

CALENDAR

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

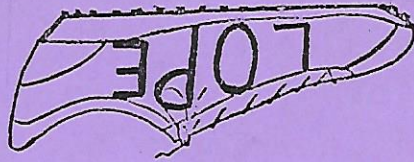
- JUNE 5 W.T.R.C. Business meeting, Monday, 7pm, WEST TEXAS PETERBILT, 45th and Ave. A
- JUNE 3 GIRLSTOWN GALLOP: 5K, 9:00 AM, Whiteface, Ivanna Newport, 806-229-6361
- JUNE 10 BOBBY BIRDSONG MEMORIAL LEVELLAND LOPE: Levelland, 8am 10K and 2 Mile, Bill Roger, RD, 894-7911
- JUNE 25 BSL HALF IRONMAN TRIATHLON: Greers, 796-8213, 829-2153 www.buffalospingslaketriathlon.com
- JULY 4 36th ANNUAL FIRECRACKER RUN: Brownfield, 8am; 10 Mile, 3 Mile, kids 1 Mile, Jim Harris, RD, (505) 392-8945
- JULY 30 PRUDE RANCH RACES: Ft. Davis, Tx. 7:30am, 5K, 10K, 1/2 MARATHON, Glen Beck, RD, 512-252-9057.
- AUG. 12 HOT DAM 5 MILLER: Canyon Lake 6, Lubbock, 8:00 am.
- SEPT 9 SHALLOWATER STAMPEDE: 10K and 2 Mile, 8:00 am, Shallowater High School, Dwayne Oakeley, RD, 806-799-4473.
- SEPT 23 2nd ANNUAL PIONEER ROAD RACE: Plainview, Tx., 5K, 9:00am Brian Whitlock, RD, 806-291-1150, whitlock@wbu.edu
- OCT. 7 RED RAIDER ROAD RACE: TTU Campus, Lubbock, 8:00 am, 10K, 5K.. Sam Prose, RD, 806-794-0429.
- OCT. 14 RACE FOR THE CURE: 5K, TTU Campus, Lubbock, 8am, FMI 698-1900 or www.komen-lubbock.org
- OCT. 14 M2M Marathon: Marathon, Tx., Marathon, 10K, Two-Person Relay, 8:00am, www.marathon2marathon.net
- OCT. 21 21st ANNUAL PALO DURO TRAIL RUN: Palo Duro Canyon, 50 Mile, 50K, 20K, 7:00am, Red Spicer, RD, 806-353-3847.
- NOV. 11 BUFFALO WALLOW RACES: Buffalo Springs Lake, Half Marathon, 2 Mile, 9:00 am, Mike Kelley, RD, 806-765-0441.
- NOV. 12 SAN ANTONIO MARATHON: (210)246-9652, www.sanarathon.org
- NOV. 23 W.T.R.C. TURKEY TROT: Mackenzie Park, Lubbock, 9:00am, 12K and 2 Mile, contact Ron Lubowicz, 632-4926(d), 748-1855(N)

<http://wtrc.tripod.com>

calendar, photos, online registration, etc...



David Higgins
3401 Alcove
Lubbock TX 79407



WTRC Newsletter
9505 Viola Ave.
Lubbock, TX 79424-7518
June 2006



Levelland Lope 10K & 2 Miles
South Plains College, Levelland
8am, Saturday, June 10, 2006
Details Inside Back Cover

WEST TEXAS RUNNING CLUB

OFFICERS

President - Ron Lubowicz
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Treasurer - David Higgins
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Immediate Past President - Mike Kelley
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DIRECTORS

Newsletter Director - Bill Felton
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Equipment Director - Dwayne Oakeley
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E-mail: dscoakeley@nts-online.net

Race Calendar Director - Suzan Caudle
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E-mail: suzieq5279407@yahoo.com

Membership Director - Bob Blake
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E-mail: bob.blake@ttu.edu

Club Historian - James Livermore
(H) 792-5815
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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, June 5, 7:00 p.m. at West Texas Peterbilt, 4515 Ave. A, Sales & Leasing Office (closest to Ave A)

All members are welcome

TEXAS TECH UNIVERSITY RECREATIONAL SPORTS PRESENTS

Annual Garage Sale Run, Lunar Lope and Kids Triathlon

Recreational Sports is hosting several events this summer that our Club members may be interested in.

There will be a Garage Sale T-shirt Run on June 17th. Participants can run any distance from 1 to 5 miles (laps around the Rec). The cost is \$5.00 or \$3.00 and 2 cans of food. One mile time splits will be called.

The 13th annual Lunar Lope is Monday, July 10th at 10 pm. Early registration has begun—\$8.00 for Tech and \$10.00 for community. There is a late fee after July 8th (\$5.00). There will be a 5K and 1 mile run.

There will also be the 2nd annual Fit4Fun Kids Triathlon on July 15th. Early registration ends July 10th. This is a great event for kids 7-14 years of age. The distances are very doable—7-10 year olds swim 100 yards, ride 2.3 miles and run 1 mile. The older group swims 200 yards, rides 4.3 miles and runs 1.5 miles. Every child receives an award for participating plus lots of goodies.

Volunteers are also needed for the Kids Triathlon. For more information call: Betty Blanton at 742-3928.

WEST TEXAS RUNNING CLUB'S 34TH ANNUAL HORSESHOE BEND CANYON SPRING FROLIC RACES

2 Mile, 6 Mile and 11 Mile Road Races
Slaton, Texas May 13, 2006

11 MILES OVERALL RESULTS

PLACE NAME	TOWN	ST	DIV	PLACE	AG	S	TIME	PACE
1 JERRY DWYER	LUBBOCK	TX	1	M4549	46	M	1:17:37	7:04
2 EPI AGUIRRE	LUBBOCK	TX	2	M4549	47	M	1:23:23	7:35
3 KYLE ASHLEY	LUBBOCK	TX	1	M4044	44	M	1:25:09	7:45
4 JEFFREY HAAG	LUBBOCK	TX	1	M3539	37	M	1:25:49	7:48
5 FARRELL MARTIN	LUBBOCK	TX	1	CLYDE	39	M	1:26:33	7:53
6 DENISE BRAY	LUBBOCK	TX	1	F4044	44	F	1:26:35	7:53
7 IRIS RIVERO	LUBBOCK	TX	1	F3034	31	F	1:29:46	8:10
8 TOM CUNNINGHAM	PLAINVIEW	TX	1	M5054	50	M	1:33:51	8:32
9 PAUL PARE'	LUBBOCK	TX	2	M4044	44	M	1:35:34	8:42
10 RUSSEL MARTIN	LUBBOCK	TX	3	M4549	48	M	1:35:40	8:42
11 MADONNE MINER	LUBBOCK	TX	1	F5054	53	F	1:37:18	8:51
12 DAVID MALONE	LUBBOCK	TX	4	M4549	48	M	1:37:19	8:51
13 JOEL HERNANDEZ	IDALOU	TX	1	M2529	28	M	1:37:52	8:54
14 BRAD EWING	LUBBOCK	TX	3	M4044	42	M	1:37:56	8:55
15 MARY BRANSCOME	LUBBOCK	TX	1	F4549	46	F	1:38:03	8:55
16 GORDEN JENKINS	AMARILLO	TX	1	M6569	65	M	1:39:49	9:05
17 HANK IVEY	SLATON	TX	3	M3539	37	M	1:40:13	9:07
18 MATTHEW JORDAN	LUBBOCK	TX	4	M4044	40	M	1:41:09	9:12
19 DEAN SMITH	RANSOM CANYON	TX	1	M6064	61	M	1:41:44	9:15
20 MALINDA COLWELL	LUBBOCK	TX	2	F3034	32	F	1:42:34	9:20
21 MIKE KELLEY	LUBBOCK	TX	1	M5559	57	M	1:43:27	9:25
22 ERIC FORD	LUBBOCK	TX	5	M4044	41	M	1:43:28	9:25
23 JASON BURLEY	BROWNFIELD	TX	1	M3034	30	M	1:44:07	9:28
24 JUDY LAWLEY	LUBBOCK	TX	2	F4044	41	F	1:45:15	9:35
25 RALPH WOLF	LUBBOCK	TX	2	M6569	69	M	1:47:56	9:49
* 26 P. J. MITCHELL	LUBBOCK	TX	1	F6099	60	F	1:49:00	9:55
27 RONNIE NUGENT	LUBBOCK	TX	2	M5559	59	M	1:50:53	10:05
28 AMY HARLIEN	LUBBOCK	TX	1	F2529	29	F	1:51:32	10:09
29 ISACC MUNOZ	LUBBOCK	TX	2	CLYDE	50	M	1:51:33	10:09
30 LYNN HELMSTETLER	LUBBOCK	TX	1	F2024	24	F	1:54:34	10:25
31 ETTA MAYER	LUBBOCK	TX	1	F5559	56	F	1:56:06	10:34
32 ARLAN PATTON	LUBBOCK	TX	3	M5054	51	M	1:56:15	10:35
33 LARRY BYRD	SHALLOWATER	TX	3	M6569	65	M	2:00:07	10:56
34 MARSHA BENNETT	LUBBOCK	TX	3	F4044	42	F	2:09:55	11:49
35 JIMMY CLARK	LUBBOCK	TX	3	CLYDE	54	M	2:12:49	12:05

* = New Age Group Standard

WEST TEXAS RUNNING CLUB'S 34TH ANNUAL HORSESHOE BEND CANYON SPRING FROLIC RACES 6 MILES OVERALL RESULTS

Table with columns: PLACE NAME, TOWN, ST DIV, PLACE, AG, S, TIME, PACE. Lists 31 participants including Justin Kime, Adam Barron, Josh Savage, etc.

RACE DIRECTOR'S REPORT

The 34th annual Horseshoe Bend Canyon Spring Frolic Races were held Saturday, May 13th. The morning weather was fantastic and other than some light winds at the top of the canyon the running conditions were good. We had the 3rd highest ever number of finishers in the combined races with 101 completing either the 2, 6, or eleven mile routes.

The Overall winners were: 2 Mile, Male: John Keith, Female: Kayla Carbajal, a 12 year old from Plainview running her first race with us. 6 Mile, Male: Justin Kime, Female: Landi Kime, Husband and wife winners! 11 Mile, Male: Jerry Dwyer, Female: Denise Bray

Two new records were set this year with P. J. Mitchell establishing the eleven mile record in the Female 60 plus category and Milt Brownfield setting a new mark in the Male Clydesdale 2 mile division.

I want to thank the volunteers who did a great job: Elizabeth Linder, Rick Lampe, Hugh Haynes, Bill Roger, Tony Aleman, Shari Holloway, Ashley Williams, George Jury, and Tom Griffin. Also thanks to Tom Weis for getting the drinks and food in place.

Please forward me any comments on how we can improve this race in the future. I look forward to you participating next year!

Randy Holloway HSB Race Director

WEST TEXAS RUNNING CLUB'S 34TH ANNUAL HORSESHOE BEND CANYON SPRING FROLIC RACES 2 MILE OVERALL RESULTS

Table with columns: PLACE NAME, TOWN, ST DIV, PLACE, AG, S, TIME, PACE. Lists 35 participants including John Keith, Jackie Cannon, Milt Brownfield, etc.

* = New Division Standard

W.T.R.C. 2006 CHALLENGE SERIES
STANDINGS AFTER 5 EVENTS

W.T.R.C. 2006 CHALLENGE SERIES
STANDINGS AFTER 5 EVENTS

0 - 12 MALE				13-15 MALE				16-19 MALE				20 - 24 MALE				25 - 29 MALE				30 - 34 MALE				35 - 39 MALE				40 - 44 MALE				45 - 49 MALE				50 - 54 MALE				55 - 59 MALE																																																																																																																									
NAME	AGE	PTS	MILES	EVT	VOL	NAME	AGE	PTS	MILES	EVT	VOL	NAME	AGE	PTS	MILES	EVT	VOL	NAME	AGE	PTS	MILES	EVT	VOL	NAME	AGE	PTS	MILES	EVT	VOL	NAME	AGE	PTS	MILES	EVT	VOL	NAME	AGE	PTS	MILES	EVT	VOL																																																																																																																								
Luke Samarron	11	10	4	1		Jerry Dwyer	46	41	32.3	4		Jackie Cannon	50	51	17	5		David Higgins	53	27	40.3	5	**	David Wilson	50	9	9.3	1		Joseph Wilson	50	9	9.3	1		Jimmy Samarron	50	9	4	1		Ron Nugent	59	38	33.3	5	*	Mike Kelley	57	28	20	3		Jim Wilhelm	55	20	9	3	*	Ronnie Prigg	55	18	9	2		James Livermore	58	17	18.3	3	*	Tom Griffin	56	0	37.3	5	*	Tony Aleman	56	0	37.3	5	*	Tom Aleman	56	0	37.3	5	*																																																																								
Parker Huto	10	9	2	1		Epi Aquino	47	39	29.3	4		David Weber	54	19	24.3	4	*	Fred Wehr	54	19	24.3	4	*	Tom Cunningham	50	19	19	2		Richard Akers	51	19	13.3	3	*	Lawrence Schovanec	53	18	21.3	3	*	Arlan Patton	51	15	20.3	2		Kent Spain	52	12	9	2		Steve Henderson	52	11	8	2		Tom Weis	54	9	33.6	4	**	Joseph Wilson	50	9	9.3	1		Jimmy Samarron	50	9	4	1		Randy Egenbacher	50	8	6	1		Lorenzo Padillo	51	8	4	1		Terry Dalton	51	7	9.3	1		Frank Sumpter, Sr.	50	0	8	1	*	Tom Griffin	56	0	37.3	5	*	Tony Aleman	56	0	37.3	5	*																																																
D J Gonzales	11	8	2	1		Russel Martin	48	32	29.3	4		Tom Cunningham	50	19	19	2		Richard Akers	51	19	13.3	3	*	Lawrence Schovanec	53	18	21.3	3	*	Arlan Patton	51	15	20.3	2		Kent Spain	52	12	9	2		Steve Henderson	52	11	8	2		Tom Weis	54	9	33.6	4	**	Joseph Wilson	50	9	9.3	1		Jimmy Samarron	50	9	4	1		Randy Egenbacher	50	8	6	1		Lorenzo Padillo	51	8	4	1		Terry Dalton	51	7	9.3	1		Frank Sumpter, Sr.	50	0	8	1	*	Tom Griffin	56	0	37.3	5	*	Tony Aleman	56	0	37.3	5	*																																																												
Nick Wargo	15	9	2	1		Mark Albus	49	29	23	4		Richard Akers	51	19	13.3	3	*	Lawrence Schovanec	53	18	21.3	3	*	Arlan Patton	51	15	20.3	2		Kent Spain	52	12	9	2		Steve Henderson	52	11	8	2		Tom Weis	54	9	33.6	4	**	Joseph Wilson	50	9	9.3	1		Jimmy Samarron	50	9	4	1		Randy Egenbacher	50	8	6	1		Lorenzo Padillo	51	8	4	1		Terry Dalton	51	7	9.3	1		Frank Sumpter, Sr.	50	0	8	1	*	Tom Griffin	56	0	37.3	5	*	Tony Aleman	56	0	37.3	5	*																																																																		
John Keith	16	30	11	3		Tyler Greenfield	48	22	21.3	3		Richard Thomas	47	18	7	2		Jay Keith	47	18	7	2		Richard Thomas	47	16	10	2		Buddy Huto	46	15	7	2		Ronnie Trollinger	45	10	2	1		Randy Holloway	49	8	4.3	4	**	Brent Tidwell	48	8	9.3	1		Jackie Cannon	50	51	17	5		David Higgins	53	27	40.3	5	**	Fred Wehr	54	19	24.3	4	*	Tom Cunningham	50	19	19	2		Richard Akers	51	19	13.3	3	*	Lawrence Schovanec	53	18	21.3	3	*	Arlan Patton	51	15	20.3	2		Kent Spain	52	12	9	2		Steve Henderson	52	11	8	2		Tom Weis	54	9	33.6	4	**	Joseph Wilson	50	9	9.3	1		Jimmy Samarron	50	9	4	1		Randy Egenbacher	50	8	6	1		Lorenzo Padillo	51	8	4	1		Terry Dalton	51	7	9.3	1		Frank Sumpter, Sr.	50	0	8	1	*	Tom Griffin	56	0	37.3	5	*	Tony Aleman	56	0	37.3	5	*
Drew Jones	16	17	9	2		David Malone	48	21	20	3		Jay Keith	47	18	7	2		Richard Thomas	47	16	10	2		Buddy Huto	46	15	7	2		Ronnie Trollinger	45	10	2	1		Randy Holloway	49	8	4.3	4	**	Brent Tidwell	48	8	9.3	1		Jackie Cannon	50	51	17	5		David Higgins	53	27	40.3	5	**	Fred Wehr	54	19	24.3	4	*	Tom Cunningham	50	19	19	2		Richard Akers	51	19	13.3	3	*	Lawrence Schovanec	53	18	21.3	3	*	Arlan Patton	51	15	20.3	2		Kent Spain	52	12	9	2		Steve Henderson	52	11	8	2		Tom Weis	54	9	33.6	4	**	Joseph Wilson	50	9	9.3	1		Jimmy Samarron	50	9	4	1		Randy Egenbacher	50	8	6	1		Lorenzo Padillo	51	8	4	1		Terry Dalton	51	7	9.3	1		Frank Sumpter, Sr.	50	0	8	1	*	Tom Griffin	56	0	37.3	5	*	Tony Aleman	56	0	37.3	5	*						
Caleb Beck	22	10	5	1		Richard Thomas	47	16	10	2		Buddy Huto	46	15	7	2		Ronnie Trollinger	45	10	2	1		Randy Holloway	49	8	4.3	4	**	Brent Tidwell	48	8	9.3	1		Jackie Cannon	50	51	17	5		David Higgins	53	27	40.3	5	**	Fred Wehr	54	19	24.3	4	*	Tom Cunningham	50	19	19	2		Richard Akers	51	19	13.3	3	*	Lawrence Schovanec	53	18	21.3	3	*	Arlan Patton	51	15	20.3	2		Kent Spain	52	12	9	2		Steve Henderson	52	11	8	2		Tom Weis	54	9	33.6	4	**	Joseph Wilson	50	9	9.3	1		Jimmy Samarron	50	9	4	1		Randy Egenbacher	50	8	6	1		Lorenzo Padillo	51	8	4	1		Terry Dalton	51	7	9.3	1		Frank Sumpter, Sr.	50	0	8	1	*	Tom Griffin	56	0	37.3	5	*	Tony Aleman	56	0	37.3	5	*																		
Abel Perez	20	10	4	1		Jay Keith	47	18	7	2		Richard Thomas	47	16	10	2		Buddy Huto	46	15	7	2		Ronnie Trollinger	45	10	2	1		Randy Holloway	49	8	4.3	4	**	Brent Tidwell	48	8	9.3	1		Jackie Cannon	50	51	17	5		David Higgins	53	27	40.3	5	**	Fred Wehr	54	19	24.3	4	*	Tom Cunningham	50	19	19	2		Richard Akers	51	19	13.3	3	*	Lawrence Schovanec	53	18	21.3	3	*	Arlan Patton	51	15	20.3	2		Kent Spain	52	12	9	2		Steve Henderson	52	11	8	2		Tom Weis	54	9	33.6	4	**	Joseph Wilson	50	9	9.3	1		Jimmy Samarron	50	9	4	1		Randy Egenbacher	50	8	6	1		Lorenzo Padillo	51	8	4	1		Terry Dalton	51	7	9.3	1		Frank Sumpter, Sr.	50	0	8	1	*	Tom Griffin	56	0	37.3	5	*	Tony Aleman	56	0	37.3	5	*												
Eric Abercrombie	23	10	4	1		Richard Thomas	47	16	10	2		Buddy Huto	46	15	7	2		Ronnie Trollinger	45	10	2	1		Randy Holloway	49	8	4.3	4	**	Brent Tidwell	48	8	9.3	1		Jackie Cannon	50	51	17	5		David Higgins	53	27	40.3	5	**	Fred Wehr	54	19	24.3	4	*	Tom Cunningham	50	19	19	2		Richard Akers	51	19	13.3	3	*	Lawrence Schovanec	53	18	21.3	3	*	Arlan Patton	51	15	20.3	2		Kent Spain	52	12	9	2		Steve Henderson	52	11	8	2		Tom Weis	54	9	33.6	4	**	Joseph Wilson	50	9	9.3	1		Jimmy Samarron	50	9	4	1		Randy Egenbacher	50	8	6	1		Lorenzo Padillo	51	8	4	1		Terry Dalton	51	7	9.3	1		Frank Sumpter, Sr.	50	0	8	1	*	Tom Griffin	56	0	37.3	5	*	Tony Aleman	56	0	37.3	5	*																		
Jared Mascood	26	49	32.3	5		Richard Thomas	47	16	10	2		Buddy Huto	46	15	7	2		Ronnie Trollinger	45	10	2	1		Randy Holloway	49	8	4.3	4	**	Brent Tidwell	48	8	9.3	1		Jackie Cannon	50	51	17	5		David Higgins	53	27	40.3	5	**	Fred Wehr	54	19	24.3	4	*	Tom Cunningham	50	19	19	2		Richard Akers	51	19	13.3	3	*	Lawrence Schovanec	53	18	21.3	3	*	Arlan Patton	51	15	20.3	2		Kent Spain	52	12	9	2		Steve Henderson	52	11	8	2		Tom Weis	54	9	33.6	4	**	Joseph Wilson	50	9	9.3	1		Jimmy Samarron	50	9	4	1		Randy Egenbacher	50	8	6	1		Lorenzo Padillo	51	8	4	1		Terry Dalton	51	7	9.3	1		Frank Sumpter, Sr.	50	0	8	1	*	Tom Griffin	56	0	37.3	5	*	Tony Aleman	56	0	37.3	5	*																		
Brett Hart	27	38	13	4		Jay Keith	47	18	7	2		Richard Thomas	47	16	10	2		Buddy Huto	46	15	7	2		Ronnie Trollinger	45	10	2	1		Randy Holloway	49	8	4.3	4	**	Brent Tidwell	48	8	9.3	1		Jackie Cannon	50	51	17	5		David Higgins	53	27	40.3	5	**	Fred Wehr	54	19	24.3	4	*	Tom Cunningham	50	19	19	2		Richard Akers	51	19	13.3	3	*	Lawrence Schovanec	53	18	21.3	3	*	Arlan Patton	51	15	20.3	2		Kent Spain	52	12	9	2		Steve Henderson	52	11	8	2		Tom Weis	54	9	33.6	4	**	Joseph Wilson	50	9	9.3	1		Jimmy Samarron	50	9	4	1		Randy Egenbacher	50	8	6	1		Lorenzo Padillo	51	8	4	1		Terry Dalton	51	7	9.3	1		Frank Sumpter, Sr.	50	0	8	1	*	Tom Griffin	56	0	37.3	5	*	Tony Aleman	56	0	37.3	5	*												
Aaron Self	26	31	23	4		Jay Keith	47	18	7	2		Richard Thomas	47	16	10	2		Buddy Huto	46	15	7	2		Ronnie Trollinger	45	10	2	1		Randy Holloway	49	8	4.3	4	**	Brent Tidwell	48	8	9.3	1		Jackie Cannon	50	51	17	5		David Higgins	53	27	40.3	5	**	Fred Wehr	54	19	24.3	4	*	Tom Cunningham	50	19	19	2		Richard Akers	51	19	13.3	3	*	Lawrence Schovanec	53	18	21.3	3	*	Arlan Patton	51	15	20.3	2		Kent Spain	52	12	9	2		Steve Henderson	52	11	8	2																																																																			

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 that 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.

Bobby Birdsong Remembered

The passing of Bobby Birdsong on May 24, 1988 was a great loss to all of us who had the privilege of knowing this good man. The greater loss by far is to those new members who will not have that chance.

Bobby founded the Levelland Lope in 1980 and was Director for eight years. Not satisfied to just present a good race, typically Bobby sent the extra mile and got local sponsors to fund Lope T-shirts and equipment bags for his runners. Even when sponsorship funds were no longer available, he was trying to give the Lope a little something extra by working on a means to computerize the results and give the runners a personal copy. This spirit of extra effort was also evidence in his work as a biology teacher at the Levelland High School, where the students recognized his impact on them by selecting him as teacher of the Year for 1989.

I first met Bobby in 1982 when I called him for information about the Lope, the first race I was ever to enter. It was largely about friendliness and encouragement that convinced me to try it. After the race when I stopped to thank him, he even remembered my call and took the time to congratulate me and urged me to keep coming out to the WTRC runs. Since I was a novice runner, this really meant a lot to me. I haven't missed a Lope since, and it was Bobby's positive attitude and encouragement that made me want to join the WTRC.

As I got to know Bobby by helping out at the Lope and by spending a few minutes with him at the other races, it did not take too long to gain great respect for him as a man with perspective. He would compete hard during a race, but the result never seemed as important to him as the good effort. He thrived on courses which featured tough weather and/or terrain conditions. Quoted in the Amarillo Globe-news after the 1984 Palo Duro Canyon run in January, Bobby said, "There are fair-weather runners and then there are runners." To me, this seems to sum up Bobby's approach not only toward his running but also toward his personal commitments and life in general. He chose not to do things because they were easy, but because they were important. The runs won't ever be as good again without Bobby to visit with.

So I guess that as long as there's a June and a Levelland Lope and I've got 6.2 miles left in my legs, I'll make the trip to Levelland because it will be the best way to remember Bobby standing there on those steps making jokes as he hands out the awards. And I won't ever pull on a Levelland Lope T-shirt or pack a Levelland Lope equipment bag without being reminded that I ought to be a better person.

We would all be fortunate to leave such a legacy.

Joe Post

WEST TEXAS RUNNING CLUB'S
27th Annual BOBBY BIRDSONG MEMORIAL LEVELLAND LOPE
10K and 2 MILE RACES

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

WHEN: SATURDAY, June 10, 2006

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 792-3291(d) or 792-1237 by 6pm, Friday the 9th, then pay fee race day
 e-mail entries must be before 3pm, Friday (rungwj@aol.com)

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: 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

WOMEN: 13-15; 16-19; 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: 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)

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

OTHERS \$6.00 Race Day entry \$10 for all Volunteers needed, call

West Texas Running Club proudly presents

37th ANNUAL FIRECRACKER RUNS

Please Pre-Register

Mail-in entry (enclosed) before June 30th or Register Online by noon, July 3rd <http://wtrc.tripod.com>
 NO Telephone or email registration for this year's race.

Tuesday, July 4th, 2006

Late registration: 7:00-7:45 am

Races Start: Children's 1 mile - 7:40 am
 3 & 10 mile - 8:00 am

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, \$10.00 for non-members (Pre-Registered).

Race Day Registration \$10.00 - members and non-members (3 & 10

Mile), \$1.00 - Kids run.

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, 2006.

Contact: Race Director Jim Harris, (505) 392-8945