



The Finish Line

Volume 37, Issue 5
May 2012

Financials: (as of April Meeting)

Operating	\$ 4,330
Dam Run/Trails Fest	\$ 1,122
Total	\$ 5,452

NEXT CLUB MEETING

Thursday, May 17th @ Fuzzy's Taco Shop
6:30 pm (or whenever we get done running the
"Fuz-Nos" Spring Series run)

MEMBERSHIP NEWS

Welcome to our new members:

Brian Shield



- Thomas Koch (June 5th)
- Andrew Koch (June 5th)
- Brian Shield (June 5th)
- Jacki Dowdy (June 9th)
- Megan Kinney (June 9th)
- Mayra Gonzales (June 21st)
- Chad Cummings (June 25th)

"Social Hour" at Fuzzy's Taco Shop
Fridays after work from 5-7pm

Remember WFRC members in good standing can enjoy the following discounts:

- The Bike Stop – 20% discount on bike tune-ups and 10% discount on accessories.
- Wichita Falls Streams and Valleys – discounts off early mail-in entries.
- Espressos 2 Go – 10% off everything. Located in the lobby of the Hamilton Building at 900 8th Street between Travis and Lamar.
- Texoma Cycling Center -20% discount on tune ups and 10% off parts and accessories.

If your business or organization would like to offer a discount to WFRC members, please email the club at info@wfrunnersclub.org.

RECENT EVENTS

April 28th – Outrun 24 Hour Trail Run (Kirtland, OH)

Our very own Karen Riddle ran 59 miles!!! She finished 20th overall (male or female). She met her goal of running her age and stopped with lots of time to spare. She was 2nd in her age group of 8 women runners. Great job Karen!

April 29th – Germanfest 5K (Meunster, TX)

- Jerry Nottingham – 2nd in AG

May 5th – The Dam Run

15K

- Ruben Gonzalez – 1:10:44 (1st in AG)
- Allen Brajer - 1:19:28 (1st in AG)
- Michael Brown - 1:21:00 (1st in AG)
- Arthur Sanchez - 1:24:04 (2nd in AG)
- Steve Priester - 1:28:16 (1st in AG)
- Jeremy Calfy - 1:29:33 (2nd in AG)
- Don Knox - 1:33:39
- Raymond Hernandez - 1:34:48 (3rd in AG)
- Tracy Hill - 1:37:34
- Greg King - 1:40:19
- Joni Schatte - 1:49:22
- Allen Brajer - 1:51:21 (3rd in AG)
- Alan Brock - 1:52:07

5K

- Keevin Baxter - 26:58 (1st in AG)
- Christi Kelton - 27:46 (2nd in AG)
- Missy Seay - 28:39 (1st in AG)
- Melanie Cryer - 28:57
- Adam Leslie - 29:23
- Royce Brock - 29:36 (1st in AG)
- Garrett Brock - 30:33
- Lisa Manning - 31:37 (1st in AG)
- Jessi Cook – 31:41 (2nd in AG)
- Marissa Crooks - 32:39
- Debi Walters - 33:35 (1st in AG)
- Linda Knox - 34:16 (2nd in AG)
- David Teichman - 34:52 (1st in AG)
- Joseph Baird - 36:03 (1st in AG)
- Norma Priester - 50:53 (1st in AG)

Have you participated in an event recently and want to share your achievement with the club. Email your results to info@wfrunnersclub.org 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.

THE DAM RUN XI

5k, 15k, and King & Queen of the Hill Contest May 5, 2012

Wichita Falls, Texas – We had a great turnout this year with 130 people joining us for a warm and windy morning.

The overall 5k winners were Chris Lipscomb in 19:05 and Merry Wolf in 22:30. The overall 15k winners were Miguel Mercado in 1:08:12 and Amy Simmons in 1:17:23.

After the runs we hosted the first ever King & Queen of the Hill contest. The rules were simple - run, walk, or crawl your way to the top of Mt. Murphy as many times as possible in 10 minutes. Each time you reached the summit you were given a bean. At the end of ten minutes, the runners with the most beans wins. So, drum roll please.... the first ever King and Queen of the hill are:

- James Rowland - 10 beans (trips to the top)
- Shauna Coates - 5 beans

Thanks to everyone who came out and ran with us and a great big THANK YOU to all of the volunteers who helped to make this event a success.

NOT SO RECENT EVENTS

More results from the "Way Back Machine" – these results are from the March 1997 newsletter. Yet again there are a lot of familiar names here.

February 1997 - Cowtown Marathon, Relay & 10 K

Marathon

- Tom Cleary 4:05

Marathon Relay

- We Like to Run III (Joe Rico, James Manning and ?) 2:59
- We Like to Run II (Larry Browning, ? and ?) - 3:04
- Mercury's Messengers (Ron Bowman, Judy Edwards, Kathy Wells) - 3:30
- Brew Crew (Dale Teichman, Tom George, Bob Thompson) - 3:33 (2nd in Masters)
- Loco Motion (Don Plummer, Ralph Stearns, Kate Teichman) - 3:53

10 K

- Richard Koch - 41.40
- Glenn Tarter - 41.49
- Don Knox - 49.37
- Jerry Nottingham - 51.20
- John Hawley - 53.55
- Roscoe Jones - 54.00
- Andy Stanford - 55.08
- Beth Zurawski - 45.30
- Susan Koch - 50.00
- Debbie Semtner - 57.50
- Linda Knox - 1:02
- Kitty Thompson - 1:31

UPCOMING EVENTS

May 19th – Laseman Fun Run/Walk (Henrietta) *

www.lasemanfunrun.org

May 19th – Run for the Children (Graham)

www.runforthechildrentx.org

Aug 26th – HHH Trail Runs – 10k & Half

www.hh100.org

Sept 22nd – Shortgrass Scamper (Archer City) *

www.acshortgrassscamper.com

** WFRC sponsored event / * WFRC timed event

LASEMAN FUN RUN/WALK

May 19, 2012

What: 5k, 10k, & 1 Mile Run/Walk

When: May 19th at 8:00 am

Where: Henrietta High School
1700 East Crafton
Henrietta, TX

Packet Pickup & Late Registration

- Fri, May 18th from 5 - 8 pm
Clay County Sr. Citizens Center
216 N Hancock, Henrietta, TX

There is a pasta dinner available Friday night during packet pickup and late registration.

- Sat, May 19th prior to race
Laseman Field House at Henrietta High School

The proceeds from this year's event will benefit the Clay County Sr. Citizens Center, Clay County Jr. Livestock Show, and Edwards Public Library Summer Reading Program.

For more info visit www.lasemanfunrun.org or contact the race director, Kim Laseman at 782-7324.

'Wired To Run': Runner's High May Have Been Evolutionary Advantage

by CHRISTOPHER JOYCE

Researchers say our brains are probably wired from an evolutionary sense to encourage running and high aerobic activities.

Endurance athletes sometimes say they're "addicted" to exercise. In fact, scientists have shown that rhythmic, continuous exercise — aerobic exercise — can in fact produce narcotic-like chemicals in the body.

Now researchers suggest that those chemicals may have helped turn humans, as well as other animals, into long-distance runners.

The man behind the research is University of Arizona anthropologist David Raichlen, a runner himself. He does about 25 miles a week.

Being human, Raichlin has some tools that help — short toes that don't get in the way, for example, and big joints in the legs to absorb shock. But he thinks humans are also "wired to run."

"Wired to run meaning that our brains are probably, have been sort of rewired from an evolutionary sense to encourage these running and high aerobic activity behaviors," Raichlen says.

Many anthropologists believe that early humans learned to run long-distances to chase down and exhaust prey, like antelopes.

Meat is one payoff for runners. But Raichlen thinks there may have been another reward: a runner's high. He designed an experiment to test this idea.

But first, let's take a look at this thing they call runner's high. I caught up with Christina Morganti to find out. She's an orthopedic surgeon at the Anne Arundel Medical Center in Maryland, and a long-time competitive runner.

She runs races, but not for medals. "To be honest," she says as she starts a morning run on a sunny spring day, "I don't really care that much about the competition as much as that feeling you get when you're in shape. That's what I'm looking for."

She starts slowly. "You know when you first start, you feel a little stiff, a little logey, but then once you get started everything loosens up."

As a doctor, Morganti knows what regular running does for her body. "Your heart gets stronger. It gets bigger. The amount of blood your heart can pump is more." That's called "stroke volume." Oxygen metabolism gets more efficient as well. "That means your blood vessels and muscles absorb more oxygen," she says. "Running also builds new bone."

But when I ask her about "runner's high," she lights up. "Oh, it's really like an empowerment. And zen at the same time. You feel strong and light, and you feel relaxed."

Morganti injured herself running two years ago and she had to stop running. "And everything else fell apart," she admits. "My ability to cope with the stresses of life, my organizational skills juggling your job and motherhood everything like that wasn't as acute as it was when I was able to run and be fit."

After about three miles into the run, Morganti is getting her rhythm, but also feels some pain.

"I'm actually a little bit tired," she says. "I have a hamstring injury, I'm starting to feel that a little bit now. But I'm feeling like what a beautiful day, how nice to be out here, and I don't care about that.

That's actually a problem — her not caring. Morganti treats runners for injuries and she says they're the worst patients. "The treatment is to stop running," she says. "They won't. They don't want to. A lot of the behavior is not unlike the patients we have who are seeking drugs. It's really similar. It's an addiction."

A drug addiction. And that's where we return to David Raichlen's experiment.

When people exercise aerobically, their bodies can actually make drugs — cannabinoids, the same kind of chemicals in marijuana. Raichlen wondered if other distance-running animals also produced those drugs. If so, maybe runner's high is not some peculiar thing with humans. Maybe it's an evolutionary payoff for doing something hard and painful, that also helps them survive better, be healthier, hunt better or have more offspring.

So he put dogs — also distance runners — on a treadmill. Also ferrets, but ferrets are not long-distance runners. The dogs produced the drug, but the ferrets did not. Says Raichlen: "It suggests some level of aerobic exercise was encouraged by natural selection, and it may be fairly deep in our evolutionary roots."

Raichlen published his research in the Journal of Experimental Biology. He says it's not conclusive and he needs to test a lot more animals. Some anthropologists say it's actually walking we evolved to do, and that running is just incidental.

But don't tell that to Christina Morganti. She's just finished her run. And she's happy. "It's almost like a little tingle you get for several hours after, and then a calming you have the rest of the day, and then you sleep well that night and then the next day you're ready to go again."

Even without an antelope to chase down.

WEBSITE UPDATE

We have moved the hosting of our website from DreamHost to Crane-West and have now migrated from the Joomla platform to a WordPress platform.

Currently we are working on adding content back onto the site and hope to have it back operational in the next few weeks.

Please continue to be patient while we work to bring you a new and improved website.

In the interim, please post on the WFRC Facebook page if you are going to a run, want a running buddy or have a question about running.

A NOTE FROM THE PRESIDENT

I wanted to take a minute to share a little bit about the current state of membership in the club. As of last count we have 78 paid "household" memberships with 99 individual members.

Interest in our club has been very good, and I have received numerous emails from people wanting to know more about the club. Hopefully, membership interest will increase even more once the website is back online.

Please continue to talk to your friends about the WFRC and invite them out to one of our weekly runs.

As the summer break gets closer, it is time for us to start thinking about our summer club social. Over the years, the club has had a summer picnic. If you have suggestions for this year's summer club social please contact one of the board members.

Thanks for being a part of the WFRC.

Michael Boyle
WFRC President

If you have suggestions for future editions or if you would like to help out with the production of the newsletter, please send an email to info@wfrunnersclub.org.