



The Finish Line

Volume 40, Issue 2
February 2015

Financials:

Operating	\$2,521.01
Dam Run	\$3,754.51
Timing	\$2,573.72
T-Shirts	<u>\$210.00</u>
Total	\$9,059.24

2015 OFFICERS AND DIRECTORS

President – Zach Farquhar
Vice President – Art Sanchez
Treasurer – Marianne Wilson
Secretary – Linda Knox

Directors:

Tami Crowley	Sandy Monson
Chad Cummings	Paula Robertson
Megan Kinney	Dale Teichman

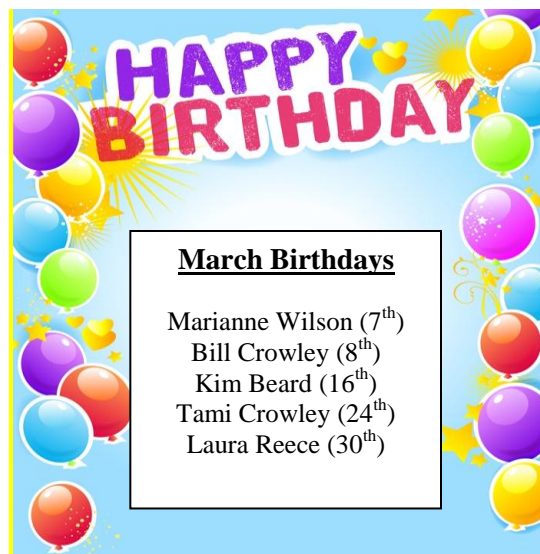
MEMBERSHIP NEWS

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



March Birthdays

Marianne Wilson (7th)
Bill Crowley (8th)
Kim Beard (16th)
Tami Crowley (24th)
Laura Reece (30th)

Club Runs

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

Saturday at 7:00am – DONUT Run
Several distances & paces.

A Couch to 5K plan will begin on March 14.
United Market Street (Coffee Shop Entrance)

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

WELCOME ALL NEW MEMBERS & RETURNING MEMBERS:

Kim Beard
Michael Boyle
Kathleen & Michael Brown
Tami & Bill Crowley
Chad Cummings & Megan Kinney
Audri & Nicandro Delgado
Victoria Donahue
Ken Dowdy
Randell Dugan
Zach Farquhar
Chip, Noel & Larry Filer
Stacy Franklin
Melinda Fritsche
Eric Helms
Robin Hill
Christy Johnson
Sharon Kelley
Christi Kelton
Linda & Don Knox
Susan, Richard, Elizabeth, Andrew & Thomas Koch
Joanne Leatherwood
Melanie Lindsay
Kimberly Long
Jane Macha
Lisa & Charlie McBride
Elaine & Allen McKinney
Nicole McKinstry
Meagan Meachum
Sandy, Austin & Portia Monson
Lisa Morgan
Ruth Morrow
Tim Norden
Jerry Nottingham
Tom Ostovich
Carrie Pawloski
Seth & Tara Poche
Traci Poore
Steve Priester
Tony Ramirez
Meg Ramsey
Jimmie Redus
Laura Reece
Dustye Rhoades
Arnold Rieder
Phil Ringman
Paula Roberson
Mindy & James Rowland
Michelle Rumfelt

Art Sanchez
Trish Schabram
Donna Schwartz
Sarah Solomons
Shelli Starr
Carla Taylor
Dale Teichman
Jane & David Teichman
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 have not renewed, this will be the last Newsletter. Do miss out on upcoming events and what's happening with the runner's club.

UPCOMING EVENTS

- Mar. 7 - The XPRESS Half Marathon, 12K, and 5K
<http://www.runthexpress.com/>
- Apr. 12 - 12th Annual Big D Texas Marathon
<http://www.texasmarathon.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 - WFRC Dam Run 14
<https://runsignup.com/Race/TX/WichitaFalls/WFRCDamRun>
- May 16 - Run for 57th AHC (Armed Forces Day)
5K Run & 2K Fun Walk
www.runfor57thahc.com
- Jun. 14 - Wounded Warrior Half
<http://www.halfmarathons.net/texas-wounded-warrior-half-marathon-10k/>
- Jul. 19 - Wildfire Half in Denton
<http://wildfirehalf.com/>
- Aug. 30 - Hotter 'n Hell Trail Runs
<http://www.hh100.org/registration/wee-chi-tah/>
- Sep. 20 - Plano Balloon Festival
<http://www.planoballoonfest.org/event-information/festival-runs>
- Oct. 4 - Spirit of Survival Half Marathon
<http://www.halfmarathons.net/oklahoma-spirit-survival-hulkin-half-marathon>
- Nov. 1 - DRC Half-Marathon
<http://drchalf.com/>
- Nov. 22 - Williams Route 66 Marathon
<http://route66marathon.com/>

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

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: lknox@sw.rr.com

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.)

January 24 – Polar Bear Plunge, Ft. Sill 5K

- Jerry Nottingham – (42:20) – 2nd Std AG
(All walking – you are awesome!)

February 14 – Myrtle Beach, South Carolina Half-Marathon

- Laura Reece – (2:44:59)

March 1 – Cowtown Half-Marathon

- Michael Boyle – (1:47:50)
- Chad Cummings – (2:42:28)
- Vickie Donahue – (2:02:57)
- Zach Farquhar – (3:16:48)
- Christi Kelton – (2:23:25)
- Megan Kinney – (2:42:27)
- Don Knox – (1:58:53)
- Linda Knox – (2:14:11)
- Portia Monson – (2:42:29)
- Greg Norris – (2:00:55)
- Tom Ostovich – (1:47:30)
- Meg Ramsey – (2:18:20)
- Paula Roberson – (2:26:30)
- James Rowland – (2:03:57)
- Mindy Rowland – (2:03:57)
- Art Sanchez – (1:51:41)
- Lauren Tisdale – (1:57:15)
- Randy Tisdale – (1:53:08)

Melanie Lindsay was supposed to run the half-marathon; however, she had a nasty fall at packet pick-up and fractured her fibula. But not one to stay back, she was at the start to cheer us on and upon our return, we found Melanie volunteering – handing out finishers shirts. You Rock Melanie!

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.)

"Our Running Family" by Christy Johnson

Maybe it started when she was cheering for her three kids in high school track or cross country. Maybe it started when her three kids flew the nest and she found herself with the time. Or maybe it started when she watched her daughters find a new hobby.

Whatever the reason, Tami Crowley has found running. Tami will cross the finish line of her first marathon March 1 at Cowtown, knowing she has the full support of her crazy running family.

When they say "it runs in the family," they may not have meant it quite as literally as the Crowley family has taken it.

When the running started as far back as the 90s with the kids in junior high and high school track, Tami and Bill could be found at almost every meet, especially when their son Chad excelled in distance running.

Then, the running took a hiatus as life, well, happened.

About 7 years ago, Tami and Bill's youngest daughter Carrie discovered running as a way to lose weight, setting a New Year's resolution to run a half marathon by the end of the year. Unfortunately, a broken ankle from a skydiving incident put that goal on hold, but that didn't keep her from it later.

About a year later, after seeing her sister's success with running as a means of getting healthy, and just months before her 30th birthday, the oldest daughter Christy also started running. Her goal was to run 3 miles on her 30th birthday, which she did with her sister by her side and her entire family there to support them.

Then less than a year later, Tami and Bill, wanting to be healthy, fit, active grandparents, joined in on

the running. In fact, the entire family completed a 5k for Tami's 50th birthday in Ardmore, OK.

Since then, the family has done plenty of running together. There have been marathon relays, freezing cold hot chocolate runs, long training runs and even Mother's Day runs with the whole family...siblings, spouses, grandparents, and grandchildren...out there (and matching shirts too!).

Whether the running has been good or not, the one thing has remained the same. The Crowleys know they can count on each other for encouragement, advice and support. Running has been a source of stress relief and quality time for all of them. It has also brought its share of injuries and pain. Seeing a smiling face holding a crazy sign at a race or having a support crew waiting with fuel and water after a run or running side-by-side for a few miles...all of these things just go to show that "it all runs in the family."

And now the whole family will be cheering Tami on, whether in person or in spirit, as she tackles Cowtown this weekend.

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