



# The Finish Line

Volume 39, Issue 1  
February 2014

## Financials:

Operating	\$2,395.31
Dam Run	\$3,024.59
Timing	\$3,339.30
Total	\$8,759.20

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

## Welcome to our new member:

Tami Crowley  
Kelly Derry  
Victoria Donahue

## 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

**HAPPY BIRTHDAY**

**January Birthdays**  
Christi Kelton (16<sup>th</sup>)  
Tracy Hill (20<sup>th</sup>)  
Sharon Kelly (24<sup>th</sup>)  
Jim Martin (27<sup>th</sup>)

**February Birthdays**  
David Teichman (2<sup>nd</sup>)  
Joseph Baird (6<sup>th</sup>)  
Jane Macha (15<sup>th</sup>)  
Karen Riddle (15<sup>th</sup>)  
Portia Monson (17<sup>th</sup>)  
Steve Priester (19<sup>th</sup>)  
Allen Brajer (24<sup>th</sup>)  
Zach Farquhar (24<sup>th</sup>)  
Tosha Chesar (25<sup>th</sup>)

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## Don't forget to renew your membership!

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

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

or

WFRM Member Application Form is attached to this email.

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## UPCOMING EVENTS

- Mar. 1 - Xpress Run
- Mar. 8 - Christ Academy "Color Me Running"
- May 3 - WFRM Dam Run
- Jun. 28 - Higher Focus Ministries 2014 Run to Christ 5K

*\*\* WFRM sponsored event / WFRM timed event\**

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

### Additional information for events:

<sup>(1)</sup> Higher Focus Ministries is a non-profit non-denominational 501 (c) (3) volunteer organization that promotes support of families with children facing extraordinary challenges through personal and community education, children advocacy programs and financial assistance of medical needs.

**"Help us help the kids!" Come run or walk with us Saturday, June 28, 2014 at Medi Park** where you will experience a challenging yet beautiful 5K route! Everyone receives a medal when crossing the finish line! 1st, 2nd, 3rd, place medals to the first three male and female finishers! As with our past 5K's gift certificates will be awarded to the overall first place male and female finishers!

Electronic registration for the 5K is available by going to <https://endurancecui.active.com/event-reg/select-race?e=6404852> or entry form attached:

[HFM 2014 Run to Christ 5K Entry Form.pdf](#)

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## 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](mailto:info@wfrunnersclub.org) and/or [lknox@sw.rr.com](mailto: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. *(If it is a Wichita Falls Runners Club event, I try to include all the members; however, it is best if you email me so I don't miss anyone.)*

### 2013 – Salt Flats 100 Endurance Run

- Karen Riddle – (35:49:35) 1<sup>st</sup> in AG

### January 11 – YMCA Post Holiday Hustle 5K

- Tom Ostovich – (23:17) Overall Masters 10K
- Don Knox – (50:29) – 3<sup>rd</sup> in AG
- Linda Knox – (57:05)

### January 18 – The Duel

#### Dirt Half-Marathon

- Christi Kelton – (2:22:34) – 2<sup>nd</sup> in AG
- Tom Ostovich – (2:01:30) 3<sup>rd</sup> in AG
- Joe Rico – (1:53:05) – 2<sup>nd</sup> in AG

#### Dirt 10K

- Michael Boyle – (46:28) – Overall Male
- Kelly Derry – (51:42) – Overall Female
- Randell Dugan – (49:32) – Overall Masters

#### Paved Full-Marathon

- Kiyohiko Sakamoto – 3:51:43) – 2<sup>nd</sup> in AG
- Angel Williams – (7:15:11)

#### Paved Half-Marathon

- Richard Barnett – (2:22:27) – 2<sup>nd</sup> in AG
- Victoria Donahue – (2:07:07)
- Larry Filer – (1:30:32) Overall Male
- Don Knox – (1:52:29) – 2<sup>nd</sup> in AG
- Linda Knox – (2:08:08) – 2<sup>nd</sup> in AG
- Ruth Morrow – (3:18:04)
- Magan Styles – (1:37:56) – 2<sup>nd</sup> in AG
- Marianne Wilson – (1:58:52)

#### Paved 10K

- Jerry Nottingham – (1:36:25) – 1<sup>st</sup> in AG

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## January 25 – Hunger Run 5K

- Don Knox – (23:42) – 3<sup>rd</sup> in AG
- Linda Knox – (26:48) – Overall Masters
- Tom Ostovich – (22:29) 1<sup>st</sup> in AG

## February 8 – Hot Chocolate 15K

- Don Knox – (1:15:51)
- Linda Knox – (1:32:03)

## February 23 – Cowtown Half-Marathon

- Don Knox – (1:48:45)
  - Linda Knox – (2:12:29)
  - Tom Ostovich – (1:53:40)
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Remember WFRC members in good standing can enjoy the following discounts:

- The Bike Stop – 10% discount on bike tune-ups and accessories.
- Riverside Cycling Center – 10% discount on bike tune-ups and 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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## 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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## PRESIDENT'S CORNER

Spring is here! Wait, now it's gone. Nope, I was wrong, it's back!

That's what I've felt like for a while now; we'll have wonderful spring weather for a day or two and then ice, snow and yuck again! As I write this it's a beautiful 78\*, in two days we are predicted to have ice and thunder snow. Wow, what a change!

I do know that at some point very soon spring will be here to stay and the next week it will be full on summer with temps climbing towards 100\*. I want to encourage everyone to get outside and play! Run, walk, and work in the yard, whatever just get outside!

We have many group runs for you to choose from; the early morning group at the MSU Lake, the Tuesday/Thursday after work group at the MSU Lake and the Wednesday Hill Repeat group at the Lake Wichita Dam. We also have a party coming up as well as some group trips including camping!

Please keep an eye on your email and the WFRC Facebook page for updates and most importantly, get out and run!

I'll see you on the trail,

Sandy  
[info@weechita.org](mailto:info@weechita.org)

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

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Dear Running Club Director,

My colleagues and I are currently investigating the training habits and dietary practices of non-elite marathon runners. We are doing so with the hope of gaining more insight in this area in order to assist the runners, registered dieticians, sport nutritionists, personal trainers, running coaches, and all health and wellness professionals who may have clients interested in participating in, or currently training for, marathons.

The study involves the completion of an anonymous online survey, which contains questions regarding demographic information, training strategies, and dietary practices during marathon preparation. Completion of the survey is both completely voluntary and anonymous as no identifiers will be used. With your approval of your club's participation, we would ask that you forward this email containing the hyperlink to the survey below to all club members. The survey should take approximately 15 – 20 minutes to complete and participants may discontinue their participation at any time. The link to the survey will remain open until June 30, 2014.

Survey Link:

[https://okstatecoe.qualtrics.com/SE/?SID=SV\\_6X6rY0ePXfOWe57](https://okstatecoe.qualtrics.com/SE/?SID=SV_6X6rY0ePXfOWe57)

I have attached the Information Sheet for this study, which includes the specifics of the study, as well as the contact information of all principal investigators. This study has been approved by the Institutional Review Board at Oklahoma State University.

[Running Survey Informed Consent.docx](#)

If you or any running club member have any questions regarding this study, please feel free to contact me at any time.

Thank you in advance for your time.

Sincerely,

John Sellers, M.S., CSCS, CPT  
Graduate Teaching/Research Assistant  
Health & Human Performance Program  
Oklahoma State University  
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