



## WEST TEXAS RUNNING CLUB

MAY, 2000

### FROM THE PRESIDENT

**UPCOMING RACE:**  
**HORSESHOE BEND SPRING FROLIC**  
**MAY 13th, 8 AM**  
**2 MI, 6 MI, AND 11 MI**  
**HORSESHOE BEND CANYON**  
**RON HEWETT & SHANNON MOORE**  
**748-6017**

WTRC RACES ARE USUALLY HELD  
THE 2<sup>ND</sup> SATURDAY OF EA MONTH

**WTRC WEB ADDRESS:**  
<http://members.tripod.com.wtrc>

### MONTHLY MEETING:

The WTRC monthly business meeting is on Tuesday, May 9<sup>th</sup>, at 7:00p.m. at 1623 10<sup>th</sup> Street, Conference Room, Bolinger, Segars, Gilbert & Moss, L.L.P. All members are welcome.

### WTRC Training Runs:

Saturdays at 7:00a.m.

Sundays at 6:00a.m.

Meet at the Outdoor Center parking lot in MacKenzie Park. For more information contact Bob Bernero at 794-0929 (n).

*You must accept that you might fail;  
then, if you do your best and still don't  
win, at least you can be satisfied that  
you've tried. If you don't accept failure  
as a possibility, you don't set high goals,  
you don't branch out, you don't try—  
you don't take the risk.*

*Rosalynn Carter*

### LAND SHARKS

I like telling stories on people. So, I have to mention this year's edition of the Palo Duro Trail Run. Tom West remembered his compass and did not get lost on the winding trails this time. (I did only once.) However, the rough and tricky terrain harbors land sharks under every bush and Tom was taken down by one. He fell so hard the course marshalls near by groaned and I thought the canyon walls would fall; but they endured and so did Tom survive the race another year.

### TRANSITIONS

Mike Greer commented in a past article that we all have to deal with transitions of some kind or another in our lives. Unfortunately, we've had our share lately with several club members' parents passing on. Elsewhere in this newsletter are details of Bob Givens of the Amarillo club dying after minor surgery. It is a stark reminder that even the best of athletes and ultra marathoners can succumb to the fragility of life; we should constantly give thanks for the abilities we have developed and nurtured.

Now our club will experience the loss of both our vice-presidents to moves out of state, Marti Greer to Florida and Howard Norman to Arizona. Both have stepped forward to accept responsibilities in the club of race directing and organization, and they deserve alot of credit for this. Others have volunteered to become race directors for club events this year - Ron Hewitt, Jimmy Samarron, Jr. Mendoza, Etta Mayer. And Wade Wilson, with the help of wife Debbie and Janda Ibbetson, will direct the Red Raider Road Race. Anyone want to tackle the Buffalo Wallow, Turkey Trot, or the Walk of Fame Marathon? All these people are greatly appreciated for their commitment to give you good races and promote running in the community. You carry on well the spirit of Bob Givens. Thanks.

There's some truth to the fortune cookie I got the other day: "There's no traffic jam on the extra mile."

Mike Kelley

# **WEST TEXAS RUNNING CLUB**

## **OFFICERS**

### **President - Mike Kelley**

(H) 765-0441 (O) 766-0355

(E-mail) [mkelley@mailbox.lrl.mhmr.state.tx.us](mailto:mkelley@mailbox.lrl.mhmr.state.tx.us)

### **Internal Vice-President - Marti Greer**

(O) 796-8213 Fax 829-2407

### **External Vice-President - Howard Norman**

(H) 780-0089 (O) 742-3170 (M) 789-5411

### **Secretary - Etta Mayer**

(W) 742-2907 (e-mail) [etta.mayer@ttu.edu](mailto:etta.mayer@ttu.edu)

### **Treasurer - David Higgins**

(H) 744-8328 (O) 795-5823

## **DIRECTORS**

### **Newsletter Director - Debbie Wilson**

(H) 795-1667

(e-mail) [dandwwilson@aol.com](mailto:dandwwilson@aol.com)

### **External Race Director - Ron Hewett**

(H) 748-6017 (W) 742-3329

### **Equipment Director - Ronnie Prigg**

(H) 799-3615 (Pager) 723-0139

### **Race Calendar Director - Dwayne Oakeley**

(H) 799-4473

### **Membership Director - John Trompler**

(H) 794-1359

(E-mail) [trompler@nts-online.net](mailto:trompler@nts-online.net)

### **Internal Race Director - Ron Lubowicz**

(H) 748-1855 (O) 778-9550

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## **HELP WANTED:**

Looking for a fun loving individual who enjoys talking about sports (especially running events) one Tuesday a month. You will be working with athletic hunks and gorgeous women. No experience necessary. No pay, but lots of fun guaranteed! If you are interested in this position (WTRC board member) please call to apply now. Bob Bernero will be accepting applicants at 794-0929 (n).

## **WTRC NEWSLETTER**

The newsletter editor must receive articles, advertisements, race entries, etc., by the 20<sup>th</sup> of each month. You can mail information to 7818 Kenosha Av. Lub.Tx 79423 or email [dandwwilson@aol.com](mailto:dandwwilson@aol.com).

## **Advertising Rates:**

Business Card	\$10 per issue	\$100 annually
Half Page	\$40 per issue	\$400 annually
Full Page	\$80 per issue	\$800 annually
Mailing labels	\$10 per set	
Race entry forms	\$25 (must provide 300 copies)	

## **ROAD RUNNERS CLUB OF AMERICA**

Peachtree City, Georgia will be the Host of the upcoming RRCA National Convention to be held on May 11-14, 2000. The convention will be packed full of workshops, luncheons, meetings, runs, as well as an auction, awards banquet, and tradeshow. To register call 703 836-0558 or online registration at [www.racegate.com](http://www.racegate.com).

Please be kind and preregister for all West Texas Running Club events!!

## **MEMBERS IN THE NEWS:**

### **BOSTON FINISHERS:**

#### MEMBERS

Marjory Stewart	3:14:06	33 <sup>rd</sup> in her age group
John Trompler	3:23:39	
Kirk Thomas	3:35:54	
Janda Ibbetson	3:37:34	

#### NON-CLUB MEMBERS

Mark Morris (41) of Tyler	3:00:37
Clifford Chambers (34) Lubbock	3:04:35
Ed Craighead (57) Dalhart	3:11:01
Wes Boullioun (43) Amarillo	3:13:57

### **CAPITOL 10,000:**

Hawk Harris	35:52
Mike Flores	39:36
Wayne Ivey	47:45

### **PALO DURO TRAIL RUN:**

Brent Tidwell	6 <sup>th</sup>	1:14:05
Mike Kelley	10 <sup>th</sup>	1:21:04
Tom West	12 <sup>th</sup>	1:23:10

#### **Strutters:**

Joe Martinez	3 <sup>rd</sup> in his age group	(time not available)
Jim Leser	2 <sup>nd</sup> overall, 1 <sup>st</sup> in Masters	(time not available)
Kevin Laird		(time not available)
Bob Bernero	2 <sup>nd</sup> in his age group	(time not available)

**Congratulations** to Natalie Steadman. Natalie has been named by Gov. Bush as chairwoman of the Texas Advisory Board of Athletic Trainers.

**Congratulations to Hawaii Ironman 2000 Qualifiers:** Mike and Marti Greer, and Jimmie Key

**Speedy recovery wishes** to Tommy Parrish. Tommy (former member) was hit from behind by a pickup going 65 mph, while riding his bike on 1585 on April 17<sup>th</sup>.

**Condolences** go out to George Jury in the death of his brother last month.

**Condolences** also go out this month to the Bob Givens family of Amarillo. Bob was a well-known ultra distance runner and co-founded the Givens-Spicer and Lowery Trail in Palo Duro Canyon. He passed away on March 24<sup>th</sup>.

## **LETTER FROM A MEMBER**

I just wanted to drop a short note to the West Texas Running Club to say good-bye! As the Army ships me off to another destination in May, I will always remember the WTRC as a group of friendly and supportive people! Your races were always professional and well organized. Thank you all for the last two years of fun and excitement! I wish you all the best of luck and excellent health in the future. I only hope that when I arrive in Fort Campbell, Kentucky that I can find a running club as friendly as yours! Again, Thank You for the wonderful times! See you at the races!

Respectfully,  
Bryan "The Clydesdale" Patridge



**W.T.R.C. 2000 CHALLENGE SERIES  
STANDINGS AFTER 4 EVENTS**

**MALE**

**YTD TOTALS**

**YTD TOTALS**

<b>0 - 12 MALE</b>						<b>45 - 49 MALE</b>					
	AGE	PTS	MILES	EVT	VOL		AGE	PTS	MILES	EVT	VOL
Kenneth Kinzenbaw	11	28	13	3		Jimmy Samarron	45	40	15	4	
Ian Stewart	11	10	4	1		John Gregorcyk	49	35	19.2	4	
Drew Soucy	11	10	5	1		Howard Norman	48	28	22.1	3	*
						Adam Andrews	46	17	19.2	4	*
<b>13 - 15 MALE</b>						Bruce Fellers	46	16	12	2	
Casey Sumpter	15	10	9	2	*	John McMenamy	45	14	17.1	2	
Aubrey Thomas	13	9	5	1		David Higgins	47	9	25	3	**
						Ronnie Prigg	48	7	13	2	*
<b>16-19 MALE</b>						Fred Weber	48	6	13	2	*
Beck, Caleb	16	38	30.1	4		Frank Sumpter	46	0	5	1	*
Bobby Sain	18	20	8	2		Jim Wilhelm	49	0	5	1	*
Wright, Ben	16	9	4	1		Tony Aleman	48	0	5	1	*
<b>20 - 29 MALE</b>						<b>50 - 54 MALE</b>					
Hawk Harris	23	28	26.1	4	*	Danny Galey	54	39	30.1	4	
Chris Truitt	24	20	9	2		Darrel McMillen	53	37	26.1	4	
Glen Poklikuha	28	19	12	2		Mike Kelley	51	17	25.1	3	*
Joel Carton	28	6	4	1		Ronnie Nugent	53	16	17	3	*
						Joe Martinez	54	15	13	3	*
<b>30 - 34 MALE</b>						Jim Leser	53	10	13	3	*
Tim Key	32	40	26.1	4		John Trompler	52	10	19.2	3	**
Wayne Ivey	31	25	30.1	4		Joe Post	51	8	5	1	
Shannon Moore	31	18	17	3		Jon Omdahl	54	7	4	1	
Ricky Cavazos	31	14	9	2		Sam Prose	51	5	4	1	
Luis Nevarez	34	7	5	1							
Andy Edmister	31	7	8	1		<b>55 - 59 MALE</b>					
Bryan Patridge	33	7	13.1	1		Landrum Medlock	55	27	19.2	4	*
Bill Trippe	34	0	5	1	*	Jim Harris	57	20	34.2	3	**
						Bob Bernero	57	19	22	3	**
<b>35 - 39 MALE</b>						Richard Bray	55	10	5	1	
Todd Davis	35	21	14.2	3		Rick Lampe	55	8	4	1	
Ron Hewett	38	19	18.1	2		Larry Byrd	58	7	26.1	4	*
Jeff Key	36	18	9	2		Ron Lubowicz	56	0	18.1	2	*
Kevin Lair	38	17	8	2							
Brad Ewing	36	15	13	3	*	<b>60 - 99 MALE</b>					
Joao Sa	35	9	4	1		Jerry Wright	61	37	30.1	4	
						Jimmy Key	62	28	11	3	
<b>40 - 44 MALE</b>						James Bone	60	23	15.2	3	
Kirk Thomas	41	28	22.1	3		Mike Greer	61	14	13	2	
Mark Albus	43	27	22.1	3		Don Sanderson	70	10	5	1	
Beck, Jim	40	25	30.1	4		Bill Roger	60	9	17	3	*
Dwayne Oakeley	43	21	26.1	4	*	John Stalcup	66	9	4	1	
David Malone	42	10	9	2		George Jury	62	0	22.1	3	*
Gardner, Al	43	10	4	1							
Al Gardner	43	10	4	1							
Gonzalo Ramirez	44	9	2	1							
Mickey Davis	42	5	5	1							
Weldon Kolb	43	0	8	1	*						
Ed Dabrowski	40	0	5	1	*						
Richard Thomas	43	0	13.1	1	*						

\*\* = RACE DIRECTOR  
\* = VOLUNTEER

IF YOU HAVE ANY QUESTIONS OR COMMENTS REGARDING THE CHALLENGE SERIES STATISTICS OR IF YOU THINK AN OMISSION OR ERROR HAS BEEN MADE REGARDING YOUR RECORDS, PLEASE CALL SHIRLEY WIGLEY AT 797-4201 OR 767-7019 OR YOU CAN EMAIL HER AT WIGLEY@NTS-ONLINE.NET.

**W.T.R.C. 2000 CHALLENGE SERIES  
STANDINGS AFTER 4 EVENTS**

**FEMALE**

**YTD TOTALS**

**YTD TOTALS**

<b>0 - 12 FEMALE</b>	<b>AGE</b>	<b>PTS</b>	<b>MILES</b>	<b>EVT</b>	<b>VOL</b>
Margarita Jimenez	10	10	4	1	

<b>13 - 15 FEMALE</b>	<b>AGE</b>	<b>PTS</b>	<b>MILES</b>	<b>EVT</b>	<b>VOL</b>
Alyssa McMenamy	15	20	10.2	2	
Veronica Jimenez	13	10	4	1	
Megan Wright	14	9	4	1	

<b>16 - 19 FEMALE</b>	<b>AGE</b>	<b>PTS</b>	<b>MILES</b>	<b>EVT</b>	<b>VOL</b>
Hope Jimenez	16	9	4	1	

<b>20 - 29 FEMALE</b>	<b>AGE</b>	<b>PTS</b>	<b>MILES</b>	<b>EVT</b>	<b>VOL</b>
Allison Morris	27	19	8	2	
Brandy Temple	27	18	10.2	2	
Beverly English	29	10	5	1	
Sarah Skelton	25	10	4	1	

<b>30 - 34 FEMALE</b>	<b>AGE</b>	<b>PTS</b>	<b>MILES</b>	<b>EVT</b>	<b>VOL</b>
Natalie Steadman	32	27	13	3	
Annette Burenheide	34	17	12	2	
Moiria Ridley	34	10	4	1	
Dina Phillips	34	10	4	1	
Laura Crain	31	6	4	1	

<b>35 - 39 FEMALE</b>	<b>AGE</b>	<b>PTS</b>	<b>MILES</b>	<b>EVT</b>	<b>VOL</b>
Denise Bray	38	40	19.2	4	
Marsha Bennett	36	35	30.1	4	
Susie Cobos	35	23	13	3	
Judy Lawley	35	20	21.1	2	
Tracy Baugh	38	17	13	3	*
Melanie McVey	38	9	4	1	

<b>40 - 44 FEMALE</b>	<b>AGE</b>	<b>PTS</b>	<b>MILES</b>	<b>EVT</b>	<b>VOL</b>
Marjory Stewart	41	40	30.1	4	
Dianne Calhoun	41	19	9	2	
Martha Martinez	44	19	10.2	2	
Marti Greer	41	14	13	2	
Ida Sumpter	43	0	5	1	*
Debbie Wilson	41	0	5	1	*

<b>45 - 49 FEMALE</b>	<b>AGE</b>	<b>PTS</b>	<b>MILES</b>	<b>EVT</b>	<b>VOL</b>
Shirley Wigley	46	29	17	3	
Josie Aleman	48	25	13	3	
Madonne Miner	47	17	13	2	
Cheryl Weber	46	10	5	1	
Charlotte Davis	45	8	8	1	
Ginger Stanley	48	7	5	1	
Tina Moorhead	48	7	4	1	

<b>50 - 99 FEMALE</b>	<b>AGE</b>	<b>PTS</b>	<b>MILES</b>	<b>EVT</b>	<b>VOL</b>
Etta Mayer	51	40	30.1	4	
Delores Key	58	18	6	2	
P J Mitchell	53	0	13	2	*
Mary Harris	53	0	13.1	1	*

\*\* = RACE DIRECTOR  
\* = VOLUNTEER

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## 2000 Flight Line Race Race Director's Report

It wasn't exactly the 1900 Galveston hurricane, but some runners left the old Reese AFB looking like they had been under waster for some time.

This year's FL races were held on April Fool's Day, and Mother Nature played some tricks on us, as she always seems to do on FL day. Remember a couple of years ago when we ran outside the base and the wind was hurricane force? Last year it was so cold runners crossed the finish line and just kept on going. To give out medals then, I had to chase down a couple of racers roaring off in their cars.

This year everyone hung around George's new van for a few minutes just to get out of the wind. For those of you who wimped out and were not there, get this-we set up the trailer and registered folks in a car wash. That's how wet it was.

This was my second year to be race director at Reese, and I am beginning to understand why the club has had so many directors for the Flight Line Races. April is the cruelest month. But I'm going to stick it out and do this again because I think this is one of the great courses that we run on. There is something inviting about that barren perimeter road. Then it's such a contrast to start and finish in the park-like area next to the golf course. I'm not saying running Reese has to be an aesthetic experience, but it can be as beautiful as any of our club races.

This year we gave small trophies with jet airplanes to the top male and female finishers in each race. Those were Tim Key and Marjory Stewart (a new record) in the half marathon, John Gregorcyk and Krista Paintner-Rudolph in the 10k, and Jimmy Samarron and Rebekah Faubion in the 2 mile. Ask them about their trophies some time. The rest of the runners received the great looking Flight Line medals we have had for several years. The next time you see any of the runners, give them a pat on the back for proving that old saying: when the going gets tough, the tough get going. These are some tough folks in the WTRC.

We had some runners come a long way for the races: Danny Galey from Colorado City, Landrum Medlock from Amarillo, Martha Martinez from Colorado City, Krista Painter-Rudolph from Roswell, and Gonzalo Ramirez from Dallas.

A big pat on the back to all the volunteer's: George Jury, Jim Leser, Larry Byrd, Rick Thomas, Dwayne Oakeley, Ron Lubowitz, Hawk and Mary Harris. Ron brought the food; John Trompler took the results to the newspaper, Dwayne took care of the water jugs following the race.

A special thanks to the man, Mr. WTRC, George Jury who works harder than anyone to make our club the best running club in America.

I ran two races in Phoenix with the Arizona Road Racers in the last two months. They run some good races. I've run a few races with the Roswell Running Club over the years. Bob Edwards and his crew run some great races too. But no one has as good of a club as we do!

I hope you will support it by volunteering in any way you can.

See you at next year's Flight Line Races where Mother Nature is going to give us a break, maybe.

Jim Harris



THE FLIGHT LINE RACES  
2 MILE, 10K AND HALF MARATHON  
APRIL 1, 2000 REESE CENTER, LUBBOCK, TEXAS

OVERALL RESULTS HALF MARATHON									
PLACE	NAME	TOWN	ST	AG	S	DIV	PLACE	TIME	PACE
1	TIM KEY	LUBBOCK	TX	32	M	1	M3034	1:29:41	6:51
* 2	MARJORY STEWART	LUBBOCK	TX	41	F	1	F4044	1:37:16	7:26
3	HOWARD NORMAN	LUBBOCK	TX	48	M	1	M4549	1:37:47	7:28
4	FARRELL MARTIN	LUBBOCK	TX	33	M	2	M3034	1:39:13	7:35
5	KIRK THOMAS	LUBBOCK	TX	41	M	1	M4044	1:44:42	8:00
6	MARK ALBUS	WHITEFACE	TX	43	M	2	M4044	1:46:19	8:07
7	RON HEWETT	LUBBOCK	TX	38	M	1	M3539	1:51:00	8:29
8	JUDY LAWLEY	LUBBOCK	TX	35	F	1	F3539	1:51:41	8:32
9	WAYNE IVEY	SLATON	TX	31	M	3	M3034	1:56:23	8:53
10	BRYAN PATRIDGE	LUBBOCK	TX	33	M	4	M3034	1:56:43	8:55
11	DANNY GALEY	COLORADO CITY	TX	54	M	1	M5054	1:57:21	8:58
12	DARREL MCMILLEN	LUBBOCK	TX	53	M	2	M5054	1:58:26	9:02
13	ADAM PUCKETT	LUBBOCK	TX	29	M	1	M2029	2:01:49	9:18
14	JERRY WRIGHT	LUBBOCK	TX	61	M	1	M6099	2:04:37	9:31
15	ANDY ROSSON	LUBBOCK	TX	20	M	2	M2029	2:12:48	10:08
16	JACK MCMAHAN	LUBBOCK	TX	36	M	2	M3539	2:12:53	10:09
17	JON MCMENAMY	LUBBOCK	TX	45	M	2	M4549	2:13:23	10:11
18	WALT JONES	LUBBOCK	TX	29	M	3	M2029	2:13:40	10:12
19	MIKE KELLEY	LUBBOCK	TX	51	M	3	M5054	2:13:58	10:14
20	CALEB BECK	LUBBOCK	TX	16	M	1	M1619	2:15:10	10:19
21	MINDY MITCHELL	LUBBOCK	TX	25	F	1	F2029	2:16:59	10:27
22	LINDA WALTER	LUBBOCK	TX	40	F	2	F4044	2:17:54	10:32
23	JIM BECK	LUBBOCK	TX	40	M	3	M4044	2:21:31	10:48
24	ETTA MAYER	LUBBOCK	TX	51	F	1	F5099	2:22:11	10:51
25	DOUG HALE	LUBBOCK	TX	55	M	1	M5559	2:29:18	11:24
26	CHARLES REYNOLDS	LUBBOCK	TX	56	M	2	M5559	2:30:28	11:29
27	MARSHA BENNETT	LUBBOCK	TX	36	F	2	F3539	2:30:42	11:30

\* = New Age Group Record

OVERALL RESULTS 10K RACE									
PLACE	NAME	TOWN	ST	AG	S	DIV	PLACE	TIME	PACE
1	JOHN GREGORCYK	IDALOU	TX	49	M	1	M4549	44:19	7:08
2	JOHN TROMPLER	LUBBOCK	TX	52	M	1	M5054	45:57	7:24
3	KRIS PAINTNER-RUDOLPH	ROSWELL	NM	30	F	1	F3034	47:04	7:35
4	DENISE BRAY	LUBBOCK	TX	38	F	1	F3539	51:27	8:17
5	ALYSSA MCMENAMY	LUBBOCK	TX	15	F	1	F1315	54:59	8:51
6	LOREN PHILLIPS	LUBBOCK	TX	46	M	2	M4549	56:30	9:06
7	LANDRUM MEDLOCK	AMARILLO	TX	55	M	1	M5559	58:58	9:30
8	JAMES BONE	LUBBOCK	TX	60	M	1	M6099	59:12	9:32
9	MARTHA MARTINEZ	COLORADO CITY	TX	44	F	1	F4044	59:54	9:39
10	BRANDY TEMPLE	LUBBOCK	TX	27	F	1	F2029	1:00:59	9:49
11	TODD DAVIS	LUBBOCK	TX	35	M	1	M3539	1:04:12	10:20
12	ADAM ANDREWS	LUBBOCK	TX	46	M	3	M4549	1:15:50	12:13

OVERALL RESULTS 2 MILE

PLACE	NAME	TOWN	ST	AG	S	DIV	PLACE	TIME	PACE
1	JIMMY SAMARRON	LEVELLAND	TX	45	M	1	M4549	12:55	6:28
2	LORENZO PADILLA	LEVELLAND	TX	45	M	2	M4549	14:00	7:00
3	JUNIOR MENDOZA	LEVELLAND	TX	42	M	1	M4044	15:18	7:39
4	ZEKE GARCIA	LUBBOCK	TX	11	M	1	M0112	15:23	7:42
5	GONZALO RAMIREZ	DALLAS	TX	44	M	2	M4044	15:57	7:59
6	JIMMIE KEY	LUBBOCK	TX	62	M	1	M6099	16:49	8:25
7	REBEKAH FAUBION	LUBBOCK	TX	21	F	1	F2029	17:16	8:38
8	MANDI PEARSON	LUBBOCK	TX	19	F	1	F1619	18:55	9:28
9	DELORES KEY	LUBBOCK	TX	58	F	1	F5099	27:52	13:56
10	ROBERT DAVIS	LUBBOCK	TX	8	M	2	M0112	28:15	14:08

## LUBBOCK DIETETIC ASSOCIATION

## NUTRITION ON THE RUN 5K

March 25, 2000

Mae Simmons Park

PLACE	NAME	AG	S	DIV	DIV	TOWN	ST	TIME	PACE
=====	=====	=====	=====	=====	=====	=====	=====	=====	=====
1	JAMES LESER	53	M	1	M5054	LUBBOCK	TX	18:47	6:03
2	RYAN KEATING	24	M	1	M2029	COLORADO SPRGS	CO	19:06	6:09
3	LUIS NEVAREZ	34	M	1	M3034	LUBBOCK	TX	19:46	6:22
4	HEATH RIBORDY	21	M	2	M2029	LUBBOCK	TX	20:10	6:30
5	GILBERT ONDUSKO	31	M	2	M3034	LUBBOCK	TX	20:29	6:36
6	AARON SELF	20	M	3	M2029	HOLLOMAN	NM	20:44	6:41
7	VICTOR CHAVARRIA	29	M	4	M2029	FLOYDADA	TX	20:47	6:42
8	JOHN GREGORCYK	49	M	1	M4549	IDALOU	TX	20:55	6:44
9	KEITH GRAY	24	M	5	M2029	LUBBOCK	TX	21:04	6:47
10	RON HEWETT	38	M	1	M3539	LUBBOCK	TX	21:16	6:51
11	RICKY CAVAZOS	31	M	3	M3034	FLOYDADA	TX	21:26	6:54
12	DIANE CALHOUN	41	F	1	F4044	IDALOU	TX	21:29	6:55
13	JOE DAN PARKER	36	M	2	M3539	LEVELLAND	TX	21:53	7:03
14	MARK ALBUS	43	M	1	M4044	WHITEFACE	TX	22:07	7:08
15	MELLISSA ERNST	18	F	1	F1619	EL PASO	TX	22:11	7:09
16	WAYNE SELF	52	M	2	M5054	JUNCTION CITY	KS	22:46	7:20
17	BLAKE ROBERTS	35	M	3	M3539	LUBBOCK	TX	22:53	7:22
18	DREW SOUCY	11	M	1	M0112	LUBBOCK	TX	22:57	7:24
19	DREW COWIE	11	M	2	M0112	LUBBOCK	TX	23:23	7:32
20	LORENZO PADILLA	45	M	2	M4549	LEVELLAND	TX	23:24	7:32
21	JUNIOR MENDOZA	42	M	2	M4044	LEVELLAND	TX	23:54	7:42
22	DWAYNE OAKELEY	43	M	3	M4044	LUBBOCK	TX	23:59	7:44
23	VERONICA SERNA	24	F	1	F2029	LUBBOCK	TX	24:48	7:59
24	MERCEDES MONTERO	28	F	2	F2029	LUBBOCK	TX	24:49	8:00
25	GINA AUTREY	26	F	3	F2029	WEBSTER GROVE	MO	25:05	8:05
26	MARTHA MARTINEZ	44	F	2	F4044	COLORADO CITY	TX	25:18	8:09
27	DAVID MALONE	42	M	4	M4044	LUBBOCK	TX	25:27	8:12
28	YLANDA PENA	34	F	1	F3034	LUBBOCK	TX	25:43	8:17
29	MOSES REYES	37	M	4	M3539	LUBBOCK	TX	25:52	8:20
30	TRACY BAUGH	38	F	1	F3539	LUBBOCK	TX	25:54	8:21
31	SEAN SCHWARZENTRAUB	32	M	4	M3034	LUBBOCK	TX	26:03	8:24
32	MADONNE MINER	47	F	1	F4549	LUBBOCK	TX	26:48	8:38
33	MINDY MADDEN	19	F	2	F1619	LUBBOCK	TX	28:16	9:06
34	LANDRUM MEDLOCK	55	M	1	M5559	AMARILLO	TX	29:36	9:32
35	JEREMY LEFTWICH	21	M	6	M2029	CLOVIS	NM	29:39	9:33
36	MARLENE LOPEZ	29	F	4	F2029	LUBBOCK	TX	30:17	9:45
37	MARSHA BENNETT	36	F	2	F3539	LUBBOCK	TX	30:30	9:50
38	JAN DANIEL	43	F	3	F4044	LUBBOCK	TX	30:39	9:52
39	ALICIA HOLLIGAN	32	F	2	F3034	LUBBOCK	TX	31:10	10:02
40	KELLI ONDUSKO	28	F	5	F2029	LUBBOCK	TX	31:11	10:03
41	ALLISON MORRIS	27	F	6	F2029	LUBBOCK	TX	31:23	10:07
42	DAVID MARTIN	44	M	5	M4044	LUBBOCK	TX	31:24	10:07
43	JOSIE ALEMAN	48	F	2	F4549	LUBBOCK	TX	31:25	10:07
44	ALICIA CAMPAS	26	F	7	F2029	LUBBOCK	TX	31:44	10:13
45	NIKOL SCHWARZENTRAUB	27	F	8	F2029	LUBBOCK	TX	31:58	10:18
46	SARAH MCCOY	19	F	3	F1619	LUBBOCK	TX	32:24	10:26
47	GINA SALINAS	31	F	3	F3034	ABERNATHY	TX	32:24	10:26
48	SARAH ALBUS	20	F	9	F2029	WHITEFACE	TX	32:56	10:36
49	KATHY SELF	43	F	4	F4044	JUNCTION CITY	KS	34:09	11:00
50	CHRISTINE ALLEN	25	F	10	F2029	LUBBOCK	TX	34:10	11:00
51	CHERI MOORE	23	F	11	F2029	LUBBOCK	TX	34:22	11:04
52	KELLY LOUGHLIN	24	F	12	F2029	LUBBOCK	TX	35:05	11:18
53	LYNN COOK	50	F	1	F5099	LUBBOCK	TX	35:15	11:21
54	FRANCIS MOCYZGEMBA	52	M	3	M5054	LUBBOCK	TX	35:25	11:24
55	KATHY BAILEY	53	F	2	F5099	LUBBOCK	TX	35:35	11:28
56	KARLA WALDROP	51	F	3	F5099	LUBBOCK	TX	35:45	11:31
57	KAREN KING	58	F	4	F5099	LUBBOCK	TX	35:55	11:34



## **The Finish Line of the Mind.....Greer**

Some guy works all his life on the assembly line in a dreary ole place in Detroit looking forward to that day when he can collect his hard earned retirement check, buy an rv, load up momma after 45 years of marriage and head south. Watch out I-16 the chief snowbird is on his way to live happily ever after. What a deal, spend the rest of his life on the beach in warm weather, wearing those polyester pants, white canvas shoes, crazy plaid shirt (shirt tail tucked in), that high profile baseball cap that says, "I'm spending my kids inheritance". What more could you ask for? Then suddenly Mr. Snowbird does the unspeakable, suddenly he ups and dies, no warning, no suffering, no real dramatics here, just DIES. Now, as I get another day older each day and spend my time watching the lives of others around me I see this strange set of circumstances happen more than I would like. So, in my quest to live forever and to spend all of my kid's inheritance I have given deep thought to why this happens to some and not to others. My conclusion is this; we have an inherent ability within our mind to establish that almighty finish line. It does not just apply to the ultimate finish line called death (which could be called another event in life, as all Christians should view it, which brings to mind Tammy Wynette's famous song, "Everybody wants to go to heaven, but no one wants to die to get there", another subject for future newsletters), but to the finish line in all that we do in this life. We have finish lines in relationships, education, how many kids we have, how far we advance within our professions, how much we do for the community, how much we do for ourselves, etc. Now the secret is how do we move beyond that so we can continue to grow and not become stagnant to ourselves and all of those around us. Possible solutions to this are, CONTINUE, to move slightly out of your comfort zone to the point of achieving something you want to achieve. I say slightly because if you move to far out it can have a tendency to be to intimidating and will have an opposite affect on you. Let's use an example of what I mean. Some years ago I wanted an advanced degree to put beside my name after writing my first book. This sounds quite simple but it was never anything I had ever desired or thought I could obtain. While I had acquired a couple of degrees along the way I was not what would be called an academic achiever. So, I wanted something in philosophy, that was accredited and off campus so I could do the work at my own pace. After 5 years I was able to achieve my goal. As you can see I moved myself, realistically, out of my comfort zone and accomplished what I set out to do. If I had said, my goal is to achieve this advanced degree from Raiderland in advanced physics it would have been completely out of my comfort zone and very un-realistic and I know I would not have achieved it (are you kidding me, I have trouble after 2+2).

Well you say, Greer this is all fine and dandy but after all this is awful deep dodo (Marti's influence) and what the hayhoo does it have to do with running. Well, duh, it has everything to do with running (and as Dr. Sheehan use to say "and being"). We establish finish lines in our mind for every distance we do. That is the reason we may feel tired regardless of the distance of the race. I have seen people pass out after 5k's as well as marathons, and you wondered why? In 1994 after finishing the 140.6 miles HI Ironman in October I decided to do the White Rock (26.2 miles) marathon in December. As we were in the first few miles Ron Key and I were running along together and he made the comment, "well I guess after doing the Ironman this distance will be a piece of cake." My comment back, my mind is geared for 26.2 miles, no more no less, and this distance is always a challenge. I finished well that time, but didn't want to go another step after the finish.

In conclusion, think about this commentary a little bit and think of how we are so affected by this theory. After finishing a 5k a few years ago I crossed the finish line, stopped my watch, and then passed out. As Marti watched me lay on the ground flinching, frothing at the mouth, and doing many other undesirable things, and wondering what the hayhoo was going on I was completely out of it. After waking up in the ambulance I still could not figure out what happened. The doctors could never really determine what happened, just speculated (that's why they call it "practicing medicine"). At any rate I had dramatically pushed my watch at the finish line and my mind exploded with this weird reaction. So, let's not be afraid of moving out of that comfort zone. It will give you reason to continue to progress, try new things, be "young at heart"(very old saying but still good I think), move that arrow of life. FORWARD AND UPWARD. SEE YOU AT THE FINISH LINE AND BEYOND!!!

# Triathletes/Duathletes:

## Participate in an Exercise Research Study!

- Help me study the differences that occur to running performance following a concentrated cycling effort.
- I need men and women triathletes/duathletes to participate in a research study that will investigate the effects of cycling cadence on subsequent running performance.
- If you are:
  - ✓ 18-65 years old, male and female
  - ✓ Currently training for the upcoming season for six weeks prior to late May/June
  - ✓ Exercising a minimum of two times per week in both cycling and running with no more than a five day cessation of training
  - ✓ Injury-free and have not incurred any inhibiting injury that prevented exercise within the last six months
  - ✓ In your third year experience of either running or bicycling, or both
  - ✓ Have proof of finishing at least two triathlons and/or duathlons during the 1999 year, one of which must have been near Olympic-distance (40 kilometer bike and 10 kilometer run) or greater for the bike and run
- Contact Glen Poklikuha, MS candidate or Dr. Dana M. Drewlinger, thesis advisor for more information regarding the experiment:

Department of Health, Physical Education & Recreation  
Texas Tech University  
Office Phone: (806) 742-3380 (Glen) or 742-3371 (Dana)  
Email: zbandit@hotmail.com  
Pager: (806) 767-8794

**Risks/Benefits:** Risks of physical injury are minimal, but as in most types of exercise are possible. Minor muscle soreness due to the necessary performance is probable, but will depend upon an individual's fitness level. Participants will receive no monetary reward or therapeutic benefit, but will have the opportunity to request feedback concerning their performance and results of the study, including VO<sub>2</sub> Max during cycling.

**Note:** All testing will take place in the **Exercise Physiology Laboratory** (MG 117) and will total about 3 hours over the course of two sessions.



## PROTEIN SUPPLEMENTS: DO YOU NEED THEM?

Pick up any iron pumping muscle development magazine and you'll see they are replete with ads for protein supplement powders, mixes, drinks, etc. It seems a given in those magazines that if you want to build strength, you have to have extra protein in your diet. Runners, on the other hand, have grown up with the standard that more carbohydrates are better. Carbos are definitely the fuel for endurance events, so keep on packing away the pasta, baked potatoes, veggies, grains, beans, fruit, etc.

But running and other endurance events are a process of stressing muscles and resting so they grow stronger as they repair. That's where protein is needed. Runners need protein, just like body builders, to grow stronger (not necessarily bulkier).

So, how much is enough? Do runners need extra protein? What is the right ratio?

The 1998 Runner's World Calendar states "A 150 pound runner requires about 90 grams of protein per day to replenish muscle proteins after a hard workout. You get this from 9 ounces of beef, 12 ounces of tuna fish, or five cups of cooked lentils." A recent issue of "Runner Triathlete News" notes the RDA for protein is 0.8 grams per kilogram of body weight. A person's daily diet usually provides 1.5 grams of protein per kilo of body weight. (150 lbs. = 68.18 kilos x 1.5 grams = 102.27 grams protein per day average) The latter article further states, "daily doses of protein powder by themselves won't help you bulk up. Provided you are eating a varied and healthy diet and meeting your energy requirements, you will be getting any extra protein that you might need."

One additional note: Ads for the recovery drink Endurox R4 cite research studies which show that carbos and proteins taken together in a 4:1 ratio (by calories) following exercise optimizes glycogen restoration beyond each other alone. They note that too much protein, however, can actually slow restoration of glycogen and rehydration.

So, don't forgo the sausage along with the pancakes for your post long-run breakfast. You get your weekly minimum of pork products that way, too. And, of course, if you eat an extra link, you'll have to order another short stack!

# CALENDAR

\*Indicates W.T.R.C. Monthly Race and Challenge Series Event

- May 6 **DEPOT DISTRICT RUN FOR THE ARTS:** Lubbock, 9am, 5K Fun Run/Walk, Call Lory Ioppolo 767-3116
- \* May 13 **HORSESHOE BEND SPRING FROLIC:** N of Slaton, 8am, 11, 6, and 2-mile races, Co-Directors Ron Hewett and Shannon Moore, Call Ron at 748-6017
- May 27 **LONESTAR PAPER CHASE MARATHON:** Amarillo, Call 806 345-3451
- \* June 10 **BOBBY BIRDSONG MEMORIAL LEVELLAND LOPE:** Levelland, 8am, 10K and 2 mi, Race Director Jimmy Samaron, Call 894-0127
- Jun 17 **GIRLSTOWN GALLOP:** Whiteface, 10am, 5K, Call Dan Adams 229-2204
- June 24 **TRI RAIDER SPRINT TRIATHLON:** Buffalo Springs Lake, 8am, Race Directors Mike and Marti Greer, Call 806 796-8213, Fax 806 829-2407
- June 25 **BUFFALO SPRINGS LAKE TRIATHLON:** Buffalo Springs Lake, 6:30am, Race Directors Mike and Marti Greer, Call 806 796-8213, Fax 806 829-2407
- \* July 4 **31<sup>ST</sup> ANNUAL FIRECRACKER RUN:** Brownfield, 8am, 10 mi & 3 mi, kids 1 mile, Race Director Jim Leser, Call (N) 794-2474, (D) 746-6101
- \* Aug 12 **HOT DAM 5 MILER:** Canyon Lake, Lubbock, (also childrens 1 mile run) 8:00am, Race Director Etta Mayer, Call 742-2907(w).
- \* Sept 9 **SHALLOWATER STAMPEDE:** Shallowater High School, 8:00am, 10k and 2 mile, Race Director Dwayne Oakeley, Call 799-4473
- \* Oct 7 **RED RAIDER ROAD RACE:** T.T.U., Lubbock, 8:00am, 5k and 10k, Race Director Wade Wilson, Call 795-1667
- Oct 28 **Palo Duro 50 and 25 Mile Trail Run:** Palo Duro, 7:30am, 12 hr time limit, Race Director Red Spicer 6100 W 45<sup>th</sup> #627 Amarillo Tx, Call 806 353-3847
- \* Nov 11 **BUFFALO WALLOW RACES:** Buffalo Springs Lake, Half Marathon and 2 mile races, 9:00am, Race Director Needed!!!
- \* Nov 25 **W.T.R.C. TURKEY TROT:** Mackenzie Park, Lubbock, 9:00am, 12K and 2 mile races, Race Director Needed!!!
- Dec 3 **WHITEROCK MARATHON:** Dallas, 214 526-5318
- \* Dec 9 **REDLINE 4 MILE CROSS COUNTRY:** MaeSimmons Park, Lubbock, 10:00am, Ron Lubowicz, Race Director, 740-6809 (d), 748-1855 (n)

**WTRC HOTLINE: 806 792-3293, LOCAL RUNNING EVENTS UPDATE**



**WEST TEXAS RUNNING CLUB'S**  
**28<sup>TH</sup> ANNUAL HORSESHOE BEND CANYON SPRING FROLIC**  
**11 MILE, 6 MILE, AND 2 MILE RACES**

**WHEN:** SATURDAY, May 13, 2000  
REGISTRATION: 7:00 to 7:45 A.M.  
RACE START: 8:00 A.M.

**WHERE:** HORSESHOE BEND CANYON; North of Slaton, Tx  
From Lubbock, take US 84 to the first Slaton exit; turn left at  
Slaton Gas & Equip. on Golf Course Rd, follow the pavement north,  
2 miles past the golf course to the crossroads at the bottom of the canyon.

**COURSE:** 11 mile; loop, one long hill at mile 1 to 2  
6 mile; out and back, long hill about mile 1 to 2  
2 mile; out and back, slight grade increase on return

**ENTRY FEE:**  
W.T.R.C. MEMBERS \$5.00 OTHERS \$6.00  
Pre-Registration Available: Return form in Newsletter  
or call George Jury before 7pm, Friday, May 12th

**AID STATIONS:** At least every 2.5 miles, Splits at 1 mile

**AGE DIVISIONS, AWARDS:**  
Medallions to at least the first three finishers in the age group divisions  
listed below and up to 50% of each group.

**11 MILE:**

**MEN:** 0-19, 20-29, 30-34, 35-39, 40-44, 45-49,  
50-54, 55-59, & 60+

**WOMEN:** 0-19, 20-29, 30-34, 35-39, 40-44, 45-49, 50+  
(Special 0-12, 13-15, & 16-19 age groups in the 2 mile)  
(6-15 and 16-19 age groups in the 6 mile)  
Clydesdale and Athena, 1<sup>ST</sup> three, age graded

**CO-DIRECTORS:**  
Ron Hewett and Shannon Moore, Call Ron at 748-6017

**Volunteers are needed:** please call Ron at the number above.

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**HORSESHOE BEND SPRING FROLIC**

Race Starts at 8:00 a.m. at Horseshoe Bend Canyon

\$5.00 WTRC Members, \$6.00 Non Members

Make checks payable to the West Texas Running Club. Mail Checks and entry forms to:  
George Jury

5212 44th St. Lubbock, Tx 79414

Mail registration thru May 10th, Telephone registration by 7:00 p.m. on May 12th 792-3291(d) 792-1237(n)

**Waiver-all entrants must read and sign:**

The West Texas Running Club, agents, or representatives of the same, or any volunteers shall not be responsible for, and shall be saved and held harmless by myself, from and against any and all claims and damages of every kind, for injury to for death of any person or persons and for damages to or loss of property arising out of or attributed to indirectly, to participant in the Horseshoe Bend Races. This indemnity shall extend to and shall be binding on their heirs, legatees, administrators and assigns. My signature hereto verifies that participation in this event is inherently dangerous and could result in bodily injury or death, and that proper physical training is necessary prior to such participation. Roller blades, skates, skateboards, strollers, and pets are not permitted on the racecourse and earphones are strongly discouraged because of the probability of increased injuries.

**THIS ENTRY IS NOT VALID UNLESS SIGNED BY THE ENTRANT, GUARDIAN, CONSERVATOR, OR PARENT FOR ENTRANTS UNDER 18 YEARS OF AGE.**

Signature of entrant \_\_\_\_\_ Signature of guardian (minors) \_\_\_\_\_

Age \_\_\_\_\_ (on race day) Date of Birth \_\_\_\_/\_\_\_\_/\_\_\_\_ Male \_\_\_\_\_ Clydesdale (190 lbs or more)

Name \_\_\_\_\_ Female \_\_\_\_\_ Athena (150 lbs or more)

Street Address \_\_\_\_\_ Race Distance \_\_\_\_ 2 mi \_\_\_\_ 6 mi \_\_\_\_ 11 mi

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_ Phone Number \_\_\_\_\_



# WEST TEXAS RUNNING CLUB MEMBERSHIP APPLICATION

PLEASE PRINT ALL INFORMATION

NAME \_\_\_\_\_ SEX M F BIRTHDATE \_\_\_\_\_  
Last First MI  
ADDRESS \_\_\_\_\_  
STREET CITY STATE ZIP  
PHONE H W E-MAIL  
ANNUAL RATE IS \$15.00 FOR THE FIRST MEMBER, \$2.00 EACH ADDITIONAL FAMILY MEMBER AT THE SAME ADDRESS.  
INDIVIDUAL \_\_\_\_\_ ADDITIONAL MEMBER \_\_\_\_\_ RENEWAL? Y N  
IF ADDITIONAL FAMILY MEMBER LIST NAME(S), BIRTHDATE AND GENDER: \_\_\_\_\_

MAIL MEMBERSHIP APPLICATION FORM WITH CHECK PAYABLE TO: WEST TX RUNNING CLUB  
PO BOX 2921  
LUBBOCK, TX 79408

JANUARY IS THE START OF A NEW W.T.R.C. YEAR; ALL MEMBERSHIPS EXPIRE AND PAYMENT OF DUES IS REQUIRED TO CONTINUE RECEIVING THE NEWSLETTER AND HAVE REDUCED CLUB RACE FEES. NEW MEMBERS JOINING AFTER JULY 1ST MAY PAY \$8.00 PLUS \$2.00 FOR EACH ADDITIONAL FAMILY MEMBER. W.T.R.C. IS A VOLUNTEER NON-PROFIT ORGANIZATION. IF YOU WOULD LIKE TO BE A PART OF SUSTAINING THE PRINCIPLES OF THE CLUB PLEASE CHECK WHICH COMMITTEE YOU MAY BE ABLE TO SERVE:

RACE VOLUNTEER \_\_\_\_\_ RACE DIRECTOR \_\_\_\_\_ CLUB OFFICER \_\_\_\_\_ OTHER \_\_\_\_\_  
MEMBERSHIP APPLICATION WAIVER

I know that running and volunteering to work in club races are potentially hazardous activities. I should not enter and run in 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 the run. I assume all risks associated with running and volunteering to work in club races including, but not limited to, falls, contact with other participants, the effects of the weather, including high heat and/or humidity, the conditions of the road and traffic on the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your acceptance of my application for membership, I, for my-self and anyone entitled to act on my behalf, waive and release the WEST TEXAS RUNNING CLUB and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in these club activities, even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I also understand that RRCA rules prohibit head phones, baby strollers or joggers, skates or blades and animals in our races.

PRINT NAME \_\_\_\_\_

SIGNATURE \_\_\_\_\_

DATE \_\_\_\_\_

PARENT'S SIGNATURE IF UNDER 18 YEARS OF AGE: \_\_\_\_\_

DATE: \_\_\_\_\_

I GRANT PERMISSION TO ALL OF THE FOREGOING TO USE ANY PHOTO'S, VIDEO TAPES, RECORDINGS, OR ANY OTHER RECORD OF CLUB EVENTS FOR ANY LEGITIMATE PURPOSE.

\*\*\*\*\*



NEWSLETTER EDITOR

7318 Kenosha Ave.

Lubbock, Tx 79423



David Higgins  
1916 27th, Rear  
Lubbock, TX 79411