

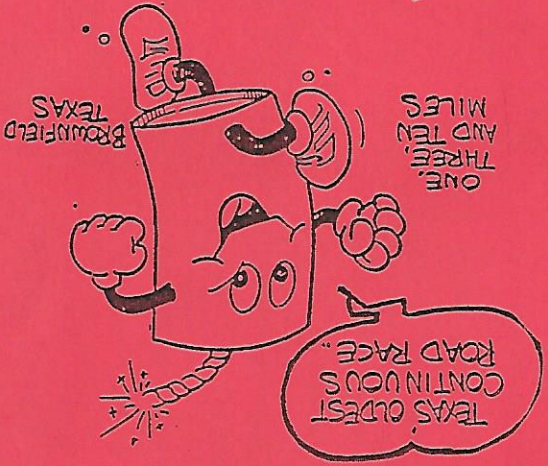
CALENDAR

- * Indicates **W.T.R.C.** Monthly Race and CHALLENGE SERIES EVENT
- JULY 1 **W.T.R.C.** Business meeting, Tuesday, July 1, 2003 7pm, **HOOT'S BAGELS** 82nd and Quaker Ave.
- * JULY 4 **34th ANNUAL FIRECRACKER RUN;** Brownfield, 8am; 10 Mile and 3 Mile, Kids 1 Mile, Adam Puckett, RD, 535-1747(n), 775-1236(d)
- JULY 12 **St. Mary Magdalen Run;** Floydada, 5K and 1 Mile Kid run, 8am, Robert Espinoza, (806)983-6060
- JULY 26 **OLD SETTLER'S REUNION 5K;** Hico, FMI, Sherill Easterling, seaster@tarleton.edu, 254-796-4785
- AUG. 2 **AUGUST NITES 5K;** Hobbs, 7:30am, Dan Herman, (505)392-9049
- AUG. 3 **PRUDE RANCH RACES;** Ft. Davis, 5K, 10K, Half Marathon, FMI Glenn Beck, (512)262-9057 www.fitnesscamp.org
- * AUG. 9 **HOT DAM 5 MILLER;** Canyon Lake 6, Lubbock, (also 1 Mile Child-dren's Run) 8:00 am, Etta Mayer, Race Director, 742-2907
- SEPT 7 **NEW MEXICO MARATHON;** Albuquerque, Charlie Otero, (505)345-4274 www.newmexicomarathon.org
- * SEPT 13 **SHALLOWATER STAMPEDE;** 10K and 2 Mile, 8:00 am, Shallowater High School, Dwayne Oakeley, Race Director, 799-4473
- SEPT 20 **RACE FOR THE CURE;** TTU Campus, Lubbock, 8am, FMI 698-1900
- SEPT 20 **MAYOR'S HALF MARATHON;** Amarillo, Jan Edwards, (806)378-9301 jan.edwards@ci.amarillo.tx.us
- OCT. 4 **RED RIBBON RUN;** 5K, BUDDY HOLLY PARK, Rose Hoeve, 725-6074
- * OCT. 11 **RED RAIDER ROAD RACE;** TTU Campus, Lubbock, 8:00 am, 10K and 5K Race Director, Kirk Thomas, 797-7734 (n), 749-1850 (d)
- OCT. 19 **DUKE CITY MARATHON;** Albuquerque, John Bennett, (505)880-1414 www.dukecitymarathon.com
- * NOV. 8 **BUFFALO WALLOW RACES;** Buffalo Springs Lake, Half Marathon & 2 Mile, 9:00 am, FMI call George Jury, 792-3291 (d) 792-1237 (n)
- NOV. 9 **SAN ANTONIO MARATHON;** (210)246-9652, www.sanarathon.org
- * NOV. 27 **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. 13 **REDLINE 4 MILE CROSS COUNTRY;** MAE SIMMONS PARK, Lubbock, 10 am FMI, call Tom Griffin, 698-1503 (h) 747-2579 (w)
- DEC. 14 **WHITEROCK MARATHON;** Dallas, www.runtherock.com

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



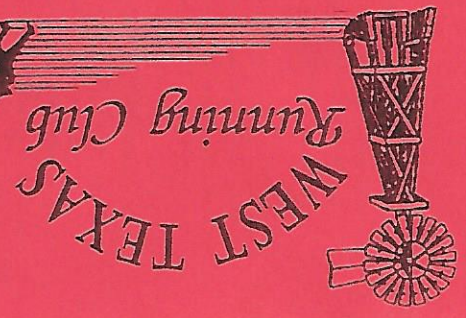
FIRECRACKER RUN!



David Higgins
3401 Alcove
Lubbock, TX 79407

34th ANNUAL FIRECRACKER RUNS

Friday, July 4th, 2003
Late registration: 7:00-7:45 am
Races Start: Children's 1 mile - 7:40 am
3 & 10 mile - 8:00 am
Please Pre-Register
Send in form
George W. Jury, 792-3291(d), 792-1237(n)



NewsLetter
5406 86th St.
Lubbock, Texas 79424
July 2003

Terry County Park, Brownfield, Texas
From Lubbock on Hwy. 62, go to the
stop right at Buckley St. & turn left on to Old Lamesa Rd.
turn right just past the swimming pool.

WEST TEXAS RUNNING CLUB

OFFICERS

President - Ron Lubowicz
(H) 748-1855
E-mail: ronlubo@aol.com

Internal Vice-President - Tom Griffin
(H) 698-1503
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(H) 792-1471
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Treasurer - David Higgins
(H) 785-8562
E-mail: dhiggins69@hotmail.com

Immediate Past President - Mike Kelley
(H) 765-0441
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DIRECTORS

Newsletter Director - John Trompler
(H) 794-1359
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External Race Director - Kirk Thomas
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Equipment Director - Dwayne Oakeley
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E-mail: dsookeley@nts-online.net

Race Calendar Director - Adam Puckett
(H) 535-1747
E-mail: inuntheforiam@msn.com

Membership Director - Sam Prose
(H) 794-0429
E-mail: scprose@hotmail.com

Internal Race Director - George Jury
(H) 792-1237
E-mail: rungwj@aol.com

Club Historian - James Livermore
(H) 792-5815
E-mail: jlmre@nts-online.net

WTRC Web Address:

<http://wtrc.tripod.com>

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

The WTRC monthly business meeting is on Tuesday, July 1, 7:00 p.m. at Hoof's Bagels, 8201 Quaker Avenue
All members are welcome.

NOTE FROM THE EDITOR

Ron Lubowicz is out of town as we prepare this issue of the newsletter so I am pinch hitting this month. Sometimes summer running can be a bit of a grind. If you are a multi-sport athlete, you can adjust to the heat by focusing more on your cycling and swimming. I am, however, "just" a runner. I have a bike that is gathering dust in storage as I go about the daily business of cranking out miles of mostly long slow distance in the mornings, thinking about future marathons next fall and winter. The monthly club runs help to keep me sane, but sometimes one race per month just isn't enough. Two weeks ago I decided to drive over to Girls Town USA for their annual 5K race. The race had fewer than 30 runners, but I must say that I had a great time participating in the event, and I believe it was a perfect training opportunity for the following week's Levelland Lope. Many of the runners were, in fact, young women from Girls Town and their enthusiasm for the event made it special and different from our monthly races. If you are running in the Buffalo Springs Lake Triathlon look for a group of these young women under the guidance of Steve Reynolds at the mile 2/mile 11 aid station. We owe them a special note of thanks for their hard work supporting the Club in this effort.

Also attending the Girlstown Gallop was Robert Espinosa who is the race director for the St Mary Magdalen 5K run in Floydada on July 12th (see details on our calendar). The run will coincide with Floydada's annual "Ole Country Market" which features an arts and crafts fair, and other fun events. So if you need to spice up your summer running and escape the drudgery of routine training, think about heading over to Floydada on the 12th.
Keep on running---John Trompler



West Texas Running Club
proudly presents

34th ANNUAL FIRECRACKER RUNS

Friday, July 4th, 2003
Late registration: 7:00-7:45 am
Races Start: Children's 1 mile - 7:40 am
3 & 10 mile - 8:00 am

Please Pre-Register

Send in form to:
George W. Jury, 792-3291(d), 792-1237(m)

Terry County Park, Brownfield, Texas

From Lubbock on Hwy. 62, go to the stoplight at Buckley St. & turn left on to Old Lamesa Rd., turn right just past the swimming pool.

T Shirt included

Entry Fees: Children's 1 mile run - \$5.00, 3 & 10 mile runs - \$15.00 for WTRC Members and \$16.00 for non-members. Race Day Registration \$20.00 (3 & 10 Mile)

Profits to benefit the Willie McCool scholarship fund at Coronado High School (In 1978, both Astronaut Willie McCool and President George W. Bush ran in this race)

Special and unique commemorative medallions. Awards given to the first 3 in each age group and up to 5 of the contestants in each age group as listed below. Awards will be presented at 8:05 am (Kids Run), 8:35 am (3 mi.), and 10 am (10 mi.).

Age Groups 10 Mile Run

Male; 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70+

Female; 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60+

3 Mile Run

Male; 7-12, 13-15, 16-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70+

Female; 7-12, 13-15, 16-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60+

Clydesdale and Athena divisions age graded as above in both running events.

Children's 1 mile run: grades pre-school through 6th, special commemorative medals for first place boy and girl Overall. Finish ribbons for the remainder.
Grade as of Fall 2003.

Contact: Race Director Adam Puckett (806)

(N), 775-1236 (D)

535-1747

TEXAS' OLDEST CONTINUOUS ROAD RACE (Since 1970)
 W.T.R.C.'s ANNUAL FIRECRACKER RUNS, BROWNFIELD, TEXAS JULY 4th

EVENT RECORDS
 10 MILE

AGE	NAME	TOWN	AGE	TIME	YEAR
19 & Under	Sam Mwabe	Levelland	18	52:54	2001
20-29	Jorge Pacheco	Levelland	22	52:34	1990
30-34	Chris Rodriguez	Plainview	31	58:52	2000
35-39	Bob Jackson	Hobbs, NM	36	56:56	1995
40-44	Bob Jackson	Hobbs, NM	43	57:05	2002
45-49	Jim Leser	Lubbock	49	1:05:06	1996
50-54	George Jury	Lubbock	50	1:03:28	1987
55-59	George Jury	Lubbock	55	1:08:54	1992
60-69	Don Sanderson	Tulia	63	1:16:30	1993
70 Plus	Don Sanderson	Tulia	71	1:21:07	2001
Clydes	Farrell Martin	Lubbock	34	1:09:59	2001
WOMEN					
19 & Under	Stephanie Bigham	Idalou	18	1:15:14	2001
20-29	Idalia Casiano	Lubbock	23	1:07:52	1991
30-34	Marjory Stewart	Lubbock	32	1:05:30	1991
35-39	Caylene Caddell	Lubbock	37	1:12:30	1989
40-44	Teresa Greer	Lubbock	44	1:23:06	1995
45-49	Madonne Miner	Lubbock	49	1:25:50	2002
50 Plus	P.J. Mitchell	Lubbock	55	1:29:55	2001
3 MILE MEN					
15 & Under	Carlos Ybarra	Lamesa	15	15:58	1978
16-19	Curtis Conaway	Lubbock	18	14:44	1979
20-29	Dennis Williams	Lubbock	29	14:23	1975
30-34	Steve Stallings	Stanton	30	15:02	1982
35-39	Quinn Smith	Grants, NM	35	15:56	1995
40-44	Bob Dunbar	Amarillo	44	16:44	1978
45-49	George Jury	Lubbock	49	17:47	1986
50-54	George Jury	Lubbock	52	17:45	1989
55-59	Robert Guatardo	Levelland	56	18:49	1999
60-64	Ralph Wolf	Abernathy	62	22:12	1999
65 Plus	Don Sanderson	Tulia	66	21:29	1996
Clydes	Jeromy Casey	Brownfield	24	19:42	1999
WOMEN					
15 & Under	Hope Jimenez	Lamesa	13	19:27	1997
16-19	Mary Ann Hernandez	Brownfield	18	18:48	1999
20-29	Isabel Navarro	Brownfield	21	18:21	1979
30-34	Isabel Torres	Brownfield	34	21:04	1992
35-39	Melanie McVey	Sundown	39	21:34	2001
40-44	Sherrill Easterling	Hico	44	20:25	1994
45-49	Cheryl Weber	Lubbock	46	22:00	1999
50 Plus	P.J. Mitchell	Lubbock	53	23:55	1999

BOBBY BIRDSONG MEMORIAL LEVELLAND LOPE
 2 Mile and 10K Road Races
 Levelland, Texas JUNE 14, 2003 8:00 A.M.

10K OVERALL RESULTS

PLACE	NAME	TOWN	ST	DIV	PLACE	AG	S	TIME	PAGE
1	CASEY SUMPTER	LAMESA	TX	1	M1619	18	M	35:16	5:41
2	BOB JACKSON	HOBBS	NM	1	M4044	44	M	35:53	5:47
3	HAWK HARRIS	ELGIN	TX	1	M2529	26	M	37:46	6:05
4	TIM KEY	LUBBOCK	TX	1	M3539	35	M	40:03	6:27
5	KEVIN SWEENEY	CLOVIS	NM	1	M3034	33	M	40:33	6:32
6	FARRELL MARTIN	LUBBOCK	TX	1	MCLYD	36	M	41:11	6:38
7	BECKY ROWLEY	CLOVIS	NM	1	F3539	39	F	41:51	6:45
8	JAY KEITH	LUBBOCK	TX	1	M4549	45	M	42:24	6:50
9	JOE HEENAN	LUBBOCK	TX	2	M5529	25	M	42:59	6:56
10	JOHN TROMPLER	LUBBOCK	TX	1	M2529	55	M	43:44	7:03
11	JULIE WALL	LUBBOCK	TX	1	F2024	20	F	44:34	7:11
12	ZACK HOLLY	LUBBOCK	TX	2	M1619	19	M	44:54	7:14
13	ADAM PUCKETT	LUBBOCK	TX	2	MCLYD	31	M	45:58	7:24
14	KENNETH SEAL	LUBBOCK	TX	3	M2529	25	M	46:23	7:28
15	LAWRENCE SCHOVANEC	LUBBOCK	TX	1	M5054	50	M	47:00	7:34
16	JOSH SAVAGE	LUBBOCK	TX	4	M2529	27	M	47:19	7:38
17	DENISE BRAY	LUBBOCK	TX	1	F4044	41	F	47:31	7:39
18	DAVID PRESTON	LUBBOCK	TX	3	M3539	37	M	48:03	7:45
19	MARK ALBUS	LUBBOCK	TX	2	M4549	46	M	48:12	7:46
20	RONNIE PRIGG	LUBBOCK	TX	2	M5054	52	M	48:19	7:47
21	RANDY HOLLOWAY	LUBBOCK	TX	2	M5054	52	M	48:24	7:48
22	DEVIN DELOE	PAMPA	TX	3	M4549	46	M	48:30	7:49
23	RALPH WOLF	ABERNATHY	TX	1	F1315	14	F	50:16	8:06
24	ALLYSSA PRESTON	LUBBOCK	TX	2	F1315	15	F	50:25	8:07
25	GORDEN JENKINS	AMARILLO	TX	1	M6064	62	M	50:31	8:08
26	JUDY LAWLEY	LUBBOCK	TX	2	F3539	38	F	50:33	8:09
27	KEN MATTHEWS	LUBBOCK	TX	3	M5054	54	M	51:57	8:22
28	KEY IN HARRIS	LUBBOCK	TX	5	M2529	25	M	52:18	8:26
29	JIM BURLESON	LUBBOCK	TX	2	M6064	60	M	52:50	8:31
30	LOREN PHILLIPS	LUBBOCK	TX	4	M4549	49	M	53:08	8:34
31	JIM WILHELM	LUBBOCK	TX	4	M5054	52	M	53:49	8:40
32	ROGER STARK	PLAINVIEW	TX	5	M4549	46	M	54:01	8:42
33	MIKE KELLEY	LUBBOCK	TX	5	M5054	54	M	54:21	8:45
34	JAMES BONE	LUBBOCK	TX	3	M6064	64	M	54:35	8:48
35	JAMES LIVERMORE	LUBBOCK	TX	2	M5559	55	M	54:52	8:50
36	BARBARA SLATON	MIDLAND	TX	2	F4044	44	F	55:04	8:52
37	SHIRLEY WIGLEY	LUBBOCK	TX	1	F4549	49	F	55:30	8:57
38	TOM SCHWARTZ	HOBBS	NM	6	M4549	45	M	56:33	9:07
39	DWAYNE OAKELEY	LUBBOCK	TX	7	M4549	46	M	57:30	9:16
40	KEITH HARRIS	LUBBOCK	TX	6	M2529	25	M	57:49	9:19
41	AARON SELF	LUBBOCK	TX	1	M2024	23	M	58:31	9:26
42	MIKE TREVINO	LUBBOCK	TX	3	M3034	33	M	58:34	9:26
43	SHAWN MARTIN	LAMESA	TX	3	F3539	38	F	58:48	9:28
44	ANGELA FRANCO	MIDLAND	TX	1	F2529	26	F	59:00	9:30
45	GARY SHIPP	LUBBOCK	TX	3	MCLYD	44	M	59:14	9:33
46	SAM PROSE	LUBBOCK	TX	6	M5054	54	M	59:45	9:38
47	MARSHA BENNETT	LUBBOCK	TX	4	F3539	39	F	1:00:31	9:45
48	MIKE MORRIS	LUBBOCK	TX	8	M4549	47	M	1:00:44	9:47
49	MALINDA COLWELL	LUBBOCK	TX	2	F2529	29	F	1:02:30	10:04
50	JIMMIE KEY	LUBBOCK	TX	2	M6569	66	M	1:02:32	10:04
51	ETTA MAYER	LUBBOCK	TX	1	F5054	54	F	1:03:15	10:11
52	MARIANNE MILLER	LUBBOCK	TX	1	F3034	30	F	1:05:07	10:29
53	DICK BAKER	LUBBOCK	TX	3	M5559	58	M	1:06:52	10:46
54	RICK LAMPE	LUBBOCK	TX	4	MCLYD	58	M	1:07:47	10:55

BOBBY BIRDSONG MEMORIAL LEVELLAND LOPE
TWO MILE OVERALL RESULTS

PLACE	NAME	TOWN	ST	DIV	PLACE	AG	S	TIME	PACE
1	GARY LACKEY	BROWNFIELD	TX	1	M1619	16	M	10:12	5:06
2	TRENT GARY	WOLFFORTH	TX	2	M1619	18	M	10:41	5:21
3	RYAN LACKEY	BROWNFIELD	TX	1	M1315	15	M	12:01	6:01
4	CHRIS REYES	FLOYDADA	TX	2	M1315	15	M	12:09	6:05
5	CHRIS RAMIREZ	LUBBOCK	TX	1	M2024	20	M	12:23	6:12
6	NICK ESPINOZA	FLOYDADA	TX	3	M1315	14	M	12:46	6:23
7	CRAIG JACKSON	LUBBOCK	TX	1	M3539	38	M	12:50	6:25
8	JOHN KEITH	LUBBOCK	TX	4	M1315	14	M	13:02	6:31
9	RUDY RAMIREZ	LUBBOCK	TX	2	M3539	37	M	13:15	6:38
10	FRANK SUMPTER, SR.	LAMESA	TX	1	M4549	49	M	13:48	6:54
11	JIM HARRIS	HOBBS	NM	1	M6064	60	M	13:54	6:57
12	DREW REYNOLDS	WHITETAGE	TX	1	M0112	12	M	13:58	6:59
13	CODY LACKEY	BROWNFIELD	TX	2	M0112	9	M	14:08	7:04
14	JESSICA MUHLSTEIN	WIMBERLY	TX	1	F1619	18	F	14:19	7:10
15	BOBBIE BENHAM	CANYON	TX	1	F2024	21	F	14:27	7:14
16	TYLYNN LACKEY	BROWNFIELD	TX	2	F1619	17	F	14:31	7:16
17	MARISA GARZA	LEVELLAND	TX	1	F1315	15	F	14:43	7:22
18	ELISEO RAMIREZ	ROPEVILLE	TX	3	M3539	35	M	14:44	7:22
19	JACK BENHAM	MULESHOE	TX	1	MCLVD	46	M	15:06	7:33
20	JR MENDOZA	LEVELLAND	TX	2	MCLVD	45	M	15:16	7:38
21	WADE GRAHAM	LUBBOCK	TX	1	M3034	34	M	15:21	7:41
22	DAVID HIGGINS	LUBBOCK	TX	1	M5054	50	M	15:22	7:41
23	PETE TORRES	COLORADO CITY	TX	2	M3034	31	M	16:30	8:15
24	MARTHA MARTINEZ	COLORADO CITY	TX	1	F4549	47	F	16:32	8:16
25	LETICIA CASTILLO	LUBBOCK	TX	1	F3034	30	F	17:16	8:38
26	RACHELLE HEENAN	LUBBOCK	TX	1	F2529	25	F	17:29	8:45
27	HANNAH LAYMAN	HEREFORD	TX	1	F0112	10	F	17:45	8:53
28	JAMES LAYMAN	HEREFORD	TX	4	M3539	37	M	17:46	8:53
29	CHERRY LINDGREN	LUBBOCK	TX	1	F3539	35	F	17:59	9:00
30	ESTELLA GALVAN	BROWNFIELD	TX	1	F6039	60	F	18:00	9:00
31	ADAM ANDREWS	LUBBOCK	TX	4	M4549	49	M	18:06	9:03
32	KAREN JACKSON	HOBBS	NM	2	F4549	46	F	18:12	9:06
33	NICK RAMIREZ	ROPEVILLE	TX	5	M1315	14	M	18:21	9:11
34	CONNIE BERLINGER	LUBBOCK	TX	3	F4549	49	F	18:27	9:14
35	TONY RODRIGUEZ	BROWNFIELD	TX	3	M0112	12	M	19:06	9:33
36	JOHN STALCUP	LUBBOCK	TX	1	M7039	70	M	19:15	9:38
37	JOSIE ALEMAN	LUBBOCK	TX	1	F5054	51	F	19:44	9:52
38	JESSIE RAYE RODRIGUEZ	BROWNFIELD	TX	2	F0112	11	F	24:11	12:06
39	KAITLYNN GONZALES	ALLEN	TX	2	F1315	13	F	28:14	14:07

RACE REPORT

Bill Roger had to take over at the last minute to put the race on and did a superb job with a limited number of volunteers. The race was a great success, with very nice weather conditions and an all time high attendance of 93, which was 15 more than the previous high in 1991. Club volunteers besides Bill, were, George Jury, Tom Griffin, Tony Aleman, Ida Sumpter and Robby Timberlake. Also helping out by bringing out the water and G-ade was Dwayne Oakeley, and Sam Prose delivered the bananas and bagels. Local residents helping Bill were, Buddy Hutto, Jim Leggett, Lance Bingham and Bill's son-in-law, Ed Robinson.

Casey Sumpter ran his first "long distance" run to win the 10K in 35:16, as he prepares to go to the University of Arkansas to run this fall. Becky Rowley of Clovis won the women's race in 41:51. Gary Lackey continued his winning ways with a 10:12 in the 2 mile while Jessica Muhlstein of Wimberly (visiting the Lackey's) was the women's winner in 14:19.

Dr George Sheehan
1989--- Each of us is an expert in the self

The good advice business has never been better. It is a seller's market. Counselors of all sorts are multiplying like rabbits. Everywhere you look there are experts on every subject straining to tell us what to do. Whatever the problem, of the body or mind or spirit, they are ready to give us the answer.

Once we were exposed to such well-intentioned admonitions only on Sunday in church or in a weekly advice-to-the-lovelorn column. Now we cannot escape it. Advice pours out of the radio. It fills the newspapers. It is the best-selling staple of every bookstore.

And to what avail? How much of this good advice is good for the individual? If good, how much is followed? If followed, how much does it change a person's life. The answer to all three questions is very little. Virtue cannot be taught. Experience must be experienced. No one can be quite sure whose life is a success and whose is not.

This does not stop the preachers from preaching. The sowers of the word are always with us. There is always the possibility it will fall on good ground. And there are always listeners. There's a sucker born every minute," P.T. Barnum said. They are people who seek help for choices they have to make themselves, people who even pay for the help that is offered. Theodore Roszak, a perceptive observer of our culture, has commented on this phenomenon. "We go to doctors and physiologists to learn what's going on in our organism, he says, and that cuts us off from any direct experience that we can have with a sense of certainty that we know what's going on and that we are indeed the best authorities over our inner life and our bodies."

Let that sink in. We are the best authorities. That does not mean we do not need information. Even the pope has his experts to give him information, and to educate him on those things that can be found in the books. All of us require some sort of storage and retrieval system, whether it is a person or a computer. All of us are ignorant, and profoundly so, in some field. Most of that, we can leave to others. There is much to know that is not worth the time spent getting to know it.

What is essential for us to know, we call education. We must have adequate information to live in this world. But information will never replace experience and the wisdom that follows. The vice of living in a highly artificial social order," says Roszak, "is that you experience through media, through literature, through books, rather than in a raw and direct way." There comes a time when you must be your own teacher, your own coach, your own clergyman.

We need not ask another person, "Who am I?" If we do, we will never engage in the adventure of self-discovery. We will live another and false life. Do not mistake yourself for anyone else, the average American man, the ordinary inhabitant of this globe or the common-variety human being. They exist only on charts.

We do share a host of attributes with others; drives and desires, instincts and longings. Under precisely controlled conditions our overall responses to certain stimuli can be statistically predicted. But we are not statistics. Under precisely controlled conditions, we will, individually, do as we damn please, and fortunately, that is precisely what we should do.

We must have a healthy distrust, and a healthy cynicism for the experts, and for authority in general. Each of us is an experiment of one. Each is an expert in the self, a witness of a personal truth, our own best authority.

My advice to these advisors would be, "Do not tell me what to do, tell me what you do. Do not tell me what is good for me, tell me what is good for you. If, at the same time you reveal the you in me, if you become a mirror to my inner self, then you have made a listener and a friend."

Dr. George Sheehan

Essay

Life is not a Spectator Sport

We are constantly being warned to check with our physicians before beginning athletics. Play and games evidently can be risky business. What we are not told are the risks of not beginning athletics—that the most dangerous sport of all is watching it from the stands. The weakest among us can become some kind of athlete, but only the strongest can survive as spectators. Only the hardiest can withstand the perils of inertia, inactivity, and immobility. Only the most resilient can cope with the squandering of time, the deterioration in fitness, the loss of creativity, the frustration of emotions, and the dulling of moral sense that can afflict the dedicated spectator.

Physiologists have suggested that only those who can pass the most rigorous physical examination can safely follow the sedentary life. Man was not made to remain at rest. Inactivity is completely unnatural to the body. And what follows is a breakdown of the body's equilibrium. When the beneficial effects of activity on the heart and circulation and indeed on all the body's systems are absent, everything measurable begins to go awry. Up goes the girth of the waist and the body weight. Up goes blood pressure and heart rate. Up goes cholesterol and triglycerides. Up goes everything you would like to go down and down everything you would like to go up. Down goes vital capacity and oxygen consumption. Down goes flexibility and efficiency, stamina and strength. Fitness fast becomes a memory.

The seated spectator is not a thinker, he is a knower. Unlike the athlete who is still seeking his own experience, who leaves himself open to truth, the spectator has closed the ring. His thinking has become rigid knowing. He has enclosed himself in bias and partisanship and prejudice. He has ceased to grow.

And it is growth he needs most to handle the emotions thrust upon him, emotions he cannot act out in any satisfactory way. He is, you see, an incurable distance from the athlete and participation in the effort is the athlete's release, the athlete's catharsis. He is watching people who have everything he wants and cannot get. They are having all the fun: the fun of playing, the fun of winning, even the fun of losing. They are having the physical exhaustion which is the quickest way to fraternity and equality, the exhaustion which permits you to be not only a good winner but a good loser.

Because the spectator cannot experience what the athlete is experiencing, the fan is seldom a good loser. The emphasis on winning is therefore much more of a problem for the spectator than the athlete. The losing fan, filled with emotions which have no healthy outlet, is likely to take it out on his neighbor, the nearest inanimate object, the umpires, the stadium or the game itself. It is easier to dry out a drunk, take someone off hard drugs or watch a three-pack-a-day smoker go cold turkey than live with a fan during a long losing streak.

Should a spectator pass all these physical and mental and emotional tests, he still has another supreme challenge to his integrity. He is part of a crowd, part of a mob. He is with those the coach in The Games called "The nothingsmen, those oafs in the stands filling their bellies." And when someone is in a crowd, out go his individual standards of conduct and morality. He acts in concert with his fellow spectators and descends two or three rungs on the evolutionary ladder. He slips backward down the development tree.

From the moment you become a spectator, everything is downhill.

MALE

YTD TOTALS				YTD TOTALS			
AGE	PTS	MILES	EVT	AGE	PTS	MILES	EVT
0 - 12 MALE							
Tony Rodriguez	12	45	15	5			
Cody Lackey	9	29	8	3			
13 - 15 MALE							
John Keith	14	35	10	4			
Ryan Lackey	15	20	4	2			
John Lackey	13	7	2	1			
16-19 MALE							
Gary Lackey	16	22	4	2			
Nathan Beck	16	19	22.1	3			
Casey Sumpter	18	11	6.2	1			
Caleb Beck	19	10	9	2			
20 - 24 MALE							
Jerred Hurst	23	40	36.1	4			
25 - 29 MALE							
Richard Lombardini	26	10	8	1			
Chance Payton	28	10	6.2	1			
Hawk Harris	26	10	6.2	1			
30 - 34 MALE							
Pete Torres	31	47	17	5			
Mike Trevino	33	36	35.4	5			
Scott Mayfield	33	20	6	2			
Kevin Sweeny	33	10	6.2	1			
David Steadman	34	9	11	1			
35 - 39 MALE							
Craig Jackson	38	52	23.2	6			
Tim Key	35	47	29.4	5			
Bob Blake	38	29	41.1	5			
Daniel Gonzales	37	19	17.2	3			
James Layman	37	18	9	3			
Jeremy Leggoe	35	7	11	1			
Rod Burgett	38	3	5	1			
40 - 44 MALE							
Epi Aquirre	44	30	21.2	4			
Paul Pare	40	25	17	3			
Bob Jackson	44	21	11.2	2			
Chris Lomgren	43	20	19	2			
Wade Wilson	44	19	15	2			
Brent Lowrey	41	9	4	1			
Edson Pinto	41	7	4	1			
Ron Hewitt	40	0	22	1			**
45 - 49 MALE							
Jay Keith	45	58	47.3	8			
Randy Wolcott	47	45	30	5			
Randy Holloway	46	39	47.3	6			*
Rick Syrett	47	28	19.2	3			*
Dwayne Oakeley	46	24	42.3	6			*
Adam Andrews	49	18	10	3			
Gene Adams	45	17	17	3			
Jon McMenamy	48	13	8	2			*
David Malone	45	11	26.1	3			*
Damon Richards	49	11	13	2			
Al Gardner	46	10	4	1			
Jackie Cannon	47	10	2	1			
Mike Morris	47	10	29.2	4			*
Frank Sumpter	49	10	7	2			*
Tom Cunningham	47	7	4	1			
50 - 54 MALE							
Ronnie Prigg	52	49	25.2	5			*
Jim Wilhelm	52	41	47.3	6			**
David Higgins	50	41	31	6			
Mike Kelley	54	38	43.3	5			
Tom Weis	51	35	19.2	4			*
Joe Post	54	28	30.2	5			*
Sam Prose	54	20	31.4	4			*
Larry Mills	50	15	6	2			
Lawrence Schovanec	50	10	19.3	2			*
Tom Griffin	54	7	23.2	4			**
David Mangold	54	5	5	1			*
Tony Aleman	52	0	34.2	5			*
55 - 59 MALE							
John Trompler	55	49	39.3	5			*
Ron Nugent	56	36	37.1	5			*
Dick Baker	58	23	25.2	3			*
James Livermore	55	22	26.2	4			*
Billie Walker	58	18	12	2			
Darrel McMillen	56	17	9	2			
Danny Galey	57	6	5	1			

** = RACE DIRECTOR
* = VOLUNTEER

34th ANNUAL FIRECRACKER RUNS REGISTRATION

July 4, 2003 Pre-Registration, \$15 WTRC members, \$16 non members, Race Day, \$20, Children's 1 mile run \$5.00
Mail Registration thru July 1 Make checks payable to the West Texas Running Club T-Shirt included
Mail checks & entry forms to: George Jury 3 & 10 mile race start at 8 am.
5212 44th Street Kids 1 mile at 7:40 am at Terry
Lubbock, Texas 79414 County Park in Brownfield, Texas

792-1237(n) 792-3291(d)

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 34th Annual Firecracker Runs. 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 race course 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) T-Shirt Size (Circle) S M L XL _____ Male _____ Clydesdale (190 lbs or more)

Name _____ Female _____ Athena (150 lbs or more)

Street Address _____ Race Distance: _____ 1 mi. kids _____ 3 mi. _____ 10 mi.

City _____ State _____ Zip _____ Grade (Fall of 2003) _____ (for kids run)

Phone Number _____ Children's race, Kindergarten through 6th Grade only