



The Finish Line

Volume 40, Issue 5
May 2015

Financials:

Operating	\$2,483.21
Dam Run	\$8,483.30
Timing	\$2,620.22
T-Shirts	<u>\$255.00</u>
Total	\$13,841.73

Club Runs

June 3 is National Running Day!
Join us for a run Wednesday at 5:30pm.
Meet at The Yard (703 Ohio Ave).
Wear your Wichita Falls Runners Club shirt
or a red shirt.

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

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)

Couch to 5K & 5K to 10K groups meet on
Mondays & Wednesdays at 5:30pm at the
HHH Building (104 Scott Street).

Join Tracy Bear for a
Dogs & Strollers to 5K (DS25K)
Monday, Wednesday & Friday at 8:30am
Sikes Lake @ MSU
9-week program from 1st day you begin.

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

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

Sheppard Shufflers Running Club also invites runners to their group runs.

The group meets at 40ft Ammo Trailer behind Bldg 1025 (the 363 TRS Building) at 1615 hrs (4:15pm) on Monday, Tuesday, and Thursday. The run locations and schedule may change from week to week but the following is an example schedule:

Monday: Adventure Run – 2-3 miles
Tuesday: Circuit Training
Thursday: 1.5 Mile Track Run & 15 minutes of speed work.

Additionally, there are social gatherings at least once a quarter where everyone can come together (outside of work and run environment) and relax a little.

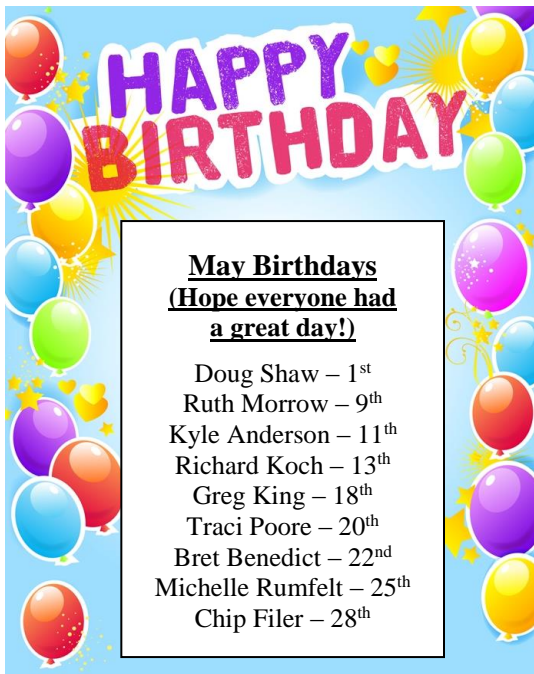
For the most current information, visit the facebook page at:
<https://www.facebook.com/groups/SheppardShufflersRunningClub>.

WELCOME NEW & RETURNING MEMBERS:

Nolan Cannedy
Sidney Espina
Brian Harrison
Shelly Hutchins
Greg King
Henry Saenz
Erik Torgerson

UPCOMING EVENTS

- Jun. 6 - Lyndon Laseman Memorial Fun Run
<http://www.lasemanfunrun.org/>
- Jun. 6 - 36 Annual 75th Diamond Brigade 5K/10K and Half Marathon Run
www.sill.armymwr.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. 8 - Book It for Literacy, Arlington Public Library
www.arlingtonlibrary.org/bookit
- Aug. 15 - The Brooke Hester Hustle V 5K & 1 Mile Fun Run, Kennedale, TX
www.brookehesterhustle.org
- Aug. 30 - Hotter 'n Hell Trail Runs
<http://www.hh100.org/registration/wee-chi-tah/>
- Sep. 7 - Martin County EMS Labor Day 4 mile Run/Walk, (Near Midland)
- Sep. 12 - Dance Dash 5K, Wichita Falls
<http://www.dancedash.org/index.cfm?fuseaction=donorDrive.event&eventID=518>



- 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/>
- Nov. 1 - DRC Half-Marathon
<http://drchalf.com/>
- Nov. 22 - Williams Route 66 Marathon & Half
<http://route66marathon.com/>

If you have an event you would like listed, 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@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 WFRC event, I try to include all members; however, it is best if you email me so I don't miss anyone or have any wrong information.)

May 2 – Wichita Falls Runners Club Dam Run

5K

- Tracy Bear – (25:10) – 3rd in AG
- Tammie Bishop – (42:15)
- Kevin Burross – (32:46) – 2nd in AG
- Nolan Cannedy – (33:31) – 3rd in AG
- Nicole Compton – (49:27)
- Tami Crowley – (25:04) – Overall Female Masters
- Bill Crowley – (27:49) – 1st in AG

- Pam Day – (35:09) – 2nd in AG
- Greg King – (28:18) – 2 in AG
- Joanne Leatherwood – (48:46)
- Melanie Lindsay – (34:24)
- Lisa Norman – (40:36)
- Carrie Pawloski – (27:45)
- Traci Poore – (27:55) – 2nd in AG
- Phil Ringman – (27:52) – 1st in AG
- Jack Roe – (21:32) – 2nd Overall
- Tammy Roe – (31:17)
- Doug Shaw – (24:04) – 1st in AG
- Shelli Starr – (35:36)
- Lauren Tisdale – (21:42) – 1st Overall Female
- Erik Torgerson – (37:47)
- James Underwood – (32:50)
- Emma York – (36:37) – 2nd AG

10K

- Russell Bega – (46:11) – 3rd Overall
- Michael Brown – (50:21) – 1st in AG
- Luen Compton – (1:01:25) – 3rd in AG
- Victoria Donahue – (57:57) – 2nd in AG
- Christy Johnson – (1:04:47)
- James Rowland – (58:30) – 2nd in AG
- Mindy Rowland – (58:29)
- Joni Schatte – (1:06:01) – 3rd in AG
- Henry Saenz – (56:34) – 1st in AG
- Cory Thompson – (1:07:49)
- Kelley Thompson – (1:02:41)
- Randy Tisdale – (49:13) – Overall Male Masters
- Amy Wells – (1:02:41)
- Melissa Whitmer – (57:30) – 1st in AG

Half Marathon

- Bret Benedict – (1:54:33) – 2nd in AG
- John Fritzsche – (1:53:21) – 1st in AG
- Susie Gallegos – (3:22:10) – 2nd in AG
- Brian Harrison – (1:50:34) – 1st in AG
- Sharon Kelley – (2:00:32) – Overall Female Masters
- Tony Ramirez – (1:44:11) – Overall Male Masters
- Gregory Ross – (3:22:10) – 3rd in AG

- Michelle Rumpfelt – (2:24:18) – 3rd in AG
- Jason Slagle – (2:55:42)
- Melissa Zachary – (2:18:32) – 2nd in AG

May 9 – Technicolor 5K Run, Cameron University in Lawton, Ok

- Jerry Nottingham – (42:20) *Walked every step for an average of 13:36 per mile – you are awesome!*

May 16 – Whispering Pines Trail Run, Tyler, TX

10 Mile

- Tami Crowley – (2:11:45) – 4th in AG

7K

- Bill Crowley – (1:07:35) – 1st in AG

Amazing trail runs by Tami & Bill!

Endurance House Wichita Falls

5700 Taft Blvd

COMING SOON – AROUND SEPTEMBER 1!

Owned and operated by Mark and Valerie Pinson.

Check out the website:

<http://endurancehousewichitafalls.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

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

A RUNNER'S STORY

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

“Observations by a Newbie” by Shelli Starr

I'd seen the Runners Club membership listed on Active.com but never gave any thought to joining until last fall. With both kids gone and enjoying my new status as an empty nester, I suddenly had more time for myself. Having been heavily involved with stock shows, 4H and the FFA programs for many years, I also wanted something to allow me to remain involved in the community. I thought that the WFRC might fill that void and allow me to meet some new people in the process. If it improved my running, well, that was just a bonus.

After a couple of months, I got up the nerve to join the Facebook group. All my fears were quickly confirmed when I saw posts about planned runs at paces faster than it took me to get both my shoes on – seriously! In January, I became an official dues paying member but still wasn't brave enough to come to a group run because I knew I'd be the slowest person there and didn't want to be “that person” who held everyone up. When Traci posted that she was joining the club and coming to a DONUT Run, I decided that was my window of opportunity because there would be someone there I knew. Fueled by chocolate cupcakes and Russell Stover candy, my first DONUT Run was on Valentine's Day and I survived!

From that very first day, everyone has been so friendly and encouraging. I'm pretty sure that saying about turtles in peanut butter was written about me, but no one in the group has ever said or done anything to make me feel bad about my pace or less of a runner. There is such a willingness in this group from those experienced runners to help us fledglings – like someone who makes a 60 minute round trip drive to lead us on a 30 minute run, or those who run at 5am, work all day, then come lead us on a run before they go home. The peer pressure in this group is real, but in a good way. The passion and excitement that this group has is infectious. People are accomplishing things they

never thought they could, or even wanted to. For the last month or so, I've been more out of my comfort zone, challenged, and miserable than I can ever remember in my life. At the same time, I've never felt so good and had so much fun!

If you haven't figured it out by now, I don't take myself very seriously. Life is too short not to live each day to its fullest. And I am so thankful that I found this group of fun, crazy, encouraging, somewhat OCD, people that are as twisted as I am.

“Great is the victory, but the friendship of all is greater” – Emil Zatopek
