



The Finish Line

Volume 36, Issue 11
November 2011

Operating	\$2871.86
Dam Run/TrailsFest	\$1122.38
TOTAL	\$3994.94

There are a lot of reasons that I run. Some are simple. Others, less. In the end it helps me find who I am. What was, in the beginning, just something to do is now a focal point of my life. The freedom, the camaraderie, the feeling of flying down the street and gliding along with the wind in my face. It is an amazing experience. (Runners World quote of the day)

Here's the latest from our October WFRC Club Meeting:

(From your Supreme Ruler)

WOW! The Palo Duro Campout and Run was an awesome time! Maybe, I'm a little bias – but I thought it was the best event ever! The weather was perfect, I ran like the energizer bunny – and felt great – I really do want to thank all my friends that trained for countless hours – biking, swimming, lifting weights, and oh yeah....running for the last 4 months, it really paid off for me!

Dale bought us some mats and a new marine battery for the timing system.

Don is checking on a possibility of using the club house at Hawk Ridge for the WFRC Christmas Party which we have scheduled for Dec. 17th.

Sandy is still working on getting our signs installed.

We received a request from the Shortgrass Scamper to time their event in 2012 (the group approved the request for timing that event)

We also received payment for timing Shortgrass and the Home run.

Race Results:

Oct. 15 Palo Duro Canyon Trail Run:

20K

Kim 2:02:23 27th/239

Jim Cummings 2:29:23 75th/239

Melanie 2:09:34 35th/ 239

Margaret Ingalls 3:03:38 171st/239

Lois Parker 2:245:17 65th/239

50K

Kate 5:40:38 20th overall -1st Master 7th Female.... 4/30 AG

Scott Parker 5:56:36 15/62 AG

Randell 5:57:27 16/62 AG

Joe Rico 6:27:07 27/62 AG First Ultra!

Sandy 9:07:37 23/30 First Ultra!

Chad C. 8:19:20 12/14 AG First Ultra!

Jim Ingalls 7:10:11 37/62 AG

Clayton C. 7:19:38 7/14 AG

Oct 15th Spirit of Survival, Lawton, OK

½ Marathon: Don Knox 2:02:34 3rd AG

5K: Linda Knox 7th AG

Oct 22nd Circle of Hope 5K, Wichita Falls

Cody Cassity 1st overall 21:48

Allen Brajer 23:18 1st AG

Kim Monson 24:02 1st AG

Don Knox 25:39 2nd AG

Steve Flinn 24:32 1st AG

Lisa Manning 28:53 1st AG

Oct. 29 Downtown WF Zombie Crawl & 5K

Looked fun – good pics in the newspaper!

Upcoming Events:

Nov 5 MSU NCAA Cross Country- Hawk Ridge

Nov 6 Dallas Half Marathon

Nov 12 Harvest Hustle 5K, Hamilton Park

Nov 13 Ft. Worth Marathon

Nov 19 City Lights - HHH building

Nov 24 Floral Height Turkey Trot

Nov 24 Dallas & Ft. Worth Turkey Trots

Dec 10 Holiday Hustle – Family Y

Dec 10 Jingle Jog Lawton, OK

Runners Club members in good standing are offered discounts at the following merchants and organizations:

A discount on The Duel. The code is WFRUNNERSCLUB, it's a \$10.00 per person ,per event discount

The Bike Stop – 20% Discount on bike tune-ups, 10% Discount on accessories.

Events hosted by the Wichita Falls Streams and Valleys - \$2.00 off early entry, mail in only. (The Wee-Chi-Tah Trail races on HHH weekend, The Texas Forts Tour, City Lights 5 k and The Duel marathon weekend.)

Espressos 2 Go – 10% off everything – Located in the lobby of the Hamilton Building in Beautiful Downtown Wichita Falls, 900 8th Street between Travis and Lamar.

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



"Social Hour" at Parkway Grill,
Fridays after work 5-7pm.

Historic West Floral Heights Neighborhood Assoc. Turkey Trot

Thursday, November 24
(Thanksgiving Day)
8:00 am

1300 Tilden (corner of Tenth & Tilden)
Home of James & Ronda Wetherbee

Please join us at the annual Historic West Floral Heights Neighborhood Association's annual Turkey Trot. Enjoy a beautiful 2-loop course (1 loop = 1 ½ miles; 2 loops = 5K) through the West Floral Heights Historic District, containing over 200 historic homes in a variety of architectural styles. This is a low-key, time-yourself event with free t-shirts to the first 100 participants (please bring a couple of canned goods to donate to the Food Bank). There will be cider, water, and muffins available along the course; children, strollers, and pets are all welcome. There will be Model A's on display, crafts for the kids, a drawing for baked goods (Margie's Sweet Shop pies!), an opportunity for a photo with our neighborhood "Turkey," and more. This fun local event is a great way to kick off your Thanksgiving holiday – you can get in a good run and still have time (and room!) for a big turkey dinner afterwards! We look forward to seeing everyone there!



TO...November's
14th –Andy S.
18th –Jane T.
21st –Don P.

Welcome to our new Members: Alan Brock Pamela Moss



A note from your Supreme Ruler:

If any of you would like to step up your involvement in the club – I could use some help with the newsletter. Also if anyone would like to take over as supreme ruler or social chairman, I seem to be having some issues and wouldn't mind someone taking over or helping out.



Just had to brag a little on one of my sisters. Jo Beth will be representing the USA at World Championships Triathlon.

Pretty big deal for a country girl from Windthorst. Don't know how she will do, but the fact that she is competing is quite an accomplishment

Russell Schreiber P.E.
Director of Public Works
City of Wichita Falls