



The Finish Line

Volume 38, Issue 6
December 2013

Financials:

Operating	\$2,315.44
Dam Run	\$3,024.59
Timing	\$3,339.30
Total	\$8,679.33

Club Runs at Sikes Lake:
Monday – Thursday at 5:30am
Tuesday & Thursday at 6:00pm

Welcome to our new member:

Angel Williams

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

November Birthdays
 Angel Williams (1st)
 Eddy Atkins (6th)
 Andy Standford (17th)
 Jane Teichman (18th)
 Tim Norden (22nd)
 Melissa Moore (28th)
 Mike Rueschenberg (28th)
 Elaina Haug (29th)

December Birthdays
 Carla Taylor (2nd)
 Laura Mayfield (9th)
 Joe Rico (12th)
 Jerry Nottingham (16th)
 Larry Filer (18th)
 Stacy Franklin (22nd)

**A new year is upon us and it is time to
renew your membership!**

Annual membership is only \$20/year for the
whole household.

[Download the WFRC Member Application Form
Here](#)

[2014 Active.com WFRC Membership
Registration Page](#)

WFRC Member Application Form is attached to
this email.

UPCOMING EVENTS

Jan. 11⁽¹⁾ - POST-Holiday Hustle 5K and 10K

Jan. 18⁽²⁾ - The Duel – 10K, Half & Full
Marathon*

Mar. 1 - Xpress Run

Mar. 2 - The Army Marathon in Belton, TX

Mar. 8 - Christ Academy “Color Me Running”

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

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

Additional information for events:

⁽¹⁾Update on the Holiday Hustle as of 10/6/2013 -
After taking into consideration many factors, the
YMCA Holiday Hustle 5K 10K has been
rescheduled to January 11. Even if we get no more
precipitation, the ice will remain and the chill factor
tomorrow morning will be BELOW zero. I'm
hoping and praying for a nicer day on **Jan. 11** so
you will have a SAFER and much more enjoyable
experience.

The POST-Holiday Hustle will be a good incentive
to stay in shape throughout the entire holiday
season! Plus, it will be a good warm up for The
Duel on January 18. The Duel is a 10K, half & full
marathon right here in Wichita Falls. Go to this link
for more info: <http://weechita.org/marathons/>.

I will open registration up again for the now POST-
Holiday Hustle so if there are other friends or
family members who you'd like to nudge to
participate, it will be possible.

Thanks in advance for your understanding. You're a
wonderful group of athletes & we truly care about
your safety and well-being. Please let me know if I
can help in any way!

Stay warm.

Noel Filer
YMCA of Wichita Falls

⁽²⁾The Duel on January 18, 2014 starts at 8:15am –
10 K, Half Marathon, or Full marathon on either the
Wee-Chi-Tah dirt trail or the Wichita Falls paved
Circle trail. Full marathon on the paved trail is a
certified course (TX12010ETM) and a Boston
Qualifier.

Training program for The Duel!!!

Co-sponsored by
Wichita Falls Streams and Valleys
and the Wichita Falls Runners Club

Group Runs begin at
HHH Building, 104 Scott Street
Saturdays at 9:00am
Sundays at 2:00pm

The Duel - 10 K – Half & Full Marathon

The Duel. Trail against Trail, Runner against
Runner. One epic battle where everyone wins.

Jan. 18, 2014

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@wrunnersclub.org or lknox@sw.rr.com

RECENT EVENTS

Have you participated in an event recently and want to share your achievement with the club? Email your results to info@wfrunnersclub.org and/or lknox@sw.rr.com 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.

September 22nd – Juke Joint Jog, Stillwater, OK

- Jerry Nottingham – 2nd in AG

October 12th – Race for the Cure Participants

- Susie Koch 25:37
- Sharon Kelly
- Kelly Fristoe
- Phil Ringman
- Andy Stanford
- David & Jane Teichman
- Marianne Wilson

October 6th – Spirit of Survival, Lawton 5K

- Jerry Nottingham – 1st in AG

Half-Marathon

- Don Knox – (1:52:26)
- Linda Knox – (2:13:53)

October 12th – Little Reuel Classic, Madill, OK

- Jerry Nottingham – 1st in AG

October 20th – Detroit Free Press Marathon

- Sharon Kelley – 7th in AG (1:54:53)

October 26th – Wichita Falls Zombie 5K Participants

- Cody Cassity
- Marianne Wilson
- Angel Williams
- Linda Knox

November 9th – CrimeStoppers Cops & Robbers 5K Participants

- Marianne Wilson
- Angel Williams

November 2nd – Run with Lois 5K in Windthorst

- Art Sanchez – 1st in AG (24:25)

November 3rd – Dallas Runner's Club Half-Marathon

- Don Knox – (1:50:18 - PR)
- Linda Knox – (2:05:18 - PR)

November 12th – TACRAO Conference 5K in El Paso

- Don Knox – 1st Overall (24:30)
- Linda Knox – 3rd Overall (28:07)

November 24th – City Lights 5K

- Koby Styles – 1st Overall (16:53)
- Magan Styles – 1st in AG (22:01)
- Marianne Wilson – 2nd in AG (25:31)
- Angel Williams – (40:42)
- Linda Knox – 2nd in AG (27:27)
- Larry Filer – 1st in AG (19:01)
- Kiyohiko Sakamoto – 1st in AG (22:31)
- John Fritzsch – 3rd in AG (23:53)
- Cody Cassity – 1st in AG (21:39)
- Tom Ostovich – 2nd in AG (23:36)
- Don Knox – 3rd in AG (25:17)
- Arthur Sanchez – 2nd in AG (23:03)

November 25th – MSU Turkey Trot 5K Participants

- Linda Knox
- Don Knox

November 28th - Turkey Trot 5K (Hosted by the Historic West Floral Heights Neighborhood Association) Participants & Volunteers

- Koch Family
- Boyle Family
- Knox Family
- Ostovich Family
- Styles Family
- Larry Filer
- Ray Horton
- Sharon Kelly
- Sandy Monson
- Kiyohiko Sakamoto
- Art Sanchez
- Dale Teichman
- Marianne Wilson

December 7 – Illuminations Half Marathon in San Antonio

- Don Knox – (1:51:50)
- Linda Knox – (2:07:29)

WEDNESDAY, OCTOBER 9, 2013

Ahwatukee Foothills News

I need to find more pragmatic runners

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.



David Allison
Running advice

PRESIDENT'S MESSAGE

As most of you know, the Dallas and Memphis Marathons were canceled due to bad weather. Actually it wasn't bad weather; it was very dangerous weather; for both the runners and the volunteers. Ice was covering the roads and wind chills were expected to be in the negative double digits on race morning. I know the Race Directors and supporting staff of both of these large events thought long and hard about this huge decision. We had our own local event that had the same decision to make; sleep was lost, weather specialists were consulted and the core group was called in. After much discussion and gnashing of teeth it was decided the safe course of action was to delay the event. I know all the runners were disappointed that these three events were not run. Please be sure that the decision was not made lightly. All the Race Directors and support staff had the best interests of the runners and the volunteers in mind.

During your next event or your next 10 events, please thank a volunteer. Send a happy email to the race director; or better yet, send a happy email to one of the groups that staffed a rest stop. Most volunteer's at large events are not runners but they stand out in the cold all day long to make your experience the best it can be. How long has it been since you have volunteered at an event?

Believe me, I'm psyched that you have picked up running in your 20s, 30s, 40s, 50s and even 60s because I think it's an awesome sport with so many social, physical and emotional benefits. But I have to tell you people, there's a segment of you out there who need to be more pragmatic in your approach to running. What am I talking about? I'm talking about the people who pick up running in adulthood, fall in love with it, and then push themselves to the point of injury time and time again. And if you're above the age of 35 you know injuries tend to linger now not for a short couple of weeks, but for a few agonizing months.

Look, you should be truly proud of your achievement of finishing your first 5K, completing a marathoner going on 75-minute runs with your friends; but you don't need to keep upping the ante week-after-week, month-after-month. You're not 18, or even 28 anymore, so you need to have realistic expectations on what your body can truly handle. More is not always better in the sport of running. More miles, more speed, more hills, more runs, more races... more, more, more is not usually the magic elixir to your running woes. You need a well thought out plan if you want to both improve your running performances while staying healthy in the process.

Here's a few non-pragmatic approaches I come across with clients and people I meet while running:

- The race-junkie runner. This is the person who signs up for every race he/she can find and

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

sometimes even registers for multiple races in a single weekend to compete in. Now, if this person is simply doing this as a social action, a way to just be part of the running community and not to push his/her body to the nth degree, then one could argue that there may be no harm, no foul. But more often than not these race junkies are constantly complaining about some injury or ailment they are dealing with before, during and after the event, but yet seem to wear this injury as a badge of honor. Unless I'm trying to qualify for Boston, competing to raise money to save cancer, or think my running injured in this local 10K with a robust 56 runners strong will translate to a new reality series on the Bravo Channel, I'm not quite sure on why I would risk injuring myself more, which would ultimately put me out of commission for future races, not to mention training.

- **The-race-but-I-don't-run runner.** This is the person who is never really ready for the race he/she has signed up for. They may even workout, but yet don't do very much on the cardio fitness front; or decide that running a road race will motivate them to start to get in shape. And while running a 5K will most likely not kill you, if you don't run on a regular basis, I would submit to the jury that jumping into a running event without some sort of cardiovascular training or plan could lead to injury or at least give one a false or negative impression about what racing a 5K, 10K, half marathon or marathon is truly about. Is this to say you should never jump into a road race if you don't run on a regular basis? I would argue you shouldn't for my aforementioned reasons.

- **The I-want-to-run-this-goal-but-still-want-to-do-this-race-too-runner.** This is the proverbial I want to have my cake and eat it type of runner. This is the runner who is training hard and is focused on attaining some time or distance goal at a particular event. And while this individual is looking good and strong in his/her training, decides at the last moment that he/she wants to compete in say an ultra-marathon two weeks before his/her goal race; or has signed up for a century ride (100-mile bicycle race) the day before his/her half marathon. Now, I can understand that one can get antsy before a big race. But antsy is good. It means you're ready. You're hungry. You want to toe the starting line today. But don't let your anxiety lead you to jump into a race that will almost definitely affect how you do in your goal event. Please don't misunderstand

me, there is nothing wrong with choosing competitions during your training cycle as you get ready for your big goal event. But there should be a purpose in the races you choose to run. These races should assist you in understanding how your training program is progressing. Whether you're running just to run and never plan to race, or have visions of competing in the Boston Marathon one day, I still contest that there still needs to be some sort of method to your running-madness. The way I see it, I truly enjoy running and I don't want to have to take time off of running if I don't have to. What this means at my post-40 age is that I need to use my experience to sometimes calm my 20-something psyche bravado that still whispers in my ear from time to time and says, "Keep pushing more!" And answer it with the middle-aged sagesness of "Today I have done enough, so tomorrow I can do even better."

- **David Allison has been a resident of Ahwatukee since 2005. He has a personal marathon best of 2:27 and was a Division I athlete at the University of Pennsylvania. He is the owner of Marathon Coaching Consultants and the cofounder of Phoenix Flyers Track Club, both in Ahwatukee. Send comments and questions to him at marathoncoach@gmail.com.**
