

CALENDAR

* Indicates W.T.R.C. Monthly Race and CHALLENGE SERIES EVENT

- APR. 9 W.T.R.C. Business meeting, Tuesday, April 9, 2002, 7:00 p.m. at WEST TEXAS PETERBILT, 45th and Ave. "A"
- APR. 7 **CAPITOL 10,000:** Austin, FMI, call 1-512-445-3598
- * APR. 13 **FLIGHT LINE RACES:** Reese Center, Lubbock, 8am, 2 Mi, 10K, Half Marathon, Jim Harris, Race Director, (505) 392-8945
- APR. 27 **MLK TRAIL DUATHLON:** 9am, MLK Park, 2M Run, 5.5M Bike(Mountain Bikes), 2M Run; Jay Keith, 798-3909 or jkeithjr34@aol.com
- * MAY 11 **HORSESHOE BEND SPRING FROLIC:** 8am, N. of Slaton, 11, 6 and 2 Mile Races, Race Director, Ron Hewett, 792-4093
- MAY 25 **LONESTAR PAPER CHASE MARATHON:** Amarillo, Call (806) 345-3451
- MAY 26 **RANSOM CANYON TRIATHLON:** 8am, Ransom Canyon, FMI, Mike or Marti Greer, 796-8213
- * JUNE 8 **BOBBY BIRDSONG MEMORIAL LEVELLAND LOPE:** Levelland, 8am 10K and 2 Mile, Race Director Al Gardner, 894-3538
- JUNE 15 **GIRLSTOWN GALLOP:** 5K, 10:00 AM, Whiteface, Steve Reynolds, 806-229-6361
- * JULY 4 **33rd ANNUAL FIRECRACKER RUN:** Brownfield, 8am; 10 Mile and 3 Mile, kids 1 Mile, Adam Puckett, RD, 799-4745(n), 775-1236(d)
- * AUG. 10 **HOT DAM 5 MILER:** Canyon Lake 6, Lubbock, (also 1 Mile Children's Run) 8:00 am, Etta Mayer, Race Director, 742-2907
- AUG. 11 **CHAIN BREAKER MOUNTAIN BIKE RACE:** BSL, Jay Keith, 798-3909
- * SEPT 14 **SHALLOWATER STAMPEDE:** 10K and 2 Mile, 8:00 am, Shallowater High School, Dwayne Oakeley, Race Director, 799-4473
- * OCT. 19 **RED RAIDER ROAD RACE:** TTU Campus, Lubbock, 8:00 am, 10K and 5K
- * NOV. 9 **BUFFALO WALLOW RACES:** Buffalo Springs Lake, Half Marathon & 2 Mile, 9:00 am, FMI call George Jury, 792-3291 (d) 792-1237 (n)
- NOV. 16 Proposed Trail Run; MLK Park
- NOV. 17 **WEST TEXAS MOUNTAIN BIKE CHAMPIONSHIP;** MLK Park (Details Later)
- * NOV. 28 **W.T.R.C. TURKEY TROT:** Mackenzie Park, Lubbock, 9:00 am, 12K and 2 Mile, FMI call Ron Lubowicz, 745-3955 (d), 748-1855 (n)
- * DEC. 14 **REDLINE 4 MILE CROSS COUNTRY:** MAE SIMMONS PARK, Lubbock, 10 am

<http://members.tripod.com/wtrc>
For Membership, Calendar, Race Results, etc.



David Higgins
3401 Alcove
Lubbock, TX 79407



News letter
5406 86th St.
Lubbock, Texas 79424

April 1 2002



April 1 W.T.R.C. Race
FLIGHT LINE RACES
HALF MARATHON, 10K & 2 MILES
8am, Saturday, April 13, 2002
Details Inside Back Cover

WEST TEXAS RUNNING CLUB

OFFICERS

President - Ron Lubowicz
(H) 748-1855 (O) 745-3955
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Internal Vice-President - Tom Griffin
(H) 698-1503
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External Vice-President - Jeff Key
(H) 799-8740
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Secretary - Etta Mayer
(H) 792-1471 (O) 742-2907
E-mail: etta.mayer@ttu.edu

Treasurer - David Higgins
(H) 785-8562 (O) 795-5823
E-mail: d_higgins69@hotmail.com

Immediate Past President - Mike Kelley
(H) 765-0441
E-mail: mkelleyn@yahoo.com

WTRC Web Address:
<http://members.tripod.com/wtrc>

W. T. R. C. RACES ARE USUALLY HELD THE 2ND SATURDAY OF EACH MONTH.

The WTRC monthly business meeting is on **Tuesday, April 9, 7:00 p.m.** at West Texas Peterbilt, 4515 Ave. A, Sales & Leasing Office (closest to Ave A)

All members are welcome.

NOTES FROM THE PRESIDENT

For a very long time I believed that nobody but we runners looked for race results in the paper. I thought that no one else cared. But in recent years, ever since my work "uniform" became race T-shirts and WTRC jerseys, I have had scores of unsolicited comments such as "You sure had a windy day for a race last Saturday but it looked like a great turnout from the list I saw in the paper", or "Saw your name in the paper again etc.", or way too often something like "How come you never announce your races in the paper?" And my wife often comes home from her teaching job and tells me that so-and-so mentioned that he or she saw my name in the paper again.

My point here is that the non-running public **does** read about us, but not too often. Granted that our sport ranks low on spectator-holding power and we do not exactly attract a groundswell of loyal fans, but we are respected by many because the very thing we do represents a deeper commitment to athletics than most other recreational sports. From a runner's perspective, the product of our dedication, the race results, should appear the next day, just like the football, basketball and baseball scores do.

At a time when the City is trying to polish its image, attention to detail is important. We have noticed that when we are able to get a little press a week or so before a race, we pick up anywhere from a handful to a couple of dozen out-of-townsmen and a few regional runners who were previously unaware of our calendar. The post-race comments are always the same "...where did these hills come from?" or "I had no idea Lubbock was so pretty." This exposure is good for our Club and good for the City. And there's also the issue of letting the world know about our wonderful scholarship program.

Once again I ask for your ideas. Perhaps you have a management contact on the AJ or at one of the stations. Maybe you have some PR muscles that need to be flexed? Please let us hear from you if you have any thoughts on how we can get the benefits of our sport and our image out there in a stronger, more consistent manner.

SYOTR, Ron

WEST TEXAS RUNNING CLUB'S

16th ANNUAL FLIGHT LINE RACES

HALF MARATHON, USA T&F Certified, #TX02008ETM
10K, USA T&F Certified, #TX02007ETM
and **2 MILE**

EVENT # 4 OF THE W.T.R.C. CHALLENGE SERIES

WHEN: SATURDAY, April 13, 2002

REGISTRATION: 7:00 to 7:45 A.M., On Site
RACE START: 8:00 A.M.

PRE REGISTRATION: Available, fill out and return entry form or call George Jury at 792-1237 before 7pm, Friday the 12th, then pay fee race day

WHERE: REESE CENTER

Picnic Grounds

West of Lubbock on 19th or 4th Street

COURSE: ASPHALT ROAD ALL THE WAY; Slightly Rolling Terrain, Out and Back for all distances

AID STATIONS: Every 2 Miles

Splits at 1 Mile, 5K and 10 Mile

AGE DIVISIONS: Half Marathon

MEN: 0-19; 20-24; 25-29; 30-34; 35-39; 40-44; 45-49;
50-54; 55-59; 60-64; 65-69; 70 Plus

WOMEN: 0-19; 20-24; 25-29; 30-34; 35-39; 40-44; 45-49,
50-54; 55 Plus

(Special 6-12, 13-15 & 16-19 age groups in the 2 Mile)
(13-15 and 16 to 19 Age Groups in the 10K)

Clydesdales and Athena Age Graded, up to 3 awards

AWARDS: Custom Designed "Pilots Wing" Medallions to at least the first three finishers in THE AGE GROUP DIVISIONS and up to 5 of each group, Special engraved "Flight Line" trophies to the Overall winners in each race

ENTRY FEE: W.T.R.C. MEMBERS \$5.00

OTHERS \$6.00

RACE DIRECTOR: Jim Harris, Hobbs, (505) 392-8945(n)

LUBBOCK DIETETIC ASSOCIATION

NUTRITION ON THE RUN 5K

March 23, 2002 Mae Simmons Park

PLACE NAME	AG S DIV	PLACE TOWN	ST	TIME	PACE
1 EPI AGUIRRE	43 M	1 M4044 LUBBOCK	TX	21:16	6:51
2 ANDREW BROSELOW	34 M	1 M3034 LUBBOCK	TX	23:32	7:35
3 RUSSEL MARTIN	44 M	2 M4044 SHALLOWATER	TX	24:20	7:50
4 MELANIE McVEY	40 F	1 F4044 SUNDOWN	TX	25:50	8:19
5 MATTHEW JORDAN	36 M	1 M3539 LUBBOCK	TX	27:24	8:50
6 DWAYNE OAKELEY	45 M	1 M4549 LUBBOCK	TX	28:45	9:16
7 MIKE MORRIS	46 M	2 M4549 LUBBOCK	TX	29:30	9:30
8 GINGER STANLEY	50 F	1 F5054 MIDLAND	TX	31:06	10:01
9 ANGELA GALVAN	24 F	1 F2024 MIDLAND	TX	31:07	10:01
10 JOHN STALCUP	68 M	1 M6569 LUBBOCK	TX	31:11	10:03
11 ESTELLA GALVAN	59 F	1 F5559 BROWNFIELD	TX	35:18	11:22
12 STEVEN GREENE	36 M	2 M3539 LUBBOCK	TX	35:39	11:29
13 JIM TIDWELL	40 M	3 M4044 SLATON	TX	36:10	11:39
14 ERIKA WASHINGTON	32 F	1 F3034 LUBBOCK	TX	48:50	15:44

ITEMS GLEANED FROM THE WEB

BOSTON QUALIFYING

Rather than discourage participation, the entry standards had the opposite effect. They increased Boston's prestige and added an aura of exclusivity unintended by its organizers. Other than the Olympic Trials, Boston was the only American marathon for which you had to demonstrate your ability to gain entry. Qualifying for Boston became a status symbol among the new breed of runners. From Hal Higdon's "BOSTON", page 194.

WORDS THAT INSPIRE

"Running is the ultimate individual sport. It doesn't matter how fast or slow you are relative to anyone else. You set your own pace and you measure your own progress. You can't lose this race because you're not running against anyone else. You're only running against yourself, and as long as you are running, you are winning." - Amby Burfoot, RUNNER'S WORLD executive editor and winner of the 1968 Boston Marathon

BEGINNING TRAINING ADVICE

If you're making big changes to your running program, do it gradually and change only one aspect at a time. Otherwise, you're more vulnerable to injury. For instance, increase your mileage (slowly), or the intensity of your speed sessions, or the frequency of your runs -- but not all three at once. Adam Bean, RUNNER'S WORLD managing editor

WEST TEXAS RUNNING CLUB'S PRAIRIE DOG TOWN 4 MILE RUN
USA T&F CERTIFIED, #TX97108ETM
Lubbock, Texas, March 9, 2002

PLACE NAME	AG S DIV	PLACE TOWN	ST	TIME	PACE
1 QUENT BEARDEN	26 M	1 M2529 LUBBOCK	TX	21:18	5:20
2 TIM KEY	34 M	1 M3034 LUBBOCK	TX	22:30	5:38
3 BOB JACKSON	43 M	1 M4044 HOBBS	NM	22:40	5:40
4 BOBBY SAIN	20 M	1 M2024 LUBBOCK	TX	24:16	6:04
5 JARED DAVIS	15 M	1 M1315 BLEDSOE	TX	26:25	6:37
6 EPI AGUIRRE	43 M	2 M4044 LUBBOCK	TX	26:39	6:40
7 FARRELL MARTIN	35 M	1 M3539 LUBBOCK	TX	26:58	6:45
8 MATT FRIESS	29 M	2 M2529 LUBBOCK	TX	27:28	6:52
9 CRAIG JACKSON	37 M	2 M3539 LUBBOCK	TX	27:45	6:57
10 ROBERT FORTNEY	48 M	1 M4549 LUBBOCK	TX	28:16	7:04
11 RICHARD LOMBARDINI	25 M	3 M2529 LUBBOCK	TX	28:23	7:06
12 TOM CUNNINGHAM	46 M	2 M4549 PLAINVIEW	TX	28:27	7:07
13 BRENT LOWREY	40 M	3 M4044 LUBBOCK	TX	28:38	7:10
14 JACKIE CANNON	47 M	3 M4549 AMARILLO	TX	28:40	7:10
15 ADAM PUCKETT	31 M	2 M3034 LUBBOCK	TX	28:47	7:12
16 BOB BLAKE	37 M	3 M3539 LUBBOCK	TX	29:04	7:16
17 DIANE CALHOUN	43 F	1 F4044 IDALOU	TX	29:12	7:18
18 DAVID HIGGINS	49 M	4 M4549 LUBBOCK	TX	29:20	7:20
19 MARK ALBUS	45 M	5 M4549 LEVELLAND	TX	29:26	7:22
20 JAY KEITH	44 M	4 M4044 LUBBOCK	TX	29:29	7:23
21 DREW SOUCY	13 M	2 M1315 LUBBOCK	TX	29:31	7:23
22 MARVIN WASHINGTON	33 M	3 M3034 LUBBOCK	TX	29:42	7:26
23 JIM HARRIS	59 M	1 M5559 HOBBS	NM	30:12	7:33
24 MOIRA RIDLEY	36 F	1 F3539 LUBBOCK	TX	30:25	7:37
25 RUSSEL MARTIN	43 M	5 M4044 SHALLOWATER	TX	30:43	7:41
26 DANNY GALEY	56 M	2 M5559 COLORADO CITY	TX	30:54	7:44
27 RICHARD TITUS	49 M	6 M4549 WOLFFORTH	TX	31:26	7:52
28 JOE POST	53 M	1 M5054 LUBBOCK	TX	31:32	7:53
29 RON NUGENT	55 M	3 M5559 LUBBOCK	TX	32:15	8:04
30 TOM GRIFFIN	53 M	2 M5054 LUBBOCK	TX	32:20	8:05
31 MADONNE MINER	49 F	1 F4549 LUBBOCK	TX	32:27	8:07
32 BILL MATEJA	40 M	6 M4044 LUBBOCK	TX	32:47	8:12
33 WAYNE McCHRISTIAN	54 M	3 M5054 RICHARDSON	TX	33:26	8:22
34 MARTHA MARTINEZ	46 F	2 F4549 COLORADO CITY	TX	33:38	8:25
35 NATHAN BECK	15 M	3 M1315 LUBBOCK	TX	33:45	8:27
36 BARBARA SLATON	43 F	2 F4044 MIDLAND	TX	33:50	8:28
37 PATRICK COOK	46 M	7 M4549 LUBBOCK	TX	33:56	8:29
38 JIM BURLESON	59 M	4 M5559 LUBBOCK	TX	34:02	8:31
39 DWAYNE OAKELEY	45 M	8 M4549 LUBBOCK	TX	34:05	8:32
40 JIM BECK	42 M	7 M4044 LUBBOCK	TX	34:27	8:37
41 JIM WILHELM	51 M	4 M5054 LUBBOCK	TX	34:40	8:40
42 STEVE BELL	38 M	4 M3539 SEMINOLE	TX	34:56	8:44
43 MIKE MORRIS	46 M	9 M4549 LUBBOCK	TX	34:57	8:45
44 JIMMIE KEY	64 M	1 M6064 LUBBOCK	TX	34:59	8:45
45 BRANDY TEMPLE	29 F	1 F2529 LUBBOCK	TX	35:33	8:54
46 DAVID MALONE	44 M	8 M4044 LUBBOCK	TX	35:40	8:55
47 ETTA MAYER	52 F	1 F5054 LUBBOCK	TX	35:53	8:59
48 MIKE GREER	63 M	2 M6064 RANSOM CANYON	TX	35:56	8:59
49 MARK GARLAND	48 M	10 M4549 LUBBOCK	TX	35:59	9:00
50 MELISSA BELL	31 F	1 F3034 SEMINOLE	TX	36:04	9:01

WEST TEXAS RUNNING CLUB'S
 PRAIRIE DOG TOWN 4 MILE RUN
 USA T&F CERTIFIED, #TX97108ETM
 Lubbock, Texas March 9, 2002

PLACE NAME	AG	S	DIV	PLACE	TOWN	ST	TIME	PACE
51 SHIRLEY WIGLEY	48	F	3	F4549	LUBBOCK	TX	36:21	9:06
52 JAMES BONE	62	M	3	M6064	LUBBOCK	TX	37:03	9:16
53 DICK BAKER	57	M	5	M5559	LUBBOCK	TX	37:25	9:22
54 CINDY JOHNSON	37	F	2	F3539	LITTLEFIELD	TX	38:08	9:32
55 JOHN DEVOS	47	M	11	M4549	PLAINVIEW	TX	38:31	9:38
56 JOHN STALCUP	68	M	1	M6569	LUBBOCK	TX	38:36	9:39
57 MARSHA BENNETT	38	F	3	F3539	LUBBOCK	TX	39:07	9:47
58 ANGELA FRANCO	24	F	1	F2024	MIDLAND	TX	39:15	9:49
59 PAULINE DEVOS	44	F	3	F4044	PLAINVIEW	TX	39:39	9:55
60 SAM PROSE	53	M	5	M5054	LUBBOCK	TX	40:05	10:02
61 MOHAN SUJIT	26	M	4	M2529	LUBBOCK	TX	40:48	10:12
62 RICK LAMPE	57	M	6	M5559	LUBBOCK	TX	40:57	10:15
63 JOHN WOODS	57	M	7	M5559	LUBBOCK	TX	41:05	10:17
64 ESTELLA GALVAN	59	F	1	F5599	BROWNFIELD	TX	41:08	10:17
65 JOSIE ALEMAN	50	F	2	F5054	LUBBOCK	TX	41:36	10:24
66 STEVEN GREENE	36	M	5	M3539	LUBBOCK	TX	44:31	11:08

PRAIRIE DOG RACE REPORT

On race day I awoke to the sound of a brisk north wind whistling through the trees and past the eaves of my home. It was 5:30 AM, and I immediately went to our family room, turned on the TV and tuned in the weather channel. The local report indicated a temperature of 25 (still dropping) with a wind chill of 10 degrees. My first thought was to question how many would come to the Prairie Dog this year? We lose some runners each year to spring break vacation now this cold front moving through might convince some to stay comfortably in bed rather than take on the elements. As race director, I've made my commitment, so I pour a cup of coffee and start gathering some of the things I am responsible to take to the race site. I arrive at 7:30, just as George Jury pulls up with the club trailer. Etta Mayer (who will also run the race) is already parked nearby to help us set up the trailer, computer, and clock. Brad Ewing arrives soon thereafter, as does Ron Lubowicz. Malinda Colwell, Henry Santos, PJ Mitchell and Tony Aleman later present themselves for the volunteer duty they had promised. A bit later Bill Roger runs by and indicates he would like to help out. Suddenly I am rich with volunteers and that is a very comforting feeling. When the Handy Can man shows up with the portable toilets I begin to feel really confident this event will come off without a hitch. The runners also begin to show up. Most have bundled up for the cold. The exceptions are mostly the fast guys. They run in shorts, not tights. Their commitment is to speed, while most of us are more concerned about comfort on a day like this. The overall turnout is respectable with a total of 58 finishers. No course or age group records were set this year, but there were many strong performances. Congratulations are in order for overall winners Quent Bearden (21:28) and Diane Calhoun (29:12). I suppose some people think runners are a bit weird to run on a cold blustery March morning, but as Henry Santos pointed out, there were also golfers teeing up that morning at the golf course. Now that is truly crazy!

John Trompler, RD

Continued

4) TO RACE or NOT TO RACE

Even if you don't think you're competitive, running a race occasionally can be great fun and a super way to motivate yourself. An upcoming race gives you something to aim for and you'll get caught up in the excitement of race day. You don't have to be a sleek, fast racer to have fun; in fact the runners in the middle and back-of-the-pack usually have more fun than the nervous, uptight folks at the front! Be careful though, don't get so sucked up into racing that you want to do it every weekend. Being too competitive can have a downside, staleness and eventually even total "burn-out." Even the fastest, most competitive runners need to carefully plan their racing schedule to avoid the hazards of over-racing.

5) WHAT DID YOU DO FOR YOURSELF TODAY?

Rewarding yourself is a terrific motivator.

- If you're just getting started, put a dollar into a jar each time you run a mile. At the end of six months buy something special for yourself.
- When you reach a goal, such as running three miles without stopping or competing in your first race, go out for a nice dinner at your favorite restaurant.
- Besides buying new running shoes every 300-400 miles, buy new running clothes too. Wearing something new will make you feel good.

6) TAKE A BREAK

Sometimes the best thing you can do to motivate yourself is to take a break from running completely for several days or even a few weeks. Many world-class runners take the weeks off between Thanksgiving and New Year's Day; although some of them cross-train during that time, others don't do much exercise at all. One of the best American marathon runners of all time used to brag that she ate all the ice cream she wanted during the month of December and usually gained ten pounds before she started training again in January! Although it's probably not a good idea to go THAT far, chances are you'll find that a self-imposed non-running week (or even two) will have you chomping at the bit ready to run again once the hiatus is over. The first few weeks after a marathon are the perfect time for rest and relaxation. Keep in mind that this is R&R for your mind, as well as your body.

About the author:

Claudia Piepenburg has been running for 21 years and is the current editor for Peak Run Performance. She holds or has held state age-group records in Michigan, North Carolina, Florida, Tennessee and Virginia. In 1990, she was ranked 18th fastest masters woman in the world and 8th fastest masters woman in the U.S. in 1990 and 1991. She competed in the 1988 Olympic Marathon Trials, was 20th woman overall in the 1987 Boston Marathon and women's winner of the 1986 Virginia Beach Marathon. If you have questions or comments for Claudia, she can be reached at askus@roadrunnersports.com.

Continued

- Challenging. Goals that are too easy to attain can also put a damper on your motivation. If your goal is to run only five minutes per day three days a week, you'll probably be bored after the first week. Set the bar a bit higher so you'll experience a greater sense of achievement.
- Measurable. A non-measurable goal doesn't provide a sense of accomplishment. Which goal means more to you? "I want to run really hard the next time I go to the track", or "I'm going to run four mile repeats in eight minutes each"?
- Within your control. You'll be more motivated if you set goals that aren't based on occurrences or situations outside your control. For instance, don't tell all your friends that you're going to win your age division the next time you run in your hometown's local 10K. You're setting yourself up for possible disappointment. Instead, tell yourself that you're going to run the very best you can on that particular day. You can control your training, your diet and how much sleep you get the night before the race, but you can't control how your competitors are training, eating or sleeping!
- Written down. Use a log to keep track of your progress. Writing in a log at the end of each day "keeps you honest."

3) SPICE UP YOUR RUNNING LIFE

- Running the same route, for the same length of time day after day can become boring very quickly. Try these ideas to spice up your daily routine.
 - Every few days change where you run. If you usually run on a dirt path, do a workout on grass. If your route is flat, run on one that's hilly once or twice a week, and vice versa.
 - Vary your speed and distance throughout the week. I know a top-ranked masters runner who used to run the same eight mile course, at the same pace six days a week. He used races on Saturday or Sunday as his speedwork. He was the exception, his motivation was the money he won winning the masters division of nearly every race he entered. Most of us haven't been blessed with his talent or his ability to withstand boredom! Running should be fun and interesting, when it is, you're motivated to do it more.
 - Run with people at least one day a week if you usually run alone. Conversely, if you're always in a group, try a solitary run once every seven to ten days to give yourself time to think and reflect.
 - Alternate running days with cross-training. One of the best activities is running in water since it mimics the running motion, but doesn't cause stress to your joints from pounding. Or try swimming, biking, rowing or even cross-country skiing during the winter.
 - Take a running vacation. If you live in a part of the country where winter is cold, windy and snowy, plan a mid-winter getaway to someplace warm and sunny. Or go to one of the many adult running camps that take place throughout the country during the year.

W.R.T.C. 2002 CHALLENGE SERIES
STANDINGS AFTER 3 EVENTS
(reflects all paid members as of 03-09-02)

MALE				YTD TOTALS			
AGE	PTS	MILES	EVT VOL	AGE	PTS	MILES	EVT VOL
0 - 12 MALE				45 - 49 MALE			
13 - 15 MALE				Tom Cunningham			
Nathan Beck	15	18	3	Robert Forthney	46	26	13
John Keith	13	10	4	Mark Albus	48	23	3
Jared Davis	15	10	4	Richard Titus	45	22	17
Kevin Lowrey	13	9	4	David Higgins	49	14	2
Draw Soucy	13	9	4	Mike Morris	46	11	3
				Jimmy Samarron	45	10	4
				Al Gardner	46	10	5
16-19 MALE				Dwayne Oakeley	45	10	17
Ben Wright	18	18	2	Nate Wilson	47	9	5
Cody Turner	18	10	5	Jackie Cannon	46	8	4
Caleb Beck	18	7	13	Jon McMenamy	47	7	4
Casey Sumpter	17	0	5	John DeVos	47	6	8
				Adam Andrews	48	4	9
				Bruce Fellers	48	4	5
				Mark Garland	48	1	4
				Frank Sumpter	48	0	5
20 - 24 MALE							
Bobby Sain	20	10	4				
25 - 29 MALE				50 - 54 MALE			
Hawk Harris	25	21	9	Ken Jernigan	50	20	9
Richard Lombardini	25	9	4	Joe Post	53	19	9
				John Trompler	53	18	21
				Tom Griffin	53	18	17
				Jim Wilhelm	51	15	17
30 - 34 MALE				James Livermore	54	12	13
Adam Puckett	31	27	13	Sam Prose	53	10	9
Henry Santos	30	20	17	Mike Kelley	53	6	5
Clint Stephenson	31	15	13	Tony Aleman	52	0	17
Tim Key	34	10	4				
Wayne Ivey	32	8	8				
Jeremy Leggoe	34	5	8				
				55 - 59 MALE			
				Danny Galey	56	27	17
35 - 39 MALE				Ron Lubowicz	58	20	17
Craig Jackson	37	29	13	Dick Baker	57	20	17
Farrell Martin	35	20	12	Ron Nugent	55	16	17
Paul Pare	39	18	9	Jim Burleson	59	14	12
Bob Blake	37	17	12	Jim Harris	59	10	9
David Preston	36	8	5	Rick Lampe	57	5	4
Steven Greene	36	6	4	Ron Hillis	58	0	8
Brad Ewing	37	0	4				
				60 - 64 MALE			
40 - 44 MALE				Mike Greer	63	28	17
Brent Lowrey	40	27	17	Bill Roger	62	18	17
Jay Keith	43	24	13	Mel Osburn	63	18	9
Bob Jackson	43	21	17	James Bone	62	18	12
David Malone	44	15	13	Jimmy Key	64	10	12
Russell Martin	43	14	9	Jerry Wright	63	0	8
Jim Beck	42	13	22				
Epi Aguirre	43	9	4				
James Wickersham	41	6	5	65 - 99 MALE			
Bill Mateja	40	5	4	Don Sanderson	72	10	9
Mickey Davis	44	3	5	John Stalcup	68	10	4
Dan Adams	44	0	8	George Jury	65	0	17

** = RACE DIRECTOR
* = VOLUNTEER

3, PROBLEMS??? CALL SHIRLEY WIGLEY 797-4201

W.R.T.C. 2002 CHALLENGE SERIES
STANDINGS AFTER 3 EVENTS
(reflects all paid members as of 03-09-02)

FEMALE

		YTD TOTALS				YTD TOTALS					
		AGE	PTS	MILES	EVT	VOL	AGE	PTS	MILES	EVT	VOL
0 - 12 FEMALE											
13 - 15 FEMALE											
Alyssa Preston		13	10	5	1		43	21	12	2	
16 - 19 FEMALE											
20 - 24 FEMALE											
25 - 29 FEMALE											
Brandy Temple		29	18	8	2		49	30	17	3	
Shanna Armstrong		27	11	8	1		48	26	17	3	
Linda Northrup		27	10	4	1		48	10	4	1	
Malinda Colwell		28	9	8	2		46	9	4	1	
30 - 34 FEMALE											
Cathy Paden		31	18	13	2		50	28	13	3	
35 - 39 FEMALE											
Moiri Ridley		36	31	17	3		59	0	8	1	*
Marsha Bennett		38	27	17	3		55	0	4	1	*
Cindy Johnson		37	17	12	2						

3. PROBLEMS??? CALL SHIRLEY WIGLEY 787-4201

W.T.R.C. MEMBER NEWS

COWTOWN MARATHON

Club members reporting finishing times at the Cowtown Marathon included Brad Ewing (4:28:31), David Higgins (4:51:53) and Etta Mayer (5:52:18). This year's race became a bit too warm for optimal conditions. Texas Tech medical student Gil Ondusko (originally from Canada, now in Amarillo) finished third overall with a time of 2:55:22.

NIKE INDOOR CLASSIC, LANDOVER, MARYLAND

Mindy Sullivan continued her winning ways by capturing first place in the High School girl's 800 meter race at the Nike Indoor Classic on March 10th. Her winning time of 2:10:42 was faster than her winning effort at the Adidas Midwest Classic last month in Lincoln, Nebraska where she won in 2:12:87. Dyestat.com reports that Mindy's time at Landover was the fastest girl's 800 indoor time this year on a flat track. Mindy is currently ranked fourth nationally at 800 meters. Keep up the great work, Mindy!

WORDS THAT INSPIRE

To succeed, every runner must learn to deal with mistakes and failures. All champions realize that the path to personal excellence is cluttered with obstacles. Arriving at the top is a process that involves many setbacks. Champions accept this process, understanding that you can't stretch your limits without encountering some rough moments along the way. From the Complete Book of Running by Amby Burfoot, page 176.

"I love racing. But the simple act of running is everything. If I could give one piece of advice, it would be to treasure each day. Never run for competition, or winning or glory. Cherish each day. Simply running." -Julia Pudlin, who finished 8th at the Footlocker Cross-Country finals as a high school junior

MOTIVATION

WHEN THE FLESH IS WILLING, BUT THE SPIRIT IS WEAK

Sooner or later every runner will be faced with the inevitable: the time when running isn't fun. It happens to everyone, from novice runners to elite. Sometimes we just don't feel like running. Running can lose its appeal for many reasons.

- New runners may become discouraged and lose interest
 - Long-time runners may become bored with the same routine
 - Runners who've recently finished a marathon may dread starting to train again
 - Runners who never race may lack motivation to train solely for the sake of training
 - Runners who've been injured may find it difficult to get started again, even though their injury is healed
- No matter why you may be running less now (and enjoying it less), don't despair...there are ways to motivate yourself.

1) JOIN UP

Although "the loneliness of the long distance runner" may sound romantic, beginning runners often find that running alone isn't nearly as appealing as books lead you to believe. When you're just getting started, it helps to know that there are other people out there doing the same thing.

So...

- Join a running club. There are hundreds of running clubs around the country, even the smallest towns often have a club. Look on the Road Runners Club of American website (www.rrca.org) to find a club in your area.

- Join a group raising money for charity. Although many fundraising groups are geared toward marathon training, some of them now offer training for shorter distances. And even if you don't end up running the goal race you'll still learn important training tips, have someone to run with at least every weekend and make new running friends who you can run with once the group has disbanded.

- Encourage your spouse or significant other to run with you. Not only is it convenient to have a "built-in" running partner to share both your home and your favorite activity, it's good when the most important people in your life understand and appreciate why you run.

2) GOALS AREN'T ONLY FOR HOCKEY PLAYERS

Setting goals is important for all runners, whether they're new to the sport or have been running for years. To provide motivation goals must be:
- Realistic. If you've been running for one month, don't set a goal to run a marathon three months in the future. You'll get hurt pushing your body too far, too soon and won't be motivated to train (if you're even able to train.) And if you ran your last marathon in five hours, don't set your goal two hours faster for the next one. Doing too much, too soon is the biggest "unmotivator" around! (To page 8)