



The Finish Line

Volume 40, Issue 6
June 2015

Financials:

Operating	\$2,193.21
Dam Run	\$8,548.30
Timing	\$2,695.50
T-Shirts	<u>\$-73.00</u>
Total	\$13,364.01

Club Runs

Monday, Wednesday & Thursday at 5:00am
Sikes Lake @ MSU
Will be adding hill repeats & track work – watch
facebook for updates.

Mondays & Wednesdays at 5:30pm
Several distances & paces
HHH Building (104 Scott Street).

Friday at 6:00am
Several distances & paces
United Market Street (Coffee Shop Entrance)

Saturday at 6am & 7am – DONUT Run
Several distances & paces.
United Market Street (Coffee Shop Entrance)

Sunday at 1:30pm – Cross-Training Bike Ride
Meet at Memorial Stadium (Barnett side)
Trail Loop – approx. 25 miles
Different paces - several stopping
points to regroup.

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

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 Roberson
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

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.

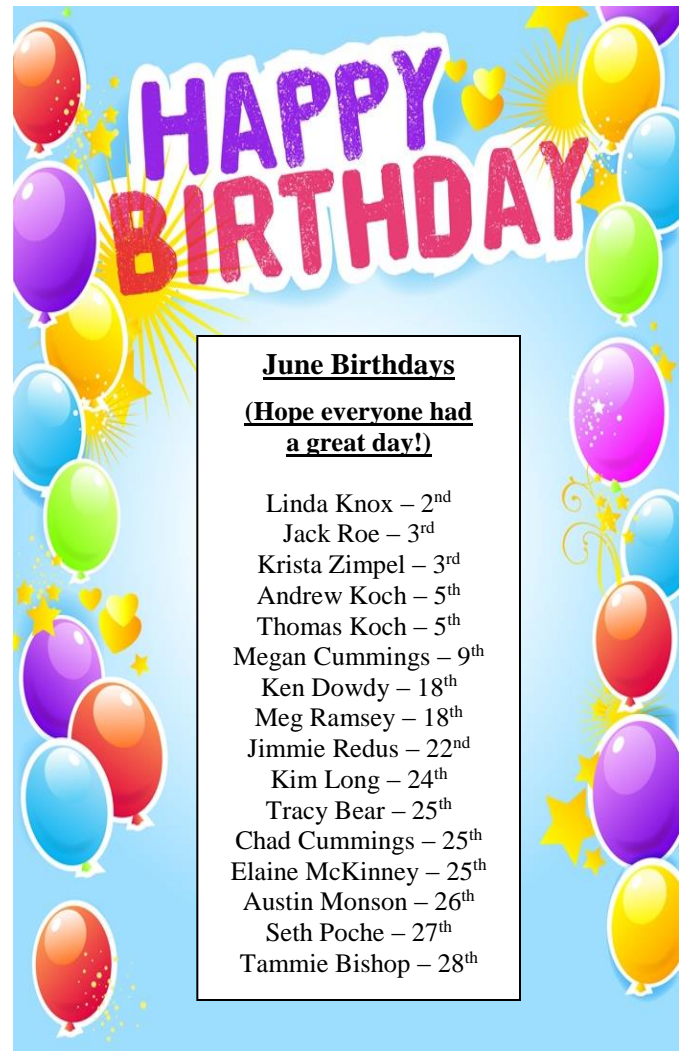
For the most current information, visit the facebook page at:

<https://www.facebook.com/groups/SheppardShufflersRunningClub>.

To Our Runners Club Family

Richard and I would like to thank all of you for your thoughts, prayers, and support for our family throughout our recent ordeal. We appreciated all the encouraging texts and the numerous offers for help with everything from meals, to yard work, to watching our kids. There are too many of you to name without leaving someone out inadvertently, but you know who you are! Special thanks to those who came up to the hospital to sit with me during Richard's surgery: Sandy, Dale and Zach. And a huge thank you to Zach, Sandy, Dale, and Joseph for removing all the "crime scene" evidence, namely sawing the huge tree limb and carting it to the dumpster. Dale has been our "angel" bringing us dinner, sweets, and even sitting with Richard for a couple hours so the boys and I (and my parents) could attend Elizabeth's Confirmation Mass. We look forward to seeing all of you soon and thank you for your continued positive thoughts and prayers for his complete recovery. Since the WFRC is where we first met, over 20 years ago, the Club and its members are near and dear to our hearts.

Gratefully yours,
Susie and Richard Koch



WELCOME NEW & RETURNING MEMBERS:

Jinna & Chuck Barrett
Donald Miller
Cara Waters

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

UPCOMING EVENTS

- Jul. 11 - 30th ADA Military Appreciation Extreme All-Terrain Run
<https://www.signmeup.com/site/reg/register.aspx?fid=8G2VRH7>
- July. - Too Hot to Handle 5K & 15K
<http://www.runproject.org/race/too-hot-handle-5k-15k>
- Jul. 19 - Wildfire Half in Denton
<http://wildfirehalf.com/>
- Jul. 26 - Ninth Annual TWU Pioneer Power Sprint Tri & 5K
<http://dallasathletesracing.com/package/pioneer-power-sprint-tri-5k/>
- Aug. 8 - Book It for Literacy, Arlington Public Library
www.arlingtonlibrary.org/bookit
- Aug. 9 - Badass Brazos Half, 10K, 5K in Waco
<http://www.runproject.org/race/badass-brazos-half10k5k>
- 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>
- Sep. 26 - FallsFest Run
Details coming soon.
- 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 wrong information.)

June 6 – 36th Annual 75th Diamond Brigade Run, Ft. Sill

Half Marathon

- Don Knox – 2:01:22 – 2nd AG
- Jack Roe – 1:48 – 2nd in AG

10K

- Erik Torgerson – 1:14:31

June 14 – Wounded Warrior Half Marathon & 10K

Several WFRC runners made the trek to Las Colinas for the run. It was hot, humid, & hilly and the course was 2 loops. Many of us were thrilled to have finished.

Half Marathon Participants:

Congratulations to:

- Sharon Kelley – 2:06:39 – 2nd in AG
- Art Sanchez – 1:57:40 – 4th AG
- Jack Roe – 2:00:40
- Luen Compton
- Brian Harrison
- Don Knox
- Linda Knox
- Traci Poore
- Doug Shaw
- Shelli Starr

10K Participant:

- Nicole Compton

June 20 – Must Dash 5K, Richardson, TX

- Don Knox – 24:37 – 4th AG

June 29 – Founders Day 5K, Duncan, OK

- Jerry Nottingham – 48:02 – 2nd AG

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/>

**The Wichita Falls Runners Club
is proud to be the
Lake Wichita Revitalization Project's
newest partner!**



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.)

"Why I Run" by Brian Harrison

Why I run is a question I can ask myself over and over and I'd get a different answer every time. Every answer is correct because it's molded me into the runner I am today!

Four years ago my life was in complete chaos! My marriage was ending and I was extremely overweight and living a very unhealthy lifestyle. I was 33 years old and 255 pounds, a far cry from the skinny 135 pound (soaking wet) 18 year old long distance runner from my youth. One morning I looked in the mirror and was absolutely horrified at what I'd let myself become. With 2 small children I knew something had to change, and change quickly! I joined a gym and began working out religiously. Not to long after that my sister began training for a half marathon and the bug was back for me to start running again. First day out, I ran two miles, it took me nearly thirty minutes and I walked half of it! Determined to get better I ran day after day and before for long the miles began to get longer and just a little easier. With a change in my eating habits and beginning to exercise, in 15 months, I lost 70 pounds! Why I run? Because it gave me a healthy lifestyle.

During my first year back I started running in 5K "Fun Runs". I wasn't really fast enough to get an age group medal and that got me a little discouraged so I thought it be a good idea to start running farther because the 10K's didn't have as many runners at some runs. Three in my age group!! SCORE!! Taking home a medal!! Before I knew it the runs became longer and finishing a half marathon was the challenge. Then running under 2 hours, followed by under 1:50 for a half, to HOLY COW I'm running a marathon!! Why I run? Because it's made me determined to improve in my abilities.

The best decision I made was to start running with the 5am morning crew this time last year. Then

coming to the Donut Runs on Saturdays to finally becoming a member of the WFRC at the Dam Run. Why I run? Because of the friendships and bonds I have made over the past year.

As many of you know or have gotten to know while running with me is that I talk a lot! I could write forever rambling! Why I Run? Many reasons, to improve, to test my abilities, to bring home bibs and medals. Why I run? To hear my kids yell at the finish line and see them running as fast as they can to hug me the first time I ran under two hours for a half marathon! Why Do I Run? Because of the pure joy it brings into my life!!

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