

NOTES & NEWS

FREE TRAINING PROGRAM

Now is your chance to get a head start on your competition for this year's race. [CLICK HERE](#) to download our free training program.

Not a runner but still want to participate. Click here to [VOLUNTEER!](#)

Join Us For FWM, Ribbon Cutting

**On 4/12/16
@ 2 p.m.**

**In Parking lot of
5358 W. Vickery Blvd.
FTW, TX 76107**

Join us for snacks & drinks.

Please R.S.V.P.

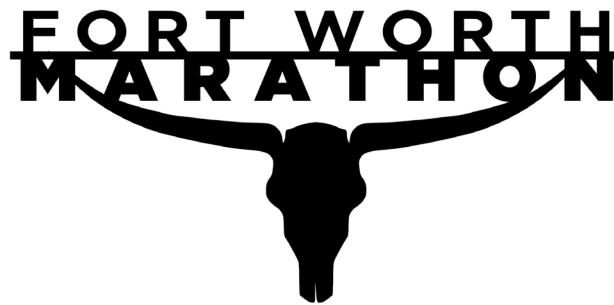
Article of the Month

6 Tricks To Stay Motivated While Training For A Race

By: Christine Hinton,

Woman's Running

#4. Reward yourself.



SAVE THE RACE DATE: 11/13/16

- | | |
|---------|--|
| 3/19-20 | Rock 'n' Roll Dallas 1/2 Marathon & 5k |
| 4/10 | Big D Texas Marathon & 5K |
| 4/16 | Irving Marathon |
| 5/8 | Cox Running Club Half Marathon & 5K |
| 6/11-12 | Wounded Warrior Half, 10K & 5K |
| 6/26 | Jalapeño Half & 5K |

FWM Dinner with Live Entertainment Night Before Race Survey

1. What kind of Entertainment?
2. Do you like Live Music or Comedy?

TO TAKE SURVEY

[CLICK HERE](#)

Deal of the Month!
Use Promo Code
SAVE15
For \$15 off
Marathon, Half or 20 Miler.
Expires: April 15th
[Click here](#)
To Register

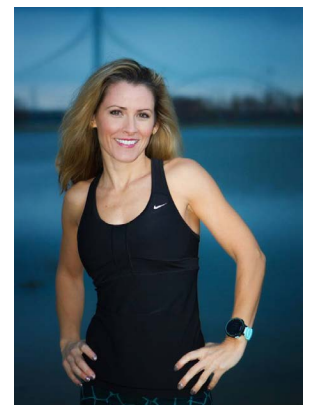
Follow Us On!



Quote of the month:

By: Catherine Rash,
TCU ROXO,
Social Media Manager

Meet Ashlee - She was the FWM's 2015 Women's Half Marathon winner and here's her advice for first time racers: "Know who you are and how you operate in areas of life other than running. If you perform well under pressure, then keep your race expectations high, but realistic. If you crack under pressure, then remind yourself that your race day is unlike any other hard training day. Either way, don't be too attached to your race outcome. Enjoy the journey!"



David Norcott's Journey

FOURTH INSTALLMENT

By: *Jeff Cunningham*

March 14, 2016

You're curious about where David was headed next Most people in David's situation would be content just to walk. Not David he always has bigger goals. His first goal was to get in the best shape of his life. This lead him to the YMCA in Benbrook. Here David found not only the training he needed but the care and support of a family. The crew at the YMCA helped David train to the point that he was ready to consider even bigger goals.

David's next focus was to train for a marathon. Samantha, Jacquelin, and Keith at the Benbrook YMCA encouraged David to compete in marathons. A daunting task for all of us with two legs. David's first 10K was the Fort Worth Turkey Trot. David along with his fellow amputees Larry Olcheck and Ricardo Mendez went on to notch races on their marathon belts. David also wants to credit his friend Renee Franklin for her support at the Fort Worth Turkey Trot. When you see Renee and David around town at local racing events ask them their pre-race ritual.



David also wants to thank Jerry Johnson for all his help knowledge and support. The information he provided on training, nutrition and marathon preparedness helped David immensely. Another invaluable part of David's racing team are the guys and gals with Cox Runner Club. Ricky and Demery have also proved to be another essential element of David's racing team. David also wants to mention Nurit Garcia, Duane Hammon, Fiona Greene, Berni Heymon and John Wells. I think you can see by now that David is blessed with a great support team. Next month you will get to meet David and he will let you know what he's currently up to.