



The Finish Line

Volume 39, Issue 7
October 2014

Financials:

Operating	\$2,133.76
Dam Run	\$3,754.51
Timing	\$3,339.30
T-Shirts	<u>\$105.00</u>
Total	\$9,332.57

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

Welcome to our new member:

Greg Norris

Club Runs

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

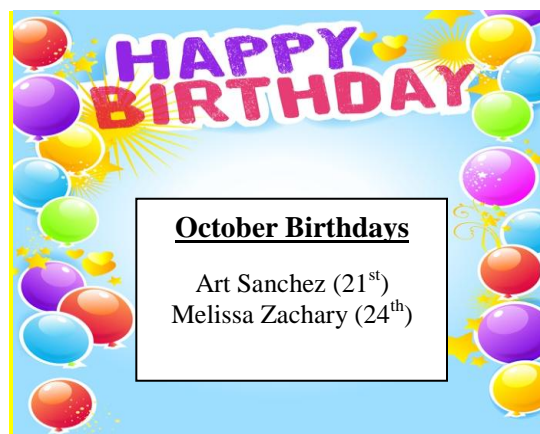
Tuesday at 6:30pm – Hill Repeats
Mt. Murphy (Lake Wichita Pavilion)

Wednesday at 6:30pm – Trail & Paved Runs
Meet at Information Center (Off of I-44)

Thursday at 6:30pm – Speed Work
Barwise Track

Saturday at 7:00am – DONUT Run
Meet at United Market Street
(Coffee Shop Entrance)

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



UPCOMING EVENTS

- Nov. 1 - Wichita Valley Rail Trail 10K Pump & Run (For entry information, contact Donna Adams Insurance Office, 4601 Kell Blvd.)
- Nov. 8 - Run With Lois 2014
<http://www.active.com/running/5k>
- Nov. 22 - City Lights 5K
<https://www.runreg.com/city-lights>
- Nov. 25 - 13th Annual MSU Turkey Trot at Sikes Lake. Registration begins at 3:30pm and run begins at 4:00pm. Entry fee is one canned food.
- Nov. 26 - 214th Fallen Soldier Memorial Run, Ft. Sill, OK 5K & 1 mile Fun Run
<https://www.signmeup.com/site/online-event-registration/103970>
- Nov. 27 - 13th Annual Turkey Trot
The Historic West Floral Heights Neighborhood Association will be hosting its 13th 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 100 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!
- Nov. 28 - STOP DIABETES 5K (Partnered with Fantasy of Lights Basketball Tournament) @ 7pm (Night run)
<http://www.active.com/running/5k>
- Dec. 6 - YMCA Holiday Hustle 5K & 10K
<http://www.active.com/wichita-falls-tx/running/distance-running-races/holiday-hustle-5k-10k-2014?int>
- Dec. 20 - MSU-Burns Fantasy of Lights 5K
<http://msuburnsfantasyoflights.com>
Run will be at 9:00am. \$25 entry fee and receive a t-shirt. Additional registration information will be available at this site soon.
- Dec. 20 - Illuminations Half 2014, San Antonio
<http://www.illuminationshalf.com>
- Jan. 3 - Monahans Sandhills 5K & 10K Run & Health Walk, Sandhills State Park in Monahans, TX
- Jan. 17 - The Duel, Run on the paved Wichita Falls Circle Trail or the famous Wee-Chi-Tah Dirt Trail - 10K, Half-Marathon, & Full Marathon (paved WF Circle Trail is a Boston Qualifier!)
<https://www.runreg.com/the-duel>

If you have an event you would like listed, please send an email to: lknox@sw.rr.com or info@wrunnersclub.org.

**Daylight Savings Time is
November 2, 2014.
Don't forget to Fall back!**

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. *(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.)*

October 5 – Spirit of Survival, Lawton Half-Marathon

- Jared Hass – (1:44:40)
- Sharon Kelley – (1:52:47) – 1st in AG
- Don Knox – (1:46:55)
- Tom Ostovich – (1:43:57) - PR
- Art Sanchez – (1:45:01) – 3rd in AG
- Marianne Wilson – (2:00:48)
- Melissa Zachary – (2:18:05)

Quarter Marathon

- Linda Knox – (1:00:36) – 3rd in AG
- Paula Roberson – (1:06:16)

Kids Marathon (1.2 course on race day)

- Emma Ostovich – (13:01)
- Julianne, Anson & Angel Williams

October 11 – 22nd Annual Reuel Little 5K Classic Run in Madill, OK

- Jerry Nottingham – (48:08) – Silver Medal AG

October 18 – CrimeStoppers Cops & Robbers 5K

- Linda Knox
- Meg & Austin Ramsey

October 19 – Las Vegas Touchdown Run 5K

- Tom Ostovich – (23:06) – 1st in AG; 5th Overall

October 25 – Double Trouble, Grapevine 5K & 10K

- Don Knox – (24:00 & 53:40)
- Linda Knox- (29:17 & 1:02:39)
- Tom Ostovich – (22:09 & 49:50)

2K

- Emma Ostovich – (11:50)

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

Dear Runners in Texas,

My name is Gabi Hayes and I live/work in Dallas and Los Angeles.

We are working on a documentary about a Superior Court Judge in Los Angeles who started a running club on Skid Row. He trains its members not only for international marathons but also helps them with their addictions and gives them a second chance at life.

We have been working on the project pro bono for a year and a half because we believe in the cause. This is an inspiring story of how one man can make a difference. It is the story of how talented individuals who wound up homeless can find their way back into society through the discipline of running and the guidance by the Judge.

Last year Judge Mitchell took a small group to Ghana to run the Accra International Marathon. It was a life changing experience for them. This past March 15 club members ran the LA Marathon. Every runner experienced an overwhelming sense of accomplishment. The Judge will take over 12 runners to Rome in March 2015 to run the marathon there.

We would be grateful if you could LIKE our Facebook page and share it with friends. Also stay tuned for more news. Thank you.

Gabi Hayes, 323 620 7063

www.skidrowmarathon.com

<https://www.facebook.com/pages/Skid-Row-Marathon/558050600926981>

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

Dear Running Club Director & Members:

The following is information of our study, Training Habits and Dietary Practices of Non-elite Marathon Runners. With fall being a time of year when frequent marathons take place, race training and dietary needs are fresh on the minds of runners who plan to participate. With the focus of runners being on marathon preparation, as well as the possibility of new members to the club for marathon training, we want to share our study with members.

Survey Link:

https://okstatecoe.qualtrics.com/SE/?SID=SV_6X6rY0ePXfOWe57

Online Survey Software | Qualtrics Survey Solutions

Qualtrics sophisticated online survey software solutions make creating online surveys easy. Learn more about Research Suite and get a free account today.

[Read more...](#)

Attached is 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.

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

Thank you again for your time.

Sincerely,

Katherine "Bond" Williams, B.S., ACSM-HFS, CPT

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