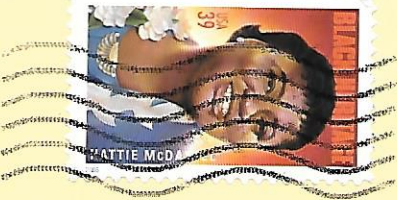


CALENDAR

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

- APR. 1 **THE GREAT HOGG RACE:** Lamesa, Forrest Park, Marathon, half, 10k, 5k and more. Angie Graham, Hm, 806-794-9558, cell, 806-777-2266. Proceeds to benefit Andy Hogg Fund.
- APR. 2 **CAPITOL 10,000:** Austin, www.statesman.com/cap10k
- APR. 2 **THE BIG D TEXAS MARATHON:** Dallas, www.texasmarathon.com
- APR. 3 W.T.R.C. Business meeting, Monday, April, 3, 2006 7pm, WEST TEXAS PETERBILT, 45th and Ave. "A"
- APR. 15 **5K RUN/WALK FOR CENTERS:** 5K, 9:00am, UT-Permian Basin Gymnasium, Odessa, TX, Megan Dorfner, 432-570-1084.
- * APR. 22 **RUN FOR THE ARTS:** Lubbock 15K and 2 Mile, 8am Race Director, Tom Weis, 928-0482, twais@unitedtexas.com
- APR. 29 **COURTNEY NOLEN MEMORIAL Run:** TTU campus, 9:45am, cmm5k.com
- MAY 6 **LAKE RAINSON CANYON TRIATHLON:** Wanda LaGrave, 544-3319, lgrave@sptc.net
- MAY 13 **HORSESHOE BEND SPRING FROLIC:** 8am, N. of Slaton, 11, 6 and 2 Mile Races, Race Director, Randy Holloway, 794-7512(h), 789-1547(c) e-mail randyholloway@sbcglobal.net
- MAY 21 **BUFFMAN/SQUEAKY TRIATHLON:** BSL, Greers, 796-8213, 829-2153 www.buffalospringslaketriathlon.com
- JUNE 3 **GIRLSTOWN GALLOP:** 5K, 9am, Whiteface, Ivanna Newport, 229-6361
- * JUNE 10 **BOBBY BIRDSONG MEMORIAL LEVELLAND LOPE:** Levelland, 8am 10K and 2 Mile, Race Director Bill Roger, 894-7911
- JUNE 25 **BSL HALF IRONMAN TRIATHLON:** Greers, 796-8213, 829-2153 www.buffalospringslaketriathlon.com
- * JULY 4 **36th ANNUAL FIRECRACKER RUN:** Brownfield, 8am; 10 Mile and 3 Mile, kids 1 Mile, Jim Harris, Race Director, (505) 392-8945
- JULY 30 **PRUDE RANCH RACES:** Ft. Davis, TX, 7:30am, 5K, 10K, HALF MARATHON, Glen Beck, RD, 512-252-9057. www.fitnesscamp.org
- * AUG. 12 **HOT DAM 5 MILLER:** Canyon Lake 6, Lubbock, 8:00 am 8:00 am, Etta Mayer, Race Director, 742-6000, x230
- * SEPT 9 **SHALLOWATER STAMPEDE:** 10K and 2 Mile, 8:00 am, Shallowater High School, Dwayne Oakeley, Race Director, 799-4473
- SEPT 23 **2nd ANNUAL PIONEER ROAD RACE:** Plainview, TX, 5K, 9:00am Brian Whitlock, RD, 806-291-1150, whitlock@mbu.edu
- * OCT. 7 **RED RAIDER ROAD RACE:** TTU Campus, Lubbock, 8:00 am, 10K and 5K Sam Prose, RD, 794-0429
- OCT. 14 **RACE FOR THE CURE:** 5K, TTU Campus, Lubbock, 8am, FMI 698-1900
- OCT. 14 **M2M MARATHON:** Marathon, TX, Marathon, 10K, Two-Person Relay, 8:00am, www.marathon2marathon.net

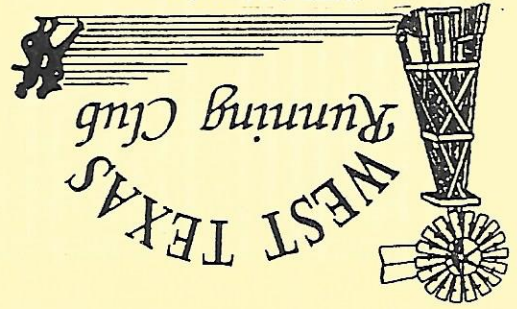


LUBBOCK TX 794
30 MAR 2006 PM 2 L



DAVID HIGGINS
3401 ALGUE AVE.
LUBBOCK, TX 79407

Run for the Arts
8am, Saturday, April 22, 2006
Civic Center, Lubbock, TX
Details inside back cover



WTRC Newsletter
5406 86th Street
Lubbock, TX 79424
April 2006



WEST TEXAS RUNNING CLUB

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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 Monday, April 3, 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

Have you ever noticed how very low our race entry fees have always been? And have you ever noticed how very high the quality of our events have always been? Or have you ever counted the scores of non-club events we have assisted?

I truly do not know how we do it but I suspect that it took the vision and hard work of a lot of dedicated people over the years ... and that is exactly what it will take for the WTRC to keep offering such tremendous deals and services to area and visiting runners. But finding a fresh supply of such dedicated workers requires a healthy pool to draw from, and that requires healthy membership rolls.

There is one major weakness in our game plan which several members have pointed out to me over the years ... sort of a "loophole" that could be hurting the Club's membership numbers ... and that is the lack of incentive for the apathetic runners to ante up a membership dues. Now that our website provides the calendar and race results, our newsletter, which I understand has historically been a big incentive for joining, is probably losing some of its drawing power.

Again we need your thoughts and ideas on how to increase and retain membership. We are healthy today, but we dare not take tomorrow for granted. The more area runners we draw into our ranks, the more friends and family we introduce to the joys of running, the more volunteers and leadership we will have available to us to guide this great club through its future. Please let us hear from you.

SVOTR. Ron

WEST TEXAS RUNNING CLUB'S
24th ANNUAL
PRAIRIE DOG TOWN 4 MILE RUN
USA T&F CERTIFIED, #TX97108ETM
Lubbock, Texas March 11, 2006

PLACE	NAME	AG	S	DIV	PLACE	TOWN	ST	TIME	PACE
1	QUENT BEARDEN	30	M	1	M3034	LUBBOCK	TX	22:45	5:42
2	JACKIE CANNON	50	M	1	M5054	AMARILLO	TX	26:16	6:34
3	RICHARD AKERS	51	M	1	M5054	LUBBOCK	TX	26:28	6:37
4	ADAM BARRON	43	M	1	M4044	LUBBOCK	TX	27:54	6:59
5	EPI AGUIRRE	47	M	1	M4549	LUBBOCK	TX	28:01	7:01
6	MILT BROWNFIELD	48	M	1	CLYDE	LUBBOCK	TX	28:09	7:03
7	LAWRENCE SCHOVANEC	53	M	3	M5054	LUBBOCK	TX	28:24	7:06
8	JERRY DWYER	46	M	3	M4549	LUBBOCK	TX	28:25	7:07
9	JARED MASOOD	26	M	1	M2529	LUBBOCK	TX	28:37	7:10
10	IRIS RIVERO	30	F	1	F3034	LUBBOCK	TX	28:41	7:11
11	JEFFREY HAAG	36	M	1	M3539	LUBBOCK	TX	28:54	7:14
12	BRETT HART	26	M	2	M2529	LUBBOCK	TX	29:05	7:17
13	AARON SELF	26	M	3	M2529	LUBBOCK	TX	30:19	7:35
14	ERIC ABEROROMBIE	23	M	1	M2024	LUBBOCK	TX	30:34	7:39
15	MARISA MAMMARAPPALLIL	28	F	1	F2529	LUBBOCK	TX	30:37	7:40
16	PAUL PARE	43	M	2	M4044	LUBBOCK	TX	30:43	7:41
17	TOMMIE FARRELL	35	M	2	M3539	LUBBOCK	TX	30:59	7:45
18	JASON BURLEY	30	M	2	M3034	BROWNFIELD	TX	31:09	7:48
19	KIPPI BUCHANAN	36	F	1	F3539	LUBBOCK	TX	31:19	7:50
20	JILL SIMPSON	28	F	2	F2529	LUBBOCK	TX	31:24	7:51
21	MARK ALBUS	49	M	4	M4549	LUBBOCK	TX	31:37	7:55
22	BRAD EWING	42	M	3	M4044	LUBBOCK	TX	31:55	7:59
23	DAVID SPLAWN	31	M	3	M3034	LUBBOCK	TX	32:10	8:03
24	STEVE ODORIZZI	43	M	2	CLYDE	LUBBOCK	TX	32:13	8:04
25	RONNIE PRIGG	55	M	1	M5559	LUBBOCK	TX	32:22	8:06
26	JIM HARRIS	63	M	1	M6064	HOBBS	NM	32:42	8:11
27	TYLER GREENFIELD	48	M	5	M4549	LUBBOCK	TX	33:06	8:17
28	EDSON PINTO	44	M	5	M4044	LUBBOCK	TX	33:07	8:17
29	DAVID HIGGINS	53	M	4	M5054	LUBBOCK	TX	33:09	8:18
30	GORDEN JENKINS	65	M	1	M6569	AMARILLO	TX	33:14	8:19
31	BILL FELTON	71	M	1	M7099	LUBBOCK	TX	33:23	8:21
32	SHEA RILEY	29	F	3	F2529	AUSTIN	TX	33:27	8:22
33	CHRIS RILEY	31	M	4	M3034	AUSTIN	TX	33:28	8:22
34	CAROL HISE	34	F	2	F3034	LUBBOCK	TX	33:32	8:23
35	TARA TIPTON	22	F	1	F2024	LUBBOCK	TX	33:40	8:25
36	AMY HARLIEN	29	F	4	F2529	LUBBOCK	TX	33:54	8:29
37	JAMES LAYMAN	40	M	6	M4044	HEREFORD	TX	34:03	8:31
38	MADONNE MINER	53	F	1	F5054	LUBBOCK	TX	34:22	8:36
39	DAVID MALONE	48	M	6	M4549	LUBBOCK	TX	34:23	8:36
40	RONNIE NUGENT	59	M	2	M5559	LUBBOCK	TX	34:35	8:39
41	MELISSA BAILEY	28	F	5	F2529	CLOVIS	NM	34:37	8:40
42	MIKE BORSHUK	32	M	5	M3034	LUBBOCK	TX	34:53	8:44
43	KEN SPAIN	52	M	5	M5054	LUBBOCK	TX	34:56	8:44
44	CHERYL WEBER	53	F	2	F5054	LUBBOCK	TX	35:00	8:45
45	DICK BAKER	61	M	2	M6064	LUBBOCK	TX	35:11	8:48
46	PAM GASCHEN	41	F	1	F4044	LUBBOCK	TX	35:16	8:49
47	AVERY NUNEZ	10	M	1	M0112	PLAINVIEW	TX	35:19	8:50
48	ISACC MUNOZ	50	M	3	CLYDE	LUBBOCK	TX	35:28	8:52
49	MIKE KELLEY	57	M	3	M5559	LUBBOCK	TX	35:34	8:54
50	BRYAN BRAZELTON	27	M	4	M2529	LUBBOCK	TX	35:37	8:55

* = New Age Group Record

WEST TEXAS RUNNING CLUB'S
 24th ANNUAL
PRAIRIE DOG TOWN 4 MILE RUN
 USA T&F CERTIFIED, #TX97108ETM
 Lubbock, Texas March 11, 2006

PLACE NAME	AG	S	DIV	PLACE	TOWN	ST	TIME	PACE
51 JIM DEBOWSKI	52	M	7	M5054	LUBBOCK	TX	35:40	8:55
52 WARNER ALEXANDER	46	M	4	CLYDE	LUBBOCK	TX	35:46	8:57
53 EPER ABEL	39	F	1	ATHEN	LUBBOCK	TX	35:48	8:57
54 JAMES BURLESON	63	M	3	M6064	LUBBOCK	TX	35:49	8:58
55 KAMMY PHILBRICK	45	F	1	F4549	LUBBOCK	TX	36:02	9:01
56 NOEL LUNA	38	M	3	M3539	LEVELLAND	TX	36:12	9:03
57 LEE HANDLIN	37	F	3	F3539	LUBBOCK	TX	36:32	9:08
58 ERIC QUINTELLA	31	M	6	M3034	LUBBOCK	TX	37:02	9:16
59 ANNIE GEDICKS	27	F	6	F2529	LUBBOCK	TX	37:15	9:19
60 LISA WACHSMANN	26	F	7	F2529	LUBBOCK	TX	37:25	9:22
61 BILL ROGER	66	M	2	M6569	LEVELLAND	TX	37:28	9:22
62 JIM BECK	47	M	5	CLYDE	LUBBOCK	TX	37:49	9:28
63 KAREN CLARK	32	F	3	F3034	LUBBOCK	TX	38:02	9:31
64 ETTA MAYER	56	F	1	F5559	LUBBOCK	TX	38:23	9:36
65 STEVE HENDERSON	52	M	8	M5054	LUBBOCK	TX	38:31	9:38
66 JILL HAUOKS	41	F	2	F4044	LUBBOCK	TX	38:55	9:44
67 GILBERT NUNEZ	35	M	4	M3539	PLAINVIEW	TX	39:02	9:46
68 HANNAH LAYMAN	13	F	1	F1315	HEREFORD	TX	39:32	9:53
69 P. J. MITCHELL	60	F	1	F6099	LUBBOCK	TX	40:21	10:06
70 MIKE GREER	67	M	3	M6569	RANSON CANYON	TX	40:55	10:14
71 JIMMY CLARK	54	M	6	CLYDE	LUBBOCK	TX	41:51	10:28
72 ISSAC MUNOZ, JR.	29	M	7	M2529	LUBBOCK	TX	42:29	10:38
73 AUTUMN MOORE	24	F	2	F2024	GLOVIS	NM	42:51	10:43
74 JULIE HAVERDINK	33	F	4	F3034	LUBBOCK	TX	43:34	10:54
75 SHERRY GILBERT	35	F	4	F3539	LUBBOCK	TX	43:35	10:54
76 CHRISTIE HODGE	35	F	5	F3539	LUBBOCK	TX	43:36	10:54
77 MIKE MALONE	48	M	9	M4549	WOLFFORTH	TX	43:40	10:55
78 KATE KUESER	43	F	3	F4044	LUBBOCK	TX	45:36	11:24
79 JOE KUESER	44	M	7	M4044	LUBBOCK	TX	45:36	11:24
80 MARSHA BENNETT	42	F	4	F4044	LUBBOCK	TX	46:40	11:40
81 SUZAN CAUDLE	53	F	3	F5054	LUBBOCK	TX	50:01	12:31
82 SHEA PAYNE	27	F	2	ATHEN	LUBBOCK	TX	53:47	13:27

RACE DIRECTOR REPORT

The 24th Annual Prairie Dog Town 4 mile race was greeted with fantastic weather and 82 eager participants. Despite forecasts of high winds, the morning was calm, sunny and warm.

The overall winners were Quent Bearden in the male division with a time of 22:45 and in the female division, Iris Rivero with a time of 28:41. Bill Felton set a new age group record in the 70 plus division with a great time of 33:23. The previous record of 35:32 was held by Don Sanderson. Congratulations Bill!

I want to thank all the volunteers who made the race go smoothly. They were: Larry Byrd, Stephanie Colorado, Wanda and Jacob LaGrave, Fred Weber, Tony and Josie Aleman, George Jury, and Tom Griffin. David Higgins provided drinks for the race.

Remember to sign up early for Run for the Arts.

Randy Holloway
 WTRC Internal Race Director

W.T.R.C. 2006 CHALLENGE SERIES
STANDINGS AFTER 3 EVENTS

MALE	YTD TOTALS				YTD TOTALS			
	AGE	PTS	MILES	EVT VOL	AGE	PTS	MILES	EVT VOL
0 - 12 MALE	11	10	4	1	49	22	17	3
Luke Samarron								
16-19 MALE	16	19	9	2	46	20	2	2
John Keith								
20 - 24 MALE	22	10	5	1	48	16	12	2
Caleb Beck								
Abel Perez	20	10	4	1	48	13	9	2
Eric Abercrombie	23	10	4	1	49	11	13	2
25 - 29 MALE	26	29	17	3	47	9	5	1
Jared Masood					49	8	21	3
Richard Lombardini	29	18	13	2	49	8	4	1
Brett Hart	26	18	9	2	46	5	5	1
Aaron Seif	26	14	17	3	49	8	4	1
Jason Fellers	25	8	8	1	46	5	5	1
30 - 34 MALE	30	33	13	3	50	30	13	3
Quent Bearden					53	18	12	2
Jason Burley	30	18	13	2	53	14	25	3
Glen Poklikuha	33	10	8	1	52	12	9	2
David Splawn	31	9	4	1	52	11	8	2
35 - 39 MALE	39	19	13	2	54	9	9	2
Michael Humphrey					54	0	13	2
Jeffrey Haag	36	10	13	2	50	0	8	1
Tommie Farrell	35	9	4	1	50	9	8	1
Noel Luna	38	8	4	1	51	8	4	1
40 - 44 MALE	43	29	13	3	54	0	13	2
Adam Barron					50	0	8	1
James Layman	40	17	13	3	59	19	13	3
Paul Pare	43	17	9	2	57	18	9	2
Brent Lowery	44	9	5	1	55	18	9	2
Danny Sloan	40	8	4	1	58	17	9	2
Brad Ewing	42	8	4	1	56	0	17	3
Tracy Mack	40	7	5	1	56	0	17	3
Edson Pinto	44	7	4	1	55	0	5	1
Daniel Gonzales	40	6	5	1				
45 - 49 MALE								
Mark Albus								
Epi Aquire								
Jerry Dwyer								
Tyler Greenfield								
Russel Martin								
David Malone								
Dwayne Oakeley								
Jay Keith								
Randy Holloway								
Richard Thomas								
Ronnie Trollinger								
50 - 54 MALE								
Jackie Cannon								
Lawrence Schovanec								
David Higgins								
Kent Spain								
Steve Henderson								
Fred Weber								
Tom Cunningham								
Jimmy Samarron								
Richard Akers								
Lorenzo Padillo								
Tom Weis								
Frank Sumpter, Sr.								
55 - 59 MALE								
Ron Nugent								
Mike Kelley								
Ronnie Prigg								
James Livermore								
Tom Griffin								
Tony Aleman								
Jim Wilhelm								

** = RACE DIRECTOR
 * = VOLUNTEER

RUN FOR THE ARTS ENTRY FEES
 (A second reminder)

Please note that the entry form must be mailed in or delivered for this race and that the earlier you register, the lower the cost. WTRC members may preregister by April 15th for only \$12.00, after which the rate is the same as everyone else.

COMMENTARY

"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.

W.T.R.C. 2006 CHALLENGE SERIES

STANDINGS AFTER 3 EVENTS

60 - 64 MALE		MALE (continued)		65 - 69 MALE		AGE	PTS	MILES	EVT	VOL
Jim Burleson	63	27	13	3	Gorden Jenkins	65	28	17	3	
Jim Harris	63	20	8	2	Bill Roger	66	27	13	3	
Dick Baker	61	9	4	1	Ralph Wolf	68	20	13	2	
Ron Lubowicz	62	0	17	3	Mike Greer	67	8	4	1	
Larry Byrd	63	0	12	2	George Jury	69	0	17	3	*
70 - 99 MALE										
Bill Felton	71	20	13	3	CLYDESDALE - age graded					
					Milt Brownfield	48	20	8	2	
					Richard Lampe	61	18	9	2	
					Isacc Muncoz	50	16	9	2	
					Jim Beck	44	14	22	3	**
					Jimmy Clark	54	13	8	2	
					Farrell Martin	39	10	8	1	
					Warner Alexander	46	7	9	2	*

13 - 15 FEMALE		FEMALE		40 - 44 FEMALE		AGE	PTS	MILES	EVT	VOL
Hanna Layman	13	30	13	3	Jill Haukos	41	19	9	2	
Kyra Sloan	13	11	4	1	Marsha Bennett	42	17	12	2	
					Denise Bray	44	11	8	1	
20 - 24 FEMALE										
Tara Tipton	22	10	4	1	45 - 49 FEMALE					
Autumn Moore	24	9	4	1	Kammy Philbrick	45	19	17	3	*
					Mary Branscome	46	10	8	1	
					Julie Cribbs	47	9	8	1	
					Ida Sumpster	49	0	8	1	*
25 - 29 FEMALE										
Jill Simpson	27	19	9	2	50 - 54 FEMALE					
Amy Harlien	29	17	12	2	Cheryl Weber	52	19	9	2	
Melissa Bailey	28	14	12	2	Suzan Caudle	52	17	14	3	*
Jenny Beck	25	9	5	1	Josie Aleman	53	10	13	3	*
					Madonne Miner	52	10	9	2	*
30 - 34 FEMALE										
Iris Rivero	30	32	17	3	55 - 59 FEMALE					
Ann Roberts	30	19	13	2	Eita Mayer	55	20	9	2	
Traci Payne	33	15	13	2	60 - 99 FEMALE					
Tara Stevens	34	10	4	1	P.J. Mitchell	60	10	9	2	*
Carol Hise	34	10	4	1	ATHENA					
Susanne Moore	31	9	5	1	Shea Payne	27	9	4	1	
Malinda Colwell	32	8	8	1	** = RACE DIRECTOR					
					* = VOLUNTEER					

35 - 39 FEMALE		DEATH		
Cathy Paden	31	10	4	1
Kippi Buchanan	36	10	4	1
Rose Hoeve	38	0	5	1

DEATH

Eric Lathrop, Coach of the West Texas ANU cross country team has died at age 48 after battling cancer for 5 years.

OUT OF TOWN RACES

No club members were found in the COWTOWN MARATHON results. If we have missed anyone, always report your races to Bill Felton, at 866-9300, or e-mail, bicafelton@hotmail.com.

JOE HENDERSON'S RUNNING COMMENTARY
GIVING BACK

#614 (rerun from March 1999 RC)

One of the great strengths of American running is also one of its subtle weaknesses. We rarely suffer a shortage of runners willing to run any distance, anywhere there is a race that weekend. We often suffer from a shortage of workers willing to help conduct the races.

In this sport we are a nation of doers, not viewers. We would rather run in a race ourselves than watch others run it, no matter how fast they are and how slow we are.

Few events here are in danger of disappearing for lack of entrants. Many must limit their fields by setting a maximum number (New York City Marathon) or by imposing qualifying times (Boston Marathon).

The demand for space at starting lines is high and growing higher. The demand for volunteer workers grows too, and the supply remains short.

Race directors -- who usually are volunteers themselves -- forever beg for help. They never seem to have quite enough of it on raceday.

The volunteers give up a weekend day to stand shivering in the cold or baking in the sun, delivering the aid that runners demand. For this the workers usually receive no more than a free T-shirt.

I often go to races as a guest of the directors. This lets me follow them through their raceday, which usually begins after a sleepless night for them. They and their support troops arrive before the first runner, and stay long after the last one goes home.

Watching the start area come together, seeing the course from the standpoint of the workers, then observing the finish-line cleanup is something every runner should experience at least once. It tells several truths about this sport:

-- Running the race may be one of the easiest tasks that day. At least it takes much less time than the scene-setting work that makes the running possible.

-- Runners are abundant, and each has only one job to perform -- running his or her own race. Workers are scarce, and each often does multiple jobs.

-- Runners as a group are quick to complain and slow to compliment these workers. They hear little or nothing from the 99 percent of runners who go home happy, but hear much from the one percent who are not pleased.

The least we can do as runners is to say more thank-yous. Let the volunteers, those too often invisible heroes of the sport, know that we appreciate them.

The best we can do is to give back to the sport by serving as volunteers ourselves. Set aside an occasional race to stand and deliver assistance to the runners.

Christian churches promote the concept of the tithe, or giving one-tenth of one's earnings to the church. Runners of all religions, or none, would do well to practice a form of tithing.

For every 10 races we run, we might agree to work at one. Hand out the race packets, work at an aid station, direct the traffic, read the splits, award the winners, assist the injured, distribute the food.

Doing this would help a sport that is always long on runners and short on helpers. It would also help us to be slower with complaints and quicker with compliments when next we run a race.

AMIGOS AGAIN AT HORSESHOE BEND

for WTRC members by Jim Harris

Driving into the canyon
in the glare of sunrise,
most runners surf the mind's channels
for images of past races

In this fissure south of town,
many asking where's the edge
in the competition with neighbors,
how with friends to run the quickest pace

Yet make it last a lifetime?
But staring at the potpourri of pardners
in tight red shirts and light blue tights,
each also searches for answers

As to how these mates
came to be as one,
a club of compadres.
What cosmic forces threw together

These diverse planets and stars
these meteors and comets.
The housewife and physician,
teacher and salesman, coach and researcher,
Student and professor, politician and military,
swift gazelles and raging rhinos,
some overflowing with hormones,
others girded with plump prostates,

Tall and short, skinny and flabby,
agile and clumsy, straight and bent,
the somber and the playful,
the pampered and the beat up,

Beautiful young women,
grizzled old men.
Surely there must be design
for this gathering, some plan

For having so many from so far
meet year after year
on thirteen courses
they could run blindfolded.

Then on the floor of the canyon
someone fires a gun,
Nikes and Brooks slap pavement,
heavy breathing, wind in the face,

The questions and queries left at the line,
poor competition for these rift moments.

Dr. George Sheehan

(A rerun of one of the series of Dr. Sheehan's essays printed in previous newsletters)

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 hardest 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 nothingmen, 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.

(From Dr. Sheehan's essays at <http://www.georgesheehan.com>)

LUBBOCK ARTS FESTIVAL
 RUN FOR THE ARTS
 SINCE 1982
 15K EVENT RECORDS
 (Since 1986)

(Inactive from 1996 to 2004)

	<u>NAME</u>	<u>TOWN</u>	<u>AGE</u>	<u>TIME</u>	<u>YEAR</u>
0-15	Mandy Malouf	Levelland	13	1:07:58	1987
16-19	Jennifer McGuire	Lubbock	?	1:12:03	1990
20-24	Idalia Casiano	Lubbock	23	1:00:58	1991
25-29	Sue Houle	Lubbock	29	1:01:50	1991
30-34	Marjory Stewart	Lubbock	32	56:24 *	1991
35-39	Marjory Stewart	Lubbock	35	59:37	1994
40-44	Becky Rowley	Clotvits, NM	41	1:07:43	2005
45-49	Mary Branscome	Lubbock	45	1:19:15	2005
50-54	Madonne Miner	Lubbock	52	1:22:07	2005
55-59	Etta Mayer	Lubbock	56	1:41:45	2005
60+	P.J. Mitchell	Lubbock	60	1:38:06	2005
	Athena (N/A)				

	<u>NAME</u>	<u>TOWN</u>	<u>AGE</u>	<u>TIME</u>	<u>YEAR</u>
0-15	Danny Hernandez	Lubbock	14	1:01:38	1991
16-19	Mike Cagle	Lubbock	19	53:34	1986
20-24	Victor Heredia	Lubbock	24	48:11 *	1991
25-29	Tim Green	Lubbock	25	49:32	1991
30-34	Martin Leodgard	Lubbock	31	50:50	1996
35-39	Scott Brickerd	Lubbock	36	48:36	1989
40-44	Ken Macinnes	Lubbock	40	57:49	1996
45-49	Bobby Cunningham	Abernathy	47	57:31	1986
50-54	George Jury	Lubbock	52	56:39	1989
55-59	George Jury	Lubbock	55	1:02:05	1992
60-64	Harold Ritchey	Amarillo	61	1:12:36	1988
65-69	(N/A)				
70+	Don Sanderson	Tulia	75	1:24:29	2005
	Clydes Farrell Martin	Lubbock	38	1:05:19	2005

* Overall Men's and Women's course records

RUN FOR THE ARTS ENTRY FEES

Please note that the entry form must be mailed in or delivered for this race and that the earlier you register, the lower the cost. WTRC members may preregister by April 15th for only \$12.00, after which the rate is the same as everyone else.

WEST TEXAS RUNNING CLUB'S
 RUN FOR THE ARTS

EVENT # 4

Of the 2006 W.T.R.C. CHALLENGE SERIES

WHEN: SATURDAY, APRIL 22, 2006, 8 a.m.
 RACE DAY REGISTRATION 7:00-7:45 a.m.

WHERE: SIXTH STREET, NORTH OF THE LUBBOCK CIVIC CENTER

COURSE: 15K runs over slightly hilly terrain through Mackenzie and Mae Simmons Parks. 2 Mile is flat. Races begin on sixth street, north of the Civic Center and are out and back courses.

REGISTRATION & ENTRY FEES: No telephone or e-mail registration
 By MAIL by April 15: \$15 for 15K and 2 mile, April 16-20, \$18.00

LATE REGISTRATION AND PACKET PICK-UP: Friday, April 21 at Civic Center, Noon to 9 p.m., \$20 for 15K and 2 Mile;

RACE DAY REGISTRATION AND PACKET PICK-UP: Saturday, April 22 at Civic Center parking lot. \$25 for 15K and 2 Mile, 7:00-7:45 a.m.
 All registrants will receive commemorative T-shirts.

AWARDS: Medals for at least the top three in each age category in addition to medals for the overall men and women's winners. There will also be medals for competitors in the Clydesdale and Athena divisions.

AGE DIVISIONS:

MEN: 0-12; 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 Plus; Clydesdale

WOMEN: 0-12; 13-15; 16-19; 20-24; 25-29; 30-34; 35-39;
 40-44; 45-49; 50-54; 55-59; 60 Plus, Athena

RACE DIRECTOR: Tom Weis Phone 928-0482
 e-mail tweis@unitedtexas.com

2006 Lubbock Arts Festival

RUN FOR THE ARTS

REGISTRATION

By Mail: April 15, 2006
15K & 2 Mile

\$15.00

Late Registration

By Mail: April 16-20

\$18.00

No telephone or email registrations.

Late Registration & Packet Pick-up:

Friday, April 21 at Civic Center
Noon - 9:00 p.m.

15K & 2 Mile

\$20.00

Race Day Registration & Packet Pick-up

Saturday, April 22 at Civic Center
Parking Lot. 7:00 - 7:45 a.m.

15K & 2 Mile

\$25.00



RACE DIVISIONS

◆ 2 Mile Fun Run-Walk

T-shirts to all who register.

Race Start: 8:00 a.m. -

(Sixth St. - north of Civic Center)

Awards: 8:45 a.m. - Parking Lot

Men: 1st place overall; Divisional medals in 12 & under, 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 & over, Clydesdale (190 lbs.+)

Women: 1st place overall; Divisional medals in 12 & under, 13-15, 16-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60 & over, Athena (150 lbs.+)

◆ 15K "Distance Runners"

T-shirts to all who register.

Scenic, slightly hilly - via Lubbock Civic Center area through MacKenzie and Mae Simmons Parks. Aid stations will be available at 2, 3.1, 5.5, 6.5, 7.5 miles and finish line.

Race Start: 8:00 a.m. -

(Sixth St. - north of Civic Center)

Awards: 10:00 a.m. - Parking Lot

Men: 1st place overall; Divisional medals in 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 & over, Clydesdale (190 lbs.+)

Women: 1st place overall; Divisional medals in 13-15, 16-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60 & over, Athena (150 lbs.+)

For office use only

Mail to: West Texas Running Club
4808 50th Street
Lubbock, Texas 79414

For more information, call: Tom Weis (806) 928-0482

Make checks payable to: West Texas Running Club

Race Fees \$ _____ Paid _____

Name _____ Age (on race day) _____ Sex: M _____ F _____

Address _____ City _____ State _____ Zip _____

Home Phone () _____ Work Phone () _____

Event Entered (Check one) _____
 2 Mile Fun Run-Walk _____
 15K (9.3 mile) Race _____

Category (check if applicable) _____
 Clydesdale (190 lbs +) _____
 Athena (150 lbs +) _____

T-Shirt Size: (Circle One) Adults: S M L XL

WAIVER STATEMENT: Entry invalid if not signed - I understand that my participation in the 2006 Run for the Arts can result in injury. I certify that I have decided to participate in the event with the full knowledge that being physically fit and sufficiently trained are necessary to prevent injury to myself. I waive all claims against the Lubbock Arts Festival, the City of Lubbock and the West Texas Running Club, and the sponsors/supporting organizations of this event. This waiver shall be binding on my heirs, legatees, administrators and assigns. I also am fully aware that baby strollers and wheels of any kind (except competitive wheelchairs), animals and headphones are strictly prohibited and I agree not to have them on the course. Further, I hereby grant full permission to any of the foregoing to use any photograph, video or motion picture, recording or any other record of my participation in this event for any legitimate purpose.

Signature (Parent or Guardian if under 18) _____

PLEASE PRINT