



The Finish Line

Volume 40, Issue 1
January 2015

Financials:

Operating	\$2,412.76
Dam Run	\$3,754.51
Timing	\$3,089.30
T-Shirts	<u>\$105.00</u>
Total	\$9,361.57

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



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.)

WELCOME ALL NEW MEMBERS & RETURNING MEMBERS:

Michael Boyle
Kathleen & Michael Brown
Tami & Bill Crowley
Chad Cummings & Megan Kinney
Audri & Nicandro Delgado
Ken Dowdy
Zach Farquhar
Stacy Franklin
Melinda Fritsche
Eric Helms
Robin Hill
Christy Johnson
Sharon Kelley
Susan, Richard, Elizabeth, Andrew & Thomas Koch
Linda & Don Knox
Joanne Leatherwood
Melanie Lindsay
Jane Macha
Elaine & Allen McKinney
Nicole McKinstry
Meagan Meachum
Sandy, Austin & Portia Monson
Lisa Morgan
Ruth Morrow
Tim Norden
Jerry Nottingham
Tom Ostovich
Carrie Pawloski
Steve Priester
Tony Ramirez
Meg Ramsey
Dustie Rhoades
Arnold Rieder
Phil Ringman
Paula Roberson
Mindy & James Rowland
Michelle Rumfelt
Art Sanchez
Trish Schabram
Sarah Solomons
Shelli Starr
Randy Tisdale
Angel Williams
Marianne Wilson
Melissa Zachary

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), 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.

If you do not renew in February, this will be the last Newsletter. Do miss out on upcoming events and what's happening with the runner's club.

UPCOMING EVENTS

- 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 - Autism Awareness 5K Fun Run/1 Mile Walk
<http://www.active.com/wichita-falls-tx/races/autism-awareness-5k-fun-run-1-mile-walk-2015?int=72-3-A5>
- 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 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.

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.)*

January 10 – Mississippi Blues Half

Marathon

- Sharon Kelley – (2:22:23)
- Art Sanchez – (2:13:17)

January 17 – The Duel

10K Paved Trail

- Larry Filer – (36:41) – 1st Male Overall
- Linda Knox – (59:45) – 1st in AG
- Melanie Lindsey – (1:05:14)
- Meagan Meachum – (1:00:18) – 3rd in AG
- Portia Monson – (1:12:36) – 1st in AG
- Jerry Nottingham – (1:38:43) – 1st in AG
- Phil Ringman – (1:01:15) – 1st in AG

Half Marathon Dirt Trail

- Michael Boyle – (1:44:35) – 1st in AG
- John Fritzsch – (1:53:43) – 3rd in AG
- Ruth Morrow – (3:53:33)

Half Marathon Paved Trail

- Kathleen Brown – (2:19:52) – 3rd in AG
- Michael Brown – (1:53:17) – 1st in AG
- Tami Crowley – (2:23:07) – 1st in AG
- Vicki Donahue – (2:01:18) - 2nd in AG
- Ken Dowdy – (2:14:23)
- Randell Dugan – (1:33:14) – 1st Male Overall
- Stacy Franklin – (1:43:12) – 1st in AG
- Christy Johnson – (2:23:08)
- Megan Kinney – (2:38:16)
- Don Knox – (2:01:18) – 3rd in AG
- Greg Norris – (2:10:14)
- Tom Ostovich – (1:44:35) – 1st Male Master's
- Paula Roberson – (2:37:49) – 2nd in AG
- Trish Schabram – (2:23:39)
- Sarah Solomons – (2:58:14)
- Marianne Wilson – (2:14:23)
- Melissa Zachary – (2:13:41) – 3rd in AG

Marathon Dirt Trail

- Chad Cummings – (5:19:43)

Marathon Paved Trail

- Meg Ramsey – (4:32:34) – 2nd in AG

January 24 – Polar Dash DFW

Super Yeti Challenge (1500 meter, 15 miles, 5K)

- Michael Boyle
- Vicki Donahue
- Don Knox

Yeti Challenge (10K, 1500 meter, 5K)

- Chad Cummings
- Megan Kinney
- Linda Knox
- Sandy Monson
- Paula Roberson

Remember WFRM 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 WFRM 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.

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 or lknox@sw.rr.com

A RUNNER'S STORY

(If you have a story to share, please email to Linda Knox at lknox@sw.rr.com. Stories can be about 1st marathons, half-marathons, a Personal Record, “why I run”, a family affair, etc.)

“My First Marathon” by Marianne Wilson

I was not athletic growing up. Running did not come naturally to me. I had to work really hard at it. I ran my first 5K in 2010 at the Race for the Cure. Before turning 30 I came up with goals to accomplish, including “take running to the next level.” I didn’t dare put half marathon. It seemed too hefty a goal. I started with a “Couch to 10K” training plan. Then I joined the Runners Club, which was a huge step for me. I am hardly shy, but I was definitely out of my comfort zone. I was nervous and intimidated the first time I ran with Linda and Cody at 5:30 AM at Sikes Lake. But they took me under their wing and taught me so much. As I got more involved in the Runners Club, every person became part of my journey. Chad told me I could run a marathon before I believed I could. Kiyoo ran with me on my very first 10 miler. Double-digit miles – I was beside myself with joy! That’s when I knew I could run a half. The Duel in Jan 2014 was my first 13.1, followed by the Xpress in March. Two half marathons under my belt before my 30th birthday! Around that time I met Brian. We began meeting for long training runs on Saturdays. It wasn’t long before I told him we should train for a full. We had logged consistent miles and it was now or never. And so began our journey to chase 26.2. Along the way Art, Sharon, Jared, Ken and Greg joined us on our long runs. You have to really love something to be willing to get out of bed and run at 5 AM in every kind of weather 3 days a week. And you have to love it enough to dedicate your whole Saturday morning to long training runs. And I do. I really, really love running. It is my passion. We trained hard for 18 weeks. Every week I celebrated running longer than I had before. Happiness is reaching milestones: 14, 16, 18 miles and three 20 mile training runs. I knew discipline and hard work was going to pay off in Dallas. I got butterflies as the big day approached. It was great to bounce my concerns and questions off all of my running buddies. Art and Sharon shared tips throughout our training, on the drive to Dallas, even walking up to the start corral. They packed me a goody bag of their favorite snacks with the sweetest card. That thoughtfulness is what you find when you become friends with fellow runners. Runners are the kindest people who want to see you reach your goals. I was so giddy the night before. We all met for dinner and I remember turning to Tom and Cody saying, “I’M RUNNING A MARATHON TOMORROW!!!!” with the biggest grin on my face! It felt surreal. It’s hard to put into words exactly what I felt in the start corral. I

was glad to have Ken and Brian next to me. We had worked so hard to get to that point. This was the first full marathon for all three of us. The atmosphere was incredible! Meg found us in the start corral and all four of us ran together for 16 miles. One of the best feelings was seeing the split for the half and full and continuing on the full path. There was definitely no turning back! And then I hit a wall at mile 16. I broke down mentally and physically miles 16-20. Everything around White Rock Lake was challenging for me. It went on and on. It sprinkled off and on and by mile 18 rain was just pouring down. At mile 20 I told Ken I needed to take a break. I needed to regroup. We pulled over to stretch at a tree. Then I started crying. How do you keep running when your whole body wants to stop? It’s truly mind over matter. Ken encouraged me saying all we had left was a 10K. Perspective. Everything hit me at mile 20. I was overwhelmed with emotion. I was so thankful to God just to be there. Thankful for my friends and family and their support. I was thankful for the police officers, volunteers and all the people who came to stand in the rain and hold up signs. To hear their cheers is really a powerful thing. Ken made it a point to give them high fives and encouraged me to do the same. It really does give you the push you need. I am a pretty positive person, but the rain did a number on me. I was running in soggy shoes and my wet clothes caused me to chafe and I could barely open my eyes. I was struggling mentally and here next to me was Ken who was in such good spirits the entire time. I felt miserable, yet when I looked over at Ken he had his eyes closed and his hands palms up taking in the rain with a smile on his face. He looked so happy. I was moved by that moment. I drew energy from it. I was so thankful to have him by my side for all of it. Past mile 20 I got my second wind knowing it was the home stretch. Crossing that finish line you’re so full of emotion. And pain. Oh my God the pain! I wanted to lie down and curl up in the fetal position and cry. My legs ached so badly! I told Ken and Brian I was never doing this again. I ran a marathon. I was part of the club. But never again. Now I know I would do it all over. Just not anytime soon!

It was the most amazing and most challenging experience. Training for a marathon changed my life. Running has enriched my life with friendships and so much joy. Running is a gift and I’m thankful for every mile.

5K 00:35:36 Pace 11:28

10K 01:10:53 Pace 11:22

15K 01:54:14 Pace 13:58

Half 02:37:13 Pace 11:21

20M 03:52:43 Pace 10:58

Finish 05:07:37 Pace 12:03

Avg. Pace 11:44

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 and ending at the January meeting, the WFRC began accepting nominations for candidates for the offices to be filled at the annual meeting in February.

The ballot is attached. Complete the ballot and email to lknox@sw.rr.com no later than Saturday, February 7, 2015. (Please do not put your name on the ballot).

The Annual Meeting will be Thursday, February 19 at 6:00pm. More information regarding the location will be provided after the Officers & Directors meeting to be held on February 11.

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