup>nd</sup> - The Xpress - Half, 12K & 5K \*  
<http://www.runthexpress.com>
- Mar 7<sup>th</sup> - MSU Glow Run - 5K  
<http://www.active.com>

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

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### MSU GLOW RUN (5K) March 7<sup>th</sup> at 7pm

Come help us "LIGHT UP THE NIGHT!" The course will be lined with thousands of glow sticks! There will be plenty of glow in the dark necklaces, bracelets, glasses, etc. If it glows we will have it! Don't forget to have fun and DRESS CRAZY! Bring your little buddy (your dog) to run in the race as well. (Note: all dogs/pets must be on a leash at all times.) Proceeds from this will go towards the local Wichita Falls pet shelter and the MSU Cross Country and Track Team.

Awards for top overall male & female, masters male & female, and age group awards. Plus awards for BEST GLOW IN THE DARK COSTUME, BEST GLOW IN THE DARK PET & THE FASTEST PET.

Register online at active.com thru Mar 5<sup>th</sup>. Sign up in person on Mar 6<sup>th</sup> at DL Ligon Coliseum from 5 - 7pm or on race day from 4:30 - 6:30pm. *The first 100 to register will receive a special gift.*

For more information about this event contact Koby Styles at [koby.styles@mwsu.edu](mailto:koby.styles@mwsu.edu).

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### EL SCORCHO Midnight Run July 21<sup>st</sup>

The WFRC is organizing a group to participate in this year's El Scorcho midnight run (25K & 50K) at Trinity Park in Ft Worth. We are looking for participants and "support people" (i.e. someone to come hang out all night with the crazies why we run).

Several club members have participated in this event in the past and have had a blast. One thing they commented on was how runners from other running clubs had fellow club members there to support and cheer them on during their slightly insane endeavor. So we thought "hey, we're just as crazy as they are why don't we do that." Everyone thinks runners are a little crazy anyway. So why not give them a reason to think that way. Like the website says: "Why not? I mean, seriously, what else are you gonna do at midnight in July?"

For more information about the event check out their website at <http://www.elscorchorun.com>.

Registration opens on Feb. 25<sup>th</sup> and is capped at 500. We've been told that it sells out EXTREMELY fast. So if you want to run you should be ready to register as soon as registration opens.

If you have any questions or if you want to come hang out and support other club members during the run, contact Sandy Monson at [info@weechita.org](mailto:info@weechita.org).

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## AND THE WINNER IS....

The responses are in and the majority of the members selected the "Texas" design for our new logo. You will start to see this logo on our website and other club materials in the next few months. Thanks to all of you who took the time to share your opinions.



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### A NOTE FROM THE PRESIDENT

Since this is my last newsletter as President of the Wichita Falls Runners Club, I want to take this opportunity to thank those that have helped make this a successful year for the club. I especially want to thank the countless volunteers that helped put on some great local events this year. I would also like to thank my fellow board members for their support and guidance.

It has been a busy year for the club. We saw a lot of changes including; a new website, a new logo, new group runs, and some new faces to the club. I hope that everyone will continue to get the word out about the WFRC and invite your friends and fellow runners to come be an active part of the club.

By this time next month, we will have a new slate of officers and directors. I wish them all the best. I know they have some great ideas of their own on how to make the WFRC an even better club in 2013.

Happy running and see you on the trails!

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).