



The Finish Line

Volume 37, Issue 6
July 2012

Financials:

Operating	\$ 4,047
Dam Run/Trails Fest	\$ 1,122
Total	\$ 5,169

CLUB MEETING

**Thursday, July 19th @ Hamilton Park
6:30 pm (or whenever we get done running)**

Speaker for the night will be David Davis from IESI A Progressive Waste Solutions Company. This is the company that has placed the "single-stream" recycling dumpsters around town.

MEMBERSHIP NEWS

Welcome to our new members:

Kyle Anderson



July Birthdays

Phil Ringman (3rd)
 Michael Valverde (5th)
 Randi Roanhaus (5th)
 Michael Boyle (6th)
 Angie Rallis (7th)
 Arnold Reider (10th)
 Jeff Gleason (15th)
 Dale Teichman (29th)

August Birthdays

Lindsay Hagerman (5th)
 Brent Wattigny (6th)
 Josh McGuire (7th)
 Sandy Monson (12th)
 Isaiah McGuire (21st)
 Charlie Penturf (24th)
 Pam Featherston (24th)
 Tobi McCauley (28th)

**"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

May 28th – Stonebridge 5K (McKinney, TX)

- Jerry Nottingham – 3rd in AG

June 2nd – Diamond Brigade 5K (McKinney, TX)

- Jerry Nottingham – 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.

"Fuz-Nos" Spring Series Recap

We had a great wrap-up to this year's Spring Series Run Series at the last meeting on May 17th @ Fuzzy's Taco Shop.

Everyone won at least one "runner-friendly" prize, some even won several! Congratulations to Kat Davis for running in all 6 of the runs!

UPCOMING EVENTS

- Aug. 4th - SAFB Triathlon
www.82fss.com/fitness%20centers.html
- Aug 11th - Midnight Marathon (see below) *
www.runreg.org
- Aug 26th - HHH Trail Runs – 10k & Half
www.hh100.org
- Sept 8th – YMCA Y-Tri Triathlon
www.ymcawf.org
- Sept 22nd - Shortgrass Scamper (Archer City) *
www.acshortgrassscamper.com
- Sept 29th - Falls Fest Run - 5K & 15K
www.fallsfest.org
- Sept 29th - Speak Up for Kids CASA - 5K
<http://casawf.org/news/19/speak-up-for-kids-casa-5k-runwalk-2012>

** *WFRC sponsored event* / * *WFRC timed event*

MIDNIGHT "MARATHON" 1 hour, 2 hour & 5 hour runs August 11, 2012

- What: A new unique event for Wichita Falls. Come run the paved & dirt trails in Lucy Park in a whole new "light"... after dark!
- Where: Lucy Park
- When: August 11th from 7pm to Midnight
- Who: The Event is a project of Anchor Baptist Church and the Wichita Falls Runners Club.
- Why: To have a great time and support a great cause - the "Power Pack" program which provides food for kids in need.
- Cost: - 1 hr run - \$20 (\$25 after Aug 2nd)
- 2 or 5 hr run - \$40 (\$50 after Aug 2nd)

The start/finish line will be at the large pavilion in Lucy Park and we will have plenty of room for family and friends to hang out and cheer you on. We will have live music from 6:30 to 8:30 by the Face in the Dirt Band, and there will be unique prizes for the most laps completed in each category.

For more info go to anchorbaptistwf.com or send an email to WFSigman@aol.com.

YOU'RE KIDDING ME!

"Fred Lorz was the first competitor to cross the finish line at the end of the marathon at the 1904 Olympic Games in St. Louis. He was greeted with cheers from the American crowd and Alice Roosevelt, daughter of Pres. Theodore Roosevelt, placed a laurel wreath on his head. Shortly thereafter Lorz admitted the truth. Suffering from cramps early in the race, he hopped into an official's car at the nine-mile mark and rode the next 11 miles of the race. He said he decided to run into the stadium and break the winner's tape as a joke."

Lorz was promptly suspended from amateur competition (though he was later re-instated and won the Boston Marathon in 1905). The "real" winner in 1904, Thomas Hicks, had to be helped across the finish line after 3 hours, 28 minutes and 53 seconds — the worst marathon time in Olympic history. Indeed, so meager was the competition that Cuban postman Felix Carvajal ran the race in street clothes, stopped to shake hands with fans, visited an orchard, got sick from eating rotten apples - and still finished fourth!

SPEAKING OF JOKES...

Two gas company servicemen, a senior training supervisor and a young trainee, were out checking meters in a suburban neighborhood. They parked their truck at the end of the alley and worked their way to the other end. At the last house a woman looking out her kitchen window watched the two men as they checked her gas meter. Finishing the meter check, the senior supervisor challenged his younger coworker to a foot race down the alley back to the truck to prove that an older guy could outrun a younger one. As they came running up to the truck, they realized the lady from that last house was huffing and puffing right behind them. They stopped and asked her what was wrong. Gasping for breath, she replied "*When I see two gas men running as hard as you two were, I figured I'd better run too!*"

You know it is time to resume running when...

- You try to do a few pushups and discover that certain body parts refuse to leave the floor.

- Your children look through your wedding album and want to know who mom's first husband was.
- You get winded just saying the words "10 kilometer run".
- You come to the conclusion that, if God really wanted you to touch your toes each morning, He would have put them somewhere around your knees.
- You analyze your body honestly and decide what you should develop first is your sense of humor.
- You step on a talking scale and it says, "Come back when you are alone".
- you've used an old race T-shirt to wash your car, dust furniture, or clean something else.
- your treadmill has more miles on it than your car.
- you get an invitation to a wedding and you automatically think about what race the date will conflict with.

NEWSLETTER CHANGE

In order to reduce the strain on the individuals who have been producing the newsletter we are moving to a bi-monthly format. Your next newsletter will be sent out around the middle of September.

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.

And the one we all know -

Two hikers on a trail came around the bend to find an enormous brown bear about 75 yards up the trail. The bear spies them and begins running toward them at a full gallop. One hiker drops his backpack, sits down, throws off his boots, and starts lacing up a pair of running shoes. The other hiker says: "What are you doing? You will never outrun that bear!". The first hiker replies: "I don't have to outrun the bear...".

YOU KNOW YOU'RE A RUNNER WHEN...

- your first thought when you look at the weekly weather forecast is, "When can I fit in my runs?"
- you have more running clothes than regular clothes in your laundry pile.
- you've lost a toenail. And you tell people, "It's not that bad."
- you smirk when non-runners ask you, "So how long is *this* marathon?"
- you have a drawer full of medals and other race souvenirs that you're not sure what to do with.
- you go into Starbucks more often to use the bathroom than to actually buy coffee.
- you no longer make fun of fanny packs because your running belt looks very similar (although cooler) to one.
- you have a line in your budget for "race entry fees/race travel".