

# FORT WORTH RUNNERS CLUB

From the desk  
of the President

## Volunteers: the Heart of the Club

### Volunteers, We Love You!

Congratulations to all of you who participated in The Cowtown Marathon. It was very inspiring to see so many members and friends run by the FWRC water stop and tackle the difficult two-mile uphill climb to the finish! What a wonderful memory of a flood of runners coming toward us and a ribbon of runners behind!

I want to thank our hardworking team of volunteers who generously gave their time to provide encouragement and refreshments to the almost 10,000 runners and walkers who passed by the FWRC water stop. Even though our supplies were delivered about 20 minutes before the start of the 10K, everyone worked fast and furiously to get the water stop ready, averting what could have been a mini crisis—a high-traffic water stop without cups or enough water.

My deep appreciation goes to Robert Cunningham, Taylor and Erin Smith, MaryLou VandeRiet, Kimberly Schnetzer, David Gordon, Jean Hickey, Paul and Melissa Adamopoulos, Rachel Harp, Charlie Lindsey, Lane Sisson and her daughters, Jill and Eric Jung, Steve Johnson, Kevin Lyons, Aaron Bush, Jeff Ertz, Richard Postma, Carmen Flores, James Eagle and Brenda Butovsky and her sweet friend. Please forgive me for my oversight if I accidentally did not include you. I am so grateful to all of you!

### Volunteer Newsletter Editor Position Open

Recently, Membership Director, Annabell Lee, notified the board of directors that she could no longer continue to keep up with her membership responsibilities and produce a bi-monthly newsletter. The

good news is that during the past year, we have experienced a rapid growth in club memberships. This has made it impossible for anyone to manage both jobs. We decided to let our membership director devote her volunteer time exclusively to membership functions. Our great thanks to Annabell for her masterful job of producing a high quality newsletter!

The club is in need of a member to take on this vital position. It takes time and hard work to produce a superior bi-monthly publication, but the job is very rewarding. We have a graphic artist who will assist you in the layout and design of the newsletter. Please contact me at [info@fwrunners.org](mailto:info@fwrunners.org) for a complete job description.

### Delivering the Latest and Greatest News to You

In the meantime, our newsletter will be taking on a different form. We will use our e-blasts to link to a newsletter

*Continued—See Volunteers on Page 2*



*Pitching In!* – Robert Cunningham was one of the many club members who volunteered to fill cups and pass out Gatorade and water at the FWRC Mile-24 waterstop during the Cowtown Marathon.

## News Flash!

The club by-laws have been revised.

See story on page 7, and the revised by-laws on page 14.

### Mark Your Calendars!

Sunday, April 13 – Saddle Up! New date for the River Ranch 5K, 8 a.m. At the Stockyards, 500 N.E 23<sup>rd</sup> Street. Kids' 1K starts at 7:50 a.m.

Tuesday, April 15 – General Membership Meeting. Palermo's Italian Restaurant. Speaker TBD. Club members will vote on by-laws revisions. 7:30 p.m.

Sunday, May 4 – Grab Your Running Shoes! The Bud Run 10K, 8 a.m. on the Trinity Trail. Kids' 1K starts at 7:50 a.m.

Visit our website at [www.fwrunners.org](http://www.fwrunners.org);  
Hotline: 817-654-5390.

**Volunteers—Continued from Page 1**

section on the FWRC website to keep you informed of club races and activities. We invite our members to continue to share their experiences running various races across the country and across the globe. Do you have a great story about your marathon at Big Sur? Have you run the marathon in Antarctica or the Great Wall? We want to hear from you! If you would rather let your photos tell the story of your running adventures, we would love to post them.



*Lisa Stingley  
Club President*

**Volunteer Liaison Position Open**

Our members without computer access are very important to us! A volunteer opportunity is available to a club member who is willing to be a liaison to those members without computer access. We would like to compile a roster of those members who wish to be contacted on a monthly basis. If you are living in a computer-free world and would appreciate a monthly call, and/or would like to be our volunteer liaison, please leave a message on the hotline and we will contact you. Information on club activities and events is always available on our club hotline at 817-654-5390.

**Membership Cards**

Please accept our apologies if you have not yet received your membership cards. As I previously mentioned, for the past year we have had a surge in new memberships. In order to better manage our steady growth, it has become necessary to move our membership files to an electronic format that will enable us to serve our members in a more efficient manner. Because we are a volunteer staff, we never seem to have enough time to get the job done as quickly as we would like. We expect to have the process completed and all cards distributed by mid-April.

You should still be able to take advantage of member discounts at the FW Running Company, Luke's Locker and The Runner. Just let the staff know that you are a FWRC member. Since your names are part of a master membership list that is forwarded to these retailers on a regular basis, the store staff can verify that you are a FWRC member. Thank you so much for your patience as we move our processes into the 21st century!

**Volunteer Database Manager Needed**

Once again, I would like to present another volunteer opportunity to a member with proficiency in data base management who can assist us with this transition. We would welcome your expertise! Please contact me at *info@fwrnners.org* for more information.

**FWRC Races for 2008**

Apr. 13 Sunday	8 a.m.	Stockyards River Ranch 5K; Race director: Kim Andres; Start at River Ranch in the Stockyards, 500 N.E. 23rd Street, Fort Worth, 76106.
May 4 Sunday	8 a.m.	Bud Run 10K; Race director: Santos Salinas
June 29 Sunday	8 a.m.	Three Amigos 4-Mile Run; Race directors: Dave Cabral, Tom Murphy, and Rodney Hart
July 13 Sunday	Noon	Hi-Noon Shoot-Out 1.2-Mile Run, River Park at Bryant Irvin & the Trinity Trail; Race director: Annabell Lee
Aug. 17 Sunday	8 a.m.	Watermelon Run, 5K & 2-Person Relay; Race director: Anne Allen
Sept. 1 Monday	7:30 a.m.	Labor Day 15K/5K Races, University Park Village, 1540 S. University Drive; Race director: Lisa Stingley
Oct. 25 Sunday	8 a.m.	Boogie Woogie Spooky 5K; Race directors: Don and Janiece Shafer
Nov. 16 Sunday	8 a.m.	Mote in Motion Half-Marathon & Half-Marathon Relay; Race director: Mike Mote
Dec. 13 Sunday	8 a.m.	Tropical 10-Mile & Hawaiian 5K; Race directors: Michael Polansky and Rocky Higgenbotham

Unless otherwise noted, all races start on the Trinity Trail at River Plaza, 1701 River Run, behind the Silver Fox Restaurant and near the intersection of S. University Drive and Old University. For more information, call the FWRC hotline at 817-654-5390 or visit our website at [www.fwrnners.org](http://www.fwrnners.org).

The **Fort Worth Runners Club** is a non-profit organization dedicated to running, walking and fitness activities for competition, health, recreation and community service. Our club will strive to represent the sport at its best. We invite all levels of athletic ability to join us in our common interest.

- |  |  |
|--|--|
| <b>Club Officers</b>   | <b>Board Meetings</b>  |
| <b>President</b><br>Lisa Stingley  | Second Wednesday of the Month, 7 p.m.  |
| <b>1st Vice President</b><br>Annabell Lee  | <b>Club Meetings</b><br>Third Tuesday of the Month 7:30 p.m.   |
| <b>2nd Vice President</b><br>Dave Cabral   | <b>Newsletter Contact</b><br>For news contributions and ads, contact Annabell Lee at 817-879-1434 or email at <a href="mailto:ablee@web4me.com">ablee@web4me.com</a> |
| <b>3rd Vice President</b><br>Nancy Templin   | <b>Contributing Writers</b><br>Annabell Lee<br>Lorri Allen   |
| <b>Treasurer</b><br>Elizabeth Mendiola   | <b>Photography</b><br>Sonia Periles<br>Richard Stingley  |
| <b>Secretary</b><br>Kim Andres   | <b>Newsletter Printing &amp; Distribution</b><br>Redstone Visual   |
| <b>Board of Directors</b><br>Anne Allen<br>Sam Balandran<br>James Grudowsky<br>Rocky Higginbotham<br>Roberto Hernandez<br>Annetta Maxwell<br>Mike Mote<br>Mike Polansky<br>Missy Reardon<br>Don & Janiece Shafer<br>Santos Salinas<br>Richard Stingley | <b>Newsletter Design</b><br>Sabra Jennings   |
| <b>Webmaster</b><br>Roberto Hernandez  |  |

**Contact the Fort Worth Runners Club**

For questions or comments, call the hotline at 817-654-5390.  
**Website** - [www.fwrnners.org](http://www.fwrnners.org)  
**Mailing address** - P.O. Box 33193, Fort Worth, TX 76162-3193  
**Membership & Change of Address** - [FWRcmembership@gmail.com](mailto:FWRcmembership@gmail.com)



# A Life of Opportunity

by Nicole Wiley

To some, she's runner Deb Stuart. To others she is "Slim". To all, she is courageous, strong willed and well aware of her blessings. Stuart's life path has taken her from working in a federal penitentiary to the US Treasury Department and to working for golf legend Ben Hogan. She's also been a member of the Fort Worth Runners Club for nine years. And while each experience is wrought with an abundance of stories and memories, none match those of her time spent in the trenches and battlefield of Iraq.



Debra Stuart

Stuart was a member of the military long before she was a runner. She served on active duty before joining the Reserves. Recently, Stuart was stationed in a Combat Army Surgical Hospital (CASH) in Mosul just north of Baghdad. She helped support over 240,000 troops in Northern Iraq and treated more than 2,700 trauma victims. She eventually received a Meritorious Unit Citation for her dedicated service. But according to Stuart, much more was taken from that experience than notoriety.

"We took care of everybody, civilians, soldiers, Iraqis. I would work three days and three nights. Then when it was time to stop and sleep, I'd get called back. It got to where we stopped knowing what day it was!"

When she returned to the US, life wasn't the same. She had saved 1,500 lives in Iraq and attended 100 funerals. Simple amenities she viewed as precious were taken for granted by many around her. Now that she knew how much life really meant, the Army nurse began to search her soul for what she really wanted in life.

Her drive for running and training would lead her to major competition. "I had done a lot of physical fitness in the Army, so running and training weren't too different than what I was already used to," Stuart said.

Her hard work and endurance have earned her a national silver medal, a na-

tional bronze medal, three All American Awards. Deb landed a spot on Team USA at the World Games in Italy. The games were held in September 2007. She competed in the over 30 masters division.

"I was honored to be one of 430 athletes (only 134 women) chosen to represent the USA for USA Track and Field Masters World Games. 8,000 athletes from 93 countries competed," explained Deb.

She continued "I ended up coming in 23rd in my event. It was one of the most amazing experiences of my life. The honor of being there was my victory. I truly appreciated being a woman and representing my country. I saw how women were treated overseas, and I knew this was something they could never do."

"While in Iraq, it was not safe to be outside because of the dangers of snipers and rocket attacks, so there was not an opportunity for me to run. There were flyers posted in the city '\$50,000 for anyone who would kidnap an American female.' It was not safe to be outside.

Stuart says that "we are blessed in America to have the freedom to train where and when we choose!" She added that women in some Middle Eastern countries have no rights and do not have the opportunity to compete.

She speaks little of what she went through in Iraq unless asked, but she wants those around her to value life as whole heartedly as she does!

"Life is so precious and a day passed, is a day gone forever. Now is the time to realize the gifts and talents you have and put those to work because none of us are guaranteed a time line on this earth."

"I got to come home twice, so I figure I must have plenty I still need to do!" she concluded with a big smile on her face.



At the 2007 USA Track and Field Masters World Games.

## THE WORLD'S FASTEST PLUMBER

Rene Villalobos  
Master License  
Over 30 year family Business



### Dependable Repair and Replacement

- Water Heaters
- Bath Tubs and Sinks
- Disposals & Dishwashers
- Commodes
- Stopped up pipes & drains
- ...anything that holds water

Call **A&V PLUMBING**  
817-531-1612 or Mobile 817-228-4125

**10% DISCOUNT TO FWRC MEMBERS**

# Movie Review

# Spirit of the Marathon \_\_\_\_\_ by Nancy Templin

*A bunch of Fort Worth Runners got together for an event where we weren't the ones sweating and breathing hard.*

*Spirit of the Marathon* was a non-fiction film that featured six individuals in their quest to run 26.2 miles at the 2005 Chicago Marathon. The film followed two Olympians, one vying for a Boston qualifying finish, two first-timers and an experienced marathoner in his 70's.

It was nice to get a closer glimpse into what it takes to be an 'elite' runner, those who don't just collect finisher's medals – but who earn gold, silver and bronze medals in Olympic marathons – as well as nice cash prizes for finishing well ahead of the pack. I know running takes up a lot of time in my life, but running is life for an elite runner, who constantly



works hard to stay at the top of their game – or at the 'front of the pack.' I've always admired our local 'elites,' but I now have a new appreciation for their dedication and talent as we know our fast friends also have full-time jobs, family responsibilities, and probably don't have massage therapists or trainers for spouses!

The runner vying for Boston was injured and didn't run the 2005 Chicago Marathon. We all know how disappointing set-backs from injuries are when we set very aggressive goals. I don't believe the film adequately portrayed the disappointment, but the fellow runners in the audience, I'm sure, felt the connection.

The remaining three runners could have been any of us. One ran to raise money for the adoption center where her parents adopted her. One ran to demonstrate

courage and strength after a divorce. And the other just ran to keep running – and he convinced his daughter to run the marathon with him. The film showed that it is totally normal to meet on Saturday mornings before the sun comes up to put in long runs to get ready for the race. The runners spoke generously about the friendships they had made as a result of training -- the kind of friendships where they talk about running at happy hour and talk about everything in life while running together.

The film's website described the movie as "*an inspirational journey of perseverance and personal triumph,*" and everyone I know agreed they would be motivated to run a marathon if they weren't already training for one (or more.) What's even more inspirational is the *Spirit of the Marathon* was truly *our* story!

**Fort Worth Runner's Club**

## Bud Run 10K

Grab Your  
Running  
Shoes !

Sunday, May 4, 8 a.m.



Starts at Trinity Trail at River Plaza parking lot, 1701 River Run, near the intersection of S. University Drive and Old University Drive, Fort Worth. Register on race day or online at [www.Active.com](http://www.Active.com).

FWRC Members \$8; Non-members \$12;  
Kids under 14 \$4

Awards given to Overall Male/Female runners, Overall Masters, and top three finishers in each age group.

See [www.fwrunners.org](http://www.fwrunners.org), for more information.

Saddle up for the  
Fort Worth Runner's Club  
**RIVER RANCH 5K**  
Sunday, April 13, 8 a.m.

FWRC Members \$8;  
Non-members \$12;  
Kids under 14 \$4

Awards given to Overall Male/Female runners, Overall Masters, and top three finishers in each age group.

Starts at Starts at River Ranch in the Stockyards  
500 N.E. 23rd Street, Fort Worth, 76106.  
Register on race day, or online at [www.Active.com](http://www.Active.com).

See [www.fwrunners.org](http://www.fwrunners.org), for more information.





# Truth About Tendonitis

by Dr. Brian Mulhall

## Can You Handle The Truth About Tendonitis?

Inflammation is one of the most common issues that can lead to pain and a lack of functionality in athletes. The ending “-itis” is the medical shorthand that means - inflammation of the structure that it follows. For example: “tonsil-itis” means inflammation of the tonsil(s), “laryng-itis” means inflammation of the larynx, “arthr-itis” means inflammation of a joint and “tendon-itis or tendin-itis” means inflammation of a tendon.

Think of the most common musculoskeletal conditions that athletes suffer from: Plantar Fasciitis, Achilles Tendonitis, Patellar Tendonitis, Hip Bursitis, Rotator Cuff Tendonitis and Lateral Humeral Epicondylitis or “Tennis elbow”. All of these conditions are traditionally very difficult to treat and they all end with “-itis” meaning they are inflammatory issues. Inflammation can be elicited due to several reasons, but when dealing with musculoskeletal and sports injuries the most common reasons are direct trauma or overloading a tissue through repetitive-use (cumulative injury).

For years, doctors and therapists have seen patients daily for the common inflammatory issue of tendonitis. Tendonitis has traditionally been a very stubborn issue to resolve for patients. Some patients recover quickly and some end up having symptoms that last for years and years. The common treatments for

tendonitis have been a combination of therapies used to reduce the inflammation in and around the tissue. These therapies have traditionally included ice, rest, bracing/wraps, anti-inflammatory medications, stretching and general strength training.

One reason these conditions that might have been difficult to resolve for patients is the newer understanding that these issues might be mislabeled and misdiagnosed. Current research is beginning to illustrate that in many of these overuse tendon conditions there is actually no inflammatory component and no inflammatory cells in or around the tissue. This could mean that the well established guidelines for treating these conditions for their inflammatory component are flawed. If there is no inflammation, it can better explain why the recovery rate is so spotty for these conditions and could possibly put many in harms way by inaccurately over utilizing anti-inflammatory medications leading to gastrointestinal issues. Recent research by Karim M. Khan M.D. and others is bringing to light large gaps in the current and common treatment protocols for tendon related issues.

Are you ready for the truth? Tendonitis is actually very rare. The more common condition that is plaguing individuals is called Tendonosis. Tendonosis is a degenerative condition within the tendon itself and is treated drastically different than the anti-inflammatory protocol of tendonitis.

Continued on Page 6.

Don't let a nagging pain  
keep you from enjoying your time  
on the road!!!

## ACTIVE SPINE & SPORT THERAPY

- **PHYSICAL THERAPY**
- **MASSAGE THERAPY**
- **PERSONAL TRAINING**
- **PILATES TRAINING**
- **ILIOTIBIAL BAND PAIN**
- **HIP/KNEE/FOOT PAIN**
- **PLANTAR FASCIITIS**
- **NECK/BACK PAIN**
- **HEADACHES**
- **SCIATICA**
- **ARTHRITIC JOINTS**

**VOTED - "BEST PLACE TO GO FOR  
A SPORTS INJURY IN TEXAS"!**

By the readers of  
*Competitor Texas  
Magazine!*

**Brian Mulhall DC**  
Certified Chiropractic Sports Practitioner

**Rob Vining PT**  
Orthopedic Physical Therapist

3200 Collinsworth St. ~ Fort Worth, TX 76107  
[www.activespineandsport.com](http://www.activespineandsport.com)

Call for your appointment today!  
**817.332.5353**

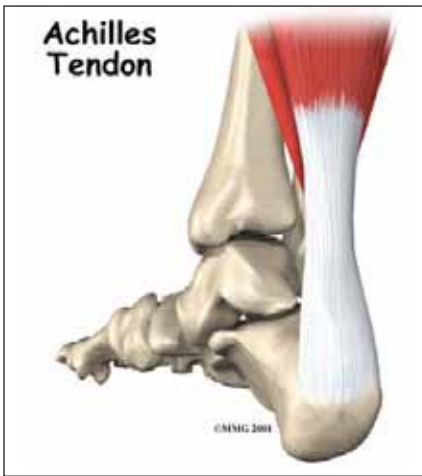


Photo credit: [www.eOrthopod.com](http://www.eOrthopod.com)

**Tendonitis—Continued from Page 5.**

Healthy tendons are made of well-organized, tightly packed collagen fibers (connective tissue) with adequate vascularization (blood supply). Tendonitis is caused by overloading the tissue through altered biomechanics, improper training schedule and improper training gear. The tissue then heals but improperly with disorganized collagen fibers in a loosely packed orientation with a poor blood supply and... no inflammatory process.

...Continued on the website!

**Go to [www.fwrunners.org](http://www.fwrunners.org) to read the rest of this article and learn more about tendonitis.**

# By-laws Revision

## Cast Your Vote at the April 15<sup>th</sup> General Membership Meeting

The FWRC by-laws outline the principles and methods that the club uses to conduct business. To serve members more effectively, the board has made minor revisions to the by-laws.

The changes allow the board to use email and the club website to communicate specific business to members. Currently, the dissemination of information is solely restricted to the print newsletter. The changes will allow streamlined and timely news delivery to club members.

The revised by-laws are printed in this newsletter issue for review. Members are urged to cast their vote to accept or reject the changes at the next General Membership Meeting on Tuesday, April 15<sup>th</sup> at 7:30 p.m., at Palermo's Italian Restaurant. A two-thirds majority of members in attendance is required for the revisions to become official. We welcome your participation!

See the revised by-laws on page 14 to review the changes.

Check the Website for Race Results, Pictures, and More!  
[www.fwrunners.org](http://www.fwrunners.org)

**FWRC TIMING EQUIPMENT FOR RENT \$100 WITH OR W/O STAND**  
**817-654-5390**

**THE RUNNER**  
RUN ON OUR TARTAN TRACK  
**ARLINGTON, TEXAS**  
*Family Owned and Operated since 1978*  
**817-461-2281**  
3535 Pioneer Parkway W., Arlington, Texas 76031  
"One of the top ranked technical running stores in the U.S."...*Runners World*  
**Exclusive 10% Discount to Club Members on all non-sale merchandise**

**Tuesday & Thursday Group Runs 7:00 P.M.**

**MOVIN' PICTURES**

**Photos that Move!**

Movin' Pictures is a photography service that specializes in things that move!

People, bicycles, cars, motorcycles, aircraft, skateboards or trains.

Dramatic photos of you in action is our business.

817-313-2832  
[www.movin-pictures.com](http://www.movin-pictures.com)

## Marathon Report

# Chevron Houston Marathon

by Meda Bourland

There are a couple of points on Houston that were good. The city turned out for the marathon. I have not seen such a high level of voluntary community involvement in a big race. While there, I never saw a motorist who acted “put-out” by the inconvenience of a street closure. The entire race was covered on TV, and I went by a “live report” about half-way through (this was cool). The TV station helicopter was there to film the start and continued filming along the course.



Meda Bourland

The Expo was exceptionally organized and getting your package was a smooth process. The Roger Clemmens Institute had a hydration project in which they weighed runners before and after the marathon. However, I didn't get to weigh after I finished.

Houston allows transfers of bibs between runners (\$40), since it is such an “in demand” race, but the time cut-off was 3½ weeks before the event. You could also go from the full to the half. Many marathons don't do that. I know some people who did not sell their number in time, which is disappointing because there were runners there who wanted to run the race.

The marathon sent out an email to all the runners asking for feedback. We also got to vote for our favorite band, and the winner received an award. There were 14 official bands in all -- groups, solo artists, and belly dancers with music playing -- lots of variety!

Now, if they'd just do something about that concrete carpet in Houston, they'd have a sweet little race there!

### Short Story

Houston was OK. It was something to experience but I'm not planning on running it again. I was not as mentally jazzed or as physically prepared to run Houston as I was to run Marine Corps 2006, and

it showed -- I ran a 3:43:32. I jogged the last six because I wasn't having any running-fun. That said, since I jogged, I got to see the course and enjoy the people and scenery. So, overall, it was an enjoyable, unenjoyable experience.

### Course

Houston is reported to be flat and fast... well, the profile is a little different than the website advertises. It is relatively flat and less hilly than Cowtown, but it is not flat-out-flat.

Houston is, above all, a relentless race on hard concrete. I have heard of it killing people's hips -- my feet took a beating. I got blisters between my toes and my feet were hyper-sensitive at the end -- something I have not experienced since my very first marathon (this was #9).

### Pace Group

I don't know if every pace group was like this at Houston, but I thought I'd go with the 3:30 group and do a sane marathon, but I didn't fall back to them until late in the race. When I ran with them, they were keeping between 7:45 and 7:30 and walking the water stops to try to average 8-minute miles. Oddly, I never saw the 3:40 pace group, but I finished with a pace leader wearing 3:50 pinned to him front and back with balloons on (and I did a 3:43:32). I am inconsistent with my pace in a race because I like to go slower, then speed up (at my age, it works), but this experience was a bust.

### Weather

We lucked out. It was cool at the start 45 and decent, and at 10 – 11 a.m., it was in the 50's. Wind threat turned into headwind in some places. But, it was mostly a breeze with some annoying sections.

### Crowd Support & Bands

OUTSTANDING! We were never completely alone. Someone was always there to cheer, and some places were thicker with crowds to watch and cheer. The course was beautiful and we went through some nice, ritzy neighborhoods. (I never heard Rocky once). There was a heavy metal band playing the inspirational “keep it moving” song. There also

were solo trumpet players playing “When the Saints Come Marching In.”

### Water

Also Outstanding! Water stations with ample volunteers every 1.5 miles. Gatorade was served. Cliff Shots had a “station” at about mile 21 where they had scores of people with kind, friendly words urging us on and plying us with their gooey salvation. Lots of people wanted to give their own treats to runners too (oranges, bananas).

### Start – Finish & Baggage Drop

Well organized, tons of parking, easy to get to, no panic. There were “Blue Salvation” (port-o-johns) inside the start corrals. Easy access corrals. Lots of food afterward.

### Expo

Disappointing. Marine Corps 2006 is my new standard for best. I even think White Rock was better than Houston. Austin certainly was, as were all the Disney expos. Lots of clothes, light on technology. Nothing new, that I saw.

### Schwag

Very nice. Cool medal, but it was a big, heavy square, almost too heavy to wear. The cotton t-shirt at registration was a light blue tech fabric finisher's shirt. Plus - the finisher's shirts were men / ladies specific cut and good size selections. And last but not least, a 10-oz. glass logo mug.

My lesson from this marathon: if you aren't feeling it, don't push it, and if you don't want to drop out, endure and it shall end.

Check your email for club news and information on upcoming events!

or visit  
[www.fwrunners.org](http://www.fwrunners.org)



# The Runner's Soul Tackling Those Hills

by Lorri Allen

*(Editor's Note: FWRC contributing writer Lorri Allen recently accepted an assignment in Atlanta.)*

Atlanta, Georgia burned to the ground in 1864. The hills remained. At 1,010 feet above sea level, Atlanta boasts the second highest elevation of any major city in the United States. From a runner's standpoint, it seems like you're either going up hill or down hill. If you find yourself running on a flat stretch, you rejoice.

Atlanta is my new hometown, and I moved here with the best of intentions. I was ready to make friends, join organizations, and volunteer. That was before the dog died, another dog bit me, my car broke down, the homeowner's association refused to repair the condo and the job failed to meet expectations. Like Atlanta during Sherman's march, my attitude crashed to the ground. And the hills didn't help.

Then after a few weeks, I noticed the hills were getting easier to climb. Nancy Templin told me that if I could conquer



Atlanta skyline

the hills, I'd be faster when I returned home to Texas.

Isn't that like life? We face challenges head on, and they get easier. Then flying down the hills is so exhilarating. The flat stretches give us a chance to coast and catch our breath... or test ourselves and run a little faster.

Whether it's your training runs, your

job or your relationships, are you faced with hills you'd rather not climb? Tackle them. They could be there to make you stronger.

Is life easy? Are you happy? Are you setting PR's? Then appreciate the fun you're having going down hill.

Are you in a flat place, neither challenged nor exhilarated?

Catch your breath—you could soon be going up-hill or downhill, and this is a chance to test your growth.

Now that I decided not to let the literal hills keep me from running, I'm working on those figurative ones. Atlanta built many businesses in just two years after burning to the ground. With prayer and a few long runs, maybe my attitude will rebound in less time.



THE WOMEN'S CENTER



12th Annual  
**Victory**  
Over Violence

**Saturday, April 12, 2008**  
**Trinity Park Duck Pond in Fort Worth**  
**1K Fun Run 8:00 a.m. • 5K Walk/Run 8:30 a.m.**

Early registration on or before  
March 31: \$15 Adults, \$7 Kids

Brochures available by calling 817-927-4006  
Register on-line at [www.womenscenter.info](http://www.womenscenter.info)

Benefiting the Anti-Violence Programs of

**THE WOMEN'S CENTER**

# Metroplex Team Cleans Up

by Melanie Endert

Yes, we did it for the “fun” of it, but there was a competitive streak burning in each of us...if we were gonna run 203 miles in 24 hours, why not try to haul home some hardware?

It was the inaugural Texas Independence Relay, held March 1-2, 2008, and we were the “Trinity River Trash” team—a deceptively named group of DFW racers (and a mixer from Connecticut), ready to follow the course laid out years ago by those who fought the battles to win our great state’s independence.

After staying overnight, near the race’s starting line in Gonzales, we headed to the little town’s square for our assigned staggered start time. The patriotic theme of the race and the overwhelming warmth of every volunteer and town we would encounter began there.

After a one-mile starting lap together as a team, our first runner peeled off and began his first leg of about six miles. The 10-person team (five men, five women) was divided between two vans. One van was “on-duty” at any given time.

As runner #1’s first leg neared completion, we waited for him at the appointed exchange so that runner #2 from our van could receive the baton (a plastic slap bracelet). As this second runner took off, we let the first runner cool down for a few minutes, use the port-a-potty, and then jump in the van as we headed off to the next exchange. This way, runner #3, could be in place when #2 came into view, and so on. As the last runner in our van, #5, finished running, the second van was ready to take over, and their first runner (actually #6 for the race) was ready for the exchange.

When each of us in the first van had run our fist legs (of the four legs we would eventually run), we found a little local restaurant along the route, and dined on very homemade chicken soup, sandwiches and baked potatoes. We had a few hours to wait while the second van runners completed their first legs, then we had to be ready to take over again.

Things started to get interesting as the sun went down, because we just kept running—only now it was pitch black, kind of lonely and basically pretty scary. We wore headlamps, reflective vests, and clip-on blinky lights. But those barely stood up to the 18-wheelers that whizzed head-on in the lanes just beyond the shoulders we ran on. The drivers most certainly surprised by the crazy middle-of-the-night runners encroaching on their desolate territory.

Because of the staggered start, we had not seen a single runner from the race up to this point; but as 3 and 4 a.m. approached, that all-important competitive streak was going to provide some much-needed midnight oil. As we began to pass runners from other teams on the deserted highway, we stayed fired up by chalking them off as “bogeys”. We were starting to count and calculate any teams we’d spotted along the way, and wondered what their standing might be at this point?

As the last legs of the race entered the city of Houston, the one weak spot of the race organization came to light—poor markings (or complete lack of markings) on areas of the course resulted in added time and mileage to the race legs of four team members.



Members of the Trinity River Trash team included Bob Stachow, Paul Kosakowski, Annabell Lee, Denise Boerner, Lynn Parker, Seth Shiver, Rachel Harp, Robert Webb, Melanie Endert and team captain Ben Boerner.

However, our collective need-for-speed filled in the gaps and powered us to the finish line at the San Jacinto Monument.

The finishers’ medals—huge, heavy, encircled iron stars that hung from wide brown ribbons—looked and felt like they’d been cast from the star at the top of the monument itself!

As we wolfed down pizza and candy bars (we’d been dutifully chomping on rice cakes and Gatorade ever since that chicken soup the day before), we checked out the teams who might be vying for our title. Then sure ‘nuff, we got called up to the judges’ stand and it wasn’t for some chintzy gold-colored plastic! This is TEXAS, and we each got awarded a generous Salsa Sampler box for winning second place in the Open Mixed Division with a time of 25:38:55, at a pace of 7:33, in a field of 63 teams, and seventh of 113 teams overall. (The team who beat us in our division came all the way from Los Angeles, so we’ll give it to ‘em, eh?)

The ride home from Houston was quiet, with dreams of eating more real food, using real bathrooms, and spending the entire upcoming week catching up on lost sleep. Next March, there will be more Trinity River Trash blowing in on the Houston highways, and we’ll be cleaning up again!

# Capturing the Moments...



# Capturing the Moments...

Continued

***Congratulations*** to everyone who participated in the Cowtown Marathon, and thank you to all our volunteers!





*FWRC Races are full of fun, food and friendly competition! Bring your friends and family to the next race. See the club race calendar on page 2 or visit [www.fwrunners.org](http://www.fwrunners.org) for more information.*

**FORT WORTH RUNNERS CLUB (FWRC)  
INCORPORATED  
CONSTITUTION & BY-LAWS**

**OBJECTIVE**

The primary objective of the Fort Worth Runners Club (FWRC) shall be the promotion and encouragement of running, walking, jogging and the education of its members and the community on the benefits of this physical fitness sport.

The FWRC may hold championships, races on road or track, time trials, relay events, social runs, lectures, demonstrations, social events, provide awards and do all other such things as may be conducive to the encouragement of running, walking, or jogging as a healthy, lifelong family activity.

The FWRC will remain dedicated to the encouragement of running, walking, jogging, etc., as a healthy, lifelong family activity. The FWRC shall stimulate individual members to strive for the highest standard of proficiency, sportsmanship, conditioning, and health and safety consciousness.

**By-laws**

- I. Name and Address of Office
- II. Prohibited Activities
- III. Membership
- IV. General Election of FWRC Board of Directors, Eligibility for Office, Vacancies, Appointments, and Removal of FWRC Board of Directors
- V. Executive Officers, Board of Directors and FWRC Board of Directors
- VI. Duties of FWRC Board of Directors
- VII. Standing Committees
- VIII. FWRC Board of Directors Meeting and General Membership Meetings
- IX. Membership Dues
- X. BY-LAWS Amendments
- XI. Dissolution
- XII. Effective Date

**ARTICLE I**

Name and Address of Office

Section 1 - The name of the organization shall be Fort Worth Runners Club, Inc. (FWRC)

Section 2 - The Address of the FWRC will FWRC P.O. Box 33193, Fort Worth, Texas 76162-3193 and the web site address is fwrunners.org

**ARTICLE II**

Prohibited Activities

Section 1 - No part of the net earnings of the FWRC is to be for the benefit of, or be distributed to, its members' officers.

Section 2 - No substantial part of the assets of FWRC shall be used to perform particular services for its individual members unless these services are identical to the primary objective.

Section 3 - Notwithstanding any other provision of this constitution, FWRC shall not engage in or carry on any activities not permitted to be engaged in or carried on by a corporation described in Section 501 © (7) of the Internal Revenue Code of 1954 (or the corresponding provision of a future federal income tax law).

Section 4 - Conflict of Interest - The FWRC Board of Directors has a duty to act in the organization's best interest. FWRC Board of Directors shall not, acting alone or in conjunction with others, directly or indirectly become involved with a conflict of interest or upon its discovery allow the conflict to continue. A FWRC Board of Director is expected to immediately disclose to the President or the FWRC Board of Directors any facts which might involve a conflict of interest.

Section 5 - FWRC Board of Directors shall not receive any stated salaries or other compensation either in cash or kind for their services as FWRC Board of Directors. FWRC Board of Directors may receive reimbursements for expenses incurred on behalf of the organization and may receive compensation for serving the organization in any other capacity for which such compensation is allowed by law.

**ARTICLE III**

Membership

Section 1 - Membership in FWRC shall not be restricted by age, sex, race, creed or national origin provided they subscribe to the principles, goals and objectives as stated

in the bylaws of the organization.

Section 2 - Membership is open to anyone who pledges to abide by these bylaws and pays dues which are collected annually. Persons under 18 years of age must obtain written consent from their parent or legal guardian.

Section 3 - Membership in the FWRC may be terminated upon non-renewal of dues or if a written request is received. There will be no refund of dues.

**ARTICLE IV**

General Election of FWRC Board of Directors,  
Eligibility for Office, Vacancies, Appointments, and  
Removal of FWRC Board of Directors

Section 1 - General Elections are held on the third Tuesday in September of odd-numbered years.

Section 2 - In order to be eligible for a position on the FWRC Board of Directors, an individual shall meet the following requirements:

A. Executive Officer:

1. Must be a member in good standing for at least one year by election day with current dues paid.

2. Shall be nominated by a member of the FWRC or individuals may nominate themselves.

3. Must be a minimum of 18 years of age on the day of election.

B. Board Member

1. Must be a member in good standing for at least three months by election day with current dues paid.

2. Shall be nominated by a member of the FWRC or individuals may nominate themselves.

3. Must be a minimum of 18 years of age on the day of election.

C. The President shall appoint one officer and three board members to serve as the "Qualifications Committee for Nominees (QCN)."

D. These appointments shall be made at least sixty days prior to the election day. The QCN is tasked with validating that the Nominee's dues are paid, that Nominee has been a member of the FWRC for one year for an Executive Officer's position and three months for a Board Member position, that the Nominee understands what is expected of an elected Officer or Board of Director, and that the Nominee has an interest in furthering the goals of the FWRC and has submitted a signed or electronic confirmation of acceptance of his or her nomination which has been validated by the QCN.

E. The QCN shall report to the FWRC Board of Directors at the August meeting all nominees that have passed the QCN's validation process and those nominees shall be listed in the FWRC Newsletter.

F. All FWRC members having an interest in seeking a position on the Board of Directors must submit their name to the FWRC address indicating such interest. This submission must be placed no later than 60 days prior to the September of an election year.

Section 3 - In order to elect officers and Board Members: Nominations shall be secured from the general membership via written correspondence, email or telephone calls submitted 60 days prior to the September of an Election year.

A. After nominees have accepted nominations, the voting shall be conducted by mailed written ballot, email or by presenting a written ballot at the General membership meeting where the ballots are being counted. The counting of the ballots will be under the supervision of the Secretary and at least one Vice-President.

B. Officers and Board Members are elected by a majority vote of the general membership and shall be announced and assume office on October 1 of the year of the election.

C. Elected officer/board members shall serve terms of two (2) years. Officers/Board Members may hold the same office for multiple terms. Regardless of when elected, terms shall automatically expire at the end of September of odd-numbered years.

D. Members in good standing shall be allowed one (1) vote per office at said election and must be at least 18 years of age and family memberships are entitled to two votes.

Section 4 - Vacancies and Appointments to the FWRC Board of Directors

A. Vacancies on the 12 person Board of Directors shall be filled within 30 days of the vacancy by the President. Those appointed shall hold office until the next regularly scheduled election.

B. Vacancies of the Executive Officers shall be filled

within 30 days of the vacancy by the Board of Directors. Those appointed shall hold office until the next regularly scheduled election.

C. Individuals that are appointed to a vacant Executive Officer's position by the Board must have been a member in good standing for at least one year at the time of the appointment.

D. Individuals that are appointed to a vacant Board of Director's position by the President shall have been a member in good standing for at least three months at the time of the appointment.

Section 5 - Removal of FWRC Board of Directors

A. A FWRC Board of Director Member can be removed by a vote of at least 2/3 members of the FWRC Board of Directors at all regular or called meetings of the board.

B. A written notice shall be given to the FWRC Board Member targeted for removal informing him or her that a vote for removal shall take place at the next FWRC Board of Directors Meeting.

C. The FWRC Board Member proposed for removal shall be informed in writing of the right to have 10 minutes to defend him or herself on the based allegation(s) before the vote for removal at the FWRC Board Directors meeting.

**ARTICLE V**

Executive Offices, Board of Directors and FWRC Board of Directors

Section 1 - The Executive Officers shall be structured as follows: President; First Vice-President; Second Vice-President; Third Vice-President; Treasurer; Secretary

Section 2 - The Board of Directors shall be structured as follows:

The Board of Directors shall consist of twelve (12) voting members. Board Members that were elected as a team shall have only one vote on all matters of the Board. Discussion by the elected team(s) shall be limited to only one person speaking per team on issues being discussed. However, the non-speaking team member can request, from the President, the opportunity to address an issue.

Section 3 - The FWRC Board of Directors shall be structured as follows:

The FWRC Board of Directors is made up of the Executive Officers and the Board of Directors. They shall be empowered to determine the general policies of the organization and determine what proposals may be initiated by individual members of the organization. The proposals will be discussed and voted on by the FWRC Board of Directors. The FWRC Board of Directors also determines fees for the club events and rental prices for club equipment.

**ARTICLE VI**

Duties of the FWRC Board of Directors

Section 1 - The President shall:

A. Preside over all the meetings of the general membership and those of the FWRC Board of Directors.

B. Call special meetings when necessary

C. Enforce all the laws and rules of the organization

D. Appoint interim committees, subject to approval by the FWRC Board of Directors, and perform all other duties as required for the effective functioning of the organization

E. Call meetings of the general membership or the FWRC Board of Directors via a telephone call, through the newsletter or through e-mail.

F. Co-sign checks of more than \$700.00 with the Treasurer or Vice-President of Finance

G. Shall fill vacancies of the twelve (12) voting Board of Directors Members whenever a vacancy occurs in accordance with Article IV Section 4 and within thirty days of the vacancy.

Section 2 The Vice-President(s) shall:

1<sup>st</sup> Vice-President - Membership:

A. Perform duties of the President due to absence or inability of the President to perform the duties

B. Assist President in completing duties listed in Section 1 above

C. Be in charge of membership and new recruitment of members

D. Assist Club with communication with Membership, via any and all avenues found to be appropriate

2<sup>nd</sup> Vice-President - Races:

A. Assist President

- B. The Race Director for the club will coordinate all club races with the FWRC Board of Directors
  - C. Be responsible for the race course (correct route and length)
  - D. Report newly acquired equipment to the FWRC Board of Directors so it can be added to the property list.
- 3<sup>rd</sup> Vice-President - Finance:
- A. Assist President
  - B. Oversee the Finance Committee.
  - C. Work with Treasurer in monthly operation as needed
  - D. Co-Sign checks of more than \$700.00 with Treasurer or President
  - E. Supplies financial statements to members upon their request
  - F. Prepares a yearly budget and present to the FWRC Board of Directors by the end of the first quarter of the year.

Section 3 The Treasurer shall:

- A. Be the custodian for all funds of the FWRC
- B. Disburse funds as directed by the FWRC Board of Directors
- C. Keep record of all assets/liabilities of the FWRC
- D. Submit a Financial Report to the FWRC Board of Directors on a monthly basis. Report will include all income/expense incurred during prior membership month
- E. Work with 3<sup>rd</sup> Vice-President of Finance to prepare a quarterly statement for the general membership
- F. Co-sign checks of more than \$700.00 with 3<sup>rd</sup> Vice-President of Finance or President

Section 4 The Secretary shall:

- A. Maintain accurate records of all FWRC Board of Directors Meetings
- B. Be responsible for all correspondence including mailing of meeting minutes of the FWRC Board of Directors meetings.
- C. Be responsible for notifying all members of the FWRC Board of Directors of meeting time, date and place. Be responsible for scheduling the place of the meeting. The date and time will be set by the FWRC Board of Directors by majority vote
- D. Be responsible for gathering data on nominating ballots for elections of officers

Section 5 The FWRC Board of Directors shall:

- A. Assist with club races as assigned or be a Race or Co-Race Director for one race in a twelve (12) month calendar year.
- B. Assist the Vice-President with publication and mailing of the FWRC newsletter
- C. Assist with other club functions as needed
- D. At the October meeting appoint a FWRC Board Member to serve as Property Manager for the FWRC. The Property Manager shall conduct a complete inventory of the FWRC assets (tables, clocks, water jugs, etc.) and provide a written report to the FWRC Board of Directors no later than the February FWRC Board of Directors Meeting of each year
- E. Communicate to the general membership the issues being discussed at the Monthly FWRC Board of Directors Meetings. This information shall be shared with the general membership at the General Membership Meetings, or via newsletter or e-mail.
- F. Fill Officers vacancies within 30 days of the vacancy and in accordance with Article IV, Section 4.
- G. Appoint committee chairs for the following Standing Committees: Financial, Trophy and Labor Day Race.

**ARTICLE VII**

Standing Committees

Section 1 - Standing Committees are:

- A. The Finance Committee
- B. The Trophy Committee
- C. The Labor Day Race Committee

Section 2 - Volunteers shall be solicited for work on committees by the Board of Directors or as interest is expressed by a member.

Section 3 - Special committees shall be determined by the FWRC Board of Directors as needed.

Section 4 - Duties of the Standing Committees:

A. Finance Committee - The Finance Committee shall review all financial transactions on a quarterly basis to ensure the financial stability of the FWRC and to validate all monies paid. The Finance Committee shall conduct an annual audit of the financial records by the end of the first quarter of the year. The Committee

shall issue a written report to the FWRC Board of Directors stating its findings no later than 30 days from the beginning of the audit. The Committee's report shall report areas needing improvements and recommendations. The Finance Committee shall review and approve the yearly budget prepared by the Vice-President of Finance before it is presented to the FWRC Board of Directors.

B Trophy Committee - The Trophy Committee shall conduct an inventory of all trophies in the FWRC storage shed and report to the Board of Directors by the end of the first quarter of the year a list of trophies available for use by Race Directors.

C. Labor Day Race Committee - The Labor Day Race Committee shall be formed by the end of the last quarter of the year and begin planning for the next Labor Day Race. The Race Director(s) shall report to the FWRC Board of Directors by the end of the first quarter of the year the following, at a minimum, 1) T-shirt design, 2) race pamphlet, 3) committee chairs, 4) location of race, 5) projected budget, 6) potential sponsorships, and 7) other items of importance. A monthly update shall be given at each FWRC Board of Directors Meeting.

**ARTICLE VIII**

FWRC Board Directors Meetings and General Membership Meetings

Section 1 - FWRC Board of Directors meetings will be held no less than once each quarter, unless a quorum cannot be met. A Quorum consists of a majority of the FWRC Board of Directors, at least two (2) of which must be Executive Officers. All FWRC Board of Directors Meetings shall be conducted by and adhere to "Robert's Rules of Order." The presence in person of not less than the majority of the FWRC Board of Directors is requisite and shall constitute a quorum. Action by a majority of the FWRC Board of Directors which a quorum has been established, shall be the action of the FWRC Board of Directors of this organization, except in the instance where quorum was established and where the number of Directors subsequently falls to less than seven (7) during the remainder of the meeting, or except where otherwise stated.

Section 2 - Attendance at regularly scheduled and special meetings of the FWRC Board of Directors.

A. Notice of any meeting of the FWRC Board of Directors, regular or special, stating the time and the place where it is to be held, shall be served by telephone or by email to each FWRC Board of Director not less than 48 hours before the meeting. The notice of any special meeting shall state the purpose of the proposed meeting. Business transacted at all special meetings shall be confined to the subjects stated in the call and matters germane thereto.

B. FWRC Board of Directors must RSVP to the Secretary 48 hours in advance via phone or e-mail if they are unable to attend a FWRC Board Meeting. The Secretary shall determine if a quorum will be established for the meeting and inform the FWRC Board Members of his or her decision to hold a meeting 24 hours prior to the time of the scheduled meeting via e-mail.

C. Should any member of the FWRC Board of Directors be absent from three regular scheduled meetings during any twelve-month period beginning from the date of their election or appointment to the board, the Secretary or President shall notify the FWRC Board of Directors at the next regular scheduled meeting of the number of absences and of any extenuating circumstances related to the absences.

D. At this meeting a vote shall be taken to notify the FWRC Board of Director Member of a vote for removal from the Board at the next Board Meeting in accordance with Article IV Section 5.

Section 3 - Special meetings may be called by the President or any 2 Executive Officers or by eight (8) members of the Board of Directors.

Section 4 - General Membership meetings shall be held at least one per quarter but may be held more often (typically the third Tuesday of a given month, except the month of December).

**ARTICLE IX**

Membership Dues

Section 1 - Membership dues shall be determined by a majority vote of the FWRC Board of Directors as

needed.

Section 2 - Payment of dues shall be in advance through annual remittance to FWRC, P.O. Box 33913 8181, Fort Worth, Texas 76162-3193 76124-0181 or submitted at FWRC functions.

Section 3 - Members in arrears for more than 60 days will be suspended from membership and not considered in good standing.

Section 4 - Members in good standing shall:

1. Have a right to participate in agenda items presented at General Membership Meetings and may vote on any matter brought before the meeting. Must be at least 18 years of age to vote.
2. Have equal rights to any elective office and appointment to any committees.

Section 5 - The FWRC is a nonprofit organization. Dues, entry fees and other monies received by the FWRC shall be spent entirely for carrying out the stated objectives and purpose of the FWRC.

Section 6 - Involuntary termination of membership shall occur when two-thirds (2/3rds) majority of the members present at a regularly scheduled general assembly meeting formally vote to terminate membership of any member proven to have violated the principles, goals and objectives of the club.

A. The President of the FWRC shall inform the FWRC Member of his or her involuntary termination in writing and of the thirty (30) day time limit to request a hearing at the next monthly FWRC Board of Directors Meeting.

B. A FWRC Member that has received an involuntary termination has thirty days to request a hearing and such request shall be in writing.

C. The FWRC Board of Directors shall grant the FWRC Member 10 minutes to defend himself or herself on the allegation(s) brought against him or her.

D. The FWRC Board of Directors after hearing the FWRC Member shall vote to reinstate and overturn the General Membership vote, place the FWRC Member on probation or terminate membership for a certain number of years.

E. The FWRC Board of Directors vote on such matters shall be unanimous.

Section 7 - New members may be recruited throughout the year and dues shall be paid upon application.

**ARTICLE X**

By-laws Amendments

Section 1 - By-law amendments are proposed by a majority vote of the FWRC Board of Directors. Any FWRC Member can propose an amendment only in writing to the FWRC Board of Directors. Proposed amendment(s) that receive a majority vote by the FWRC Board of Directors shall be given to the general membership via email or posting on the FWRC website thirty (30) days in advance of a General Membership Meeting.

Section 2 - A By-law amendment is passed by two thirds (2/3) vote of members present at a general Membership meeting and/or via electronic ballot (via email or the FWRC web site).

Section 3 - Only members who are members in good standing and have been members for at least 60 days prior to the general meeting may vote on such an amendment.

**ARTICLE XI**

Dissolution

Section 1 - In the event of dissolution of the FWRC, the funds in the treasury shall be donated to 501 (c-3) organizations in the City of Fort Worth, after all creditors have been paid, as the Board of Directors shall determine.

Section 2 - Disbursement/sale of the equipment shall be determined by the FWRC Board of Directors.

**ARTICLE XII**

Effective Date

This Constitution and By-laws, as amended, are effective as of the date signed below.

SIGNED

\_\_\_\_\_  
Lisa Stingley, President, FWRC  
Date

\_\_\_\_\_  
Kim Andres, Secretary  
Date

(Parent or guardian if under 18)

Signature: \_\_\_\_\_

Date: \_\_\_\_\_

I know that running or volunteering to work at club races are potentially hazardous activities. I should not enter club activities unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete an event. I assume all risk associated with running/walking and volunteering to work at club races. Having read this waiver, and in consideration of acceptance of my application for entry in the Fort Worth Runners Club, I hold the Fort Worth Runners Club and all sponsors, representatives, or their successors free from all claims or liabilities.

Family Members: Names: \_\_\_\_\_

Birthdays: \_\_\_\_\_

Spouse Name: \_\_\_\_\_

Spouse Birthday: \_\_\_\_\_

Email address: \_\_\_\_\_

Telephone: (home) \_\_\_\_\_

(work) \_\_\_\_\_

City: \_\_\_\_\_

State: \_\_\_\_\_

Zip: \_\_\_\_\_

Address: \_\_\_\_\_

Name: \_\_\_\_\_

Last

First

Birthdays: \_\_\_\_\_

Please Check: \_\_\_\_\_

New: \_\_\_\_\_

Renewal: \_\_\_\_\_

\$15 Individual: \_\_\_\_\_

\$18 Family: \_\_\_\_\_

# FWRC Membership Application



Fort Worth Runners Club  
P.O. Box 33193  
Fort Worth, TX 76162-3193

NONPROFIT ORG.  
U.S. POSTAGE PAID  
FT. WORTH, TX  
PERMIT NO. 394

Be sure to check your membership renewal date. Please let us know when you move!!

Annual dues for the year in the Fort Worth Runners Club are \$15 individual / \$18 family