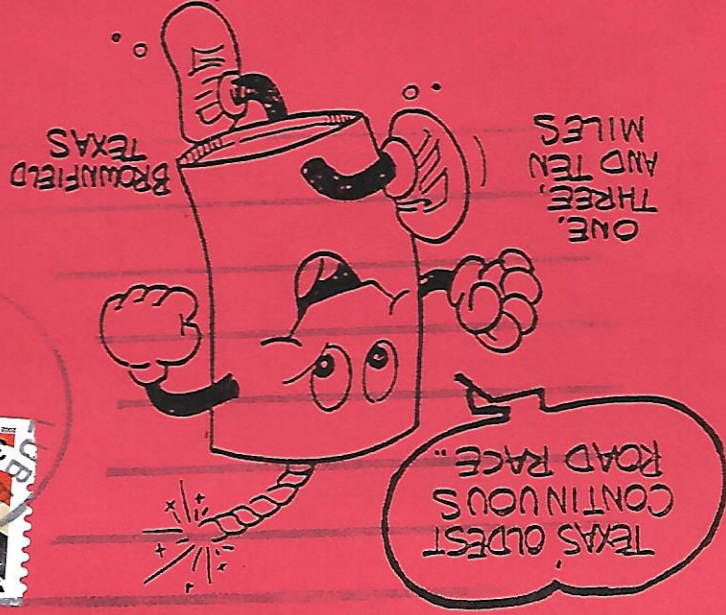


# CALENDAR

- \* Indicates **W.T.R.C.** Monthly Race and CHALLENGE SERIES EVENT!
- \* JULY 3 **35th ANNUAL FIRECRACKER RUN:** Brownfield, 8am, 10 Mile and 3 Mile, Kids 1 Mile, Adam Puckett, RD, 535-1747(n), 775-1236(d)
- JULY 13 **LUNAR LOPE; TTU Rec. Ctr.,** 5K/1 Mile, 10pm FMI, Janda Jackson 742-3828, or [www.recsports.ttu.edu](http://www.recsports.ttu.edu)
- AUG. 1 **PRUDE RANCH RACES:** Ft. Davis, 5K, 10K, Half Marathon, FMI Glenn Beck, (512) 252-9057 [www.fitnesscamp.org](http://www.fitnesscamp.org)
- AUG. 7 **XIT RODEO RUN:** 5K, Dalhart, Synthia Howell, (806) 244-8521
- AUG. 7 **CANYON LAKES 5K & 10K TRAIL RUNS:** 8am, Jay Keith, 798-3909
- AUG. 7 **AUGUST NITES 5K:** Hobbs, 7:30am, Dan Herman, (505)392-9049
- \* AUG. 14 **HOT DAM 5 MILLER:** Canyon Lake 6, Lubbock, (also 1 Mile Child-dren's Run) 8:00 am, Etta Mayer, Race Director, 742-6000, x230
- SEPT 5 **NEW MEXICO MARATHON:** Albuquerque, Charlie Otero, (505)345-4274 [www.newmexicomarathon.org](http://www.newmexicomarathon.org)
- \* SEPT 11 **SHALLOWATER STAMPEDE:** 10K and 2 Mile, 8:00 am, Shallowater High School, Dwayne Oakeley, Race Director, 789-4473
- SEPT 11 **MAYOR'S HALF MARATHON:** Amarillo, Jan Edwards, (806)378-9301 [jan.edwards@ci.amarillo.tx.us](mailto:jan.edwards@ci.amarillo.tx.us)
- OCT. 2 **RACE FOR THE CURE:** 5K, TTU Campus, Lubbock, 8am, FMI 698-1900 [www.komen-lubbock.org](http://www.komen-lubbock.org)
- \* OCT. 9 **RED RAIDER ROAD RACE:** TTU Campus, Lubbock, 8:00 am, 10K and 5k Race Director, Kirk Thomas, 797-7734 (n), 749-1850 (d)
- 3 OCT. 16 **RED RIBBON RUN:** 5K, BUDDY HOLLY PARK, Rose Hoeve, 725-6074
- OCT. 16 **MARATHON 2 MARATHON:** 7am, Alpine, [www.RUNTEX.com](http://www.RUNTEX.com), 800-959-7868
- OCT. 24 **DUKE CITY MARATHON:** Albuquerque, John Bennett, (505)880-1414 [www.dukecitymarathon.com](http://www.dukecitymarathon.com)
- OCT. 31 **RIO GRANDE MARATHON:** 7am, Las Cruces, NM, (505) 524-7824
- NOV. 7 **SAN ANTONIO MARATHON:** (210)246-9652, [www.samarathon.org](http://www.samarathon.org)
- \* NOV. 13 **BUFFALO WALLOW RACES:** Buffalo Springs Lake, Half Marathon & 2 Mile, 9:00 am, FMI call George Jury, 792-3291 (d) 792-1237 (n)
- \* NOV. 25 **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. 5 **TUSCON MARATHON:** Tuscon, AZ, [www.tusconmarathon.com](http://www.tusconmarathon.com)
- \* DEC. 11 **REDLINE 4 MILE CROSS COUNTRY:** MAE SIMMONS PARK, Lubbock, 10 am FMI, call Tom Griffin, 698-1503 (h) 747-2579 (w)
- DEC. 12 **WHITEROCK MARATHON:** Dallas, [www.runtherock.com](http://www.runtherock.com)
- \* JAN. 8 **LOOP THE LAKE 5 MILE:** Buddy Holly Park, 10am, Race Director Jim Beck, 720-7659 (d), 784-0056 (h)



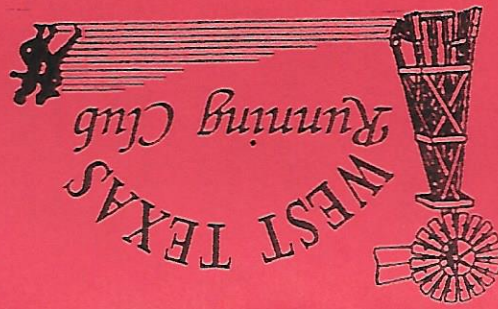
**FIRECRACKER RUN!**

David Higgins  
3401 Alcove  
Lubbock, TX 79407

Firecracker Run  
8am, July 3, 2004  
Brownfield, TX 10, 3, 1M  
Details inside back cover



John Trompler, Newsletter  
5406 86<sup>th</sup> Street  
Lubbock, TX 79424  
July 2004



# WEST TEXAS RUNNING CLUB

## OFFICERS

President - Ron Lubowicz  
(H) 748-1855 (O) 745-3955  
E-mail: ronlubo@aol.com

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E-mail: mminer@ttu.edu

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Immediate Past President - Mike Kelley  
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E-mail: mkelleyrun@yahoo.com

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 6, 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

Last month I urged your participation in the Buffalo Springs Lake Triathlon, and you came thru once again. The little bit of feedback I received shortly after the event was all positive, and from those who had never worked it before, I would classify the feedback as mostly "awe." The couple of "rookie" volunteers I talked to admitted to a whole new attitude toward what it takes to put on an event, even a simple monthly race. They also found that considerable bonding occurred with their co-workers.

Separately, I receive regular inquiries from prospective Club members, usually from persons who are either new runners or new in town, concerning how they might access the Lubbock running community. Recently I have been including in my reply to them the suggestion that volunteering would be a great way to get to know a bunch of people in a hurry. Just think how many new names and faces anyone would learn just by assisting in the registration process.

So what's my point this month? The obvious is that each of you should urge new or prospective members to jump into the volunteer pool and get wet. The more subtle point is that a dose of camaraderie is good for all of us from time-to-time ... so I invite you to jump in a couple more races a year for all the reasons above, and for the health of our sport here in West Texas.

SYOTR, Ron

## DIRECTORS

Newsletter Director - John Trompler  
(H) 794-1359  
E-mail: trompler@eudoramail.com

External Race Director - Jay Keith  
(H) 798-3909 (O) 796-7605  
E-mail: jkeithjr@nts-online.net

Equipment Director - Dwayne Oakeley  
(H) 799-4473  
E-mail: dsoakeley@nts-online.net

Race Calendar Director - Adam Puckett  
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E-mail: adam.puckett@runtherace.net

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

Internal Race Director - Tom Griffin  
(H) 698-1503  
E-mail: tongwtp@hotmail.com

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

## BOBBY BIRDSONG MEMORIAL LEVELLAND LOPE 25th ANNIVERSARY

2 Mile and 10K Road Races  
Levelland, Texas JUNE 12, 2004 8:00 A.M.

## 10K OVERALL RESULTS

PLACE	NAME	TOWN	ST	DIV	PLACE	AG	S	TIME	PACE
1	KEINO JOSEPHAT	LEVELLAND	TX	M	2024	23	M	32:44	5:17
2	QUENT BEARDEN	LUBBOCK	TX	M	2529	29	M	36:23	5:52
3	CHRISTOPHER LAYMAN	LAMESA	TX	M	2024	20	M	36:52	5:56
4	BRANDON JOHNSON	LUBBOCK	TX	M	1619	16	M	37:27	6:02
5	ADAM ARELLANO	SUNDOWN	TX	M	1619	17	M	42:39	6:52
6	RICHARD AKERS	LUBBOCK	TX	M	4549	49	M	44:42	7:12
7	LAWRENCE SCHOVANEC	LUBBOCK	TX	M	5054	51	M	45:01	7:15
8	BOB BLAKE	LUBBOCK	TX	M	3539	39	M	45:27	7:19
9	SHANNON JORDAN	LUBBOCK	TX	F	2529	28	F	46:27	7:29
10	JAY KEITH	LUBBOCK	TX	M	4549	46	M	46:48	7:33
11	FRANK SUMPTER, SR.	LAMESA	TX	M	5054	50	M	47:30	7:39
12	PAUL PARE	LUBBOCK	TX	M	4044	42	M	49:09	7:55
13	GREG LAYTON	LUBBOCK	TX	M	2529	25	M	49:25	7:58
14	ROBERT ORTEGA	PLAINVIEW	TX	M	3539	35	M	50:27	8:08
15	DAVID HIGGINS	LUBBOCK	TX	M	5054	51	M	50:41	8:10
16	SHAE BEARDEN	LUBBOCK	TX	F	2529	27	F	51:04	8:14
17	MARY BRANSCOME	LUBBOCK	TX	F	4044	44	F	51:24	8:17
18	IRIS RIVERO	LUBBOCK	TX	F	2529	29	F	51:29	8:18
19	JOHN DUPRE	LEVELLAND	TX	M	6064	64	M	51:43	8:20
20	MADONNA MINER	LUBBOCK	TX	F	5054	51	F	51:54	8:22
21	JOHN COLLIS	OZONA	TX	M	4044	43	M	52:03	8:23
22	CODY FAVOR	MULESHOE	TX	M	2529	25	M	52:15	8:25
23	STACY CONNER	MULESHOE	TX	M	4044	41	M	52:16	8:25
24	JULIE LAWLEY	LUBBOCK	TX	F	3539	39	F	52:36	8:29
25	RALPH WOLF	ABERNATHY	TX	M	6569	67	M	53:19	8:35
26	BILL FELTON	WOLFFORTH	TX	M	6569	69	M	55:17	8:54
27	RANDY HOLLOWAY	LUBBOCK	TX	M	4549	47	M	55:23	8:55
28	JIM WILHELM	LUBBOCK	TX	M	5054	53	M	56:52	9:10
29	MIKE KELLEY	LUBBOCK	TX	M	5559	55	M	56:56	9:10
30	JIM BURLESON	LUBBOCK	TX	M	6064	61	M	57:08	9:12
31	JEFF WISE	LUBBOCK	TX	M	41	M	57:49	9:19	
32	SHIRLEY WIGLEY	LUBBOCK	TX	F	5054	50	F	59:20	9:34
33	MIKE GREER	RANSOM CANYON	TX	M	6569	65	M	1:00:04	9:41
34	ANGELA FRANCO	MIDLAND	TX	F	2529	27	F	1:00:54	9:49
35	SANDRA TORRES	LUBBOCK	TX	F	3539	36	F	1:01:07	9:51
36	ETTA MAYER	LUBBOCK	TX	F	5559	55	F	1:03:50	10:17
37	MARTI GREER	RANSOM CANYON	TX	F	4549	45	F	1:03:52	10:17
38	MIKE MORRIS	LUBBOCK	TX	M	4549	48	M	1:07:35	10:53
39	CATHY NATHAN	LUBBOCK	TX	M	6099	60	M	1:13:57	11:55
40	RICK NATHAN	LUBBOCK	TX	M	5559	59	M	1:13:58	11:55
41	RICK LAMPE	LUBBOCK	TX	M	41	M	1:17:44	12:31	
42	ANN HODGES	WOLFFORTH	TX	F	4549	46	F	1:18:24	12:38

## PRUDE RANCH RACES

For those who would like to get away to the Davis Mountains of west Texas for the cooler temperatures and higher elevation (about 7,000 feet) these events would be a lot of fun. I like to go camp at the Davis Mountains State Park, but they also have the Indian Lodge there for a really nice lodging experience. I highly recommend this as a weekend getaway with some low key races to boot. Get more information at [www.fitnesscamp.org](http://www.fitnesscamp.org). The races are on Sunday August 1st and it is about 274 miles there. GWJ

**BOBBY BIRDSONG MEMORIAL LEVELLAND LOPE**  
**25th ANNIVERSARY**  
 2 Mile and 10K Road Races  
 Levelland, Texas JUNE 12, 2004 8:00 A.M.

**2 MILE OVERALL RESULTS**

PLACE	NAME	TOWN	ST	DIV	PLACE	AG	S	TIME	PACE
1	TIM KEY	LUBBOCK	TX	1	M3539	36	M	11:15	5:38
2	RENE GONZALES	LEVELLAND	TX	2	M3539	39	M	12:11	6:06
3	JOHN KEITH	LUBBOCK	TX	1	M1315	15	M	13:03	6:32
4	CRAIG JACKSON	RANSOM CANYON	TX	3	M3539	39	M	13:04	6:32
5	KYRA SLOAN	CROSBYTON	TX	1	F0112	11	F	13:35	6:48
6	DAVID MOYA	CROSBYTON	TX	4	M3539	39	M	13:49	6:55
7	MIKE LAWSON	LUBBOCK	TX	1	M3034	31	M	14:12	7:06
8	JIM HARRIS	HOBBS	NM	1	M6064	61	M	14:30	7:15
9	STEVE GARCIA	LUBBOCK	TX	1	M4044	41	M	14:41	7:21
10	LORENZO PADILLA	LUBBOCK	TX	1	M5054	50	M	15:03	7:32
11	ARTURO REYES	WOLFFORTH	TX	2	M4044	42	M	15:25	7:43
12	ALONZO MENDOZA	LEVELLAND	TX	1	CLYDE	46	M	15:26	7:43
13	HERMINIA ORTEGA	MIDLAND	TX	2	M3034	32	M	15:40	7:56
14	JENNY MCINN	PLAINVIEW	TX	1	F3539	36	F	15:51	7:56
15	JULIE WHITAKER	LORENZO	TX	1	F2024	24	F	16:03	8:02
16	CALEB CONNER	MATADOR	TX	2	F2024	24	F	16:04	8:02
17	TYLER SCHOVANEC	MULESHOE	TX	1	M0112	12	M	16:13	8:07
18	CORY SCHOVANEC	LUBBOCK	TX	2	M0112	10	M	16:15	8:08
19	DON SANDERSON	LUBBOCK	TX	3	M0112	9	M	16:15	8:08
20	ED DABROWSKI	TULIA	TX	1	M7099	74	M	16:21	8:11
21	CARLOS LOZOYA	LITTLEFIELD	TX	2	CLYDE	46	M	16:42	8:21
22	MARTHA MARTINEZ	LUBBOCK	TX	2	M1315	13	M	16:48	8:24
23	MALINDA COLWELL	COLORADO CITY	TX	1	F4549	48	F	17:15	8:38
24	AUTUMN MILLER	LUBBOCK	TX	1	F3034	30	F	17:31	8:46
25	JAMES BONE	LUBBOCK	TX	3	F2024	24	F	17:57	8:59
26	RODRIGO GARCIA	LUBBOCK	TX	2	M6064	64	M	17:57	8:59
27	HANNAH LAYMAN	LUBBOCK	TX	3	M3034	30	M	18:19	9:10
28	JESSICA HEAD	HEREFORD	TX	2	F0112	11	F	18:38	9:19
29	JOSIE ALEMAN	LUBBOCK	TX	1	F2529	27	F	19:56	9:58
30	KRYSTAL FAVOR	LUBBOCK	TX	1	F5054	51	F	20:20	10:10
31	SUZAN CAUDLE	LUBBOCK	TX	4	F2024	23	F	21:05	10:33
32	JOHN OWENS	MULESHOE	TX	1	ATHEN	51	F	22:16	11:08
33		LOOP	TX	2	M7099	75	M	24:56	12:28

**LEVELLAND LOPE RACE REPORT**

This was another year when the weather cooperated in providing conditions about as good as you can hope for on a June day in West Texas. Turnout was lower than last year, but those who ran enjoyed a spirited competition. Congratulations to overall winners Keino Josephat (32:44) and Shannon Jordan (46:27) in the 10K, and Tim Key (11:15) and Kyra Sloan (13:35) in the 2 mile. Kyra, by the way, is only 11 years old!

Thanks to all the volunteers who made this event possible, beginning with race director Bill Roger. Others who helped included George Jury, Tom Griffin, Autumn Moore, Jerry Dwyer, Tony Alenan, Larry Byrd, Ron Nugent, Jimmie Key, David Higgins, John Trompler, Aimee Alired, James Livermore, Jim Layman, and a contingent from Girls Town--Mary Mendoza, Keslyn Windham, Paula Contreras, Britny Dupree, and Maeghan Piltittere.

**W.R.T.C. 2004 CHALLENGE SERIES**  
**STANDINGS AFTER 6 EVENTS**

**MALE**

YTD TOTALS			YTD TOTALS			YTD TOTALS		
AGE	PTS	MILES	AGE	PTS	MILES	AGE	PTS	MILES
0 - 12 MALE	9	9	45 - 49 MALE	47	42	58.3	EVT	6
Austin Martin	9	2	Randy Holloway	45	38	27.4	5	
Tyler Schovanec	10	9	Jay Keith	48	30	21.2	4	
Cody Schovanec	9	8	Rick Sybert	45	28	22.1	3	
			Epi Aquirre	47	22	36.1	5	
13 - 15 MALE	15	31	Dwayne Oakeley	49	20	33.1	5	
John Keith	15	13	Arlan Patton	45	19	10.2	2	
Drew Jones	14	20	Russel Martin	48	19	6	2	
Tony Rodriguez	13	0	Jackie Cannon	48	16	42.3	5	
			Mike Morris	49	10	6.2	1	
16-19 MALE	17	5	Richard Akers	46	8	6	1	
Aubrey Thomas	16	0	Wade Wilson	46	7	13.1	1	
Nathan Beck	21	9	Brent Tidwell	49	7	6.2	1	
			Tom West	45	6	13	2	
20 - 24 MALE	24	0	Steve Nieman	46	0	0	0	
Brian Doss	24	0	Gene Adams	46	0	0	0	
Jerred Hurst	27	20	David Malone	48	0	0	0	
			Jon McMenamy	47	0	0	0	
25 - 29 MALE	25	18	Tom Cunningham	47	0	0	0	
Richard Lombardini	25	18	John Cagle	48	0	0	0	
Matthew Jordan	25	18	Nate Wilson	48	0	0	0	
Greg Layton	29	11	John DeVos	47	0	0	0	
Chance Payton	26	0	Richard Thomas	47	0	0	0	
Hawk Harris								
30 - 34 MALE	34	31	50 - 54 MALE	51	49	32.4	5	
Kevin Sweeney	31	30	Lawrence Schovanec	53	41	47.3	6	
David Moya	32	9	Jim Wilhelm	51	33	38.4	5	
Allen Franco	34	8	David Higgins	53	26	15	3	
Mike Trevino	33	8	Ronnie Prigg	50	19	18.2	3	
Pete Torres	34	0	Frank Sumpler, Sr.	51	0	18.1	2	
David Steadman	36	53	Tom Weiss	54	0	0	0	
			Joe Post	50	0	0	0	
35 - 39 MALE	39	39	Larry Mills	55	37	43.3	5	
Tim Key	39	26	55 - 59 MALE	55	20	51.4	6	
Craig Jackson	35	26	Mike Kelley	56	20	30.2	4	
Bob Blake	38	20	Tom Griffin	56	17	26.2	4	
Robert Ortega	35	9	John Trompler	55	14	22.1	3	
Mike Dolsen	38	7	James Livermore	57	6	24.3	3	
Cody Scott	41	10	Sam Prose	59	6	5	1	
David Steadman	44	8	Ron Nugent	58	0	0	0	
Daniel Gonzales	44	8	Dick Baker	55	0	0	0	
Andrew Broselow	40	0	Ron Hillis	56	0	0	0	
			David Mangold	57	0	0	0	
40 - 44 MALE	41	49	Darrel McMillen	57	0	0	0	
Stacy Conner	44	30	Danny Galey					
Jerry Dwyer	40	19						
Paul Pare	44	9						
Brent Lowrey	44	8						
Chris Longren	44	8						
Alan Payne	40	0						
Don Hood	41	0						
Edson Pinto	40	0						
Ron Hewitt	40	0						

\*\* = RACE DIRECTOR  
 \* = VOLUNTEER

W.R.T.C. 2004 CHALLENGE SERIES  
 STANDINGS AFTER 6 EVENTS

60 - 64 MALE		MALES		65 - 69 MALE		AGE		PTS		MILES		EVT		VOL	
AGE	PTS	MILES	EVT	VOL	AGE	PTS	MILES	EVT	VOL	AGE	PTS	MILES	EVT	VOL	
Gorden Jenkins	63	38	37.1	4	Ralph Wolf	66	49	35.4	6	*					
Jim Burlinson	61	34	25.4	4	Mike Greer	65	33	23.2	4	*					
Jim Harris	61	30	8	3	Bill Felton	69	28	19.2	4	*					
Ron Lubowicz	61	20	28	4	Bill Roger	65	18	21.4	2	**					
James Bone	64	18	8	2	Jimmie Key	66	9	34.3	3	*					
Larry Byrd	62	0	19.3	1	George Jury	67	0	47.3	6	*					
Bob Bernero	62	0	0	0	Thomas Word	66	0	0	0						
Bob Broselow	63	0	0	0											
<b>70 - 99 MALE</b>															
Don Sanderson	74	40	30.1	4	Jeff Wise	40	45	29.2	5						
Tom Bowser	77	10	6.2	1	Adam Puckett	32	28	11	3						
John Stalcup	70	9	4	1	Jay Jacobus	30	26	17.2	3						
John Owens	75	9	2	1	Jim Beck	44	25	35.1	4	**					
Hugh Hayries	72	0	11	1	Rick Lampe	59	22	17.2	3						
					Farrell Martin	37	20	15.1	2						
					James Layman	38	18	26.1	4	*					
					Wayne Ivey	35	10	11	1						
					Ed Dabrowski	46	9	2	1						
					Jason Helton	32	7	4	1						
<b>0 - 12 FEMALE</b>															
Hanna Layman	11	59	19	6	Marsha Bennett	40	49	41.1	5						
Jessye Raye Rodriguez	11	10	2	1	Melanie McVey	42	22	10	2						
Allison Martin	7	9	2	1	Mary Branscome	44	20	11.2	2						
Colleen Adams	10	0	0	0	Debbie Wilson	42	0	13.1	1	*					
Turner Adams	8	0	0	0	Ida Sumpter	44	0	12	2	*					
					Denise Bray	41	0	0	0						
					Barbara Slaton	44	0	0	0						
<b>13 - 15 FEMALE</b>															
Devin DeLoe	14	0	0	0											
<b>16 - 19 FEMALE</b>															
Melissa Doss	19	20	9	2	Ann Hodges	46	46	38.3	6	*					
Alyssa Preston	16	11	2	1	Marti Greer	45	20	10.2	2						
Meagan Mills	19	10	2	1	Martha Martinez	48	20	4	2						
Alyssa McMennamy	18	0	0	0	Jennifer Sunseri	45	10	13.1	1						
Jamie Slaybaugh	16	0	0	0	Ernie Dotson	46	9	4	1						
					Karen Jackson	46	0	0	0						
					Pauline Devos	45	0	0	0						
<b>20 - 24 FEMALE</b>															
Autumn Moore	23	10	22.4	4											
<b>25 - 29 FEMALE</b>															
Iris Rivero	28	49	29.4	5	Madonne Miner	51	61	38.4	6						
Angela Franco	26	41	27.4	5	Elta Mayer	54	57	47.3	6	*					
Mandy Cleavinger	25	6	4	1	Josie Aleman	52	47	19	6	*					
Carrie Badillo	26	0	0	0	Shirley Wigley	50	38	23.4	4						
					Connie Berfinger	50	9	5	1						
					Madeline Taylor	51	0	0	0						
					Mary Harris	54	0	0	0						
<b>30 - 34 FEMALE</b>															
Heather Szostak	33	30	32.1	3											
Jill Jacobus	30	29	17.2	3	<b>55 - 59 FEMALE</b>										
Malinda Colwell	30	28	12.2	3	P.J. Mitchell	59	0	13.1	1	*					
Kelley Rodgers	30	19	11	2											
Marianne Miller	30	18	6	2	<b>60 - 99 FEMALE</b>										
Brandy Key	31	16	12	2	Estella Galvan	61	20	6	2						
Cathy Paden	33	8	16	2	Delores Key	61	0	0	0						
Rebecca Puckett	33	0	5	1											
Louanna Aterburn	34	0	0	0	<b>Athens</b>										
					Susan Caudle	51	40	18	5	*					
<b>35 - 39 FEMALE</b>															
Julie Lawley	39	20	11.2	2											
Lourdes Juan	37	18	14.2	2	** = RACE DIRECTOR										
Becky Rowley	39	11	5	1	* = VOLUNTEER										
Hermilia Ortega	36	10	2	1											
Vanessa Reasoner	35	9	4	1											
Lisa Garner-Santa	35	8	5	1											
Natalie Steadman	35	0	0	0											

\*\* = RACE DIRECTOR

\* = VOLUNTEER

 Running Comfortably  
 John Trompler

There are a variety of theories and approaches to long distance training for runners. I have tried, at least briefly, and sometimes extensively, many of them. I usually don't get too excited anymore about articles espousing one approach or another to training. I'm getting too old (approaching 57) to believe that any of them will dramatically change my running in a positive way. Sometimes, however, I do read some really dumb stuff being published that makes my blood boil. An example is a recent article on training from the website Cool Running ([www.coolrunning.com](http://www.coolrunning.com)). The author, Adrian Faccioni of GP Sports, begins his article as follows: "Typically the distance athlete will develop a plan based around the building up of as many miles per week as their time or body will allow them in the pursuit of improved performance (Known as LSD-"Long Slow Distance" or as I like to call it "Losing Speed Dramatically"). There is a simple equation that can determine the results from such a training regime:  $LSD = LSR$ , long slow distance = long slow racing!" I guess Mr. Faccioni felt the need to appear clever as he introduced his training methodology (a service you can pay for online), but he really is full of bull, and in my opinion, doing a disservice to the running community. The "father" of long slow distance, Ernst Van Aachen, never advocated running exclusively at a slow pace. He proposed that distance runners should train many miles per week with 95% at an aerobic pace (he suggested a heart rate of 130-150 bpm), supplemented by 5% faster paced running in the form of tempo runs, or repetitions. Running aerobically will not make you run slower, nor, by itself, provide an optimal training plan. But running comfortably a majority of your miles, and running at a faster pace as often as your system can tolerate, will lead to improved performance. My own observation is that most runners at our level suffer through the Marathon not because they have trained too slowly. Their problem is they haven't run enough miles in training to cover the distance with a relative degree of comfort (I say "relative" because 26 miles of running is always difficult). If fitness is your only goal, it should be noted, running slowly 100% of the time is OK.

Last year I stopped doing strength training. I put my heart rate monitor away in drawer and never wore it. I let my bike gather dust. My training was predicated primarily on two things, increase training mileage and decrease body weight. Necessarily, my training pace was often slower to accommodate the increase in mileage. As I approached my target marathon I began to add unstructured, but reasonably hard, tempo runs. I also raced shorter races as a form of preparation. The result was not dramatic, but I did drop three minutes off my time at the Whiterock Marathon. At my age any improvement from year to year is a major triumph. This may not be an optimal training program, but I feel comfortable in my knowledge that running a majority of my miles at a relaxed aerobic pace will not make me run slower.

The most eloquent spokesman for the benefit and joy of relaxed aerobic running that I am aware of is George Sheehan. The following passage from his work states it precisely:

"In preaching the gospel of fitness, I emphasize the word "comfortable". Whatever the activity, it should be done comfortably. Most people believe the opposite. To be of any value, exercise should be uncomfortable. People are quite sure their exertions should involve, if not pain, at least some discomfort. They are certain that shortness of breath is a requirement for attaining any level of fitness.

Many people are further distressed by the publicized pulse levels needed for any positive effect on the body. Almost every article on fitness adverts to the target rate, and the series of calculations needed to establish it. Below that rate, we are told, exercise will give little, if any, benefit.

My message is simple: "Comfortable"—a pace determined by consulting your body is the training rate. It is the midpoint on the eight-step Borg scale of Perceived Exertion, which ranges from very, very light to very, very hard. It takes a little practice to find the precise level that is comfortable. The body is the most sophisticated instrument ever devised, but we tend to get out of touch with it. The body does not speak English, it has its own language and comfortable is a perception of a multitude of body responses. Veteran athletes slip into this mode immediately. Tyros frequently have some difficulty."

#### AT THE RACES

On Sunday, June 6, Madonne Miner joined about 500 other runners to compete in the Deadwood-Mickelson Trail Marathon. The marathon starts in Rochford, South Dakota, and follows a converted railroad bed up a 3% incline to mile 13, where the trail starts its gradual descent into Deadwood. Runners move through tunnels cut into the rock and over wooden bridges. The scenery (pine trees, creekbeds, mule and white-tail deer) is spectacular and the trail surface (well-crushed stone) is very forgiving to the knees.

Awards for the marathon were presented at Tatanka, a site developed by actor Kevin Costner to commemorate the Lakota Sioux and the American buffalo. Billy Mills (1964 Olympic Gold Medalist in the 10,000 meter) and Jeff Galloway were on hand to give out the awards. Finishing in 4:07, Madonne took first in her age category, 50-54; she returned home with a painted railroad spike and lots of good memories.

#### BUFFALO SPRING LAKE TRIATHLON

For the second year in a row, the Club's volunteer effort at the Buffalo Springs Lake Triathlon went very smoothly. The weather provided relatively mild temperatures and light winds which made the effort easier for volunteers and competitors alike. The return of many veteran station captains, as well as experienced individual volunteers, was also an important factor in making this event a success. Thanks go to Tom Weis and Mike Morris at aid station 1, with assistance from club member Cynthia Pedersen and an enthusiastic group of young people; at mile 2 David Higgins along with Suzan Caudle, led a contingent from Girlstown that included Maeghan Pillitere, Ivana Newport, Hollie Clement, Paula Contreras, Mary Mendoza, Kelsie Swaim and three year old Mya Brewer; #3 was headed up by Teresa and Ron Hewett, daughter Jessica, Cody Shannon, Jeff Wise and John Trompler; PJ Mitchell's group at mile 4 included Bob Bernero, James Bone, Jim Burleson, Larry Byrd, Susie Cobos, Arlan Patton and his daughter Kaycee Peters, Debbie Rask, Tom Rash, Marybeth Thomas, and Jenna Wolcott; station 5 was captained by Ron Lubowicz with aid from Tom Griffin, Ralph Shelton, Barbara Murphy, Jimmy and Delores Key and their granddaughter, Jenny Murphy-Lubowicz, and Bonnie Hindle; #6 was directed by Jeff Key and included volunteers Damon Richards, John and Dolores Stalcup, Robert Broselow, Rusty Ladd, Elizabeth Linder, Larry Burlesmith and his family members Valerie, Enoch, Camille, Shelly, and Ethan; staffing the turn around station were captain Sam Prose along with George Jury, James Livermore, Lawrence Schovanec, Rhonda Kauk, Barbara Hutchinson Knowles, Dick Baker and Etta Mayer. There were, of course, many club members who competed in either the Sprint or Half Ironman races. Their results are listed at [www.insidetexasrunning.com](http://www.insidetexasrunning.com).

#### SUBJECTS SOUGHT FOR TTUHSC RESEARCH PROJECT

A research group at the Texas Tech University Health Sciences Center is seeking 20 female runners 18-35 years old who run between 20-40 miles a week to participate in a study aiming to determine if a 6 week training program will lower ground reaction forces which in turn will lead to less frequent or serious injuries related to middle or long distance running. The program consists of a few simple exercises to be done as a part of the runners warm up and takes about 5 minutes to complete. For more information, please call (806) 441-1391 and leave a message with your name and phone number. Our contact has been Stephen LaPlante.

#### QUOTE OF THE MONTH

"Perseverance is a great element of success. If you knock loud enough and long enough at the gate, you're sure to awaken someone.--Longfellow

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

EVENT RECORDS  
TO MILE

NAME	TOWN	AGE	TIME	YEAR
Sam Mwabe	Levelland	18	52:54	2001
Jorge Pacheco	Levelland	22	52:34	1990
Chris Rodriguez	Plainview	31	58:52	2000
Bob Jackson	Hobbs, NM	36	56:56	1995
Bob Jackson	Hobbs, NM	43	57:05	2002
Jim Leser	Lubbock	49	1:05:06	1996
George Jury	Lubbock	50	1:03:28	1987
George Jury	Lubbock	55	1:08:54	1992
Don Sanderson	Tulia	63	1:16:30	1993
Ralph Wolf	Abernathy	66	1:32:04	2003
Don Sanderson	Tulia	71	1:21:07	2001
Farrell Martin	Lubbock	34	1:09:45	2003

**WOMEN**

19 & Under	Stephanie Bigham	18	1:15:14	2001
20-29	Idalia Casiano	23	1:07:52	1991
30-34	Marjory Stewart	32	1:05:30	1991 *
35-39	Becky Rowley	39	1:12:10	2003
40-44	Denise Bray	41	1:17:48	2003
45-49	Madonne Miner	49	1:25:50	2002
50-54	Madonne Miner	50	1:22:07	2003
55 Plus	P. J. Mitchell	55	1:29:55	2001

**3 MILE MEN**

15 & Under	Carlos Ybarra	15	15:58	1978
16-19	Curtis Conaway	18	14:44	1979
20-29	Dennis Williams	29	14:23	1975 *
30-34	Steve Stallings	30	15:02	1982
35-39	Guinn Smith	35	15:56	1995
40-44	Bob Jackson	44	16:31	2003
45-49	George Jury	49	17:47	1986
50-54	George Jury	52	17:45	1989
55-59	Robert Guajardo	56	18:49	1999
60-64	Jim Harris	60	21:16	2003
65-69	Don Sanderson	66	21:29	1996
70 Plus	Don Sanderson	73	25:54	2003
Clydes	Jeromy Casey	24	19:42	1999

**WOMEN**

15 & Under	Hope Jimenez	13	19:27	1997
16-19	Mary Ann Hernandez	18	18:48	1999
20-29	Isabel Navarro	21	18:21	1979 *
30-34	Isabel Torres	34	21:04	1992
35-39	Melanie McVey	39	21:34	2001
40-44	Sherrill Easterling	44	20:25	1994
45-49	Cheryl Weber	46	22:00	1999
50-54	P. J. Mitchell	53	23:55	1999
55 Plus	Estela Galvan	60	28:52	2003

West Texas Running Club  
 proudly presents

**35th ANNUAL FIRECRACKER RUNS**

Saturday, July 3rd, 2004

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 2<sup>nd</sup>  
 George W. Jury, 792-3291(d), 792-1237(n)  
 e-mail, [rungrw@aol.com](mailto:rungrw@aol.com) before 3pm on the 2<sup>nd</sup>

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.

Entry Fees: Children's 1 mile run - \$1.00, 3 & 10 mile runs - \$5.00 for WTRC Members and \$6.00 for non-members, Pre-Registration Race Day Registration \$10.00 (3 & 10 Mile) for everyone

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, 2004.

Contact: Race Director Adam Puckett (806) 635-1747 (N), 775-1236 (D)



ONE, THREE, AND TEN MILES  
**FIRECRACKER RUN!**

BROWNFIELD TEXAS