



The Finish Line

Volume 39, Issue 8
November 2014

Financials:

Operating	\$2,103.76
Dam Run	\$3,754.51
Timing	\$3,339.30
T-Shirts	<u>\$105.00</u>
Total	\$9,302.57

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:

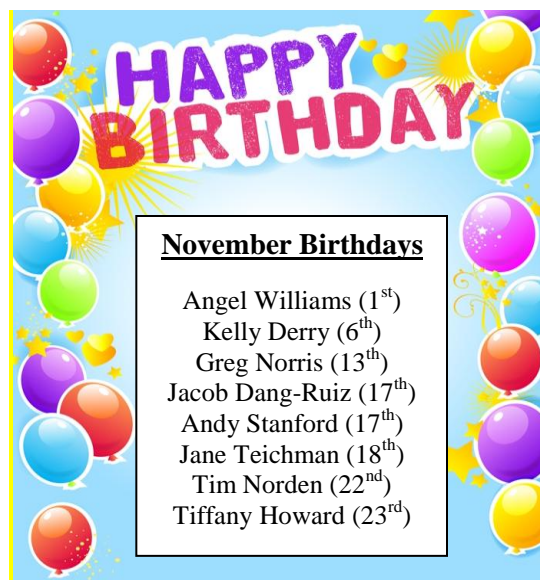
Tony Ramirez

Club Runs

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

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)*



November Birthdays

Angel Williams (1st)
 Kelly Derry (6th)
 Greg Norris (13th)
 Jacob Dang-Ruiz (17th)
 Andy Stanford (17th)
 Jane Teichman (18th)
 Tim Norden (22nd)
 Tiffany Howard (23rd)

UPCOMING EVENTS

- 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. 13 - Jingle Jog in Lawton, OK
<http://eventful.com/lawton/events/jingle-jog-/E0-001-075506822-4>
- Dec. 20 - MSU-Burns Fantasy of Lights 5K
<http://msuburnsfantasyoflights.com>
- 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>
- Jan. 24 - Vernon College Hunger Run 5K & 1K
active.com
- Jan. 24 - Polar Dash in Texas (Arlington)
<http://www.dfwpolardash.org/Registration/register-now.html>
- Feb. 28 & Mar. 1 – Cowtown
<http://cowtownmarathon.org/>
- May 16 - Run for 57th AHC (Armed Forces Day) 5K Run & 2K Fun Walk
www.runfor57thahc.com

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

VOLUNTEERS NEEDED!

Volunteers are needed for the Fantasy of Lights run on Dec. 20. Since runners will be on city roads, they need directional people, start/finish people, and t-shirt people. All volunteers will receive a t-shirt for helping. Please contact Dr. Joey Greenwood, Coordinator – MSU-Burns Fantasy of Lights, at 397-4466

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 25 – Great Turtle Trail Race on Mackinac Island, Michigan

- Art Sanchez – (1:51:25)

November 2 – DRC Half Marathon

- Don Knox (1:48:44)
- Linda Knox (2:04:59)

November 8 – Run with Lois 5K

- Don Knox (25:21) – 3rd in AG
- Art Sanchez (25:21) – 3rd in AG
- Linda Knox (26:47) – 2nd in AG

November 8 – Dash Through Cache

- Jerry Nottingham – 2nd in AG

November 15 – Azle Lake Run

- Sandy Monson – 1st in AG

November 15 – Tour De Glen Rose Half Marathon

- Tami Crowley – (2:05:05) - 1st in AG

November 22 – City Lights 5K

- Tom Ostovich – (21:47) – 3rd Overall & 1st Master's

November 23 – Route 66 Half Marathon

- Don Knox – (1:53:20)
- Linda Knox – (2:19:56)

November 25 – MSU Turkey Trot

- Linda & Don Knox
- Sandy Monson
- Paula Roberson
- Art Sanchez

November 26 – 214th FIRES Brigade Fallen Soldier Memorial Run, Ft.Sill

- Don Knox – (24:02)

November 27 – Floral Heights Turkey Trot

- Tom & Emma Ostovich
- Don & Linda Knox (with Alex & Bryson)
- Tami Crowley
- Chad Cummings & Megan Kinney
- Sharon Kelley
- Richard & Susie Koch & Family
- Greg Norris
- Paula Roberson
- Art Sanchez
- Koby & Magan Styles
- Dale Teichman
- Marianne Wilson

If I left anyone from the Runner's Club off the Turkey Trot, I apologize. I just tried to remember who I saw at the run.

November 28 – Stop Diabetes 5K

- Tom Ostovich – (23:23) – 2nd
- Don Knox – (25:17)
- Marianne Wilson – 2nd

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

Tis the season to run long! Marathons, half marathons, 50 and 100 mile events! Winter is the time to run! Whether you will be running your first event or your 300th event, try to help another runner. Share your knowledge, join a training group, inspire at least one other person to get off the couch and run! Running is so much fun; help someone else discover why you are always smiling. Share the goodness of an active lifestyle; like the Skittles commercial, running is a rainbow of fun, different for everyone. Discover how you can help yourself and others love your sport!

Sandy

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

Wichita Falls Runners Club Officers & Directors

According to the Bylaws of the Wichita Falls Runners Club, the officers shall be elected by ballot to serve one year or until their successors are elected. Beginning in November, the WFRC shall accept nominations for candidates for the offices to be filled at the annual meeting in February. Nominations shall be accepted by email, mail or made from the floor up through the end of the January meeting. The 2014 Officers & Directors are as follows:

President – Sandy Monson
Vice President – Zach Farquhar
Treasurer – Marianne Wilson
Secretary – Linda Knox
Directors – Cody Cassity
Melinda Fritsche
Megan Kinney
Art Sanchez
Koby Styles
Dale Teichman

Membership Renewals

Annual membership fees shall be due and payable in January. The membership fee is \$20 per household. The membership fee can be paid on Active.com or go to the WFRC page (www.wfrunners.club.org), click on About Us and then scroll down for the member application and then either mail in or bring to a club meeting. During the year, if you change your email address, please provide new email to the secretary so that you may continue to receive meeting agendas & minutes as well as the Newsletter.

Wichita Falls Runners Club Christmas Party



The Christmas Party will be Thursday, December 18 following the brief General Meeting at 6:00pm. The meeting and party will be at Don & Linda Knox's home (5106 Crown Ridge Dr. – Lake Wellington).

The party will be a potluck and bring your favorite beverage.

There will be a Chinese gift exchange for anyone that wants to participate-optional (\$10 limit).

