



Fort Worth Marathon Newsletter

12/31/2015

RUN LIKE A CHEETAH



The 9th annual Fort Worth Marathon had 1300 runners and close to 2000 spectators. Our race continues to grow every year. We are happy to announce next year's race date will be **November 13, 2016** at the Shack on Panther Island Pavilion.



Steve Looney was published in the October edition of **76107 Magazine**, titled "**Get Moving**" by Sarah Angle. She spoke about his **Run Like a Cheetah** program and his dream of stopping child obesity. [Click here](#) for the full article.

As the year comes to an end we want to say thank you to all our sponsors, runners, vendors and volunteers. We could not continue to be successful without your devotion, help and donations.

We said goodbye to Alli Forrester, our previous Executive Assistant. She graduated with her Bachelors degree from TCU's School of

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Communications on Saturday December 19, 2015. We wish her all the best in her new ventures. As one great person leaves, another enters. Kendall Alles joined the Fort Worth Marathon team as the new Executive Assistant on November 30, 2015.

Coming up: Look for a special offer in January's newsletter.

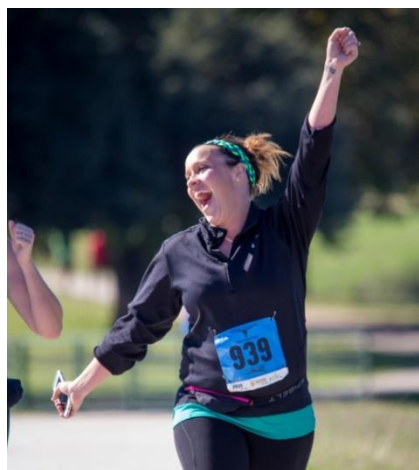


Staying Injury Free in 2015

By: Sara Crouch for Active.com

“It's rare for runners not to experience at least one sidelining injury in their lifetime. The trick to staying injury-free isn't just how you treat your body in the hour or so each day that you're running, but in the other 23 hours that you're recovering.”

[Click here](#) to read full article.



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David Norcott

December 29, 2015

By: Jeff Cunningham

You woke up today and decided it was time to make a change in your life. It's January 2016 and today you're going to start that new program, lose a few pounds and get in shape. You're good at making excuses and like always you found a good excuse to put it off until tomorrow. That's ok, right? Maybe just maybe, you need a little inspiration. They say every journey begins with the first step. What if you didn't have feet to take that first step; or legs for that matter? Would you just give up and check out? If your name is David Norcott that first step is not enough. You set high goals for yourself and act on them. You start with artificial limbs called "Stubbies" and do more than most people with two legs aren't even willing to try. You set attainable goals that you know will be painful to reach, but you never back down from them. Come with us as we follow David on his

amazing journey. I guarantee you that David's story will motivate and inspire you. We will start to follow David in our next newsletter but what about today? Does it matter that you went for a run, took a walk or went to the gym? What matters is that you acted instead of making another excuse. What are you waiting for? Turn off this computer and get started!



