

# CALENDAR

- \* Indicates W.T.R.C. Monthly Race and CHALLENGE SERIES EVENT
- JUNE 3 W.T.R.C. Business meeting, Tuesday, June 3, 2003
- JUNE 7 GIRLSTOWN GALLOP: 5K, 10:00 AM, Whiteface, Steve Reynolds, 806-229-6361
- \* JUNE 14 BOBBY BIRDSONG MEMORIAL LEVELLAND LOPE: Levelland, 8am 10K and 2 Mile, Race Director Al Gardner, 894-3538  
Map with directions to race site on website or e-mail rungwj@aol.com
- JUNE 29 BSL HALF IRONMAN TRIATHLON: Greers, 796-8213, www.greerinc.com
- \* JULY 4 33rd 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)252-9057
- \* AUG. 9 HOT DAM 5 MILLER: Canyon Lake 6, Lubbock, (also 1 Mile Children's Run) 8:00 am, Etta Mayer, Race Director, 742-2907
- \* 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 698-1001
- 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)
- \* 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. 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)

<http://wtrc.tripod.com>

For Membership, Calendar, Race Results, etc.



June 2003

NewsLetter  
5406 86th St.  
Lubbock, Texas 79424



June W.T.R.C. Races  
LEVELLAND LOPE 10K & 2 MILES  
South Plains College, Levelland  
8am, Saturday, June 14, 2003  
Details Inside Back Cover

David Higgins  
3401 Alcove  
Lubbock, TX 79407



## OFFICERS

President - Ron Lubowicz  
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WTRC Web Address:  
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## DIRECTORS

Newsletter Director - John Trompler  
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Club Historian - James Livermore  
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WEST TEXAS RUNNING CLUB'S  
24th Annual BOBBY BIRDSONG MEMORIAL LEVELLAND LOPE  
10K and 2 MILE RACES

EVENT # 6 OF THE W.T.R.C. CHALLENGE SERIES

**WHEN:** SATURDAY, June 14, 2003  
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 by 7pm, Friday the 13th, then pay fee race day

**WHERE:** TEXAN DOME, South Plains College, Levelland Texas

From Lubbock, take Highway 114 West, turn left (South) on Sherman, drive two blocks south of the College Track

**COURSE:** Flat, both Races out and back on City Streets

**AID STATIONS:** At least, every 2 Miles  
Splits at 1 Mile

**AGE DIVISIONS:** 10K

**MEN:** 15-19; 20-24; 25-29; 30-34; 35-39; 40-44; 45-49;  
50-54; 55-59; 60-64; 65-69; 70 Plus

**WOMEN:** 15-19; 20-24; 25-29; 30-34; 35-39; 40-44; 45-49,  
50-54; 55-59; 60 Plus

(Special 6-12, 13-15 & 16-19 age groups in the 2 Mile)

Clydesdales and Athena Age Graded

**AWARDS:** New Medallions to at least the first three finishers in THE AGE GROUP DIVISIONS DESCRIBED ABOVE and up to 50% of each group (Maximum of 5)

Engraved medals to overall winners in each race

**ENTRY FEE:** W.T.R.C. MEMBERS \$5.00  
OTHERS \$6.00

**RACE DIRECTOR:** Al Gardner, 894-3538 (h), 894-9611, x2283 (o)  
email, agardner@spc.cc.tx.us

## NOTES FROM THE PRESIDENT

Two Christmases ago my daughters gave me a book that provoked me to try using a Pilates stretching regimen to reduce a somewhat chronic back pain. Now, a little over a year later, my back pain is totally gone and I am able to lift moderate loads without fear of a weeklong suffering. Naturally, I wrote about it and caused some of you to pay good money for the book. Once again you are in luck, because this year I was given another book that sounded beneficial. So, following form, I have again converted my body into a laboratory to test out the premise and promise of this latest treasure.

The claim of this newest lifeguide is that if you eat foods that are compatible with your blood type, you will feel better, age more slowly, control your weight, and generally be less of a victim to the plethora of maladies that come your way. The author catalogs a long list of foods and drinks as: "beneficial", "neutral", and "avoid" and provides some insights into many of the common culprits. A few weeks ago I wrote down only those foods I commonly eat that were in my "avoid" list and I began avoiding them (I follow instructions well). So far all I can report is that I am no longer the very gaseous individual I once was and that my energy level is noticeably higher. I've begun keeping a diary in hopes that I will be able to capture more subtle changes. In any event, I will give you an update in a few months.

If you are interested, the name of the book is "Eat Right 4 Your Type" by Dr. Peter J. D'Adamo. SYOTR, Ron

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

The WTRC monthly business meeting is on Tuesday, June 3, 7:00 p.m. at Hoot's Bagels, 8201 Quaker Avenue  
All members are welcome.

**West Texas Running Club**  
proudly presents

# 34th ANNUAL FIRECRACKER RUNS

Friday, July 4<sup>th</sup>, 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 or call before 7 pm, July 3<sup>rd</sup>

George W. Jury, 792-3291(d), 792-1237(n)

**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.

Grades as of Fall, 2003.

**Contact: Race Director Adam Puckett (806) (N), 775-1236 (D)**

535-1747

## HORSESHOE BEND CANYON SPRING FROLIC RACES

2 Mile, 6 Mile and 11 Mile Road Races  
Slaton, Texas May 10, 2003  
11 MILES OVERALL RESULTS

PLACE	NAME	TOWN	ST	DIV	PLACE	AG	S	TIME	PACE
1	MICHAEL ZINNO	LUBBOCK	TX	1	M3539	35	M	1:11:00	6:28
2	KEVIN SWEENEY	CLOVIS	NM	1	M3034	33	M	1:14:53	6:49
3	SAM BURGESSON	LAMESA	TX	2	M3539	38	M	1:17:14	7:02
4	FARRELL MARTIN	LUBBOCK	TX	1	MCLYD	36	M	1:17:35	7:04
5	JERRIED HURST	LUBBOCK	TX	1	M2024	23	M	1:20:26	7:19
6	JOHN TROMPLER	LUBBOCK	TX	1	M5559	55	M	1:20:27	7:19
7	CHRIS LONNGREN	LUBBOCK	TX	1	M4044	43	M	1:20:29	7:19
8	DAVID STEADMAN	LUBBOCK	TX	2	M3034	34	M	1:21:19	7:24
9	JAY KEITH	LUBBOCK	TX	1	M4549	45	M	1:22:02	7:28
10	BRETT PEIKERT	LUBBOCK	TX	4	M3539	35	M	1:24:12	7:40
11	DENISE BRAY	LUBBOCK	TX	1	F4044	41	F	1:25:40	7:48
12	BOB BLAKE	LUBBOCK	TX	5	M3539	38	M	1:27:28	7:58
13	WADE WILSON	LUBBOCK	TX	2	M4044	44	M	1:29:03	8:06
14	KENNETH SEAL	LUBBOCK	TX	1	M2529	25	M	1:29:20	8:08
15	ADAM PUCKETT	LUBBOCK	TX	2	MCLYD	31	M	1:30:45	8:15
16	RANDY WOLCOFF	LUBBOCK	TX	2	M4549	47	M	1:31:37	8:20
17	RANDY HOLLOWAY	LUBBOCK	TX	3	M4549	46	M	1:32:12	8:23
18	MADONNE MINER	LUBBOCK	TX	1	F5054	50	F	1:33:49	8:32
19	JEREMY LEGGEE	LUBBOCK	TX	6	M3539	35	M	1:35:21	8:41
20	MARY BRANSCOME	LUBBOCK	TX	2	F4044	43	F	1:35:57	8:44
21	JUDY LAWLEY	LUBBOCK	TX	1	F3539	38	F	1:36:40	8:48
22	HANK IVEY	SLATON	TX	3	MCLYD	34	M	1:37:05	8:50
23	BILL TILLEY	LUBBOCK	TX	4	MCLYD	40	M	1:38:14	8:56
24	RONNIE NUGENT	LUBBOCK	TX	2	M5559	56	M	1:38:51	9:00
25	KEN MATTHEWS	LUBBOCK	TX	1	M5054	54	M	1:41:58	9:17
26	LARRY BYRD	SHALLOWATER	TX	1	M6064	62	M	1:42:20	9:19
27	P. J. MITCHELL	LUBBOCK	TX	1	F5559	58	F	1:43:38	9:26
28	JIM WILHELM	LUBBOCK	TX	2	M5054	52	M	1:46:57	9:44
29	MIKE KELLEY	LUBBOCK	TX	3	M5054	54	M	1:49:00	9:55
30	JAMES LIVERMORE	LUBBOCK	TX	3	M5559	55	M	1:50:20	10:02
31	RADD BROOKS	LUBBOCK	TX	4	M4044	43	M	1:53:36	10:20
32	DEAN BARHAM	LUBBOCK	TX	5	M3034	34	M	1:56:44	10:37
33	MIKE MORRIS	LUBBOCK	TX	4	M4549	47	M	1:58:46	10:48
34	SAM PROSE	LUBBOCK	TX	4	M5054	54	M	2:00:04	10:55
35	SHIRLEY WIGLEY	LUBBOCK	TX	1	F4549	48	F	2:00:57	11:00
36	MARSHA BENNETT	LUBBOCK	TX	2	F3539	39	F	2:04:53	11:22
37	DICK BAKER	LUBBOCK	TX	4	M5559	58	M	2:05:58	11:28
38	ETTA MAYER	LUBBOCK	TX	2	F5054	54	F	2:10:12	11:51

## RACE REPORT

The 31st Annual HSB Spring Frolic was once again a big success. The weather was almost perfect for the event and early arrivals were greeted by a pasture full of cattle onlooking and the sounds of songbirds all around. This time we did not have to contend with 12 row tractor outfits trying to get by. Everyone's cooperation in parking way off the pavement was appreciated. As we reported before, a deputy sheriff threatened to run us off last year, especially because someone parked right on the bridge crossing the Yellowhouse river.

Besides Race Director Ron Hewett, 8 club members gave of their time to help out. Those include; George Jury, Bob Bernero, Rebecca Puckett, Hugh Haynes, Joe Post, Mike Trevino, Tony Aleman and Richard Bray. Also a big assist was provided by Ron's wife, Teresa who came early and served as lead cheerleader as she pulled tags in the finish chute. Also arriving early to help register was Andy Menchu of Cedar Park, George Jury's son-in-law, who later ran the 6 mile. Also helping before and after running were Connie Berlinger, Mike Morris and David Higgins.

Nine new events records were set; 11 Mile, Farrell Martin, Clydes, Denise Bray, F40-44, Madonne Miner F50-54, P.J. Mitchell, F55-59. Six Mile; Natalie Steadman F35-39, Melanie McVey F40-44, Josie Aleman F50-54. 2 Mile; Jim Harris M55-59, Estella Galvan F60+. John Trompler just missed George Jury's 11 mile 55-59 mark by 2 seconds. Probably will get it next year!

HORSESHOE BEND CANYON SPRING FROLIC RACES  
2 Mile, 6 Mile and 11 Mile Road Races  
Slaton, Texas May 10, 2003

6 MILES OVERALL RESULTS

PLACE NAME	TOWN	ST	DIV	PLACE	AG	S	TIME	PACE
1 JUSTIN HESSE	LEVELLAND	TX	1	M2024	22	M	38:26	6:25
2 JORGE CORONA	BIG SPRING	TX	1	M3034	33	M	40:31	6:46
3 ANTHONY HERR	LUBBOCK	TX	1	M1619	16	M	41:10	6:52
4 LARRY LOVATO	LUBBOCK	TX	3	M1619	16	M	41:30	6:55
5 KIRK HESSE	LEVELLAND	TX	3	M1619	17	M	42:25	7:05
6 EPI AGUIRRE	LUBBOCK	TX	1	M4044	44	M	42:39	7:07
7 JOE HEENAN	LUBBOCK	TX	1	M2529	25	M	43:08	7:12
8 JOHNNY GARZA	SLATON	TX	1	M3539	37	M	46:22	7:44
9 RONNIE PRIGG	LUBBOCK	TX	1	M5054	52	M	46:33	7:46
* 10 NATALIE STEADMAN	LUBBOCK	TX	1	F3539	35	F	47:51	7:59
* 11 DANIEL GONZALES	LUBBOCK	TX	2	M3539	37	M	49:26	8:15
12 MELANIE McVEY	SUNDDOWN	TX	1	F4044	41	F	49:29	8:15
13 ROBERT BACON	LUBBOCK	TX	3	M3539	37	M	50:10	8:22
14 ROSS NIEMAN	SHALLOWATER	TX	4	M1619	18	M	50:26	8:25
15 RALPH WOLF	ABERNATHY	TX	1	M6569	66	M	50:31	8:26
16 STEVE NIEMAN	SHALLOWATER	TX	1	M4549	48	M	50:50	8:29
17 JIM BURLISON	LUBBOCK	TX	1	M6064	60	M	52:36	8:46
18 ANGELA FRANCO	MIDLAND	TX	1	F2529	25	F	54:05	9:01
19 CATHY PADEN	SLATON	TX	1	F3034	33	F	54:17	9:03
20 JAMES BONE	LUBBOCK	TX	2	M6064	63	M	54:36	9:06
21 MISTY HODSON	LUBBOCK	TX	2	F3034	33	F	55:13	9:13
22 CARRIE BADILLO	LUBBOCK	TX	2	F2529	25	F	56:32	9:26
23 ANDY MENCHU	CEDAR PARK	TX	2	M4549	46	M	57:09	9:32
24 DWAYNE OAKLEY	LUBBOCK	TX	3	M4549	46	M	57:19	9:34
25 SUZIE HARTSFIELD	LUBBOCK	TX	2	F4044	41	F	58:09	9:42
26 TRACY BAUGH	LUBBOCK	TX	3	F4044	41	F	58:09	9:42
27 LOUANA ARTERBURN	LUBBOCK	TX	3	F3034	34	F	1:04:35	10:46
28 GARY SHIPP	LUBBOCK	TX	2	M4044	44	M	1:06:15	11:03
29 RICK LAMPE	LUBBOCK	TX	1	M5559	58	M	1:07:32	11:16
* 30 JOSIE ALEMAN	LUBBOCK	TX	1	F5054	51	F	1:11:10	11:52
31 JOE MARTINEZ	LUBBOCK	TX	2	M5559	57	M	1:11:12	11:52
32 MADELEINE TAYLOR	RANSON CANYON	TX	2	F5054	51	F	1:11:29	11:55

2 MILE OVERALL RESULTS

PLACE NAME	TOWN	ST	DIV	PLACE	AG	S	TIME	PACE
1 CHRIS REYES	FLOYDADA	TX	1	M1315	14	M	12:34	6:17
2 CRAIG JACKSON	LUBBOCK	TX	1	M3539	38	M	13:26	6:43
3 JACKIE CANNON	AMARILLO	TX	1	M4549	47	M	14:00	7:00
4 JOHN KEITH	LUBBOCK	TX	2	M1315	14	M	14:01	7:01
* 5 JIM HARRIS	HOBBS	NM	1	M6064	60	M	14:03	7:02
6 NICK ESPINOZA	FLOYDADA	TX	3	M1315	14	M	14:10	7:05
7 MARIJA GARZA	LEVELLAND	TX	1	F1315	15	F	15:09	7:35
8 NATHAN WOLCOTT	LUBBOCK	TX	4	M1315	13	M	15:28	7:44
9 DAVID HIGGINS	LUBBOCK	TX	1	M5054	50	M	15:29	7:45
* 10 JR. MENDOZA	LEVELLAND	TX	2	M4549	45	M	15:59	8:00
11 COLTON PITTMAN	LUBBOCK	TX	1	M0112	9	M	16:02	8:01
12 WADE GRAHAM	BIG SPRING	TX	1	M3034	33	M	16:14	8:07
13 BRETT LONGLEY	LUBBOCK	TX	5	M1315	15	M	16:18	8:09
14 SCOTT MAYFIELD	LUBBOCK	TX	2	M3034	33	M	16:32	8:16
15 JENNIFER ESPINOZA	FLOYDADA	TX	1	F0112	12	F	16:39	8:20
16 MARIJA MARTINEZ	COLORADO CITY	TX	1	F4549	47	F	17:17	8:39
17 LETICIA CASTILLO	LUBBOCK	TX	1	F3034	30	F	18:08	9:04
18 HANNA LAYMAN	HEREFORD	TX	2	F0112	10	F	18:15	9:08
19 JIM LAYMAN	HEREFORD	TX	2	M3539	37	M	18:16	9:08
20 ESTELLA GALVAN	BROWNFIELD	TX	1	F6099	60	F	19:10	9:35
21 TONY RODRIGUEZ	BROWNFIELD	TX	2	M0112	12	M	19:50	9:55
22 HEATHER CANNON	AMARILLO	TX	1	F1619	17	F	20:15	10:08
23 CONNIE BERLINGERI	LUBBOCK	TX	2	F4549	49	F	20:33	10:17
24 BECKY BACON	LUBBOCK	TX	2	F3034	34	F	21:04	10:32

WTRC/TTU SCHOLARSHIP

NOMINATIONS DUE

The WEST TEXAS RUNNING CLUB scholarship at TEXAS TECH UNIVERSITY was established and criteria defined in the fall of 1989. This endowment fund, derived from the proceeds of the RED RAIDER ROAD RACE, had grown large enough that an award could be made. The stipend is now \$500 per semester for two semesters.

The scholarship selection committee to be named, will make the selection of recipients by August 15, 2003.

RECOMMENDED CRITERIA:

The person selected will be chosen without regard to age, race, sex, religion, color, national origin, marital status, ancestry or handicap.

- 1) Non-Academic/ Non-Athletic Scholarship
- 2) Must have letter of recommendation by a W.T.R.C. Member

- 3) Applicants will submit a standardized form approved by the selection committee

- 4) Recipient must be from West Texas as defined: The area north of Interstate 20 as far west as Pecos and west of a line from Abilene to Wichita Falls

- 5) Recipient must have a GPA of 2.5 after at least one semester at TTU and maintain that GPA during the scholarship period

- 6) Major Area of study can be any

- 7) Full time student status; at least 12 hours undergrad
- 8) Restriction: Recipient must have a verified Financial Need

Deadline is August 1, 2003

WEIGHTED CRITERIA:

- Extra Curricular Activities
- School Activities
- Leadership Positions Held

Recipient may re-apply each year: WEST TEXAS RUNNING CLUB members should make nominations in writing to:

Dick Baker, W.T.R.C  
5711 62nd St.  
Lubbock, Texas 79424

Application forms are available for Students: Call Dick Baker 794-1230(h) or 472-7562(w) for information.

### SIX WORKOUTS TO INCREASE YOUR VO2MAX, AND RACE FASTER

(from an unknown source reported on an obscure website)

VO2 max is the maximum amount of oxygen in milliliters, one can use in one minute per kilogram of body weight. Those who are more fit have higher VO2 max values and can exercise more intensely than those who are not as well conditioned. Scientific studies have shown that the optimal intensity for VO2max-building training lies in the range between 90-100% VO2max ("The Interactions of Intensity, Frequency and Duration of Exercise Training in Altering Cardiorespiratory Fitness", Sports Medicine, vol 3, pp 346-356,1986). 90-100% VO2max means running speeds which are in the domain between your two-mile race pace (about 100% VO2max) and 10K race speed (90% VO2max).

Since all of the following workouts fall between these boundaries, they should have a dramatic effect on your VO2max.

1. A 5K race. This is actually the best of all VO2max sessions because it forces you to run in a continuous fashion at an intensity of about 95% VO2max for a fairly prolonged period of time -15-25 minutes in most cases.
2. The basic VO2max workout 1200-metre intervals at your current 5K race pace. The nearly perfect distance for VO2max-boosting intervals is 1200m. When intervals get longer, within-interval fatigue hurts running form or makes it too hard to hold 5K pace, especially near the end of a workout. When intervals are shorter than 1200m, it's sometimes hard to get your leg muscles right up there at their close-to-maximal rate of oxygen consumption. To ensure high average rates of oxygen consumption, 5K pace - 95% VO2max intensity - is utilized, and recoveries are not longer in time than the 1200m work intervals.
3. The structured fartlek workout just like a regular fartlek session, except that you put boundaries on your "speed plays". Each burst of faster-paced running should be carried out at from two-mile to 10K race speed and should last from two to six minutes. The easy portions of the session should last from half as long to just as long as the preceding burst. For example, if you run at 5K pace for around four minutes, jog comfortably for two to four minutes before you try another fast burst.
4. Mile repeats at 8K race pace (92% VO2max) Take no more than four minutes of recovery between miles. Yes, these repetitions are longer than 1200m but the pace is a little slower.
5. The Ronald Reagan This one is so easy to remember and carry out that it will probably put you to sleep, but it has a much more than trickle-down effect on your fitness. Warm up with 10 minutes of easy running, and then cruise through one mile on the track at your best 10K race speed. Jog for three minutes, then scamper through a second mile six seconds faster than your per-mile 10K tempo. Jog for three more minutes, then blast through a final mile about 12 seconds faster than 10K speed. Warm down with a one-mile jog.
6. The Marquis de Sade. Perhaps the best (and most demanding) of the workouts, this session raises your VO2max and heightens your ability to handle surges during races. Jog easily for 15 minutes, and then run 800 meters at your best 10K pace. Jog for two minutes, then run 400 meters at 5K race speed. Jog for one minute, then run 400 meters at about two-mile race tempo (this will be about three seconds per 400 faster than 5K pace). Without resting, launch yourself into 800 meters at 5K pace. Jog for four minutes, then repeat this 800- recovery-400-recovery-400- no recovery-800 pattern. A 30-mile a week runner can complete two of these combos per workout; at 45 weekly miles, three combinations are possible.

### W.R.T.C. 2003 CHALLENGE SERIES STANDINGS AFTER 5 EVENTS

#### MALE

YTD TOTALS				YTD TOTALS					
AGE	PTS	MILES	EVT VOL	AGE	PTS	MILES	EVT VOL		
<b>0 - 12 MALE</b>				<b>45 - 49 MALE</b>					
Tony Rodriguez	12	37	13	4	Jay Keith	45	48	41.1	5
Cody Lackey	9	20	6	2	Randy Wolcott	47	45	30	5
Colton Pittman	9	10	2	1	Randy Holloway	46	31	41.1	5
Austin Pittmann	11	10	4	1	Rick Sybert	47	28	19.2	3
<b>13 - 15 MALE</b>				<b>50 - 54 MALE</b>					
John Keith	14	28	8	3	Dwayne Oakeley	46	20	36.1	5
Ryan Lackey	13	10	2	1	Gene Adams	45	17	17	3
John Lackey	13	7	2	1	Jon McMenamy	48	13	8	2
<b>16-19 MALE</b>				<b>55 - 59 MALE</b>					
Nathan Beck	16	19	22.1	3	David Malone	45	11	26.1	3
Gary Lackey	16	11	2	1	Damon Richards	49	11	13	2
Caleb Beck	19	10	9	2	Al Gardner	48	10	4	1
<b>20 - 24 MALE</b>				<b>60 - 64 MALE</b>					
Jeremy Hurst	23	40	36.1	4	Jackie Cannon	47	10	2	1
<b>25 - 29 MALE</b>				<b>65 - 69 MALE</b>					
Richard Lombardini	26	10	8	1	Adam Andrews	49	9	8	2
Chance Payton	28	10	6.2	1	Tom Cunningham	47	7	4	1
<b>30 - 34 MALE</b>				<b>70 - 74 MALE</b>					
Pete Torres	31	38	15	4	Mike Morris	47	7	23	3
Mike Trevino	33	27	29.2	4	Frank Sumpter	49	0	5	1
Scott Mayfield	33	20	6	2	<b>50 - 54 MALE</b>				
David Steadman	34	9	11	1	Ronnie Pigg	52	40	19	4
<b>35 - 39 MALE</b>				<b>55 - 59 MALE</b>					
Craig Jackson	38	42	21.2	5	Tom Weis	51	35	19.2	4
Tim Fey	35	37	23.2	4	Jim Wilhelm	52	34	41.1	5
Bob Blake	38	29	41.1	5	Mike Kelley	54	32	37.1	4
Daniel Gonzales	37	19	17.2	3	David Higgins	50	31	29	5
James Layman	37	11	7	2	Joe Post	54	28	30.2	5
Jeremy Leggoe	35	7	11	1	Larry Mills	50	15	6	2
Rod Burgett	38	3	5	1	Sam Prose	54	15	25.2	3
<b>40 - 44 MALE</b>				<b>65 - 69 MALE</b>					
Epi Aquirre	44	30	21.2	4	Tom Griffin	54	7	17	3
Paul Pire	40	25	17	3	David Mangold	54	5	5	1
Chris Lonngren	43	20	19	2	Tony Aleman	52	0	28	4
Wade Wilson	44	19	15	2	Lawrence Schovanec	50	0	13.1	1
Bob Jackson	44	11	5	1	<b>50 - 54 MALE</b>				
Brent Lowrey	41	9	4	1	John Trompler	55	39	33.1	4
Edson Pinto	41	7	4	1	Ron Nugent	56	38	37.1	5
Ron Hewett	40	0	22	1	Billie Walker	58	18	12	2
				<b>55 - 59 MALE</b>					
				Darrel McMillen					
				Dick Baker					
				James Livermore					
				Danny Galley					
				Richard Bray					

\*\* = RACE DIRECTOR

\* = VOLUNTEER

W.R.T.C. 2003 CHALLENGE SERIES  
STANDINGS AFTER 5 EVENTS

MALE (continued)

YTD TOTALS		60 - 64 MALE				65 - 69 MALE				YTD TOTALS				
AGE	PTS	MILES	EVT	VOL	AGE	PTS	MILES	EVT	VOL	AGE	PTS	MILES	EVT	VOL
60	39	30.1	4		Ralph Wolf	66	50	29.2	5					
60	36	21.2	4		Bill Felton	68	10	6	2	*				
62	36	41.1	5	*	John Stalcup	69	9	4	1					
60	30	19.2	4	*	George Jury	65	0	41.1	5	*				
60	29	24.1	4	**	Hugh Haynes	71	0	11	1	*				
63	26	12	3	*	<b>CLYDESDALE - age graded</b>									
61	23	25.2	4	*	Farrell Martin	36	40	37.1	4					
63	21	17	3		Adam Puckett	31	36	37.1	4	**				
62	5	5	1		Jim Beck	43	24	35.1	4					
70 - 98 MALE					Rick Lampe	58	19	10	2					
Tom Bowser	76	10	4	1	Todd Davis	37	17	9	2					
					Wayne Ivey	34	16	21.1	2					
					David Baldwin	43	10	6.2	1					
					Mel Osbourne	64	8	4	1					

FEMALE

YTD TOTALS		0 - 12 FEMALE				13 - 15 FEMALE				16 - 19 FEMALE				20 - 29 FEMALE				30 - 34 FEMALE				35 - 39 FEMALE									
AGE	PTS	MILES	EVT	VOL	AGE	PTS	MILES	EVT	VOL	AGE	PTS	MILES	EVT	VOL	AGE	PTS	MILES	EVT	VOL	AGE	PTS	MILES	EVT	VOL	AGE	PTS	MILES	EVT	VOL		
10	31	13	3		Jessica Tedford	13	19	7	2	*	Denise Bray	41	32	28	4	*															
10	28	13	3		Devin DeLoe	14	10	13	2	*	Martha Martinez	47	48	17	5																
10	19	4	2								Shirley Wigley	49	40	26.2	4	*															
18	20	8	2								Ann Hodges	45	22	26.1	4	*															
17	10	2	1								Connie Berlinger	49	17	19.1	3	*															
16	9	5	1								Karen Jackson	45	8	5	1	*															
25 - 29 FEMALE											Pauline Devos	45	7	4	1	*															
Angela Franco	25	49	25.2	5							50 - 54 FEMALE																				
Carrie Badillo	25	19	10	2							Madonne Miner	50	51	34.2	5																
Mal/r/a Colwell	29	10	10	2	*						Etta Mayer	54	46	41.1	5																
											Josie Aleman	51	27	19	4	*															
30 - 34 FEMALE											Madeline Taylor	51	26	15	3	*															
Louisa Arterburn	34	28	14	3							Mary Harris	54	0	13.1	1	*															
Cathy Paden	33	20	11	2							55 - 59 FEMALE																				
Brandy Key	30	9	4	1							P.J. Mitchell	58	40	41.1	5	*															
Rebecca Puckett	33	0	37.1	4	*						60 - 99 FEMALE																				
											Estelita Galvan	60	50	17	5																
35 - 39 FEMALE											** = RACE DIRECTOR																				
Marsha Bennett	39	44	41.1	5							* = VOLUNTEER																				
Natalie Steadman	35	40	20.2	4							CORRECTIONS OR COMMENTS?																				
Judy Lawley	38	31	28.1	3							CONTACT Shirley Wigley 797-4201																				
Moiria Ridley	37	10	8	1							wigley@rtrc-online.net																				

MEMBER NEWS

HIGH SCHOOL TRACK RESULTS

Several of our young club members recently concluded highly successful track seasons. Casey Sumpter and Gary Lackey each came home from State 3A championships with medals. Gary captured third place in both the 1600 meter (4:22:27), and 3200 meter (9:39:93) races run on May 9-10. Gary had qualified for the State Meet by sweeping the 1600 and 3200 at the Region 1-3A Championships held in Odessa. Casey Sumpter captured second in the 3200 at that Regional, but edged out Gary at State to finish second (9:38:39). Casey has now finished his running career at Lamesa with the distinction of having won two 3A cross-country championships. Gary has two more years left to add medals to his growing collection.

Alyssa Preston competed for Frenship this year as a freshman. During her first track season she captured 2 firsts, 2 seconds, and a fourth place. Alyssa also established the area's fastest 3200 time with a 12:04. She made it to the Regional Championship as a freshman, and while she was not able to advance, she did gain valuable experience and inspiration to take into next year.

WEST TEXAS RUNNERS HERE AND THERE

Our club runners remain an active bunch, and we are aware of some of the results they have accomplished. Todd Hegstrom competed in the St Croix Virgin Islands Half Ironman on May 4<sup>th</sup>. Todd was 18<sup>th</sup> out of 39 competitors in his age group with a time of 5:55:46. Bob Blake traveled to Indianapolis for the Indy Mini Marathon (actually a half marathon) and finished with fine time of 1:32:38 (7:05 pace). Two club members completed the Oklahoma City Marathon. Andrew Broselow (3:39:32) and Lawrence Schovanez (3:51:19) both completed the event, as did Lubbock runner Jessie Williams who finished second overall with a great time of 2:32:39.

FIRECRACKER RUNS DESIGNATED AS FUNDRAISERS FOR WILLIE MCCOOL SCHOLARSHIP FUND

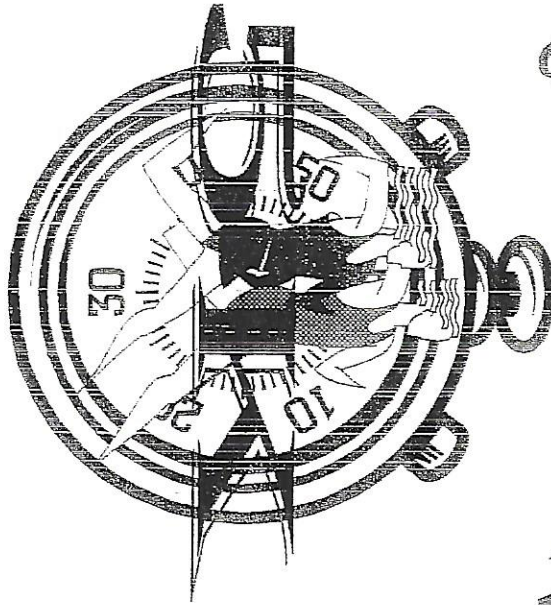
The Club Board has decided to designate the July 4<sup>th</sup> Firecracker races as fundraising events for a scholarship fund established locally to honor the memory of the late Columbia Shuttle Mission astronaut, William ("Willie") C. McCool. As most of you know by this time, Willie McCool was a graduate of Lubbock Coronado High School. He competed in cross-country and track there under the tutelage of Jon Omdahl. Willie had the opportunity to compete in several WTRC events during his off-season and acquitted himself well in all our events. Willie was a gifted athlete and student. After graduation, Willie attended the Naval Academy where he finished second in his class, and then furthered his education with Masters degrees from the University of Maryland and the Naval Postgraduate School. The scholarship fund established earlier this year has already awarded a scholarship to Erin Franz, a Coronado High School senior, who plans to attend Texas A&M next fall as an engineering major. All proceeds from this year's Firecracker, after expenses, will go to this fund. Please review the registration form included in this newsletter. Our registration fee for this race will be \$15 for WTRC members and \$16 for non-members. A T-shirt is included in the registration fee.

VOLUNTEERS NEEDED

We still need volunteers for the Levelland Lope (call Al Gardner at 894-3538), the Firecracker Run (call Adam Puckett at 535-1747 night, or 775-1236 day), and the Buffalo Springs Lake Half Ironman (call John Trompler at 794-1359). Your assistance will be appreciated.

# FIFTH ANNUAL

# GIRLSTOWN



# GALLOP

June 7, 2003

*All proceeds benefit Girlstown, U.S.A.*



P.O. Box 135  
Whiteface, Texas  
79379

### REGISTRATION FORM

LAST NAME: \_\_\_\_\_ FIRST NAME: \_\_\_\_\_ AGE \_\_\_\_\_

ADDRESS: \_\_\_\_\_ CITY/ST: \_\_\_\_\_ ZIP: \_\_\_\_\_

I, \_\_\_\_\_, in signing this statement I signify that I understand the inherent dangers associated with running and further state that Girlstown, officers, members, or any other persons associated with the promotion of this event, including the sponsors, are not liable for any injury I might incur while participating in the Girlstown Gallop. I agree to run safely at all times. By signing below, I acknowledge that I am participating at my own risk and that I, or my heirs have no claim for any damages resulting from any injury I might sustain while participating.

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

PARENT: \_\_\_\_\_

(if participant is a minor)

*Please may check or money order payable to Girlstown, U.S.A.*

**Girlstown Gallop  
5K Run**

Girlstown, U.S.A., with help from WTRC, is hosting the 5th annual Girlstown Gallop on June 7th. The 5K run will be routed through the Girlstown campus.

There will be age groups for both female and male contestants. The age groups are as follows:

- 1-12 40-44
- 13-15 45-49
- 16-19 50-54
- 20-29 55-59
- 30-39 60-99

The entry fee for the run is only \$10.00, which includes a free T-shirt for the first 60 entries. Medals will be awarded to the top three winners in each category

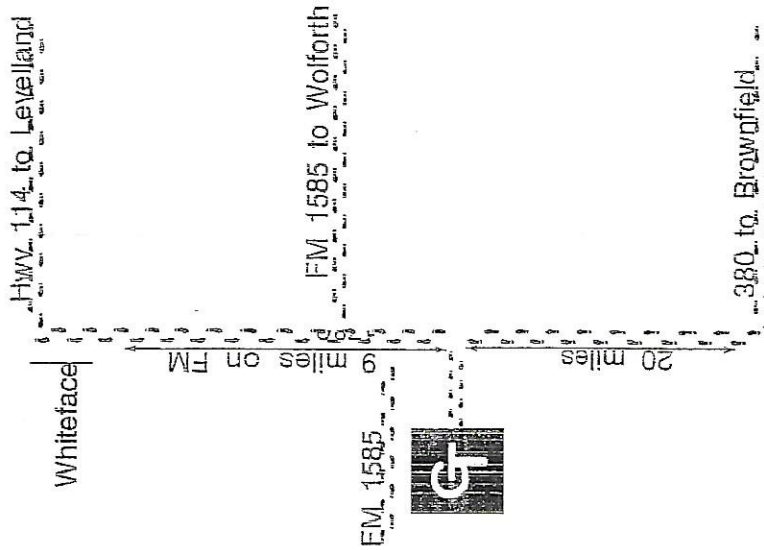
Registration for the race is from 8 to 9 am and the race will begin at 9 am.

You can also pre-register. A registration form can be found on the back of this brochure. Be sure to fill it out completely to ensure proper placement in the race, the right size of T-shirt and your correct address is in our database for future events. If you pre-register, be sure to check in at the registration table from 8 to 9 am.

Good luck to all who participate and thank you for your participation.

For More Information call 806-229-6361

**To Girlstown**



**This race is designed to promote community involvement in the Girlstown program.**

**FOCUS ON THE FUTURE**  
....At Girlstown, U.S.A.

Girlstown, U.S.A. was founded in 1941 by Amelia Anthony and became affiliated with Cal Farley's Boys Ranch in 1987. In true community spirit, a network of people live and work together to improve the lives of girls in setting where girls can develop to their full potential. All programs are designed to bring about a sense of balance to each girl's life. There is continuous readjusting along the way as needs change.

Girlstown, U.S.A. prepares adolescent girls to become responsible family members and successful adults. Our commitment is to support the total development of girls who come to live with us by providing a rural family-styled, Christian environment. Surrounded by loving and caring house parents and staff members, girls enjoy the many opportunities available at Girlstown.



# 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  
Telephone registration by 7 p.m. July 3 Mail checks & entry forms to: George Jury 3 & 10 mile race start at 8 am.  
792-1237(n) 792-3291(d) 5212 44<sup>th</sup> Street Kids 1 mile at 7:40 am at Terry  
Lubbock, Texas 79414 County Park in Brownfield, Texas

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 6<sup>th</sup> Grade only

## Bobby Birdsong Memorial Levelland Lope

June 14, 2003

**Mail Registration thru June 12th** \$5.00 WTRC members, \$6.00 non members Race starts at 8:00 a.m.  
Telephone registration by 7 p.m. June 13th Make checks payable to the West Texas Running Club at South Plains College  
792-1237(n) 792-3291(d) Mail checks & entry forms to: George Jury Al Gardner, RD,  
5212 44<sup>th</sup> Street 894-3538  
Lubbock, Texas 79414

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 Levelland Lope 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 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 old.

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

Age \_\_\_\_\_ (on race day) Select Event: \_\_\_\_\_ 2 mile \_\_\_\_\_ 10K \_\_\_\_\_ Male \_\_\_\_\_ Clydesdale (190 lbs or more)

Name \_\_\_\_\_ Female \_\_\_\_\_ Athena (150 lbs or more)  
E-mail \_\_\_\_\_

Street Address \_\_\_\_\_ Phone Number \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_