



The Finish Line

Volume 38, Issue 2
March 2013

Financials:

Operating	\$1,957.96
Dam Run	\$2,259.59
Timing	\$3,150.00
Total	\$7,367.55

Welcome to our new members:

Reagan Foster
Kimberly Long

2013 OFFICERS AND DIRECTORS

President – Sandy Mondon
Vice President – Steve Priester
Treasurer – Susie Koch
Secretary – Linda Knox

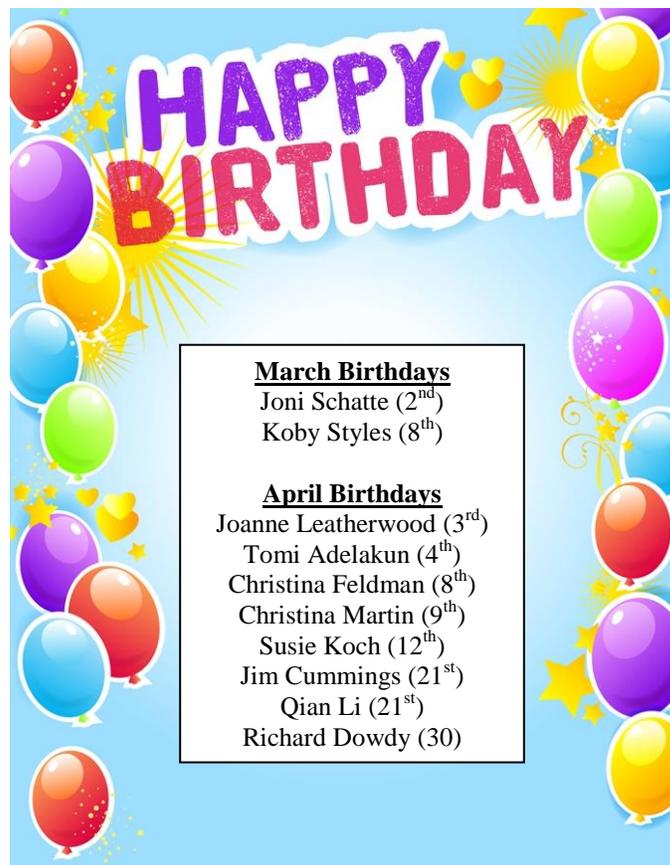
Directors:

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

MEMBERSHIP NEWS

Monthly Club Meetings

When: 3rd Thursday of every month
Time: 6:00pm (Members typically meet around 5:15 or 5:30 to run first - at determined location)
Location: TBD



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.

If your business or organization would like to offer a discount to WFRC members, please email the club at: info@wfrunnersclub.org.

UPCOMING EVENTS

- Apr. 27 - Possum Kingdom Trail Run
- Apr. 27 - Muenster Weekend
- May 4 - **DAM Run*
- May 18 - Laseman 5K and 10K*
- May 18 - Choose Your Mood and Let it Glow Fun Run (7:00pm – per website)
- June 8 - Run for Rosie 5K and 1 Mile Fun Run

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

If you have an event you would like listed, please send an email to: info@wfrunnersclub.org.

NOTE FROM THE SECRETARY

If you have suggestions for future editions or if you would like to help with the newsletter, please send an email to:

info@wfrunnersclub.org

or

lknox@sw.rr.com

RECENT EVENTS

Feb 9th – Hot Chocolate 15K (Dallas, TX)

- Don Knox – (1:20:07)
- Linda Knox – (1:34:12)

Feb 23rd & 24th – Cowtown (Ft. Worth, TX) 5K

- Jerry Nottingham – (41:03)

10K

- Tiffany Howard – (1:30:25)

Half Marathon

- Don Knox – (1:52:59)
- Linda Knox – (2:19:30)
- Kyle Anderson – (2:43:22)

Mar 23rd – Grasslands Trail Run (LBJ National Grasslands)

Half Marathon

- Tom Ostovich – (2:20:11)

Apr 14th – Austin 10 miles/20 bands (Austin, TX)

- Cody Cassity – (1:22:40)
- Don Knox – (1:31:29)
- Linda Knox – (1:41:12)

Apr 20th – YMCA Beach Party (Wichita Falls)

5K

- Avery Boyle – 3rd in AG (37:52:04)
- Crystal Boyle – 2nd in AG (37:53:05)

10K

- Linda Knox – 1st in AG (58:20:03)
- Don Knox – 3rd in AG (53:02.04)
- Phil Ringman – (59:14:09)

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.

EL SCORCHO Midnight Run July 21st

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. 25th 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.

NOTE FROM THE PRESIDENT

Spring is trying to arrive! With one day of warm beautiful running weather and then three days of cold it's hard to know what clothes to bring to work in order to be able to run after work! My truck looks like a closet! I hope to see you all at one of our weekly runs around town or at the Dam Run on May 4! **Don't forget this year the Dam Run starts at Hamilton Park and offers a 5K and a 10-miler.**

On a serious note, never forget how lucky we are to be able to run. I was very happy to see everyone that was able to come to the park last Wednesday to run in honor of Boston. Many of us ran only one mile; the mile that most in Boston didn't get to run. We ran with heavy hearts but with a renewed feeling of Freedom. We ran thinking of and praying for those whose lives have been changed forever by what they experienced. We ran knowing that if terrorists wanted to pick on a group, runners are the wrong group to pick on. Americans are the wrong group to pick on. We will not change our plans because of a few crazy people. Let's go for a run, let's roll.

