



# The Finish Line

Volume 39, Issue 9  
December 2014

## ***Financials:***

Operating	\$1,852.76
Dam Run	\$3,754.51
Timing	\$3,089.30
T-Shirts	<u>\$105.00</u>
Total	\$8,801.57

## **Welcome to our new members:**

Michael Brown  
Eric Helms  
Lisa Morgan  
James & Mindy Rowland  
Adrienne Rumfelt  
Trish Schabram

## **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

## **Club Runs**

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

Saturday at 7:00am – DONUT Run  
United Market Street (Coffee Shop Entrance)  
*Some may run at 6:30am depending on distance – so  
watch Facebook page.*

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

## **MEMBERSHIP NEWS**

### **Monthly Club Meetings**

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



## UPCOMING EVENTS

- 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>  
All proceeds go to the Wee-Chi-Tah Trail projects, the MSU Cross Country/Track Team, and the Wichita Falls Parks Department.
- Jan. 24 - Vernon College Hunger Run 5K & 1K [active.com](http://www.active.com)
- Jan. 24 - Polar Dash in Texas (Arlington) <http://www.dfwpolardash.org/Registration/register-now.html>
- Feb. 7 - HOT Chocolate Dallas (Fair Park) <http://www.hotchocolate15k.com/dallas/>
- Feb. 28 & Mar. 1 - Cowtown <http://cowtownmarathon.org/>
- Mar. 7 - The XPRESS Half Marathon, 12K, and 5K <http://www.runthexpress.com/>
- Apr. 25 - Hale-uva Duathlon <http://www.plainviewduathlon.com/>
- Apr. 26 - Oklahoma City Memorial Marathon <http://okcmarathon.com/>
- May 2 - The Dam Run
- May 16 - Run for 57<sup>th</sup> AHC (Armed Forces Day) 5K Run & 2K Fun Walk [www.runfor57thahc.com](http://www.runfor57thahc.com)

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

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

## 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](mailto:info@wrunnersclub.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.)*

### November 30 – First Responders Half in Waco

- Angel Williams (with baby on board) was able to complete a quarter of the half marathon.

### December 6 – YMCA Holiday Hustle 10K

- Michael Boyle – (47:20) – 1<sup>st</sup> in AG
- Tami Crowley – (54:01) – 2<sup>nd</sup> in AG
- John Fritsch – (48:56) – 2<sup>nd</sup> in AG
- Christy Johnson – (1:04:55)
- Don Knox – (53:43) – 2<sup>nd</sup> in AG
- Tom Ostovich – (45:01) – 1<sup>st</sup> Overall Male
- Tony Ramirez – 46:42) – 1<sup>st</sup> Master's Male
- Meg Ramsey – (1:00:49) – *pushing Austin*
- Phil Ringman – (59:13) – 1<sup>st</sup> in AG
- Paula Roberson – (59:38) – 3<sup>rd</sup> in AG
- Trish Schabram – (1:04:57)
- Marianne Wilson – (56:15) – 3<sup>rd</sup> AG

### 5K

- Linda Knox (28:44) – 1<sup>st</sup> in AG

### December 14 - Metro PCS, Dallas Marathon

- Sharon Kelley – (4:21:41) – 5<sup>th</sup> in AG\*  
*\*on a sprained ankle*
- Art Sanchez – (4:49:08)
- Marianne Wilson – (5:07:37) – 1<sup>ST</sup> MARATHON

### Half Marathon

- Tom Ostovich – (1:48:23)

### December 20 – Illuminations Half in San Antonio

- Don Knox – (1:44:03) – 3<sup>rd</sup> in AG
- Linda Knox – (2:23:24)

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 – some discounts off early mail-in entries (will post as information is available).

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

Any new ideas for the Newsletter and/or meetings, please let us know and we will be happy to discuss.

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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## Membership Renewals

Annual membership fees are due 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](http://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 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 and a ballot will be emailed.

The 2014 Officers & Directors are as follows:

President – Sandy Monson  
Vice President – Zach Farquhar  
Treasurer – Marianne Wilson  
Secretary – Linda Knox  
Directors (6) – Cody Cassity  
Melinda Fritsche  
Megan Kinney  
Art Sanchez  
Koby Styles  
Dale Teichman

The following nominations have been made so far for 2015 Officers & Directors:

President – Zach Farquhar  
Vice President – Art Sanchez  
Treasurer – Marianne Wilson  
Secretary – Linda Knox  
Directors (6) – Sandy Monson  
Melinda Fritsche  
Megan Kinney  
Tami Crowley  
Paula Roberson  
Koby Styles  
Dale Teichman  
Chad Cummings  
Joseph Baird

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## PRESIDENT'S CORNER

Sandy is in “The Duel” zone at this time.

Run on the Famous Wee-Chi-Tah dirt trail or the paved Wichita Falls Circle trail. Choose from a Full Marathon, 1/2 Marathon or 10 K on either the dirt or paved trail. The Full Marathon on the paved trail is a Boston Qualifier! That's right, a BQ event right here in Wichita Falls!

<https://www.runreg.com/the-duel>

## A RUNNER'S STORY

(This is new for the Newsletter. If you have a story to share, please email to Linda Knox at [lknox@sw.rr.com](mailto:lknox@sw.rr.com). Stories can be about 1<sup>st</sup> marathons, half-marathons, a Personal Record, “why I run”, a family affair, etc.)

“Why I run” by Don Knox

I often ask myself “why run”? Genetically speaking, I am predisposed to being a couch potato or an endomorph – think Pillsbury Doughboy. My first high school in Germany, I was in PE class with Sharay and Howard Fields – both lapped me in the 50 yard dash and that was embarrassing. They ran the fifty, ran it back and then ran it again before I finished. They lapped me. When I moved back to Texas, my chemistry partner was John Casey. He was fast. Actually, he was very fast. And in any other UIL district, he would have been number 1. Unfortunately for John (and my high school) 12 miles west at Lampasas high school was an even faster sprinter – Johnny Jones. The difference between very fast and world class is simply amazing to witness in person and I was fortunate enough to watch Johnny Lam run when he was in his prime.

With such an unimpressive start – why do I run? In 1985, the Navy started its physical fitness program as part of the enlisted evaluation process. I started training with my good friend Neil O'Connor and we both ended up finishing our 1.5 mile required run in less than 7 minutes (we were given 15 minutes). I then met the love of my life, Linda. Her dad is a classic Type-A++ (as am I) Alpha male – must compete with everyone at everything kind of guy. He convinced me to run in the 1992 Cowtown 10K. Some 136 organized runs later – I still owe him much. Mostly for letting me marry his baby girl but also for instilling in me the desire to run against myself and to challenge myself to do my best. It isn't about overall results but how you feel about yourself when you cross that finish line.

I am very blessed to share my life with someone that supports some of my more insane ideas. One Thanksgiving, we put the turkey in the oven, set the timer, drove to Ft Worth and ran a Turkey Trot came back and the timer dinged. Thinking back on it – while it was fun – it was also kind of silly. However, we both felt great afterwards and have never regretted the decision.

This year has provided some interesting running opportunities for me. I made my third trip to Kenya. Every day, I would start at 7200 ft or so and run up to about 8000 ft. The kids would make fun of my breathing, reminded me that I did not run like a Kenyan and I had to play Frogger at times. Roads, or what passes for roads, are very narrow and heavily rutted. By the end of my stay, villagers would walk up to me when I was shopping or just walking and would talk to me about running. As a Mwzungu, I did well and they wanted to share how much running meant to them. Running is more than a national pastime in Kenya and even more than a way of life. It is something that they are intensely proud of and it runs deep, crossing even tribal conflict.

This is true wherever Linda and I have run. We have met some of the most truly outstanding people running and at run events. Events seem to be the same everywhere – organized chaos. Runs do not always start on time, packet pick-up can be confusing, port-a-potty lines are impossibly long and it is hard to find volunteers. We went to Washington State and found that up in the Pacific Northwest, people seem to start their competitive running relatively later in life. Everyone, it seems, starts running at the age of 40 or so. In Portland, one of the most scenic areas to run is Forest Park. You can only walk or run in most parts of the park – even bicycles are restricted from certain areas. We went to Alaska in 2006 and ran in the Mayor's Midnight Half Marathon and 5k. Everyone there knew we were from another State because with had winter running clothes on. They were so nice to us and I do believe that running brings out the good in people.

So why do I run? To feel good. To feel good about myself and to see and witness the good in others. I run organized events for the bling, of course, but also to see grown men shed a tear at the National Anthem. To run with a soldier with a 50# rucksack that will not let you help because he is running for others. To run with a person carrying an American flag in honor of fallen comrades. To witness the finish of a person running their first event or their first time running at a certain distance. Watching people cry when they finish a race that they trained so hard for. At the Hot Chocolate in Dallas – I witnessed a marriage proposal at the finish line. Watching children cheer for their parents as they finish. To watch my wife finish an event and the look on her face of accomplishment and feeling good about herself. That is why I run.