



The Finish Line

Volume 38, Issue 5
September 2013

Financials:

Operating	\$2,130.44
Dam Run	\$3,024.59
Timing	\$3,232.33
Total	\$8,387.36

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

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

Welcome to our new members:

Stacy Franklin
 Tim Norden
 Marianne Wilson



UPCOMING EVENTS

- Oct. 19⁽¹⁾ - Splash Dash – 5K Color Run, Holliday
Oct. 19 - Palo Duro
Oct. 19 - Hits Running Festival Oklahoma City, distances range from 5K to Marathon.
Oct. 26 - Trick or Trot 5K at YMCA (no timing)
Oct. 26 - Wichita Falls Zombie Crawl 5K
Nov. 2 - Run with Lois 5K and 1 mile, Windthorst
Nov. 9 - Crime Stoppers Cops and Robbers 5K
Nov. 23⁽²⁾ - City Lights 5K Run/Walk
Nov. 28⁽³⁾ - HWFHNA Turkey Trot - 5K
Dec. 7 - Holiday Hustle 5K and 10K
Jan. 18⁽⁴⁾ - The Duel – 10K, Half & Full Marathon*

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

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

Additional information for events:

⁽¹⁾Holliday Splash Dash on October 19 – Registration will be from 1:00pm – 3:00pm and the run starts at 3:00pm. The registration fee is \$25 for adults and \$15 for kids. Event benefits the Holliday PTO.

⁽²⁾The City Lights 5K on November 23 starts at 4:00pm at the Hotter’N Hell Clubhouse (104 Scott Street). Santa and Mrs. Claus will once again attend the event! They will start the event, pose for pictures, hear wishes from children and give out the awards! Desi the Christmas horse and the reindeer dog will come to wish you a merry Christmas as well! This year we will have medals for the age group awards!

⁽³⁾The Historic West Floral Heights Neighborhood Association will be hosting its 12th annual Turkey Trot on Thanksgiving morning, starting at 8:30 am at 1300 Tilden Street, the corner of Tilden and Tenth Streets. The 5k Run/Walk is a fun way to start the day with family and friends! This untimed event winds its way through the tree-lined streets of the West Floral Heights Historic District; one loop

of the course is about 1.5 miles while two loops will result in a 5K. Runners, walkers, strollers and children are all included, with our local celebrity “Turkey” leading the way! There will be vintage cars on display, crafts for the children, a drawing for baked goods, prizes, a family photo, and a free t-shirt for the first 150 people. While this event is free and the neighborhood’s gift to the community of Wichita Falls, we would like to share our blessings with those who are without, so we ask that you bring non-perishable food to be donated to the Wichita Falls Area Food Bank. Hope to see everyone there!!

⁽⁴⁾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.

*******NEW*******

Training program for The Duel!!!

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

**Informational Meeting:
Monday, October 21 at 6:00pm
(HHH Building, 104 Scott Street)**

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.

August 3rd – Southwestern Scorcher 5K, Lawton

- Tom Ostovich – 3rd in AG (23:04)

September 21st – Shortgrass Scamper, Archer City

- Don Knox – 5K, 2nd in AG (27:41)
- Phillip Ringman – 5K, 3rd in AG (31:03)

September 21st – Wicked Wine Run - 5K Trail Run, Burleson, TX

- Don Knox – 1st in AG (29:19)
- Linda Knox – 1st in AG (32:48)

September 28th – Falls Fest 5K & 15K 5K

- Kyle Anderson – 1st in AG (31:07)
- Elaina Haug – 1st in AG (33:53)
- Tom Ostovich – 1st in Masters & 2nd Overall (22:54)

15K

- Tosha Chesar – 2nd in AG (1:29)
- Stacy Franklin – 1st in AG (1:16)
- Sharon Kelley – 1st in AG (1:19)
- Don Knox – 2nd in AG (1:22)
- Linda Knox – 1st in AG (1:34)
- Tim Norden – 1st in AG (1:19)
- Joe Rico – 1st in AG (1:15)

October 5th – Clark Gardens Half Marathon, Mineral Wells

- Tom Ostovich – (1:52:52)

October 6th – Spirit of Survival, Lawton

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

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.

PRESIDENT'S CORNER

It's marathon season! As we start to think about what events we want to go to, I'd like you to think about a few things:

Who do you inspire? Who watches you? I think you would be surprised. We are runners, we are walkers we are retired runners and walkers, and we are fit people that like to be outside in the sunshine or the sleet. We move, run, walk and sometimes hobble; but we move. Who watches you? When you run down the street who sees you and thinks "I want to do that" or "I used to do that, I need to start being active again."

Who inspires you? Is it the pregnant lady that is waddling around the block? Is it the person that's 30, 40, or 50 years older than you that is running, walking, strolling, or hobbling for 3 miles while you drive to work?

Who will you bring back to a fit lifestyle this week, this month and this year? Never forget, one kind word from you could inspire a sedentary person to get out and walk; just one short conversation with someone could give them the confidence to enter their first event or just get off the couch and get outside! We are the Runners Club; people think we are special. We're not. We are just a group of average people running away from heart disease, obesity, depression, overwhelming workloads and all the other stresses of life. We run to have fun. We run to be with our friends, we run to eat. We run because we love to run!

Now, get outside and run!

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

Weather is getting cooler and is perfect for running!!!!
Come join members from the Runners Club at Sikes Lake
Monday – Thursday at 5:30am
Or
Tuesday & Thursday at 6:00pm

(Angela has run The Duel Marathon every year!)

Do You Have What It Takes? Angela Tortorice Does! By Dr. Terrie Wurzbacher

I am proud to announce that my friend Angela Tortorice has broken the Guinness world record for the most marathons in a year by a female. She ran 129 marathons in one calendar year! Just phenomenal.

This woman persevered through more obstacles and hardships than even I am aware. I am aware that she had to endure difficulties artificially imposed on her by others who were also in pursuit of the record – integrity prevailed however and Angela never ever lost sight of her goal and her values. To claim possession of a world record requires not only physical endurance but also a mental toughness that very few people possess. To stand up to attempts to derail her and throw her off course took amazing courage and determination.

I can't even imagine what she endured emotionally when people she thought cared about her and supported her turned against her. That would have crushed me and I might very well have given up. But Angela was hurt but continued onward and, in the words of Diana, she found a way! Congratulations to a great woman!

What does it take to accomplish a feat such as this? And to do so without compromising ethics or values in any way at all? To not miss even one tenth of a mile in each 26.2 mile race? When it's extremely hot, extremely cold, wet, dusty, muddy, high altitude and rough terrain? How do you just keep going ?



Remember the post I wrote on inspiration vs motivation? It has to come from within. You can get help and support from the outside but to go on day after day after day against all odds, when the world seems against you – that takes inner fortitude,

determination and desire. There's no room to waiver in the path toward your goal. You have to keep putting one foot in front of the other. Sometimes you can't even look at the ultimate goal, you just have to look at today or even this hour or this minute. You just have to keep going through thick and thin. Angela kept on going and never lost her sense of humor and concern for others. That is one thing I really respect about her – she is supportive of everyone else in the field and no matter how much pain she's in, she always has a smile and good word for everyone else on the road. She's humble and helpful. You would never even have known she was after a record – she appeared "normal" – like all others on the road. But Angela is far from normal. She, like many others I've met in the past year, are intense people who have a purpose and work endlessly toward achieving their goal.

She has perseverance and determination and then a strong will. Do you have what it takes to go for the world record in something? Look within and see if you know what it takes? It might have something to do with not knowing your purpose or passion. Find it out and you've taken the first step toward your own world record. You can use the Law of Attraction to bring the support system and good circumstances into your life as you pursue your goal – whether it's a world record or just a goal. See our posts on "Define & Conquer 2013" to determine your own goals and set out to accomplish them. You can do it.

Congratulations Angela!

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