

The New Year is upon us! Welcome to 2016 everyone we are excited to be celebrating our 10th anniversary with all of you!

NOTES & NEWS

Big things are happening! The [Run Like a Cheetah Program](#) is making a come back. We are getting a group of coaches together to go to the schools in Tarrant County and teach the after school groups about healthy nutrition and regular exercise. Individuals interested in volunteering your time or making contributions to support the school program are welcome to call or contact our office. (817) 731-6276 or fortworthmarathon@gmail.com.



FORT WORTH MARATHON

RUNS COMING UP

JAN. 30-Hereos For Hope Half Marathon, 5K Run/
Walk
JAN. 30- 28th Annual Lake Benbrook Half
Marathon and 5K
FEB. 12-30th Annual Haltom Stampede
FEB. 20-Form Follows Fitness 5K-2016
MAR. 5-Equip Disciples
MAR. 5-Dallas Color Vibe 5K Run
MAR.13-2016 Panther City Half Marathon & 5K
APR. 16- Texas Big Star Half Marathon & 5K

Hot Deal!
Use Promotion Code
COMMIT
for \$20 dollars off the
Marathon, Half or 20 Miler.
Hurry through!
Offers good Now - February 20th.
fwmarathon.athlete360.com



Quote of the month:

Have a dream,
make a plan, go for
it. You'll get there
I promise.
~ Zoe Koplowitz

Article of the Month

Top Winter Marathon Training Tips.
By Patrick:
If marathon training is hard, then training for a marathon though the winter is downright difficult. Instead of just worrying about mileage, you now have to take the weather, daylight, and countless other factors into account. [Click Here](#) for the full article.

SPI Jeff Cunningham

January 14, 2016

David Norcott

The Journey. One Step at A Time.

Every journey starts with the first step. The destination is known sometimes. However, others are controlled by destiny.

David Norcott was born in Fort Monmouth, New Jersey. From there, he moved with his family to Hanoi, Germany. Eventually David's family moved back to the states where he grew up in Maryland.

Having a desire to serve lead David to his calling. He became certified and worked as an Emergency Medical Technician in the Washington D.C. area. Calls for his services came from all walks of life. They covered the broad scope of humanity. David recalls his days working as an EMT: "When you're an EMT in D.C. you might be in the projects stabilizing a patient with a gunshot wound. Then find yourself in a embassy thirty minutes later treating a foreign diplomat."

This would be enough for most people but David had a bigger vision of service. When the chance to become a Police Officer and EMT presented itself, he jumped at it. In June 1997, David moved to Fort Worth, Texas. 14 months later David's journey in this world hit a road block. A tragic car accident after an argument with his girlfriend would forever impact his life.

Looking back at his training, he realizes that the protocol could have led the attending EMT to not have even worked on him. The list of injuries he suffered were beyond words: Closed head injury with hemorrhage, collapsed lung leading to respiratory arrest, aortic aneurism leading to cardiac arrest. His back was injured as well with a spine injury. Both of David's arms and legs were broken. Burns covered a large part of his body. Lucky for David that night he had an EMT that was not going to give up on him. Just like he himself had worked on so many badly damaged people bodies in the past.

In spite of all this David would recover. For several years that followed the accident David suffered through the addiction of pain medication and alcohol.

His journey through life changed forever.