



# The Finish Line

Volume 38, Issue 4  
July 2013

## **Financials:**

Operating	\$1,983.42
Dam Run	\$3,024.59
Timing	<u>\$3,082.21</u>
Total	\$8,090.22

## **Welcome to our new members:**

Chad, Kara, & Posie Schroeder

## **2013 OFFICERS AND DIRECTORS**

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

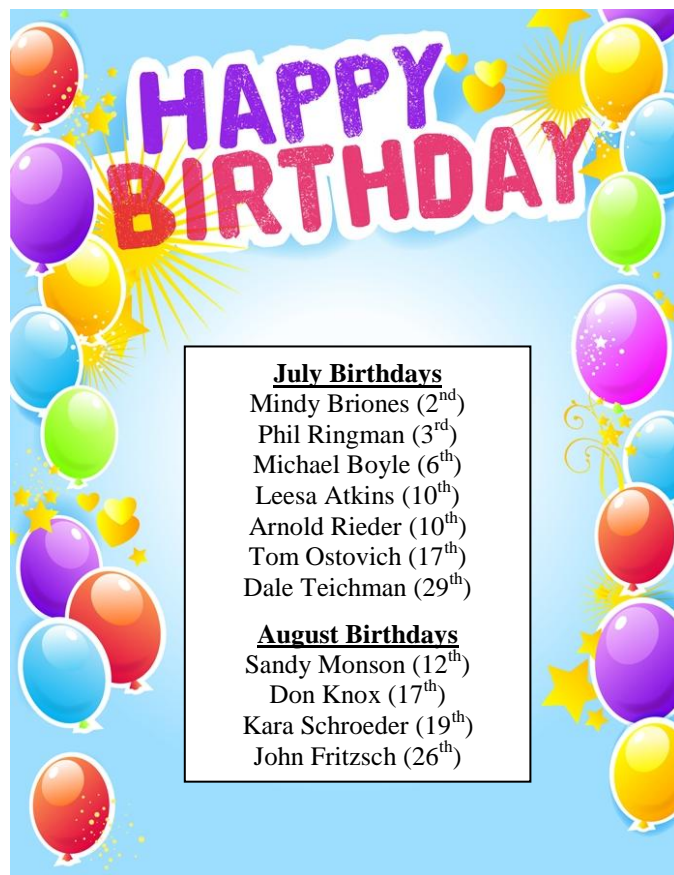
### **Directors:**

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

## **MEMBERSHIP NEWS**

### **Monthly Club Meetings**

**When:** 3<sup>rd</sup> Thursday of every month  
**Time:** 6:00pm (Members typically meet around 5:15 or 5:30 to run first)  
**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](mailto:info@wfrunnersclub.org).

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## RECENT EVENTS

### Apr 7 – Ironman TX 70.3 in Galveston

- Jim Martin – (5:34)

### May 4 – Pandoras Box of Roxs Half Marathon Trail Run in Burnett, TX

- Tom Ostovich – 4<sup>th</sup> in Masters AG (2:27:01)

### May 5<sup>th</sup> – Heels & Hill Half Marathon

- Jim Martin – 2<sup>nd</sup> Overall & 1<sup>st</sup> in AG (1:32)
- Chris Martin – (2:25 PR)

### June 8<sup>th</sup> – Run for Rosie 5K in Wichita Falls

- Tom Ostovich – 2<sup>nd</sup> Overall (21:35)
- Don Knox – 3<sup>rd</sup> in AG (25:07)
- Linda Knox – 2<sup>nd</sup> in AG (28:21)

### June 9<sup>th</sup> – Windthorst Dairy Derby 5K

- Tom Ostovich – Masters Chamption (22:08)

### June 9<sup>th</sup> – Wounded Warrior Half Marathon

- Don Knox – (2:01:26)
- Linda Knox – (2:25:59)

### July 4 – Saint Jo – Old Jo Firecracker

- Tom Ostovich – 1<sup>st</sup> in AG & 7<sup>th</sup> Overall (22:47)

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.

## UPCOMING EVENTS

Aug. 23-25- HHH

Sep. 7 - Color Run in Wichita Falls

Sep. 14 - YMCA Triathlon

Sep. 21 - Archer City Shortgrass Scamper\*

Sep. 28 - Falls Fest

Oct. 6 - Spirit of Survival 2013

Oct. 19 - Palo Duro

Oct. 26 - Trick or Trot 5K at YMCA (no timing)

Oct. 26 - Wichita Falls Zombie Crawl 5K

Nov. 16 - Crime Stoppers (Cops/Robbers Theme)

Nov. 23 - City Lights 5K

Dec. 7 - Holiday Hustle 5K and 10K\*

Jan. 17 - The Duel (one day event in 2014)

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

If you have an event you would like listed, please send an email to: [info@wfrunnersclub.org](mailto:info@wfrunnersclub.org).

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## Only one more Live at the Lake Concert Summer Concert

All concerts are FREE to the public and on the lawn of Sikes Lake, Sikes Lake, Midwestern Parkway at the WFMA at MSU from 6:00pm to 8:00pm; bring your lawn chairs!

Come run before, during, or after the music. It's really neat to run while the music is playing, you can hear it all the way across the lake!

**Jay Hollis - Thursday, August 8**

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## 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](mailto:info@wfrunnersclub.org)

or

[lknox@sw.rr.com](mailto:lknox@sw.rr.com)

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## FROM KOBY STYLES

Falls Town Training, all ages and abilities who want to get faster or just complete their first road race. Training is very individualized that meets your work schedule. For more information contact Koby Styles, Head Cross Country and Track Coach at Midwestern State University (4x Lone Star Conference Coach of the Year, 2x NCAA Region Coach of the Year) at [koby.styles@mwsu.edu](mailto:koby.styles@mwsu.edu).

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## NOTE FROM THE PRESIDENT

It's hot, but not as hot as last year!

With the three days of rain this month the grass is once again green and the lakes are above 30 % full, or less than 70 % empty! By this time last year our high temperature had been above 100 degrees for many days in a row. We all know when running in the sun on a blacktop road it's much hotter. Please be careful when running in the heat and sun. Try to run in the morning or late evening, after or before the sun comes up. Try to run trails instead of roads, always carry water and drink it. Wear a hat and light color, wicking clothes. Make sure someone knows your path so they can look for you if you're late coming back or better yet, carry your cell phone in a zip lock baggie so if you get overheated you can call for a ride.

The 5:30am Monday-Wednesday run group at the MSU Lake is going well. It's wonderful to watch the ducks and geese wake up and the sun come up! The Wichita Falls Bicycle Club has started a bike ride at Lucy Park each Thursday called Thermal Thursdays. Warm-up and Newcomer's Q&A session begins at 6:00pm with first rider group starting at 6:30pm. This is a great opportunity for all you triathletes to run in the tree shaded park and then ride fast. I'll be running before the bike race and invite you all out to join me!

I'll see you either at MSU Sikes Lake, 5:30am Monday and Wednesday to run with the ducks and geese or at Lucy Park to run in the park, 5:30pm Thursday evening.

Stay cool, drink water.  
Sandy

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From Runners World -

<http://www.runnersworld.com/the-starting-line/running-heat>

### Running in the Heat

Everything you need to know about running in the heat.

By [Jennifer Van Allen](#); Image by [Ian Kim](#)



Walking or running through the summer doesn't have to leave you feeling wilted. Here's everything you need to know.

Because of the heat and humidity, most people wouldn't pick summer as their favorite season for outdoor exercise. Spring or fall normally wins that honor. But summer *does* have a lot going for it. More daylight before and after work means more time to get outside. What's more, with all the swimming, lawn mowing, gardening, hiking, and vacations, it's easier to be more active in the summer, so your fitness level is higher. Here's everything you need to know to help you optimize your hot-weather workouts.

**Make adjustments.** Don't do long or higher-intensity workouts during the heat of the day. If you must run at midday, pick routes with shade. As a general rule, start your workout slower than you usually do. If you're feeling good halfway through, it's okay to speed up a little bit.

**Wear as little as possible.** Wear apparel that's light in color, lightweight, and has vents or mesh. Microfiber polyesters and cotton blends are good fabric choices. Also, be sure to wear a hat, shades, and sunscreen with an SPF of 30 or higher.

**Watch your alcohol and meds.** Alcohol, antihistamines, and antidepressants can all have a dehydrating effect. Using them just before a run can make you have to pee, compounding your risk of dehydration.

**Drink early and often.** Top off your fluid stores with 16 ounces of sports drink an hour before you head out. Then toss down five to eight ounces of sports drink about every 20 minutes while working out. Sports drinks beat water because they contain electrolytes, which increase your water-absorption rate, replace the electrolytes you lose in sweat, and taste good, making it easy to drink more.

**Be patient.** Give yourself eight to 14 days to acclimatize to hot weather, gradually increasing the length and intensity of your training. In that time, your body will learn to decrease your heart rate, decrease your core body temperature, and increase your sweat rate.

**Seek grass and shade.** It's always hotter in cities than in surrounding areas because asphalt and concrete retain heat. If you must run in an urban or even a suburban area, look for shade—any park will do—and try to go in the early morning or late evening.

**Check the breeze.** If possible, start your run going with the wind and then run back with a headwind. Running into the wind has a cooling effect, and you'll need that in the second half of a run.

**Head out early or late.** Even in the worst heat wave, it cools off significantly by dawn. Get your run done then, and you'll feel good about it all day. Can't fit it in? Wait until evening, when the sun's rays aren't as strong—just don't do it so late that it keeps you from getting to sleep.

**Slow down!** Every 5°F rise in temperature above 60°F can slow your pace by as much as 20 to 30 seconds per mile. So don't fight it—just slow down.

**Run in water.** Substitute one weekly outdoor walk or run with a [pool-running](#) session of the same duration. If you're new to pool running, use a flotation device and simply move your legs as if you were running on land, with a slightly exaggerated forward lean and vigorous arm pump.

## PROTECT YOURSELF

### How Heat Can Hurt

Take steps to prevent the following hot-weather illnesses:

#### HEAT CRAMPS

- **Cause:** Dehydration leads to an electrolyte imbalance
- **Symptoms:** Severe abdominal or large-muscle cramps
- **Treatment:** Restore salt balance with foods or drinks that contain sodium
- **Prevention:** Don't run hard in the heat till acclimatized, and stay well hydrated with sports drink

#### HEAT FAINTING

- **Cause:** Often brought on by a sudden stop that interrupts blood flow from the legs to the brain
- **Symptoms:** Fainting
- **Treatment:** After the fall, elevate legs and pelvis to help restore blood flow to the brain
- **Prevention:** Cool down gradually after a workout with at least five minutes of easy jogging and walking

#### HEAT EXHAUSTION

- **Cause:** Dehydration leads to an electrolyte imbalance
- **Symptoms:** Core body temperature of 102° to 104°F, headache, fatigue, profuse sweating, nausea, clammy skin
- **Treatment:** Rest and apply a cold pack on head/neck; also restore salt balance with foods and drinks with sodium
- **Prevention:** Don't run hard in the heat till acclimatized, and stay well hydrated with sports drink

#### HYPONATREMIA

- **Cause:** Excessive water intake dilutes blood-sodium levels; usually occurs after running for four or more hours
- **Symptoms:** Headache, disorientation, muscle twitching
- **Treatment:** Emergency medical treatment is necessary; hydration in any form can be fatal
- **Prevention:** When running, don't drink more than about 32 ounces per hour; choose sports drink over water

## HEAT STROKE

- **Cause:** Extreme exertion and dehydration impair your body's ability to maintain an optimal temperature
- **Symptoms:** Core body temp of 104° or more, headache, nausea, vomiting, rapid pulse, disorientation
- **Treatment:** Emergency medical treatment is necessary for immediate ice-water immersion and IV-fluids
- **Prevention:** Don't run hard in the heat until acclimatized, and stay well hydrated with sports drink

## DAMAGE CONTROL

Blisters, chafing, and sunburn can strike anytime, but they're more common in hot weather. Here's how to treat these problems and to prevent them from occurring in the first place.

### Black toenails

Lots of downhill running and too-small shoes can bring these on, as both cause your toes to slam into the front of your shoe. Wear properly fitted shoes and trim your nails regularly. Once you have a black toenail, there's not much you can do. It'll usually heal on its own within a few months. If it's really painful, see a podiatrist, who may drain the fluid from under the nail.

### Blisters

These are caused by friction, excessive moisture (sweaty feet, wet weather), or shoes that are too small, too big, or tied too tight. So be sure to buy properly fitted shoes. Because your feet can expand a half size over a day, shop in the late afternoon or evening. Putting Vaseline, sports lube, and bandages over blister-prone spots may also help. Ignore blisters smaller than five millimeters (the size of a pencil eraser), since they're usually not painful. But pop the big ones. With a sterile needle, prick the side of the blister and drain it. Don't remove the top of the blister; instead, cover it with an antibiotic ointment and moleskin or a bandage.

### Chafing

Skin-to-skin and skin-to-clothing rubbing can cause a red, raw rash that can bleed, sting, and make you yelp during your post-run shower. Moisture and salt on the body make it worse. Underarms, inner thighs, along the bra line (women), and nipples (men) are vulnerable spots. To help prevent it, wear moisture-wicking, seamless, tagless gear. Fit is important—a baggy shirt has excess material that

can cause irritation; a too-tight sports bra can dig into skin. Apply Vaseline, sports lube, Band-Aids, or NipGuards before you run. To treat chafing, wash the area with soap and water, apply an antibacterial ointment, and cover with a bandage.

### Muscle cramps

The best way to prevent these is to be well trained, because fatigue seems to be the main reason for cramping in races and hard workouts. Plyometric training (bounding, hopping) may lower your risk as well, and so may keeping well hydrated with a salty drink. If a cramp hits, stretch immediately. If your calf cramps, for instance, stop running, straighten out your leg, pull back on your toe, and hold the stretch for several seconds. You may need to continue this for 2 to 3 minutes. Then massage the muscle to help ease the pain and get you ready to run again.

### Sunburn

To lower your risk, avoid the sun between 10 a.m. and 4 p.m., wear a hat, run in the shade, and wear sunscreen. Because sunscreen can't withstand prolonged exercise, stash some in your pocket or circle back to your car so you can reapply every hour. You can also wear technical apparel that blocks UV rays. If you get sunburned, taking an anti-inflammatory and applying aloe vera a few times per day will take the edge off the pain.

### Your Skin-Care Kit

Stash these supplies in your gym bag or car.

- Bodyglide or Vaseline- Prevents chafing and blisters
- Antibiotic ointment- Keeps chafing wounds and popped blisters from getting infected
- Sunscreen- Prevents sunburn. Apply sweat-proof formulas with an SPF of at least 30. Reapply each hour that you're outside.
- Moleskin- Covers hot spots to prevent blisters from developing
- Antifungal powder or spray- Helps to prevent athlete's foot
- Aloe vera- Soothes sunburn

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\*\*\*KEEP ON RUNNING\*\*\*