



The Finish Line

Volume 39, Issue 4
July 2014

Financials:

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

Club Runs

Monday, Wednesday, & Thursday at 5:00am
Sikes Lake @ MSU

Tuesday Trail Runs-meet at WF Visitor Center
7:30pm (evening run) & 9:00pm (night run)

*(Check Wichita Falls Runners Club
Facebook page for updates (if trail is closed)
& additional run information)*

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

Welcome to our new members:

Jared Hass
Christy Johnson
Dawn Williams

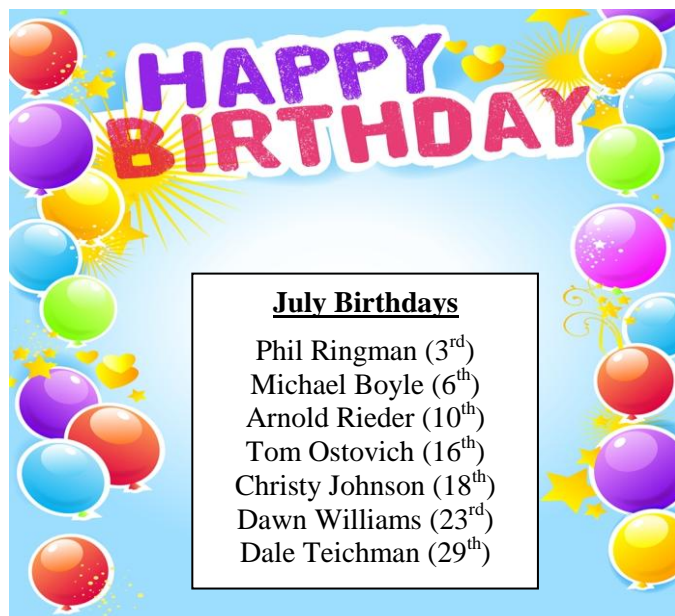
MEMBERSHIP NEWS

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

July Birthdays

Phil Ringman (3rd)
Michael Boyle (6th)
Arnold Rieder (10th)
Tom Ostovich (16th)
Christy Johnson (18th)
Dawn Williams (23rd)
Dale Teichman (29th)



UPCOMING EVENTS

- Aug. 16 - Wesley's Warriors 5K Fun Run in Seymour, TX www.active.com
- Aug 22-24 - HHH Weekend www.hh100.org , then click Events
- Sep. 6 - Frozen Hot Chocolate 5K & 10K, Austin, TX www.hotchocolate15k.com/austin
- Sep. 13⁽¹⁾ - 21st Annual Devil Dog Run
- Sep. 21 - Texas Road Romp, Waco, TX 5K & Half Marathon <http://texasroadromp.com/>
- Sep. 27 - Falls Fest, Wichita Falls – we will keep you posted as details come in!
- Oct. 4 - Bill Bartley Family YMCA Duathlon Starts at 8:30am - 5K run, 14.36 mile bike ride, 5K run.
- Oct. 5 - Spirit of Survival, Lawton, OK www.spiritofsurvival.com
- Oct. 11-12 - Durango Double Trail & Road Half Marathons, Durango, CO (Info can be found at <http://durangodouble.com/>;
Out-of-town runners can get the special – 20% off the entry fee by using the code “DBL20” during registration
- 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/>
- Oct. 24 - Boomtown Glow 5K, Friendship Park in Burkburnett www.active.com
- Oct. 25 - Grapevine Double Trouble (5K starts at 8:00am & 10K starts at 8:50am – run both for Double Trouble) www.lgraw.com/doubletrouble

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

Additional information for events:

⁽¹⁾ 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.)*

July 13 – El Scorcho - 50K

- Tom Ostovich – (6:23:33)

July 20 – Harvest Days Run, Battleground, WA

Half-Marathon

- Don Knox – (1:48:38) – 1st in AG (PR)

8K

- Linda Knox – (46:03)

July 27 – Eugene Marathon (Oregon)

- Jared Hass – ran as a ghost runner at Sikes Lake
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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.

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

With the unseasonably cool temperatures I hope everyone has been out running. We have many group runs all over town, all times of the day and night on streets, dirt and paved trails. Want to run around the MSU Lake, watch the sunrise and talk to the geese? We have a run for you! Love the Wee-Chi-Tah Trail? We have evening and nighttime runs on the trail! What about Lucy Park, love to run there? Come on down and run while watching Thermal Thursday! Be sure to keep an eye on the WFRC Facebook page for locations and times!

Let's go for a run!
Sandy

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

Thank you Susie for sharing this information!

Charity Mileage App

There's an 'app' for your smart phone (which I don't have, as mine's a flip-phone) called, "Charity Miles." You can choose from about 15 different charities that donate money for every mile you walk, run, or bike. It's free and funded by a foundation. A couple of my friends from church told me about it and Elizabeth is doing it with her phone (which she hands to me whenever I go out for a run or walk). She's doing her mileage for the ASPCA, which tells her how many cats and dogs she vaccinates every time she works out. Another friend is doing hers for "StandUp for Cancer," while yet another is helping with Alzheimers. Anyway, I thought it was definitely something worth passing along to our membership. It's pretty easy, even for a Luddite like myself – you just get the app and then start it whenever you go out for a walk, run, or ride. You can get fit while helping a worthy cause!

Happy Trails!
Susie

BRELAND RunFit

Key Factors to Know about Strength and Resistance Training for Runners:

- All runners need strength training.
 - You should strength train all year round.
 - You should taper back your strength training length of workouts (intensity and duration will decrease, do not cut out the strength program completely) during your goal race taper period.
 - Plan your strength sessions and training runs together. Try to do your strength workouts on the same day, after your hard running sessions – this can be later in the day or directly after your running workout. The goal here is to keep your easy / recovery days truly easy – if you were to do the strength program on a recovery day, you would not get as much benefit as you need from your recovery days.
 - Your strength program **MUST** be specific for runners. It is absolutely imperative that your strength program incorporates the muscles that control running movements and are essential to supporting running form or decreasing abnormal movements during running that lead to injury. Performing strength training that does not focus on running – specific needs will make you a stronger person, with better body composition, however, your running will not prevent injury or make you a more efficient runner. Many studies have found no benefit to runners' form or reduction of pain or injury when performing a general strength training program without focus on movement retraining or running – specific needs. That is why you need a running – specific program.
 - Strength training for runners is not only about pure strength, but also re-training muscles to “fire” in desired sequence. The muscle timing is essential to efficient form. This is the concept of “neuromuscular training”.
 - Circuit training types of strength training provides a big spike of improvement for novice runners', however, as runners continue to train they need a change in their training program as well.
 - The fastest and greatest changes in speed, performance and power are the result of Plyometric strength training for runners. However, this is the most risky type of strength training with many participants getting injured if they attempt to start this type of program before their body is ready.
 - Muscle soreness is generally a good sign. Your muscles should be sore for a couple days after the strength sessions. This tells us that we are making changes in your muscles! When you no longer notice soreness or fatigue with your strength program, it's time to modify it to ensure that your body continues to reap the benefits of strength and resistance training. You may continue to perform pilates, other core exercises, yoga and other cross training. It is good for you to know that these exercises are not strength training and do not take the place of strength training for runners. They will not produce the same results as running specific strength training.
 - Cross Fit. Cross fit can consist of many different types of strength and power exercises. While many of these movements can be beneficial for runners, most are not specific enough for your biomechanical needs. You will definitely get stronger and have more muscle mass with performing these workouts, however, you will not be working on the specific neuromuscular control of the muscles that you need to support your form and prevent injury. Another thing to note here is that increased fatigue with fast – paced movements (see circuit training, above) using heavy weight has been shown to decrease proprioception and without a great therapist or trainer guiding you in perfect movements for each part of your body, performing these movements can lead to injury (as with any strength or any training program). While participating in a Strength & Injury Prevention Program, Cross Fit activities should be eliminated. Afterward, you will know more about how your body is able to move and what specific muscle groups are the most important for you to focus on for your specific performance and injury prevention needs when you get back to strength training on your own.
 - Strength & Injury Prevention Programs are based on the runners' unique biomechanical & form specific needs. A Functional Movement Assessment reveals compensatory patterns, instability & mobility restrictions. Corrective exercise strategies are developed and modifications incorporated to ensure effective movement. Runners will experience improvements in race time, running economy, V02 max & time until fatigue, as well as benefit from proven reduction in injury occurrence.
- **If you are interested in beginning a Runner specific Strength & Injury Program call 691-4300 to get information on BRELAND RunFit or schedule an appointment.****
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