



# The Finish Line

Volume 40, Issue 4  
April 2015

## **Financials:**

Operating	\$2,313.41
Dam Run	\$4,982.26
Timing	\$2,245.99
T-Shirts	<u>\$210.00</u>
Total	\$9,751.66

## **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:** 3<sup>rd</sup> 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  
Several distances & paces.  
7:00am – Couch to 5K group  
United Market Street (Coffee Shop Entrance)

The Couch to 5K group will continue to meet on  
Mondays & Wednesdays at 5:30pm.

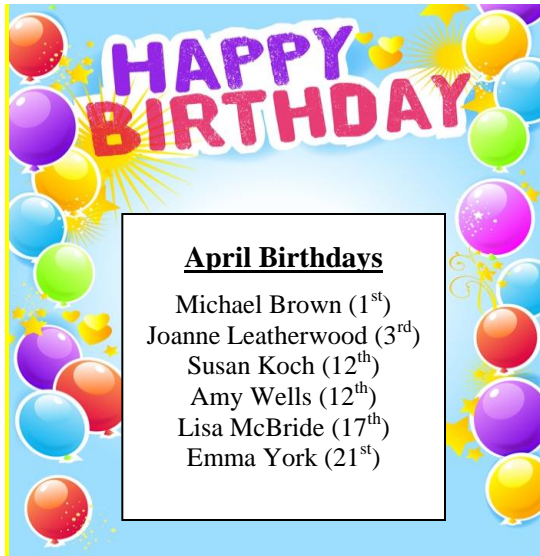
**\*\*NEW\*\***

We will be adding a 5K to 10K group.  
Both groups will meet at the HHH Building.

**\*\*NEW\*\***

Join Tracy Bear for a  
Dogs & Strollers to 5K (DS25K)  
Monday, Wednesday & Friday at 8:30am  
Sikes Lake @ MSU  
9–week program from the 1<sup>st</sup> Monday.

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



**April Birthdays**

Michael Brown (1<sup>st</sup>)  
 Joanne Leatherwood (3<sup>rd</sup>)  
 Susan Koch (12<sup>th</sup>)  
 Amy Wells (12<sup>th</sup>)  
 Lisa McBride (17<sup>th</sup>)  
 Emma York (21<sup>st</sup>)

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**WELCOME NEW MEMBERS:**

Tracy Bear  
 Tammie Bishop  
 Misti Brock  
 Kevin Burross  
 Lynn Coleman  
 Nicole & Luen Compton  
 Pam Day  
 Susie Gallegos  
 Shane Lance  
 Lisa & David Norman  
 Valerie Pinson  
 Tammy & Jack Roe  
 Gregory Ross  
 Joni Schatte  
 Alicia Schmitz  
 Doug Shaw  
 Jason Slagle  
 Kelley & Cory Thompson  
 James Underwood  
 Amy & Ryan Wells  
 Melissa Whitmer  
 Emma & Payton York

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**UPCOMING EVENTS**

- May 2 - WFRD Dam Run 14  
<https://runsignup.com/Race/TX/WichitaFalls/WFRCDamRun>
- May 9 - Christ Academy Color Me Running 5K;  
<http://www.active.com/Wichita-falls-tx/running/races/Christ-academy-color-me-running-2015>
- May 16 - Run for 57<sup>th</sup> AHC (Armed Forces Day) 5K Run & 2K Fun Walk  
[www.runfor57thahc.com](http://www.runfor57thahc.com)
- May 16 - Lyndon Laseman Memorial Fun Run  
<http://www.lasemanfunrun.org/>
- May 30 - Dance Dash 5K, Wichita Falls  
<http://www.dancedash.org/index.cfm?fuseaction=donorDrive.event&eventID=518>
- 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>
- Oct. 17 - Palo Duro Canyon Trail Run (20K, 50K, and 50miles)  
<http://palodurotrailrun.com/>

*Tom Ostovich would like to get a training group together. If you are interested, please email Tom at:*  
[tomcare1989@gmail.com](mailto:tomcare1989@gmail.com).

Nov. 1 - DRC Half-Marathon  
<http://drchalf.com/>

Nov. 22 - Williams Route 66 Marathon & Half  
<http://route66marathon.com/>

*Don Knox would like to get training groups together. If you are interested, please email Don at [dknox@sw.rr.com](mailto:dknox@sw.rr.com).*

*Even if you are doing a marathon or half in December, you can join one of the training groups.*

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

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

### April 11 – Jeffco Helping Hands 5K, Waurika

- Jerry Nottingham – (44:58) – 1<sup>st</sup> AG  
*Walked every step of the 5K – you go Jerry!*

### April 12 – Redbud Classic, OKC

- Jerry Nottingham – (45:56) – 4<sup>th</sup> AG  
*Walked all of the 5K, except last 59 yards!*

### April 12 – Big D, Dallas Half-Marathon

- Linda Knox – (2:17:25)
- Lauren Tisdale – (1:46:31) – 1<sup>st</sup> AG

### Marathon

- Tom Ostovich – (4:11:56)
  - Tony Ramirez – (4:22:05)
  - Randy Tisdale – (4:37:56)
- 1<sup>st</sup> time marathoners – you guys rock!*

### April 25 – Autism Awareness 5K

*I didn't receive any emails with participants and I don't want to leave anyone off so Congratulations to all the runners who participated and everyone who brought home a medal!*

### April 25 – Hale-uva-Duathlon, Plainview 5k run/21 mile bike/5k run

- Don Knox – (2:31:17) – 1<sup>st</sup> AG
- Linda Knox – (2:34:34) – 2<sup>nd</sup> AG

### Team - 5k run/21 mile bike/5k run

- Tami & Bill Crowley – (2:27:02)

### April 26 - GermanFest 5K/15K, Muenster

*I didn't receive any emails with participants and I don't want to leave anyone off so Congratulations to all the runners who participated and everyone who brought home a medal!*

### April 26 – Oklahoma City Memorial Marathon

- Charlie McBride – qualified for Boston!!!!!!
- Lisa McBride
- Paula Roberson
- Trish Schabram

### April 26 - GermanFest 5K/15K, Muenster

*I didn't receive any emails with participants and I don't want to leave anyone off so Congratulations to all the runners who participated and everyone who brought home a medal!*

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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. 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](mailto:lknox@sw.rr.com)

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## **A RUNNER'S STORY**

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

### **\*\*\*\*\*Endurance House\*\*\*\*\***

Guess what is coming to town around September 1<sup>st</sup> - Endurance House (a specialty running store). The owners are Mark & Val Pinson (one of our own Runners Club members).

Endurance House will be located on Taft Blvd, (next to Chicken Express). It will have a patio with direct trail access and bike racks.

Some of the awesome features are:

1. Complimentary movement analysis (with computer based treadmill system) for shoe fitting.
2. A state-of-the-art Guru bike fitting system.
3. The Recovery Zone compression system.
4. Cryogenic therapy for recovery.
5. And of course, complete gear for running, cycling, and swimming, as well as for crossfit.

There will be group runs and rides, half and full marathon training, and half and full ironman training, as well as other training opportunities.

Countdown to Endurance House coming to the falls – starts now!!!!

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