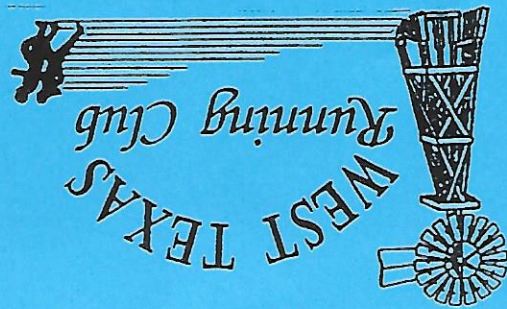


CALENDAR

- * Indicates W.T.R.C.C. Monthly Race and CHALLENGE SERIES EVENT
- FEB 06 W.T.R.C.C. Business meeting, TUESDAY, 7pm, WEST TEXAS PETERBILT(Tom's Office), 45th and Ave. A
- * JAN. 27 LOOP THE LAKE: 5Mile & 2Mi, 10:00am, Buddy Holly Rec. Area (N University) Jim Beck, RD, 806-784-0056(n)
- FEB 02 CHALLENGE SERIES AWARDS BANQUET: Mahon Party House, 29th Drive-W. of Chicago Ave, Lubbock, 7:00pm, Potluck Dinner.
- * FEB. 10 COTTON PATCH RUNS: 8Mile, 4Mile, relay, 10:00am, Frenship High School, Wolforth; David Higgins, RD, 806-785-8562
- FEB 24 COWTOWN MARATHON: Ft Worth, 7:30am, Marathon, (Race Festival), www.cowtownmarathon.org
- * MAR. 10 PRAIRIE DOG TOWN: 4Mile, 9:00am, Mackenzie Park, Lubbock, Mike Greer, RD, 806-796-8213.
- MAR 31 THE GREAT HOGG RACE: Marathon, Half Mara, 10K, 5K, 1Mile, Track events, Cornerstone Fellowship- 806-872-0733 or Jerry Stewart 806-759-8245. (Benefit Race)
- * APR 21 RUN FOR THE ARTS: 15K OR 2Mile, 8:00am, Lubbock Civic Ctr, Tom Weis, RD, 806-928-0482
- APR 28 SPEAK UP FOR KIDS CASA 5K: 9:00am, Frazier Alumni Pavilion- TTU Campus, www.southplains.speakupforkids5k.org
- * MAY 12 HORSESHOE BEND CANYON SPRING FROLIC: 11Mi, 6Mi & 2Mi., 8:00am, Horseshoe Bend Canyon-North of Slaton, Randy Holloway, RD, 806-794-7512
- * JUN 9 BOBBY BIRDSONG MEMORIAL, LEVELLAND LOPE: 2M & 10K, 8:00AM, South Plains College-Texan Dome, Levelland. Bill Roger, RD,
- * JULY 4 38TH ANNUAL FIRECRACKER RUNS: 10mi, 3mi 8:00am, Brownfield, Tx., Jim Harris, RD,
- * AUG 11 HOT DAM 5 MILER: Canyon Lake 6, Lubbock, 8:00 am, Etta Mayer, RD, 742-2907.

<http://wtrec.tripod.com>
 Calendar, Photos, Online registration, Membership..etc.



WTRC Newsletter
 9505 Viola Ave.
 Lubbock, TX 79424-7518
 February, 2007



Cotton Patch 8M, 4M, & 4M Relay
 10am, Saturday, February 10, 2007
 Frenship HS, Wolforth, TX
 Details inside back cover

David and Kendall Higgins
 3401 Alcove
 Lubbock, TX 79407



WEST TEXAS RUNNING CLUB

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<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, February 6, 7:00 p.m. at West Texas Peterbilt, 4575 Ave. A, Sales & Leasing Office (closest to Ave A)
All members are welcome

NOTES FROM THE PRESIDENT

I learned something about our club this past month which was a bit surprising to me ... that many of you have a genuine concern about how the WTRC is being managed. Many of these concerned members are former officers or directors, others come from the ranks of the more active volunteers. All in all, such concern is a very healthy sign for which I am thankful.

The price I will pay for this enlightenment is to devote this article to summarize for you the course the '06 Board initiated and the '07 Board hopes to set in place to keep the Club healthy for the next several years.

Historically, the energy that held this club together and made it into a model for other running clubs came from a string of "super volunteers" ... people with mostly good ideas and very deep commitments. These men and women basically shouldered most of the work and enlisted others' help to make it all happen. They were the sparkplugs that brought us this far. The problem with this management model is its vulnerability. What if our sparkplug leaves town, is otherwise unavailable, or simply burns out? What if he or she sets the Club on a course that is divisive or destructive and membership wanes? What if his/her energy alone isn't enough to handle the technical and staffing requirements of all of our events and our quality drops off? Each one of these and other questions came from real-life events during the Club's past.

Our founding documents require us to engage the democratic process in the pursuit of the Club's mission statement ... to support and promote the sport of distance running in West Texas. The core of this effort is being able to put on the best possible mix of high quality races to satisfy the wide range of ages, abilities and geography that our club serves. Whenever possible, the WTRC tries to support other regional efforts to put on distance/endurance events.

In response to the difficulty in recruiting race directors and finding volunteers to both beef up and insure the continuity of our ability to properly time our events and produce accurate results, the Board has (continued on page 5).....

16th ANNUAL LOOP THE LAKE 2 Mile and 5 Mile Road Races Lubbock, Texas January 27, 2007

5 MILE OVERALL RESULTS

Place	Name	Town	St	Ag	S	Div	Div	Time	Pace
1	JERRY DWYER	LUBBOCK	TX	47	M	1	M4549	34:46	6:58
2	JASON FELLERS	LUBBOCK	TX	26	M	1	M2529	35:02	7:01
3	TATE CRISWELL	LUBBOCK	TX	24	M	1	M2024	35:26	7:06
4	LEE COHEN	LUBBOCK	TX	34	M	1	M3034	35:29	7:06
5	JOHN PRYOR	LUBBOCK	TX	24	M	2	M2024	35:39	7:08
6	EDDY MORELOCK	LUBBOCK	TX	35	M	1	M3539	35:50	7:10
7	RUDY GARCIA	LUBBOCK	TX	44	M	1	M4044	37:33	7:31
8	BRENT LOWREY	LUBBOCK	TX	45	M	2	M4549	38:21	7:41
9	JOSH SAVAGE	LUBBOCK	TX	31	M	2	M3034	38:39	7:44
10	KYLE ASHLEY	LUBBOCK	TX	44	M	2	M4044	38:50	7:46
11	IRIS RIVERO	LUBBOCK	TX	31	F	3	F3034	38:56	7:48
12	RONALD TROLLINGER	LUBBOCK	TX	47	M	3	M4549	39:26	7:54
13	JON DAVID BRUEGL	LUBBOCK	TX	15	M	1	M1315	39:36	7:56
14	ERIC FORD	LUBBOCK	TX	42	M	3	M4044	40:10	8:02
15	REID LASIER	LUBBOCK	TX	13	M	2	M1315	41:59	8:24
16	SUZANNE RODRIGUEZ	LUBBOCK	TX	31	F	2	F3034	42:20	8:28
17	BRAD EWING	LUBBOCK	TX	43	M	4	M4044	42:32	8:31
18	BEAU STEPHENSON	LUBBOCK	TX	23	M	3	M2024	42:46	8:34
19	VICTOR MAGRI	LUBBOCK	TX	41	M	1	CLYDES	43:05	8:37
20	AARON ST CLAIR	LUBBOCK	TX	14	M	3	M1315	43:13	8:39
21	RICHARD GALE	LUBBOCK	TX	58	M	1	M5559	43:24	8:41
22	CRAIG HEINTZE	LUBBOCK	TX	23	M	4	M2024	43:25	8:41
23	MADONNE MINER	LUBBOCK	TX	54	F	1	F5054	43:39	8:44
24	ERIN HARTIN	LUBBOCK	TX	27	F	1	F2529	44:53	8:59
25	GORDEN JENKINS	AMARILLO	TX	66	M	1	M6569	45:06	9:02
26	DUANE JONES	LUBBOCK	TX	46	M	4	M4549	45:35	9:07
27	JASON BURLEY	BROWNFIELD	TX	31	M	3	M3034	45:57	9:12
28	DAVID HIGGINS	LUBBOCK	TX	54	M	1	M5054	46:57	9:24
29	MIKE KELLEY	LUBBOCK	TX	57	M	2	M5559	47:17	9:28
30	MALINDA COLWELL	LUBBOCK	TX	33	F	3	F3034	47:58	9:36
31	STEVE HENDERSON	LUBBOCK	TX	53	M	2	M5054	48:43	9:45
32	EMILY WYATT	LUBBOCK	TX	27	F	2	F2529	49:09	9:50
33	KATE RODEN	RALLS	TX	39	F	1	F3539	52:19	10:28
34	AVERY NUNEZ	PLAINVIEW	TX	11	M	1	M0112	52:25	10:29
35	ROBERT BLOODWORTH	LUBBOCK	TX	42	M	4	CLYDES	52:28	10:30
36	JENNIFER STEWART	LUBBOCK	TX	22	F	1	F2024	52:59	10:36
37	KAREN PYLE	SLATON	TX	38	F	2	F3539	54:37	10:56
38	MARS BENNETT	LUBBOCK	TX	43	F	1	F4044	54:50	10:58
39	ETTA MAYER	LUBBOCK	TX	57	F	1	F5559	54:56	11:00
40	REBECCA BIDDLE	LUBBOCK	TX	33	F	4	F3034	55:32	11:07
41	JIMMY CLARK	LUBBOCK	TX	55	M	3	CLYDES	56:18	11:16
42	RICK LAMPE	LUBBOCK	TX	62	M	2	CLYDES	59:03	11:49
43	SUZAN CAUDLE	LUBBOCK	TX	54	F	2	F5054	1:18:12	15:39

2 MILE OVERALL RESULTS

1	JACKIE CANNON	AMARILLO	TX	51	M	1	M5054	13:18	6:39
2	LUCAS MORRIS	LUBBOCK	TX	14	M	1	M1315	13:48	6:54
3	DAVID MALONE	LUBBOCK	TX	49	M	1	M4549	15:20	7:40
4	BRETT HART	LUBBOCK	TX	27	M	1	M2529	15:27	7:44
5	DANIEL GONZALES	LUBBOCK	TX	41	M	1	M4044	16:52	8:26
6	ALLISON PYLE	SLATON	TX	14	F	1	F1315	16:56	8:28
7	RALPH WOLF	LUBBOCK	TX	69	M	1	M6569	17:55	8:58
8	BILL FELTON	LUBBOCK	TX	72	M	1	M7099	18:03	9:02
9	KAMMY PHILBERTCK	LUBBOCK	TX	46	F	1	F4549	18:46	9:23
10	RICK NATHAN	LUBBOCK	TX	62	M	1	M6064	18:53	9:27
11	ISAAC MUNOZ	LUBBOCK	TX	51	M	1	CLYDES	19:00	9:30
12	LYNAC MUNOZ JR	LUBBOCK	TX	30	M	1	M3034	19:00	9:30
13	ISAAC HELMSTETLER	LUBBOCK	TX	25	F	1	F2529	19:11	9:36
14	HANNAH LAYMAN	HEREFORD	TX	14	F	2	F1315	19:24	9:42
15	JIM LAYMAN	HEREFORD	TX	41	M	2	M4044	21:14	10:37
16	LOURDES JUAN	LUBBOCK	TX	40	F	1	F3539	21:52	10:56
17	SHAWNA HAYNIE	LUBBOCK	TX	36	F	2	F4549	21:54	10:57
18	BRENDA CAMPBELL	LUBBOCK	TX	47	F	1	F6099	22:06	11:03
19	CATHY NATHAN	LUBBOCK	TX	62	F	1	F6099	22:53	11:27
20	D J GONZALES	LUBBOCK	TX	11	M	1	M0112	22:53	11:27
21	MEGAN AULBAUGH	LUBBOCK	TX	24	F	1	F2024	23:17	11:39
22	ROBERT ST CLAIR	LUBBOCK	TX	58	M	2	CLYDES	27:53	13:57
23	KENDALL HIGGINS	LUBBOCK	TX	13	M	2	M1315	28:03	14:02

***NO COURSE RECORDS THIS YEAR DUE TO COURSE CONDITIONS AND TEMPORARY COURSE

W.T.R.C. 2006 CHALLENGE SERIES
STANDINGS AFTER 1 EVENT

YTD TOTALS				YTD TOTALS			
AGE	PTS	MILES	EVT VOL	AGE	PTS	MILES	EVT VOL
MALE							
0 - 12 MALE							
Avery Nunez	11	10	5 1	Victor Megri	41	10	5 1
D J Gonzales	11	10	2 1	Isaac Munoz, Sr.	51	10	2 1
13-15 MALE							
Jon David Bruegal	15	10	5 1	Richard Lampe	62	9	5 1
Lucas Morris	14	10	2 1	Robert St. Clair	58	9	2 1
Reid Laslier	12	9	5 1	Jimmy Clark	55	8	5 1
Kendall Higgins	13	9	2 1	Robert Bloodworth	42	7	5 1
Aaron St. Clair	14	8	5 1	Jim Beck	47	0	10 1
				Warner Alexander	46	0	5 1
20 - 24 MALE							
Tate Criswell	24	10	5 1	FEMALE			
John Pryor	23	9	5 1	13 - 15 FEMALE			
Beau Stephenson	23	8	5 1	Allison Pyle	14	11	2 1
Craig Heintz	23	7	5 1	Hanna Layman	14	10	2 1
25 - 29 MALE							
Jason Fellers	26	10	5 1	20 - 24 FEMALE			
Brett Hart	27	10	2 1	Jennifer Stewart	22	10	5 1
30 - 34 MALE							
Lee Cohen	34	10	5 1	Megan Aulbaugh	24	10	2 1
Isaac Munoz, Jr.	30	10	2 1	25 - 29 FEMALE			
Josh Savage	31	9	5 1	Erin Hardin	27	10	5 1
Jason Burley	31	8	5 1	Lynn Heimsteler	25	10	2 1
35 - 39 MALE							
Eddy Morelock	35	10	5 1	Emily Wyatt	27	9	5 1
Jeffrey Haag	37	0	5 1	30 - 34 FEMALE			
40 - 44 MALE							
Rudy Garcia	44	10	5 1	Iris Rivero	31	11	5 1
Daniel Gonzales	41	10	2 1	Suzanne Rodriguez	31	10	5 1
Kyle Ashley	44	9	5 1	Mallinda Colwell	33	9	5 1
James Layman	41	9	2 1	Rebecca Biddle	33	8	5 1
Eric Ford	42	8	5 1	Ann Roberts	31	0	5 1
Bred Ewing	43	7	5 1	35 - 39 FEMALE			
45 - 49 MALE							
Jerry Dwyer	47	11	5 1	Kate Roden	39	10	5 1
Brent Lowrey	45	10	5 1	Shavna Heynia	36	10	2 1
David Malone	49	10	2 1	Karen Pyle	38	9	5 1
Ronnie Trollinger	47	8	5 1	Rose Hoeve	38	0	5 1
Duane Jones	46	8	5 1	40 - 44 FEMALE			
50 - 54 MALE							
Jackie Cannon	50	11	2 1	Marsha Bennett	43	10	5 1
David Higgins	54	10	5 1	Lordes Juan	40	10	2 1
Steve Henderson	53	9	5 1	45 - 49 FEMALE			
Frank Sumpster, Sr.	50	0	5 1	Kammy Philbrick	45	10	2 1
55 - 59 MALE							
Richrd Gale	59	10	5 1	Brenda Campbell	47	9	2 1
Mike Kelley	57	9	5 1	50 - 54 FEMALE			
Jim Wilhelm	56	0	5 1	Macome Miner	54	10	5 1
Tom Griffin	57	0	5 1	Suzan Caudle	53	9	5 1
Tony Aleman	56	0	5 1	55 - 59 FEMALE			
60 - 64 MALE							
Rick Nathan	62	10	2 1	Etta Mayer	57	10	5 1
Ron Nugent	60	0	5 1	Joste Aleman	55	0	5 1
Ron Lubowicz	63	0	5 1	60 - 69 FEMALE			
65 - 69 MALE							
Garden Jenkins	66	10	5 1	Cathy Nathan	62	10	2 1
Ralph Wolf	69	10	2 1	P. J. Mitchell	61	0	5 1
Larry Byrd	65	0	5 1	ATHENA			
70 - 99 MALE							
Bill Felton	72	10	2 1	Elizabeth Linder	52	0	5 1

** = RACE DIRECTOR
* = VOLUNTEER

(Presidents message continued from page two)
 chosen to revise the management model for conducting our main "business" ... the business of putting on safe, accurate, well managed racing events. The responsibility and accountability for the bulk of the requirements of each race will now be distributed among Board members leaving the individual RDs free to focus on the more specific details of their events. And we have raised our non-member fees not only to offset the climbing costs of putting on our Club races and maintaining/replacing our equipment, but also to make membership more attractive to outsiders and to make funds available to train and pay for outside help with the job of timing. We think we are moving in the right direction to keep things simple, easily transferable to a wide range of volunteering talent, and most of all, fun. If you think otherwise, please come to one of the Club's monthly meetings and give us your views and ideas for other solutions.
 SYOTR, Ron

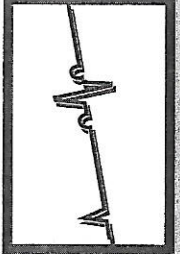
EDITOR'S NOTES

There was a serious omission in our last newsletter (January issue) regarding the final standings (13 events) in the 2006 W.T.R.C. Challenge Series in the 50 - 55 Male age group. Jackie Cannon, 51, won with 91 points in 10 events followed by Randy Holloway, 2nd, and David Higgins, 3rd. Of all people to be left off the Club's list of outstanding runners Jackie was definitely the wrong one, since on an age graded basis, he was #1 in the recent Red Raider 5K road race with a 16:31 time beating #2 by almost two minutes. Awesome!

Inspirational Quotes

"A lot of people run a race to see who's the fastest. I run to see who has the most guts."
 - Steve Prefontaine

"We run, not because we think it is doing us good, but because we enjoy it and cannot help ourselves...The more restricted our society and work become, the more necessary it will be to find some outlet for this craving for freedom. No one can say, 'You must not run faster than this, or hump higher than that.' The human spirit is indomitable."
 - Sir Roger Bannister



P.J. Mitchell, C.C.T.
Medical Massage Therapist

Rose Family Medicine
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806-791-3999

Pager 806-742-9940

Loop the Lake Race Report

Finally! That seemed to be the feeling (besides the cold) at the running of the Loop the Lake 5 and 2 mile run on January 27th. After two weeks of cancelled races due to mother-nature we actually pulled it off. With the great help of Randy Holloway a new course was marked, a new start and finish line were measured and we ran the race. I guess this was truly a runners race marked by perseverance. That is something common to all of us - we don't like to give up. Some of us who should have given up a bit sooner than we did enjoyed surgery talk as we awaited the runners to come in. Many volunteers made this race happen and weathered some really cold wind in the process. They were: Ronnie Nugent, Tony and Josie Aleman, Frank Sumpter, Warner Alexander, Larry Byrd, Jim Wilhelm, PJ Mitchell, Tom Griffin and his daughter Tara Madrigal, Elizabeth Linder, Jon Bruegel, Rose Hoeve, Jeff Haag and Ann Roberts. Thanks to all of you for your patience and help.

We do apologize for the delays but we really are concerned about your safety and the icy conditions are not great for runners. If you have never volunteered to help at a race please do not complain (you don't realize all the work that goes into each race). If you have I know you understand. In other words, if you have never volunteered - PLEASE do and become even more a part of the running community in West Texas.

Jim Beck

A Runner's Notes

Jim Harris

I like what Ron Lubowicz said at the beginning of the Turkey Trot: All those who don't have something to be thankful for, please step forward.

Standing in the middle of the stock-still pack waiting for the start, I tried to

remember how many Turkey Trots I could be thankful for, ten or fifteen?

So listening to Ron and Randy Holloway prepare the gang to run, I said to myself, I'm thankful for this club, the WTRC, the potpourri of people who bring us together each Thanksgiving morning to race along the roads of MacKenzie Park.

You couldn't ask for a better holiday tradition. Viva the WTRC!

Living away from Lubbock, it may be easier for me to idealize the work of the club's board and volunteers. Not being neighbors to folks in Lubbock, I don't see the conflicts that I know are a part of any organization. It's easier for me, an outsider in some ways, to praise the accomplishments of those club leaders who have made the organization against great odds--grow and prosper over several decades, as scores of other clubs around the nation have come and gone.

Immediately after I finished my two-mile run on MacKenzie's roads, Mary and I hit the road to Austin to be with our son Hawk, and early the next morning the three of us were out the road again, running around a lake outside the capitol. I had what you could call a road holiday, because over the weekend, I read a new Cormac McCarthy novel called "The Road."

The book is a bleak look into the future, a post-apocalypse story of a father and son on the road in a dangerous and rapidly dying world. When prospects look especially bleak, the father looks out over the ashes and thinks, "All things of grace and beauty such that one holds them to one's heart have a common provenance in pain."

Was that pain I experienced running the Turkey Trot?

Perhaps, but I also think there was some grace and beauty coming out

of the race, as it has for the total of my experiences with the WTRC.

of the race, as it has for the total of my experiences with the WTRC.

I think ole Ron has hit the right note--being thankful--for the call to the annual Turkey Trot, but I would add just a few phrases that precede the above quote from McCarthy:

"The day providential to itself. The hour. There is no later. This is later."

Sounds of Sport

While sitting in the dentists chair the other day I noticed the different sounds associated with going to the dentist, especially if you have to have some major work done. For example, when you first go in and sit in the chair it is relatively quiet, so quiet that you can sit back and relax with a short nap. Then the action begins, the dental assistant comes in and starts taking x-rays of the problem area and you feel the little plastic sheet go in your mouth, then the click of the machine that does the x-ray. But, woe is me that is tame considering what is about to happen; now the dentist is on the scene with the needle he will stick in your upper or lower gums. In my case it was the front upper gum and he assured me it would sting a little. A little hell, it stung a lot, but since he is such a nice guy I really sat there with all the patience I could muster. But, what I also realized is there was a sound associated with the needle piercing the gum, hard to describe since the little sting took my concentration away from the sound. The next dental sound that comes in is the drilling of the bad tooth area. While it sounds and tastes as if at least three 300 pound barefoot construction workers are in your mouth at one time, it really is just a little drill, going 200 miles per minute in your tooth. Then there is the air suction thing that clears all the water out of your mouth and sticks to the side of your mouth while doing its job. It also has an air sucking sound that feels like it could suck out your ear drums in harmony with the water suction. To wrap it all up the dentist puts in the filling without much fanfare since most of the brutality has already been done. Then you get out of the chair with your upper lip and nose in complete suspended animation, with no feeling at all. Fact is I secretly reached up and felt of my nose just to make sure it was still there, and it was thank goodness. While it took another 45 minutes for this feeling to go away-my thought processes moved on to how sounds are involved in everything that we do, especially sports. Then I started thinking about the sports I have been very involved in over the years I progressed onto the thought process that maybe within this vast readership, there might be someone who would relate and even get a little chuckle out of it.

My first recollection of sounds association with sport came when I decided to play football. While the sounds associated with this sport are generally very brutal, as most contact sports are, there are many sounds that I can still remember very well. When the play is called and the offense goes to the line of scrimmage and then the play starts there is the grunt sounds of big linemen moving to the line, then there is the quarterback calling the signals or audible, then there is the point of contact. Pads against pads flesh against flesh, breathing so hard you can smell the bad breath of your teammates from the other side of the field. Then the ultimate collision of the running back getting smacked by the linemen, line backers, and defensive backs, depending on how long the run was. As a former running back I remember the contact made by the tackler more than any, since that is what I was trying to avoid the most. But, it was also the noise I enjoyed the most when I didn't get the

long touchdown run. There was something about getting hit that created a tremendous amount of self survival mode within your mind, very similar to when a crisis comes up in your life. In golf there is the sound of the back swing and then impact on the ball (if hit correctly), then when the putt falls into the hole. In bowling there is the sound of the ball release to the floor, then the impact on the stubborn ten pins standing all at attention at the end of the lane. When you hit in the strike zone and it connects it is a distinct and aggressive sound. One sound that all bowlers strive for. While I have never played much baseball, only on the sand lot, there is the feeling and sound of hitting the ball as far as possible, hopefully out of the park. So, there is the sound of the hit, then the running of the bases, etc. Then there are the more subtle and peaceful sounds of running, whether it is sprinting or long distance running. The sounds of the sprint were based on the ability to react to the gun, then the burst of speed out of the blocks, the sound of the spikes going into the cinder (the old days before these modern tracks), the final burst of speed to the finish. In long distance running I have found that the sounds are somewhat different and in most cases very relaxing. The initial sound of the breathing as you start, then the shoes against the pavement, possibly the wind (in West Texas always), then the other runners. With anything over 5 miles there is a form of meditation that comes from the soothing feeling achieved after venturing into the heart rate zone that is appropriate for this distance. Regardless of the per mile speed of the long distance runner all of these factors come into play and enable us to overcome the so-called pain of running long. In the sport of triathlon, since there are three different disciplines, there are three different distinct sounds of the sport. In swimming when the effort is put forth the move forward with the propulsion of the hands, arms, legs, and feet you have the option to listen to the hands enter the water, the feet kick and then there is the breathing. I have found that my breathing sound becomes a big factor in the 2.4 mile swim distance of the Ironman race. After about 2 miles the labor of this distance becomes a real sound thing and I can hear myself breathing, grunting, groaning, cursing, and really wanting it to be over. My mind even goes into the mode of, "wow, it will not be long until this misery is over and I can enjoy myself on the bike and run." Now the bike has some very cool sounds that I really enjoy. The sounds of the wheels against the pavement are very distinct and enjoyable to me. Recently when I was driving the motorcycle for a race official at the Ironman in Kona he made the statement that he really liked to hear the noise of the bike tires against the pavement. I had never heard anyone say that before and just thought I was the only one that thought that. But the sound that comes from the bike exhibits speed and total harmony of the human body and a mechanical being working together to get to the destination as fast as possible. When going in head to head battles with fellow riders, I find this sound to be a motivator to me and make me work even harder. Contrary to the swim I really don't not have big wishes for the bike to be over, but I do enjoy going to the run. Now I get to experience the sounds I mentioned above except they are little different since I have just swam, biked and now I will put my energy depleted body through a run that is somewhat different than the run without these two disciplines. The body is warm, it is in tune and even though the pace is slower, it feels very good after it realizes it is not sitting on a bike any longer. The groove sets in, the breathing is smooth, and the strike of the shoes is easy and not as loud. If it is the Ironman distance, after spending 2.4 miles in the water, 112 miles on the bike, the 26.2 miles needed to wrap this insanity up, is now looking real good.

It is possible to go on and on about the sounds around us, but sports fans please have some fun with it and take the time to notice the sounds of sport and life.

greenman

Active West Texas Running Club member's birthdays

DECEMBER

Rod Burgett	42 on 12/1	Jackie Cannon	51 on 12/1	Kaleigh Warner	19 on 12/1
Dana Althaus	21 on 12/3	David Biddle	35 on 12/3*	Milt Brownfield	49 on 12/3
Shaunon Kirkland	32 on 12/3	Amber Layton	31 on 12/3	Marlene Lopez	36 on 12/5
Barbara Slaton	48 on 12/5	Susan Lewallen	39 on 12/7	Elizabeth Linder	53 on 12/8
Carter Tate	10 on 12/8	Shirley Wigley	53 on 12/8	Travis Mack	9 on 12/9
Kammy Philbrick	46 on 12/10	Mindy Kingsley	33 on 12/12	Richard Akers	52 on 12/13
Eric Ford	42 on 12/13	Cliff Lewallen	43 on 12/13	Tracy Baugh	45 on 12/14*
Chris Birkholz	29 on 12/15	Laura Lappe	41 on 12/16	Quinn Smith	47 on 12/15
Jordan Broselow	34 on 12/16	Mike Greer	68 on 12/16	Tom Cribbs	48 on 12/18
Aaron Diaz	32 on 12/18	Sherill Easterling	57 on 12/19	Kendall Higgins	13 on 12/19*
Kippi Buchanan	37 on 12/22	Tommie Farrell	36 on 12/22	Danny Sloan	42 on 12/22
Thomas Word	70 on 12/24*	Suzan Caudle	54 on 12/26	Noel Cleveland	38 on 12/26
Kevin Lowrey	18 on 12/29	Tyler Schovanez	13* on 12/29	George Kirkland	29 on 12/30
Debbie Aguirre	46 on 12/31	Ed Dabrowski	49 on 12/31	Craig Peterson	50 on 12/31*

* = New Age Group

JANUARY

Jon Omdahl	61 on 1/2	Pat Jury	67 on 1/4	Kelsey Kelso	22 on 1/7
Tom Griffin	58 on 1/8	Ruth Mortensen	38 on 1/8	Carol Hise	35 on 1/10*
Traci Payne	34 on 1/10	Cory Schovanez	12 on 1/10	Mike Lawson	48 on 1/11
Gonzalo Ramirez	51 on 1/11	Mike Kelley	58 on 1/12	James Layman	41 on 1/15
Peyton Lewallen	10 on 1/15	Raymond Evans	43 on 1/16	Annette Burenheide	41 on 1/17
Connie Berlinger	53 on 1/18	Karen Jackson	50 on 1/20*	Sarah Fumagalli	23 on 1/20
Austin Pittman	15 on 1/20	Joseph Hernandez	29 on 1/24	Ron Lubowicz	64 on 1/24
Aaron Chapman	28 on 1/25	Jack Humphrey	11 on 1/26	Bobby Cunningham	67 on 1/27
Adam Finger	31 on 1/27	Buddy Hutto	46 on 1/27	Natalie Birkholz	28 on 1/29

* = New Age Group

FEBRUARY

John Keith	18 on 2/1	Arlayne Ragan	71 on 2/1	Elaine Coddington	49 on 2/2
Tom Cunningham	51 on 2/3	Karen Pyle	39 on 2/4	Sandy Peters	47 on 2/8
Dick Baker	62 on 2/9	Thomas Bowser	80 on 2/9	Sarah Spilman	24 on 2/9
Jon Bruegel	37 on 2/10	Jay Keith	49 on 2/10	Jenna Elliott	19 on 2/12
Preston Smith	61 on 2/13	Cheryl Weber	54 on 2/13	Daniel Gonzales	12 on 2/16
Abel Perez	22 on 2/17	David Splawn	32 on 2/19	Jenny Beck	27 on 2/21
Tim Tate	45 on 2/21*	Warner Alexander	47 on 2/23	Deana Martin	39 on 2/23
Chris Milford	34 on 2/24	Allison Pyle	15 on 2/25	Stephany Crawford	31 on 2/27
Evette Marcelino	20 on 2/27*				

* = New Age Group

COTTON PATCH RUNS
Since 1973
EVENT RECORDS

1990 to Lubbock

+ for information
exceptional Age Group times

NAME	TOWN	AGE	TIME	YEAR
Carlos Ybarra	Lamesa	15	42:54	1981
Don Wise	Lubbock	16	47:37	1981
Sam Sitonik	Levelland	23	41:54 *	1981
John Bednarski	Odessa	31	44:14	1981
Scott Brickerd	Lubbock	36	43:09	1989
Bob Jackson	Hobbs	40	43:46	1999
Tom Mayfield	San Angelo	40	45:40	1981
Bobby Cunningham		41	45:47	1981
Bobby Cunningham	Abernathy	46	48:14	1986
Don Webb	Coahoma	53	50:23	1981
George Jury	Lubbock	55	51:41	1992
Don Sanderson	Tulia	64	59:18	1994
David Lard	Amarillo	67	1:07:13	2005
Farrell Martin	Lubbock	36	55:37	2003

WOMEN

Jamie Francis	Lubbock	15	1:01:27	2001
Hope Jimenez	Lamesa	16	59:01	2001
Sue Houle	Lubbock	28	54:36	1990
Marjory Stewart	Lubbock	32	49:01 *	1991
Marjory Stewart	Lubbock	35	50:37	1994
Marjory Stewart	Lubbock	41	55:55	2000
Mary Branscome	Lubbock	46	1:07:00	2006
Madonne Miner	Lubbock	50	1:07:08	2003
Sherill Easterling	Snyder	55	1:11:18	2005

4 MILE (1985)

MEN

NAME	TOWN	AGE	TIME	YEAR
Trey Jernigan	Sundown	12	26:49	1990
Travis Perez	Brownfield	15	23:24	1997
Larry Millard	Lubbock	18	21:45	1986
Jose Montoya	Hobbs, NM	20	21:02 *	1985
Quent Bearden	Lubbock	30	22:38	2006
John Bednarski	Odessa	37	21:26	1987
Frank Sumpter, Sr.	Lamesa	42	23:34	1996
Bobby Cunningham	Abernathy	45	22:48	1985
Jim Leser	Lubbock	53	25:10	2000
John Trompler	Hobbs	58	27:51	2001
Ron Lubowicz	Lubbock	55	27:51	2003
Don Sanderson	Lubbock	60	27:57	2003
Bill Felton	Tulia	66	28:17	1996
Don Sanderson	Lubbock	71	33:36	2006
Kevin Lair	Tulia	72	33:43	2002
	Lubbock	38	27:40	2000

WOMEN

Hope Jimenez	Lamesa	12	28:21	1997
Tara Jernigan	Hawley	15	28:31	1997
Laci Jackson	Hobbs	17	26:13 *	1999
Linda Northrup	Lubbock	26	29:00	2001
Maira Ridley	Lubbock	34	30:14	2000
Denise Bray	Lubbock	38	29:23	2000
Diane Calhoun	Idalou	41	28:37	2000
Martha Martinez	Lubbock	45	32:27	2001
Madonne Miner	Lubbock	51	32:37	2004

* Overall Event Record

W.T.R.C. COTTON PATCH RUNS

8 MILE and 4 MILE RUNS, 4 Mile Relay
USA T&F Certified, #s TX97109ETM and TX97110ETM

WHEN: SATURDAY, FEBRUARY 10, 2007
REGISTRATION: 9:00 to 9:45 A.M.
RACE START: 10:00 A.M.

WHERE: WOLFFORTH; FRENSHIP HIGH SCHOOL, From Lubbock,
take US highway 62/82 to 82nd Street, turn right
across RR tracks, west to Highway 179 and turn left

COURSE: ASPHALT ROAD, 4 Mile; OUT and BACK, Flat.
8 Mile; OUT and BACK, Mostly Flat.
WATER and SPLITS at 2, 4, and 6 Miles

ENTRY FEE: W.T.R.C. MEMBERS \$5.00 OTHERS \$10.00
Race Day Registration \$15.00 everyone.

Early Registration Available: Return form in Newsletter, print entry
From our website or register online at wtrc.tripod.com (till noon, Feb 9).
Team Registration \$10 (early registration only), 2 person or 4 person.

AGE DIVISIONS, AWARDS: Custom Medals;

3 deep or up to 50 Percent deep in each age division,
(Maximum of 5 awards)

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

Athena and Clydesdale division in both races
(6-12 is a bonus Age Group in the 4 Mile ONLY)

RACE DIRECTOR: David Higgins, 785-8562 (n)
Volunteers are needed, please call David. Thank You.

Special team relay races are being offered, see entry form