

MAY 2016

5358 W. Vickery Blvd.
Fort Worth, TX 76109
817-731-5890
www.fortworthmarathon.org

NEWSLETTER

NOTES & NEWS

**FREE
TRAINING
PROGRAM
[CLICK HERE](#)**

NOT A RUNNER but still want to participate.

Click here to **[VOLUNTEER!](#)**

SPONSORSHIP

Become a Sponsor and support our Kids Program:

[Run Like A Cheetah.](#)

RUN LIKE A CHEETAH

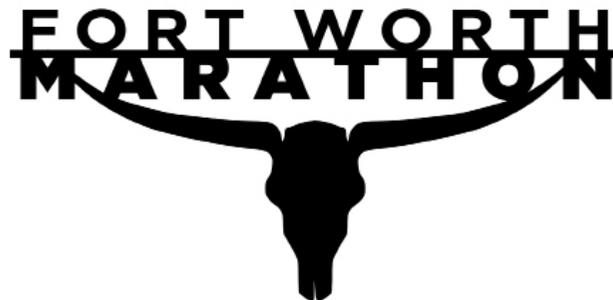


Article of The Month

By: **Matt Fitzgerald**
For **Active.com**

The Ideal Pre-Race Warm-Up.

There are three distinct ways in which warming up prepares the body to race. [Click Here](#) to read more.



SAVE THE RACE DATE: 11/13/16

- 5/8 Cox Running Club Half Marathon & 5K
- 6/11-12 Wounded Warrior Half, 10K & 5K
- 6/26 Jalapeño Half & 5K
- 7/17 Wildfire Half
- 8/14 Hottest Half
- 9/24 Plano Balloon Festival Half Marathon & Relay

TAKE OUR SURVEY

[CLICK HERE](#)

**FWM Dinner with Live Entertainment
For The Night Before The Race.**

Deal of the Month!

Use Promo Code

SAVE15

For \$15 off

Marathon, Half or 20 Miler.

Expires: May 30

[Click here](#)

To Register

Follow Us On!



Quote of the month:

Lynn Jennings an American long-distance runner says:

“I succeed on my personal motivation, dedication, and commitment. My mindset is: if I am not out there training, someone else is.”

Recipes Made for Runners:

By Gordan Ramsay:

Loading up on carbs is the best and the PANCETTA SPAGHETTI is quick and easy. [Click Here](#) to download the full recipe.



Ridglea Hills Elementary School Field Day

On April 15th, 2016; Run Like a Cheetah, Fort Worth Marathon, and Southwest Sports Massage sponsored the Kids Olympics field day at Ridglea Hills Elementary School! With the help of Coach Marchin and Coach Mayoyo we taught all the kids how to properly warm-up, stretch and run. A warm thank you to Gil Daley, Coach Cunningham, Camp Gladiator and all the teachers for a great day of fun and exciting activities.



Meet Dennis!

That big thing around his neck, is a 15lb jump rope. Yup! A jump rope. With the help of the Benbrook YMCA he will be jumping rope all the way to the finish line on the Full Marathon course with the Fort Worth Marathon, on Nov. 13th, 2016. All proceeds will be split between Benbrook YMCA and Run Like a Cheetah.



Special Thanks

To our TCU ROXO team. They have done an excellent job for us this year. Creating all our marketing materials, new logo, social media, interviews, and theme for 2016. We hope to work with a few of them next semester and wish the graduates good luck in their next endeavor! (Left to Right. David Brennan, Taylor Winden, Emily Castellanos, (FWM-Steve Looney & Kendall Alles), Catherine Rash, Stephen Rivera, and Alex Van Cleef.)



David Norcott's Journey

FIFTH INSTALLMENT

By: David Norcott

May 2, 2016

I was invited!

In January 2013, to participate with an office team racing in the Fort Worth Zoo Run 5K in April 2013. "I laughed", in surprise and shock that my co-worker would even ask me, as I am an double above the knee amputee from the knee down. After a week the invitation got louder and louder in my heart and my spirit. I decided to accept the invitation to the race. I had no idea what I was in for, where to begin or how to start preparing for such an event.



The first step I took was calling my prosthetics' doctor Mark Ashford. After I explained my situation, he said, "Great, get started training!" He even helped lead me through the preparation process for the race.

Over the next few months, I went through many emotions, thoughts, and experiences. "Could I do this, how will I finish?" I realized when I invested in myself; the return was enormous and immeasurable. That investment continues with me today.

With the first hurdle out of the way of committing to the race, brought another, then another, and yet another hurdle, including another race for me to overcome. This

resulted in experiential confidence, that no one; I repeat no one could take away from me. I earned them and experienced them, fear and all. Some of the barriers I broke while preparing for the race allowed me to overcome other obstacles in my day-to-day life. I no longer used the scooter at Wal-Mart and other stores. I could shop, buy gas and drive home, put my groceries away and drink a glass of water, in much less time, then when I used the scooter. In the past it took me twice as long to get back to the car with all my groceries. Now my reward for conquering a 5K was choosing to not park in the handicap spot or use a scooter.

It all began with an invitation to participate in an office team event. Offered to me by someone, who wanted me to be included. A powerful thought and intention, I thank

you Brad. I was led by the Holy Spirit to agree and commit to the race. The harvest still continues. This year with a little help from my friends I have now completed numerous 5K's, three 10K's and a Half Marathon. Next month I will share my life changing experiences since that first Fort Worth Zoo Run in April 2013.

