

# CALENDAR

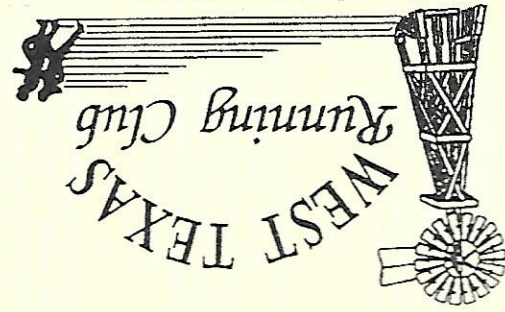
\* Indicates W.T.R.C. Monthly Race and CHALLENGE SERIES EVENT

- AUG. 1 PRUDE RANCH RACES: Fort Davis, 5K, 10K & Half Marathon (in the Davis Mountains) call Len Briggs, (915) 550-3939
- AUG. 3 WTRC Business meeting, 7pm, 1623 10th Street, Conference Room
- AUG. 7 XIT EMPTY SADDLE 5K: Dalhart, FMI, Cindy Ward, (806) 244-8521
- AUG. 7 GREG BLACK 10K: Hereford, 8am, FMI, YMCA, (806) 364-6990
- \* AUG. 14 HOT DAM 5 MILER: Canyon Lake 6, Lubbock, (also 1 Mile Children's Run) 8:00 am, P.J. Mitchell, Race Director, 785-5748
- SEPT 5 WALK OF FAME MARATHON: Lubbock, Also 5K, Half Marathon & One Mile, Mike Greer, Race Director, 762-0895 (d), 796-8213 (n)
- \* SEPT 11 SHALLOWATER STAMPEDE: 10K and 2 Mile, 8:00 am, Shallowater High School, Wayne Oakeley, Race Director, 799-4473
- SEPT 18 MAYOR'S HALF MARATHON: Amarillo, also 5 Mile, FMI call Sandy Lynch, (806) 378-9301
- SEPT 18 FLOYD COUNTY FAIR 5K: Lockney, FMI call Mike Lass, 652-1309
- SEPT 25 RACE FOR THE CURE: Lubbock, 5K, FMI call 765-5281
- SEPT 26 DUKE CITY MARATHON: Albuquerque, FMI call (505) 880-1414
- OCT. 2 RACE FOR THE CURE: Amarillo, 5K, FMI call (806) 356-1913
- \* OCT. 16 RED RAIDER ROAD RACE: 5K and 10K, 8 am, Lubbock, TTU, Mike Greer, Race Director, 762-0895(d), 796-8213(n)
- OCT. 23 RED RIBBON RUN: Lubbock, 5K, Rose Hoeve, 796-6074 (d)
- OCT. 30 PUNKIN DAYS 5K: Floydada, 9am, Julianne Cornelius, 983-2982
- NOV. 6 TOYS FOR TOTS 5K: Lubbock, 9am, Armed Forces Reserve Center 1 27 and Regis St., Ron Hillis, Race Director, 797-0303
- NOV. 7 SAN ANTONIO MARATHON: San Antonio, (210) 246-9652
- \* NOV. 13 BUFFALO WALLOW RACES: BUFFALO SPRINGS LAKE, Half Marathon and 2 Mile, 9 am, George Jury, Race Director, 792-3291, 792-1237
- \* NOV. 25 W.T.R.C. TURKEY TROT: Lubbock, 9 am, MACKENZIE PARK, 12K and 2 Mile, Chris Longren, Race Director, 796-0685
- DEC. 5 WHITEROCK MARATHON: Dallas, (214) 526-5318
- \* DEC. 11 REDLINE 4 MILE CROSS COUNTRY: MAE SIMMONS PARK, Lubbock, 10 am Ron Lubowicz, Race Director, 740-6809 (d), 748-1855 (n)
- JAN. 1 Y2K FUN RUN: New Years Day, MACKENZIE PARK, FMI call Bob Bernero, 794-0929 (n)

August 1999

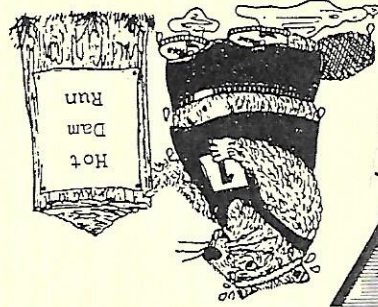
USA Track & Field Certified  
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Details Inside Back Cover

5 miles



Newsletter Editor  
5212 44th Street  
Lubbock, Texas 79414

August 1999





# WEST TEXAS RUNNING CLUB

## OFFICERS

**President - Mike Kelley**  
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(e-mail) [rungwj@aol.com](mailto:rungwj@aol.com)

**Internal Vice-President - Marti Greer**  
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**External Vice-President - Jon Omdahl**  
(H) 794-7823 (O) 766-0600

**Secretary - Chris Lonngren**  
(H) 791-1774 (O) 796-0685  
(e-mail) [bestbunz@door.net](mailto:bestbunz@door.net)

**Treasurer - David Higgins**  
(H) 744-8328 (O) 744-2626

## WTRC Web Address:

<http://members.tripod.com/~wtrc/run.html>

**W.T.R.C. RACES ARE USUALLY HELD THE 2nd SATURDAY OF EACH MONTH.**  
The WTRC monthly business meeting is on Tuesday, August 3, 7:00 p.m. at 1623 10<sup>th</sup> Street, Conference Room, Bollinger, Segars, Gilbert and Moss.  
All members are welcome.

## FROM THE PRESIDENT

OK, I'm impressed! I'm in awe of all the athletes who did the BSL Triathlon. From 12 and 10 year old Kenneth Kinzenbaw and Ian Stewart who did the Sprint to Tim Key who beat Scott Tinley, to the Governor of New Mexico, Gary Johnson. It's not just all those hard-bodies...Whoa! I'm amazed at the physical condition of the competitors.

Since working an aid station for the event the last two years and seeing the level of fitness and determination, I had been gearing up to enter this summer. I added swimming and biking to 20 years of running, along with weight work and a revising of my diet, and at 50 years old, I knew I was in the best shape I've ever been at any other time in my life. So, I trained, entered the prerequisite shorter events for experience, and achieved the level where I was able to enter and complete the Half Ironman. Took me 8 1/2 hours and I was within one place of being dead last! 707 of 708! (Which proves my maxim of "there's always someone in front of you and always someone behind!—this time just barely).

I'm ecstatic with my simply being able to complete the event, but I'm really in awe of all those who finished before me—including plenty of club members. If my peak level of fitness can't touch those others, what world do those Superhumans come from? They have pushed the envelope of fitness far beyond what we ever imagined possible, and somehow our self-image and self-expectations are changed. What we previously considered "old" or "fit" must now be altered, and I trust that somehow we all benefit from the new parameters set by them. My humble tip of the hat to all of you!

Mike Kelley

**WTRC LSD Training Runs** Saturdays at 7:00 a.m. and Sundays: 6:00 a.m.; meeting at the Outdoor Center parking lot in MacKenzie Park For more information call Bob Bernero at 794-0929 (N)

**WTRC HOTLINE - (806) 792-3293 FOR LOCAL RUNNING EVENTS UPDATE**

"TEXAS' Oldest Continuous Road Race"  
THE FIRECRACKER RUNS  
Three Mile and Ten Mile Road Races  
Brownfield, Texas July 3, 1999

## 10 MILE OVERALL RESULTS

PLACE	NAME	TOWN	ST	AG	S	DIV	PLACE	TIME	PACE
1	JESSIE WILLIAMS	LUBBOCK	TX	21	M	1	M2029	56:02	5:37
2	MIGUEL LIRA	BROWNFIELD	TX	18	M	1	M1619	56:18	5:38
3	QUENT BEARDON	LUBBOCK	TX	24	M	2	M2029	56:52	5:42
4	HAFFI S BANIRE	LUBBOCK	TX	28	M	3	M2029	56:55	5:42
5	CHRIS RODRIGUEZ	PLAINVIEW	TX	30	M	1	M3034	59:58	6:00
6	EDDIE VEDDER	SAN ANTONIO	TX	21	M	4	M2029	1:00:55	6:06
7	LOLO MERCADO	EL PASO	TX	39	M	1	M3539	1:02:49	6:17
8	CHRIS THOMAS	LUBBOCK	TX	20	M	5	M2029	1:03:10	6:19
9	CULLEN SHAW	LUBBOCK	TX	17	M	2	M1619	1:08:19	6:50
10	HOWARD NORMAN	LUBBOCK	TX	47	M	1	M4549	1:08:50	6:53
11	DANNY HERNANDEZ	LUBBOCK	TX	23	M	6	M2029	1:09:06	6:55
12	GARY RYON	MIDLAND	TX	43	M	1	M4044	1:12:10	7:13
13	JANDA IBBETSON	LUBBOCK	TX	29	F	1	F2029	1:13:10	7:19
14	KIRK THOMAS	LUBBOCK	TX	40	M	2	M4044	1:13:38	7:22
15	CHANDRA PLUMMER	LUBBOCK	TX	26	F	2	F2029	1:13:54	7:24
16	DAYON RICHARDS	LUBBOCK	TX	46	M	2	M4549	1:14:10	7:25
17	RUSSEL MARTIN	SHALLOWATER	TX	41	M	3	M4044	1:15:02	7:31
18	EPI AGUIRRE	LUBBOCK	TX	40	M	4	M4044	1:15:17	7:32
19	EUSEBIO TARIN	BROWNFIELD	TX	20	M	7	M2029	1:15:47	7:35
20	CHRISTI PROPS	LUBBOCK	TX	28	F	3	F2029	1:16:26	7:39
21	TARA JERNIGAN	MILES	TX	18	F	1	F1619	1:17:42	7:47
22	DANNY GALEY	COLORADO CITY	TX	54	M	1	M5054	1:17:46	7:47
23	JIM WALKER	LEVELLAND	TX	52	M	2	M5054	1:18:33	7:52
24	JOE POST	LUBBOCK	TX	50	M	3	M5054	1:19:33	7:58
25	JUDY LAWLEY	LUBBOCK	TX	34	F	1	F3034	1:21:48	8:11
26	MARK GARLAND	LUBBOCK	TX	45	M	3	M4549	1:23:19	8:20
27	MIKE KELLEY	LUBBOCK	TX	50	M	4	M5054	1:24:45	8:29
28	BILL ROGER	LEVELLAND	TX	60	M	1	M6099	1:25:06	8:31
29	SHANNA ARMSTRONG	LUBBOCK	TX	24	F	4	F2029	1:25:29	8:33
30	JAMES JOHNSTON	LUBBOCK	TX	22	M	8	M2029	1:25:55	8:36
31	NANCY PATTON	LUBBOCK	TX	43	F	1	F4044	1:26:05	8:37
32	KIM BLACK	LUBBOCK	TX	26	F	5	F2029	1:26:41	8:40
33	KURT WILKES	LUBBOCK	TX	41	M	5	M4044	1:27:16	8:44
34	KYLE ABRAHAM	LUBBOCK	TX	33	M	2	M3034	1:27:50	8:47
35	JIM WILHELM	LUBBOCK	TX	48	M	4	M4549	1:29:23	8:57
36	JAMES LIVERMORE	LUBBOCK	TX	52	M	5	M5054	1:30:30	9:03
37	GENE ADAMS	LUBBOCK	TX	64	M	2	M6099	1:31:15	9:08
38	BOB BERNERO	LUBBOCK	TX	57	M	1	M5559	1:33:05	9:19
39	MARTI GREER	LUBBOCK	TX	40	F	2	F4044	1:33:25	9:21
40	PAUL M. CLARK	SAN ANTONIO	TX	45	M	5	M4549	1:33:51	9:23
41	JANIE CLARK	SAN ANTONIO	TX	40	F	3	F4044	1:33:53	9:24
42	BRYAN PATRIDGE	LUBBOCK	TX	32	M	3	M3034	1:36:07	9:37
43	ETTA MAYER	LUBBOCK	TX	50	F	1	F5099	1:38:58	9:54
44	MARSHA BENNETT	LUBBOCK	TX	35	F	1	F3539	1:48:34	10:52
45	FRANK EARNEY	LUBBOCK	TX	50	M	6	M5054	1:50:56	11:06
46	SABRA WOODY	MIDLAND	TX	32	F	2	F3034	2:07:58	12:48

\* = New Age Group Records + = New Members  
# = 19th Consecutive year to have run the Ten Miles!







W.R.T.C. 1999 CHALLENGE SERIES  
STANDINGS AFTER 6 EVENTS

FEMALE

YTD TOTALS				YTD TOTALS			
AGE	PTS	MILES	EVT	AGE	PTS	MILES	EVT
<b>0 - 12 FEMALE</b>				<b>35 - 39 FEMALE</b>			
Margarita Jimenez	9	20	2	Marsha Bennett	35	57	6
Cammy Lass	13	19	2	Melanie McVey	37	50	5
Heather Cannon	13	19	4	<b>40 - 44 FEMALE</b>			
Veronica Jimenez	12	9	2	Marti Greer	40	28	4
<b>13 - 15 FEMALE</b>				Marjory Stewart	40	10	1
Hope Jimenez	15	20	2	Ida Sumpter	42	0	2
<b>16 - 19 FEMALE</b>				<b>45 - 49 FEMALE</b>			
Tara Jernigan	18	29	3	Shirley Wigley	45	49	5
Mary Lou Jimenez	17	15	2	Josie Aleman	47	41	5
Lacy Lass	16	15	2	Madonne Miner	46	35	4
Laci Jackson	17	10	1	Cheryl Weber	46	30	3
<b>20 - 29 FEMALE</b>				Pam Hillis	45	16	2
Shanna Armstrong	24	35	4	Theresa Marez	49	0	1
Janda Ibbetson	29	30	3	Rhonda Kauk	46	0	1
Brandy Temple	27	10	1	<b>50 - 99 FEMALE</b>			
<b>30 - 34 FEMALE</b>				Elta Mayer	50	57	6
Judy Lawley	34	46	5	P J Mitchell	53	20	3
Vicki Fischenich	33	18	3	Mary Harris	53	10	3
Rose Hoeve	31	10	1	Delores Key	57	0	2
Annette Burenheide	33	9	1	<b>** = RACE DIRECTOR</b>			
Angela Hegstrom	33	8	1	<b>* = VOLUNTEER</b>			

**FIRECRACKER RUNS**

The 30<sup>th</sup> annual Firecracker Runs went off without a hitch, mainly due to the great efforts of the volunteers. We avoided the rains that led to the cancellation of last month's races.

The 3 and 10 miler had a combined 115 finishers with 19 in the 1 mile kid's run. This year's registration process went much smoother than usual with many runners pre-registering. This allowed us to start the races on time. Many thanks to all you out-of-towners who came out to participate in this, the oldest continuous run road race in Texas.

Cool weather, for a change, greeted runners in the morning and remained during the day because of cloud cover. A stiff wind from the south also kept things cool but may have also slowed runners going out to the turn-arounds. Times were still fast with Hawk Harris and Mary Ann Hernandez the overall 3-mile winners and Jesse Williams and Janda Ibbetson the 10-mile overall winners.

Several age group records fell from outstanding performances by Robert Guajardo, Ralph Wolf, Mary Ann Hernandez, Melone McVey, Cheryl Weber, and P.J. Mitchell in the 3 miler and Chris Rodriguez, Tara Jernigan and Etta Mayer in the 10 miler. See actual results in listings.

Ice cream from Bell Dairy and soft drinks were provided for refreshments. James Bone was greeted on the course with signs celebrating his 60<sup>th</sup> birthday. P.J. Mitchell brought a couple of students from a massage class she is taking and some runners got a free massage. Thanks P.J.

Volunteers included: George and Pat Jury, Debbie and Wade Wilson, Jeanne Leser, Tony Aleman, Larry Byrd, Jimmy and Delores Key, Mike Greer, Shana Wood, Ida Sumpter and Dan Adams. The Brownfield Chamber of Commerce came through again with 6 volunteers, thanks to the efforts of president, Joe Sears.

Next year's race will have a T-shirt to celebrate the first new millennium running of the Firecracker Runs. Be there!

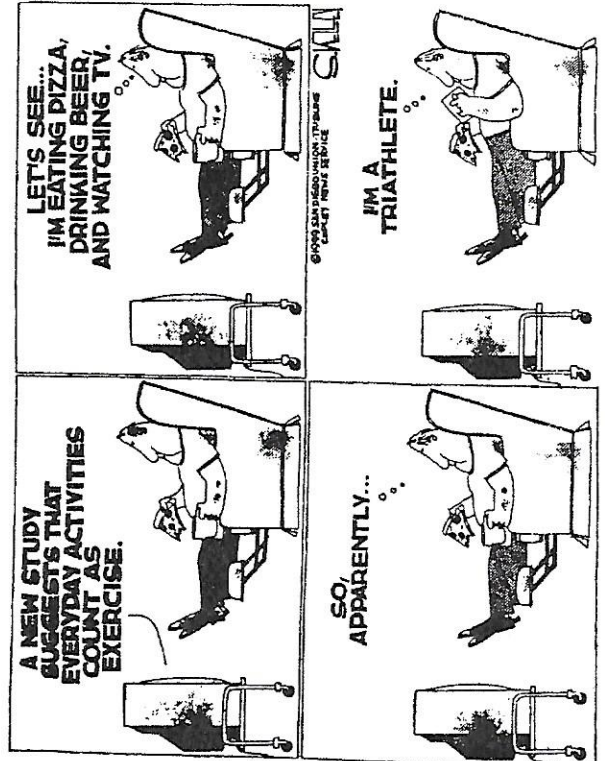
**BUFFALO SPRINGS TRIATHLON**

The 10<sup>th</sup> annual Buffalo Springs Triathlon was a success again, mainly because of the fine direction by Marti Greer. There were certainly some snafus but that is to be expected. The WTRC once again did a great job in coordinating the 7 aid stations on the ½ marathon course. Several club members volunteered, many having done so for several years. The Lubbock Sports Authority helped immensely by providing 50 volunteers to augment our club's contingent.

Volunteers this year included Kurt Wilkes and his son, Kim Pearson, Ron Hillis, Bob Rasa and Dave Swartz (not club members but) friends, P.J. Mitchell (plus 2 from her office), Davis Higgins, Larry Byrd, Bill Roger, Etta Mayer and her three kids, Ryan Cruz, James Bone, Bob Bernero, Ron and Teresa Hewett, Jeff Key, Jim Wilhelm, George Jury, John Trompler and daughter, Joe Post, Ronda Kauk, Amy Pierce and Mary Runnels (not club members but friends through the Buffalo Tri). Some volunteers worked 11 hours! The club made \$750 for its efforts. Thanks to everyone.

**HOORAY FOR VOLUNTEERS!**

BY JIM LESER



By Steve Keller, The San Diego Union-Tribune, Copley News Service



# WTRC/TTU SCHOLARSHIP

## NOMINATIONS DUE

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

The scholarship selection committee to be named, will make the selection of recipients by August 15, 1999.

### RECOMMENDED CRITERIA:

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

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

- 3) Applicants will submit a standardized form approved by the selection committee
- 4) Recipient must be from West Texas as defined: The area north of Interstate 20 as far west as Pecos and west of a line from Abilene to Wichita Falls
- 5) Recipient must have a GPA of 2.5 after at least one semester at TTU and maintain that GPA during the scholarship period
- 6) Major Area of study can be any
- 7) Full time student status; at least 12 hours undergrad
- 8) Restriction: Recipient must have a verified Financial Need

Deadline is August 1, 1999

### WEIGHTED CRITERIA:

- Extra Curricular Activities
- School Activities
- Leadership Positions Held

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

Jim Leser, W.T.R.C  
5517 74th St.  
Lubbock, Texas 79424

Application forms are available for Students: Pick up at 4808 50th St. or call George W. Jury at 792-3291 for information.

## 1st ANNUAL GIRLSTOWN GALLOP 5K CELEBRATING 50 YEARS July 10, 1999 Whiteface, Texas

PLACE NAME	AG S DIV	PLACE TOWN	ST	TIME	PACE
1 HAWK HARRIS	22 M	1 M2029 HOBBS	NM	17:12	5:32
2 BOBBY SAIN	18 M	1 M1619 LUBBOCK	TX	17:51	5:45
3 JAMES LESER	52 M	1 M5054 LUBBOCK	TX	18:24	5:56
4 RODNEY HENDRIX	33 M	1 M3034 LUBBOCK	TX	19:50	6:23
5 ROBERT GUAJARDO	56 M	1 M5559 LEVELLAND	TX	20:44	6:41
6 ALBERT BELEZ	29 M	2 M2029 LUBBOCK	TX	22:16	7:10
7 DWAYNE OAKELEY	43 M	1 M4044 LUBBOCK	TX	22:34	7:16
8 MELANIE MCVEY	37 F	1 F3539 SUNDOWN	TX	23:19	7:31
9 JUNIOR MENDOZA	41 M	2 M4044 LEVELLAND	TX	24:30	7:54
10 PAUL ROW	23 M	3 M2029 WHITEFACE	TX	24:55	8:02
11 P.J. MITCHELL	53 F	1 F5099 LUBBOCK	TX	25:10	8:06
12 JAMES BONE	60 M	1 M6099 LUBBOCK	TX	25:10	8:06
13 C.C. CANO	19 F	1 F1619 WHITEFACE	TX	25:31	8:13
14 MARTHA MARTINEZ	43 F	1 F4044 COLORADO CITY	TX	25:42	8:17
15 BOB BERNERO	57 M	2 M5559 LUBBOCK	TX	26:04	8:24
16 JOHN STALCUP	66 M	2 M6099 LUBBOCK	TX	26:14	8:27
17 ANDREA ZIMMERMAN	17 F	2 F1619 LUBBOCK	TX	26:37	8:34
18 KANDACE BOYD	14 F	1 F1315 WHITEFACE	TX	30:59	9:59
19 CHARLOTTE ADAMS	46 F	1 F4549 WHITEFACE	TX	33:09	10:41

### A NOTE OF THANKS

Dear Running Club,  
Just wanted to write a note of appreciation for your support of our "GIRLSTOWN GALLOP". In spite of the foul weather several of you hardy souls braved the rain and ran anyway. Needless to say, the girls and staff out here were impressed and pleased that you took time to participate. Thanks especially to David Higgins for his time and efforts in facilitating this endeavor. Maybe next year our primitive efforts at running an event like this will be improved and we can put on a good show! Thanks again!  
Dan Adams, Girlstown Administrator

### RACE DIRECTORS NEEDED

We are in need of Race Directors for the HORSESHOE BEND RACES and THE LEVELLAND LOPE for the year 2000. The HSB races are May 13, 2000 and the LOPE is June 10, 2000. Vickie and Richard Fischenich and Al Gardner have done their share with these races the past few years and we deeply thank them. Anyone interested should call Marti Greer at the numbers on page 2. As race director you would have plenty of support and guidance.

### TURKEY TROT NEWS

The club has decided to make the longer distance for the TURKEY TROT November 25th to be a 12K which is 7.456 miles. This decision was made so that everyone, volunteers included, could be assured of getting home for some quality family time at Thanksgiving. The race will be held at the WINDMILL CENTER just south of Broadway where we will have access to "facilities". For any information, call Chris Longren, numbers on page 2.

### FINISHLINE EXPERTISE

After many years of donating our time and expertise the club has been approached to score two upcoming races for a fee. These organizations would have professionals come in at a pretty big fee, but we are capable of doing this ourself. The money from this will be used to update our equipment. Volunteers will be needed to help in this endeavor at the WALK OF FAME MARATHON, September 5th and the RACE FOR THE CURE, September 25th.



SOUTH PLAINS FINISHERS  
BUFFALO SPRINGS LAKE HALF IRONMAN TRIATHLON

There were 907 entrants in this endurance event and there were 708 recording a finish time. There were 550 men and 158 women who finished. 23 area athletes are listed below. Club members are marked with an \*. The timing company provided only the top 10 in each group to the LUBBOCK AVALANCHE JOURNAL. Tim and Jimmie Key were the only ones listed. Your editor provided the following results to the sports editor, but the AJ chose not to use it!

Just to be able to finish such an event is an accomplishment to be commended! Congratulations to all finishers!

An interesting note; among the finishers was New Mexico Governor, Gary Johnson who posted a 5:02:20 time to place 4th in the 45-49M division.

OVERALL RESULTS

OVERALL PLACE	NAME	AGE	DIV PLACE	OVERALL TIME
21	* Tim Key	31	8/11 Pro	4:32:19
82	Glen Poklikuha	28	28/95 25-29M	4:51:59
198	* Todd Hegstrom	43	15/74 40-44M	5:16:16
282	Cody Lewis	23	25/38 20-24M	5:32:45
293	Chuck Spaugh	39	43/94 35-39M	5:38:06
367	Wade Wilson	40	35/74 40-44M	5:51:07
390	Greg Hogan	40	38/74 40-44M	5:54:50
467	Eric Bolash	30	81/106 30-34M	6:09:42
484	Lisa Snole	30	24/37 30-34F	6:13:47
488	* Nick Hight	27	82/95 25-29M	6:14:21
517	* Damon Richards	46	27/49 45-49M	6:20:47
525	* Mark Garland	45	30/49 45-49M	6:24:08
530	* Jimmie Key	62	4/12 60-64M	6:25:45
537	James Kadlick	21	35/38 20-24M	6:27:39
560	Danny Hernandez	23	36/38 20-24M	6:33:35
588	Miles Hyman	60	7/12 60-64M	6:41:00
625	Jack McMahon	35	89/94 35-39M	6:54:15
630	Rick Seiders	23	37/38 20-24M	6:56:51
632	* Richard Fisichenich	52	11/14 50-54M	6:57:17
653	Richard Bray	55	12/13 55-59M	7:09:17
674	* Mike Lass	36	26/29 Clydes	7:28:29
678	* Mike Greer	60	11/12 60-64M	7:35:04
707	* Mike Kelley	50	14/14 50-54M	8:28:55

TRI RAIDER SPRINT TRIATHLON  
(WTRC MEMBERS)

Chris Truitt placed 3rd overall with a time of 1:02:03 and Cheryl Weber was the 1st Master with a 1:20:09. Marjory Stewart was 2nd Master with a 1:21:39. Janda Ibbetson was 4th 25-29F in 1:18:26. Ian Stewart, 1st 10 & Under, 1:48:48. Kenneth Kinzenbaw 1st 12-13M, 1:44:49. Ben Stewart, 5th 13-15M, 1:48:07. Angela Hegstrom, 7th, 30-34F, Natalie Steadman, 8th, 30-34F, 1:37:27 and Richard Thomas, 7th, 40-44M, 1:37:33.

THE FIRECRACKER 3 MILE RUN OVERALL RESULTS

PLACE NAME	TOWN	ST	AG	S	DIV	PLACE	TIME	PACE
* 47 P. J. MITCHELL	LUBBOCK	TX	53	F	1	F5099	23:55	7:59
48 GINGER STANLEY	LEVELLAND	TX	47	F	2	F4549	24:24	8:08
49 RON HILLIS	LUBBOCK	TX	55	M	4	M5559	24:40	8:14
50 AMBER WILHELM	LUBBOCK	TX	12	F	1	F0112	24:40	8:14
51 TAMRA JERNIGAN	MILES	TX	8	F	2	F0112	24:54	8:18
52 GEORGE TEMPLE	WOLFFORTH	TX	49	M	6	M4549	25:02	8:21
53 KYLA REID	ABERNATHY	TX	33	F	1	F3034	25:08	8:23
54 LUIS SAMANIEGO	WELLMAN	TX	40	M	5	M4044	25:22	8:28
55 LANDRUM MEDLOCK	AMARILLO	TX	54	M	1	M5054	25:26	8:29
56 MARTY MANUEL	LUBBOCK	TX	26	M	7	M2029	26:26	8:49
57 PAM HILLIS	LUBBOCK	TX	45	F	3	F4549	27:47	9:16
58 RICK LAMPE	LUBBOCK	TX	55	M	5	M5559	28:04	9:22
59 DAVID CHASTEEN	BROWNFIELD	TX	39	M	4	M3539	28:19	9:27
60 JOSIE ALEMAN	LUBBOCK	TX	48	F	4	F4549	28:29	9:30
61 MICHAEL PADDACK	FORT COLLINS	CO	51	M	2	M5054	29:28	9:50
62 BARBARA PADDACK	FORT COLLINS	CO	51	F	2	F5099	29:29	9:50
63 JAMES FAIRCHILD	BROWNFIELD	TX	42	M	6	M4044	31:00	10:20
64 LONNIE HOLLINGSWORTH	LUBBOCK	TX	67	M	3	M6099	31:07	10:23
65 LEANN HUBBARD	MIDLAND	TX	29	F	2	F2029	31:45	10:35
66 BO MINNIS	LUBBOCK	TX	57	M	6	M5559	33:00	11:00
67 DON HUNT	LUBBOCK	TX	65	M	4	M6099	33:39	11:13
68 ADAM ANDREWS	LUBBOCK	TX	45	M	7	M4549	34:35	11:32
69 LAURA CRAIN	LUBBOCK	TX	31	F	2	F3034	36:36	12:12

\* = New Age Group Records + = New Members

FIRECRACKER RUN  
ELEMENTARY ONE MILE RUN  
JULY 3, 1999 Brownfield, Texas

OVERALL RESULTS

PLACE NAME	AGE	SEX	GRADE	TOWN	TIME
1 SPENCER THOMAS	10	M	5	LUBBOCK	7:06
2 TABBY MORIN	11	F	6	BROWNFIELD	7:13
3 NICOLAS MERCADO	11	M	6	EL PASO	7:25
4 LAUREN LEPARD	9	F	4	LUBBOCK	7:27
5 JASON WILKES	8	M	2	LUBBOCK	7:40
6 DAVID McVEY	7	M	2	SUNDOWN	7:43
7 KYRA SLOAN	7	F	2	JAYTON	7:45
8 LIA WILSON	10	F	5	LUBBOCK	8:02
9 NICOLAS MUNRO	10	M	5	EL PASO	8:25
10 BRIAN WILHELM	8	M	2	LUBBOCK	8:42
11 MEREDITH WISE	9	F	4	BROWNFIELD	8:47
12 SARA MERCADO	7	F	3	EL PASO	9:16
13 OLIVIA WISE	6	F	1	BROWNFIELD	9:36
14 AMBER LEE	8	F	3	BROWNFIELD	9:55
15 JESSICA FAY	6	F	1	BROWNFIELD	10:27
16 SHAYLA MASSEY	5	F	K	ARLINGTON	10:30
17 CONNER WILKES	5	M	K	LUBBOCK	12:12
18 CHRISTIAN FAY	9	F	4	BROWNFIELD	13:35
19 STEPHANIE CASBURN	8	F	4	FT. WORTH	13:36



### Dr. George Sheehan At age 70, an Adolescent's Dream comes True

It was early evening in Eugene, Oregon, and the lights were on at Hayward Field. In the grandstand, the 5,000 people watching the VIII World Veterans Championship were still buzzing over the previous race, as our group of eight was led to the starting line for the Men's 70 and over 800-meter final.

Months ago this championship had little interest for me. My passion over the years had been road racing at distances of five miles or more. I was a distance runner and had long since lost any desire to run on a track.

But age and time are not congenial to the status quo. They do not permit an everlasting present. There are cycles to our lives, just as in all of nature. The spring of the adolescent yields to the winter of the 70-year-old.

When I began running at Brooklyn Prep, I ran the half-mile and the mile relay. My running was limited to a few minutes of fear, followed by effort, then pain and then peace. I experienced then what Henry David Thoreau had written: "The thrills of joy and those of pain are indistinguishable." The youthful middle-distance runner knows this full well. The 800-meter race is an inextricable mix of joy and pain.

At 70, I returned to the body and play and wisdom of that teenager. In high school, I regarded the cross-country distance of 2.5 miles as the ultimate test. Now I think anything over three miles is too much for my physical powers. I have returned to the races of my youth.

Instead of getting old, I became young, and in Eugene, I was an adolescent living an adolescent's dream. I was in Hayward Field, the mecca of track and field. The stands filled with people, loomed high above. The flood lights glistened on the orange track, still wet from an earlier rain. The infield was that improbable emerald green that gives Oregon its name.

The whole scene had an Olympic quality. The finalists included four Americans, an Australian, a New Zealander, a German and a Swede. I could hear the announcer introducing each of us by name, country, the lane we occupied and our achievements. One runner was the reigning world champion and the world record holder. The Australian, an authentic giant and already a legend, was newly in the M70 category and setting world records at virtually every "Runners! Set!" And then came the gun and I was running the M70 World's Championship 800-Meter Race.

It was enough to make anyone lose his wits and I did. I had gotten in the final by going out slow and picking off four runners with a fast last lap. I had planned to repeat this strategy, but this time the world's best 800-meter runners went out at flank speed, and me with them. With 400 meters to go, I was finished but I held on to pass the German and finished seventh.

Afterward, as I sat on the box with the big "8" that had indicated my lane, an official came up and said I had run 2:48.2, a personal best on a personal best evening. So I took that and a memory back to my sweats on the far side of the field. On the way, the M65 800-meter qualifiers passed me, bound for a like experience. Eight more adolescents entered their field of dreams.

Later when I was flying home still filled with being this old-young runner, I went through the tables that grade performance with age. How did my 2:48 compare with the half-mile I ran as a senior at Brooklyn Prep? A little calculation showed that my mark in Eugene was equivalent to breaking 2 minutes-1:59 to be exact-something I could never do in high school.

And now, in a way-in a great and glorious way-I had. And over Iowa, I burst into tears.

### Dr. George Sheehan 1992: Experiencing the Race for Last Place

When I neared the two-mile mark of the five-mile race in Ocean County Park, there was a park ranger directing traffic. I was dead last, 107th in a field of 107 runners. As I passed, he called out to me "How are you doing?" "The best I can," I answered.

Doing the best I can is no more than routine but being last was an unusual experience. Early on, when I was in my 40s, I ran in a national cross-country championship. I was lapped by the entire field. But never since then had I held the position that defines the end of a race.

There was no question that I was last. I turned around several times to be certain. I was surrounded by silence as if I were alone on a training run in those woods. Then came final proof. I could hear, just behind me, the vehicle that brings up the rear. Most races have one to pick up those who, for one reason or another, injury or exhaustion might need help getting back to the finish line.

About 200 yards ahead was my friend Jason holding his steady pace and beyond him, at some distance, a small group of stragglers that I could see intermittently through the trees. Each of us was engaged in a private struggle - trying to maintain the level of exertion a five-mile race demands - between hard and very hard.

This was a two-loop course and as I neared the half way point, there was a brief time when I was tempted to drop out. This was not something new to me. On loop courses, where there is an opportunity every lap to pack it in, I often have a transient impulse to call it quits.

But just as in wartime, there are cowards but no cowardice, in races there are quitters who never quit. Within a few strides, the thought passed and I knew if I started into the second loop, it would never come again.

It never did. I was last and probably would finish last, but it didn't matter. If you asked me why, my answer would be in action. I would be unable to put it into words nor would suspect, any runner, or coach or sports psychologist.

If anyone has been able to, it is the philosopher William Barrett in "The Illusion of Technique." Barrett writes of the runner lapped by the entire field, and nevertheless torturing himself to keep going, as "more admirable than the victor we crown." And of the last place finish in the Boston Marathon, he writes "There, 'simply cannot' be question of his quitting. An image of the man of faith."

Faith and belief and prayer are the subjects that concern Barrett. And it is the ritual, (in this instance, the race), that provides a discipline and gives our lives meaning. And the effort and concentration we bring to it confirms the belief we are not sure of in other moments. The race is the prayer with which, as my sister who is a nun says, "We storm Heaven."

Now, there was a mile to go. My friend Jason was beginning to come back to me. Both of us in this hour, finding our meaning in the apparently meaningless suffering. Both sending a wordless prayer to a higher power. Both believing that what we were doing was the best statement we could make of whom we are.

In the last 20 yards, still trying to do my very best, I finally caught Jason and went by him. Beyond the finish line, as I lay gasping on the ground, Jason came to pat me on the back and congratulate me.

Then I heard someone say, "The best race of the day was for last place."

He didn't know that half of it.



THE "HOT DAM-RUN" 5 MILE  
WEST TEXAS RUNNING CLUB'S  
ANNUAL AUGUST RACE  
EVENT RECORDS (Since 1988)

MEN

AGE	NAME	TOWN	AGE	TIME	YEAR
0-12	Jay Winfrey	Sundown	11	39:43	1990
13-15	Trey Jernigan	Sundown	15	30:27	1993
16-19	Chris Truitt	Lovington	19	27:09	1994
20-29	James Bungei	Lubbock	22	24:13 *	1991
30-34	Wilson Kigen	Plainveiv	30	26:38	1988
35-39	Bob Jackson	Hobbs	37	27:20	1996
40-44	Ken Woody	Midland	40	29:47	1997
45-49	Jim Leser	Lubbock	46	29:55	1993
50-54	George W. Jury	Lubbock	53	30:18	1989
55-59	George W. Jury	Lubbock	55	31:37	1991
60-64	George W. Jury	Lubbock	60	34:00	1996
65+	Don Sanderson	Tulia	66	36:04	1996

WOMEN

AGE	NAME	TOWN	AGE	TIME	YEAR
0-12	Hope Jimenez	Lamesa	12	35:58	1996
13-15	Christina Vasquez	Lubbock	15	34:37	1989
16-19	Josie Martinez	Petersburg	19	32:53	1996
20-29	Rosa Ibarra	Plainview	22	30:08 *	1993
30-34	Marjory Stewart	Lubbock	32	30:12	1991
35-39	Marjory Stewart	Lubbock	35	30:30	1994
40-44	Shirley Wigley	Lubbock	43	39:11	1997
45-49	P.J. Mitchell	Lubbock	49	41:08	1994
50+	P.J. Mitchell	Lubbock	50	40:55	1995

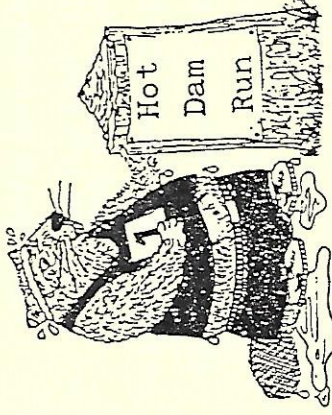
\* OVERALL COURSE RECORDS

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WHEN: SATURDAY, AUGUST 14, 1999

PRE-REGISTRATION by mail til AUGUST 9, 1999  
REGISTRATION; 7:00 A.M.to 7:45 on RACE DAY  
RACE START;

5 MILE; 8 A.M.

Children's 1 Mile; 8:05 A.M.  
(2 bikes to be given away by drawing)

WHERE: MARTIN LUTHER KING, JR. MEMORIAL AREA  
(near waterfall on Canyon Lake 6) East of  
MLK Blvd. at E. 22nd Street, LUBBOCK, TEXAS

COURSE: FIVE MILES OUT and BACK ON ASPHALT, TWO  
SHORT STEEP HILLS, SEVERAL SMALLER HILLS  
Pre-Registration

ENTRY FEE: WTRC MEMBERS \$8; NON-MEMBERS \$12  
Race day; \$12 for everyone

T SHIRTS For the First 100 Entries

Children \$5 (Includes T-Shirt)  
AGE DIVISIONS: (5 MILE)

MEN: 0-12; 13-15; 16-19; 20-29; 30-34;

35-39; 40-44; 45-49; 50-54; 55-59; 60+

WOMEN: 0-12; 13-15; 16-19; 20-29; 30-34;

35-39; 40-44; 45-49 and 50+

AWARDS: Medallions will be awarded to the first 3  
and up to 50 percent in each the age groups

RACE DIRECTOR: P.J. Mitchell at 785-5748