



The Finish Line

Volume 39, Issue 3
June 2014

Financials:

Operating	\$2,231.76
Dam Run	\$3,754.51
Timing	\$3,339.30
Total	\$9,325.57

Club Runs at Sikes Lake:
Monday, Wednesday, & Thursday at 5:00am
Tuesday & Thursday at 6:00pm

Welcome to our new members:

Audri & Nicandro Delgado

2014 OFFICERS AND DIRECTORS

President – Sandy Monson
Vice President – Zach Farquhar
Treasurer – Marianne Wilson
Secretary – Linda Knox

Directors:

Cody Cassity	Art Sanchez
Melinda Fritsche	Koby Styles
Megan Kinney	Dale Teichman

MEMBERSHIP NEWS

Monthly Club Meetings

When: 3rd Thursday of every month
Time: 6:00pm (Members typically meet between 5:00 & 5:30 to run first)
Location: TBD

May Birthdays
 Kyle Anderson (11th)
 Richard Koch (13th)
 Chip Filer (28th)

June Birthdays
 Linda Knox (2nd)
 Nicandro Delgado (3rd)
 Andrew Koch (5th)
 Thomas Koch (5th)
 Jacki Dowdy (9th)
 Megan Kinney (9th)
 Audri Delgado (14th)
 Meg Ramsey (18th)
 Kimberly Long (24th)
 Chad Cummings (25th)
 Austin Monson (26th)

UPCOMING EVENTS

- Jul. 12⁽¹⁾ - 2nd Annual Hero Dash at the Family YMCA
<https://www.signmeup.com/site/online-event-registration/100896>
- Aug. 16 - Wesley's Warriors 5K Fun Run in Seymour, TX (Go to Active.com)
- Aug 22-24 - HHH Weekend
- Sep. 13⁽²⁾ - 21st Annual Devil Dog Run
- Oct. 5 - Spirit of Survival, Lawton, OK
<http://www.spiritofsurvival.com>
- Oct. 18 - 5K or DYE Run, Early Pioneer Day
Early is a very small town about 180 miles south of Wichita Falls.
<http://earlypioneerdays.com/5k-run-registration/>

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

Additional information for events:

⁽¹⁾ The YMCA and The Texas Army National Guard are hosting the second annual Hero Dash.

The Hero Dash will be held at the Family YMCA on July 12, 2014 at 9:00am.

The course is a full 5k run that ends in a challenging and fun obstacle course. Our obstacle course will have you climbing walls, dunking under "brides", leaping over tires, and completing several other fun challenges before crawling through a mud out to reach the finish line.

Early Registration Fee: \$25
T-shirt for everyone that registers before July 1st.

⁽²⁾ Save the Date - The race is scheduled to take place at New Post Chapel aboard Fort Sill, Ok on 13 September 2014 with races starting at 0800. This year we will be featuring a 10k USATF sanctioned race and a 1 mile fun run/walk. There will also be two team events: 10k military team and 10k civilian team. The personnel competing in the 10k team events will be eligible for individual awards and the

team trophy will be awarded to the 5 person team that has the best overall average time. There will be several ways to register for the event. Beginning in July, registrants will be able to sign up on-line via Active.com. Also beginning in July, Marines will be conducting registrations at the Post Exchange aboard Fort Sill. The event cost is TBD, and will include a Devil Dog Run T-shirt, race bag, bib, and timing chip. Although no action can be taken at this time to secure registrations, I wanted you to be able to save the date and mark your calendars.

When: 13 September 2014 @ 0800
Where: New Post Chapel, Fort Sill, Ok
Registration: Opens 1 July, 2014.
Cost: TBD
Point of Contact: Captain Ryan Anness
@ (580) 442-8605

RECENT EVENTS

Have you participated in an event recently and want to share your achievement with the club? **Email your results to** info@wrunnersclub.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. *(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.)*

April 26 – Holliday 5K Splash Dash

- Kim Beard – 2nd Overall Female

April 27 – Oklahoma City Memorial Run Half-Marathon

- Sharon Kelly – (1:55:57) – 4th in AG
- Art Sanchez – (1:55:32)

April 27 – Muenster Germanfest 15K

- Kim Beard – (1:10) – 2nd Place Overall Female

5K

- Jerry Nottingham – (44:43) – 5th
Jerry is unable to run right now but he walked the 5K with a great time. Way to go Jerry!

May 3 – WFRC Dam Run

10K

- Kyle Anderson – (1:12:13)
- Don Knox – (50:17) – 2nd in AG
- Tim Norden – (52:49) – 3rd in AG
- Tom Ostovich – (46:31) – 1st Male Master's & 3rd Overall
- Meg Ramsey – (57:52) – Running for Two!
- Phil Ringman – (58:17)
- Angel Williams – (1:36:42)
- Marianne Wilson – (50:17) – 1st in AG

5K

- Audri Delgado – (30:14) – 2nd in AG
- Nicandro Delgado – (24:22) – 2nd in AG
- Larry Filer – (16:25) – Male Open Winner
- Dave Teichman – (34:30) – 1st in AG

May 18 – Bay to Breakers, San Francisco

12K

- Tom Ostovich – (59:01)

May 18 – Run for Kibera-Kibera Slum, Nairobi, Kenya

- Don Knox

June 8 – Windthorst Dairy Derby 5K

- Tom Ostovich – (23:59) – 1st in Age Group & 5th Overall

June 28 – Founders Day 5K Run, Duncan, OK

- Jerry Nottingham – 1st in Age Group; received \$25 Gift Card for being the senior runner; Won push-up contest (110 push-ups); Won the plank contest. 3 gold medals and nice gift cards. Now that is a great day.

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.

NOTE FROM THE SECRETARY

If you have upcoming events you want placed in the Newsletter, please provide date, name of event, location, and website so we can share with all members.

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

PRESIDENT'S CORNER

Be extraordinary! Its summer; time for vacations, family time and planning for fall and winter adventures; do something out of your comfort zone!

Never run a marathon? Sign up for one! Have you always wanted to run a 50 or 100 mile event; what are you waiting for? Our club and town are full of great examples of normal people doing extraordinary things. We have folks that run 100 milers several times a year, we have 24 hour runners and riders, we have Ironman athletes, we have runners that have run marathons and half marathons in all the US States and every continent of the world, we have one amazing woman that has run over 1000 miles while pregnant!

Are you waiting for that ever elusive “tomorrow” to live your dream? Make a commitment, start a training plan, make your plans public, enter a race, do SOMETHING! Sitting around waiting for “tomorrow” is a waste of the wonderful live you have been given! Live large, be extraordinary!

See you on the trail, Sandy

KEEP ON RUNNING

Ben Kruser

I would like to share news with runner club members about my recently published running novel, **Storm King Wildlands Reserve: Running is Life in Motion**. As an author, I am looking to connect with fellow runners who would enjoy solid fiction that uniquely combines running and the outdoors with a fast paced story about a determined single mom and her no nonsense teenage daughter taking on life's challenges, including starting over in a new town, career upheaval, high school uncertainties, confronting bullies, finding true friends and the value of faith, and seeing how people make choices.

My novel is available on Amazon.com and Kindle where story details and early reviews can be found. Should club members read my book and would enjoy discussing author insights, I'm happy to participate in a club meet in person, through email or over the phone as a way of promoting your club's social activities and running in general.

Thank you for considering my request. I wish your club a great running season. It's finally a warm, sunny day in Ottawa, so managed a 30K run to see all the tulip beds in bloom for Tulip Fest!

Respectfully,
Ben Kruser
Ottawa, Ontario Canada

My background is on LinkedIn.

Running PB: 2011 Sri Chinmoy 6, 12, 24hr ultra, ran 150K in 24hr (only lost 2 toenails!) Ottawa ON.

PS: I put a really good date square recipe at the end of the book as a thank you to readers.