

CALENDAR

- * Indicates W.T.R.C. Monthly Race and CHALLENGE SERIES EVENT
- AUG. 5 **W.T.R.C. Business meeting, Tuesday, August 5, 2003**
7pm, WEST TEXAS PETERBILT, 45th and Ave. "A"
- AUG. 2 **AUGUST NITES 5K:** Hobbs, 7:30am, Dan Herman, (505)392-9049
- AUG. 2 **GREG BLACK MEMORIAL 10K;** Hereford, 8am, FMI (806)364-6990
- AUG. 3 **PRUDE RANCH RACES:** Ft. Davis, 5K, 10K, Half Marathon, FMI Glenn Beck, (512)252-9057 www.fitnesscamp.org
- * AUG. 9 **HOT DAM 5 MILLER:** Canyon Lake 6, Lubbock, (also 1 Mile Children's Run) 8:00 am, Etta Mayer, Race Director, 742-2907
- AUG. 17 **PIKES PEAK MARATHON:** Manitou Springs, CO, www.pikespeakmarathon.org
- SEPT 1 **TURTLE MARATHON:** Roswell, NM, FMI, Bob Edwards, (505)627-5507
- SEPT 7 **NEW MEXICO MARATHON:** Albuquerque, Charlie Otero, (505)345-4274 www.newmexicomarathon.org
- * SEPT 13 **SHALLOWATER STAMPEDE:** 10K and 2 Mile, 8:00 am, Shallowater High School, Dwayne Oakeley, Race Director, 799-4473
- SEPT 20 **RACE FOR THE CURE:** TTU Campus, Lubbock, 8am, FMI 698-1900
- SEPT 20 **MAYOR'S HALF MARATHON:** Amarillo, Jan Edwards, (806)378-9301 jan.edwards@ci.amarillo.tx.us
- OCT. 4 **RED RIBBON RUN:** 5K, BUDDY HOLLY PARK, Rose Hoeve, 725-6074
- * OCT. 11 **RED RAIDER ROAD RACE:** TTU Campus, Lubbock, 8:00 am, 10K and 5K Race Director, Kirk Thomas, 797-7734 (n), 749-1850 (d)
- OCT. 19 **DUKE CITY MARATHON:** Albuquerque, John Bennett, (505)880-1414 www.dukecitymarathon.com
- * NOV. 8 **BUFFALO WALLOW RACES:** Buffalo Springs Lake, Half Marathon & 2 Mile, 9:00 am, FMI call George Jury, 792-3291 (d) 792-1237 (n)
- NOV. 9 **SAN ANTONIO MARATHON:** (210)246-9652, www.samarathon.org
- NOV. 16 **OKLAHOMA MARATHON:** Tulsa, www.oklahomamarathon.org
- * NOV. 27 **W.T.R.C. TURKEY TROT:** Mackenzie Park, Lubbock, 9:00 am, 12K and 2 Mile, FMI call Ron Lubowicz, 745-3955 (d), 748-1855 (n)
- DEC. 6 **TOYS FOR TOTS 5K RUN:** Lubbock, 9am, Armed Forces Reserve Center, Interstate 27 & Regis St., Ron Hillis, RD, 797-0303
- * DEC. 13 **REDLINE 4 MILE CROSS COUNTRY:** MAE SIMMONS PARK, Lubbock, 10 am FMI, call Tom Griffin, 698-1503 (h) 747-2579 (w)
- DEC. 14 **WHITEROCK MARATHON:** Dallas, www.runtherock.com

<http://wtrc.tripod.com>
For Membership, Calendar, Race Results, etc.

August 2003

Joe Post
4630 Detroit Ave.
Lubbock, TX 79413

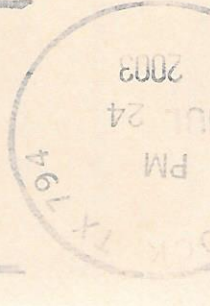
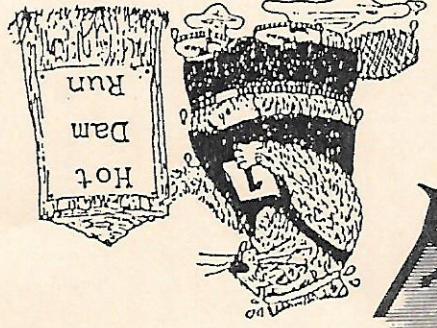
8 A.M., August 9, 2003
Details Inside Back Cover

USA Track & Field Certified
5 miles

Hot Dam Run

Newsletter
5406 86th St.
Lubbock, Texas 79424

August 2003



WEST TEXAS RUNNING CLUB

OFFICERS

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Secretary - Etta Mayer
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Treasurer - David Higgins
(H) 785-8562 (O) 795-5823
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Immediate Past President - Mike Kelley
(H) 765-0441
E-mail: mikelleyrun@yahoo.com

WTRC Web Address:
<http://wtrc.tripod.com>

W.T.R.C. RACES ARE USUALLY HELD THE 2ND SATURDAY OF EACH MONTH.
The WTRC monthly business meeting is on Tuesday, August 5, 7:00 p.m. at
Hoot's Bagels, 8201 Quaker Avenue
All members are welcome.

NOTES FROM THE PRESIDENT

It seems that everyone has a personal trainer these days. At first this realization made me feel a little bad since I never had one nor ever felt the need for one. As I continued pondering my sorry state, I had to review the contributions of a third party fitness mentor. After discarding many of the general roles of such a person as not applicable to most of us in the running community, I concluded that this trainer presence would probably fill the offices of critic/coach and medicine man for most runners. With this realization the picture began focusing a little differently until Eureka!!! I was able to see the truth about my trainerlessness. I now know that I indeed DID have a trainer all this time, but that, rather than being an individual, my trainer is an amalgam of my fellow runners and their tidbits of advice. And my training program is a mosaic of their helpful insights and useful recommendations, ranging from stretching to proper hydration, diet and rest. Feel free to become part of my personal trainer team. I'll be glad to help out on yours. Ron

DIRECTORS

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

External Race Director - Kirk Thomas
(H) 797-7732 (O) 749-1850
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Equipment Director - Dwayne Oakeley
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Race Calendar Director - Adam Puckett
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Membership Director - Sam Prose
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Internal Race Director - George Jury
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"Texas' Oldest Continuous Road Race" 34th Annual FIRECRACKER RUNS Three Mile and Ten Mile Road Races Brownfield, Texas July 4, 2003 10 MILE OVERALL RESULTS

PLACE	#	NAME	TOWN	ST	AG	S	DIV	PLACE	TIME	PACE
1		CASEY SUMPTER	LAMESA	TX	18	M	1	M1619	1:01:01	6:07
2		QUENT BEARDEN	LUBBOCK	TX	28	M	1	M2529	1:04:02	6:25
3		MARK MORRIS	TYLER	TX	45	M	1	M4549	1:05:18	6:32
4		CHASE PAYTON	LAMESA	TX	29	M	2	M2529	1:07:26	6:45
5		KEVIN SWEENEY	CLOVIS	NM	33	M	1	M3034	1:08:55	6:54
*	7	FARRELL MARTIN	LUBBOCK	TX	37	M	1	MCLYD	1:09:45	6:59
		TIM KEY	LUBBOCK	TX	35	M	2	M3539	1:09:47	6:59
		DON HOOD	LUBBOCK	TX	40	M	1	M4044	1:11:46	7:11
*	9	BECKY ROWLEY	CLOVIS	NM	39	F	1	F3539	1:12:10	7:13
		EPI AGUIRRE	LUBBOCK	TX	44	M	2	M4044	1:13:03	7:19
		JOHN TROMPLER	LUBBOCK	TX	55	M	1	M5559	1:13:17	7:20
		JAY KEITH	LUBBOCK	TX	45	M	2	M4549	1:14:02	7:25
*	12	DENISE BRAY	LUBBOCK	TX	41	F	1	F4044	1:17:48	7:47
		HEIDI WIEDENFELD	LUBBOCK	TX	35	F	2	F3539	1:18:24	7:51
		RON LUBOWICZ	LUBBOCK	TX	60	M	1	M6064	1:18:35	7:52
		BRETT PEIKERT	LUBBOCK	TX	35	M	3	M3539	1:19:53	8:07
		RONNIE PRIGG	LUBBOCK	TX	52	M	1	M5054	1:21:03	8:07
		RANDY HOLLOWAY	LUBBOCK	TX	46	M	3	M4549	1:21:31	8:10
*	18	MADONNE MINER	LUBBOCK	TX	50	F	1	F5054	1:22:07	8:13
		RICHARD LOMBARDINI	LUBBOCK	TX	27	M	3	M2529	1:25:02	8:31
		GENE ADAMS	SAN ANGELO	TX	46	M	4	M4549	1:28:53	8:54
		JAMES BURLESON	LUBBOCK	TX	60	M	2	M6064	1:30:53	9:06
		SHERILL EASTERLING	HICO	TX	53	F	2	F5054	1:31:32	9:10
*	24	MIKE KELLEY	LUBBOCK	TX	54	M	2	M5054	1:31:53	9:12
		RALPH WOLF	ABERNATHY	TX	66	M	1	M6569	1:32:04	9:13
		MARY BRANSCOME	LUBBOCK	TX	43	F	2	F4044	1:32:07	9:13
		GORDEN JENKINS	AMARILLO	TX	62	M	3	M6064	1:33:26	9:21
		KEN MATTHEWS	LUBBOCK	TX	54	M	3	M5054	1:34:05	9:25
		JAMES LIVERMORE	LUBBOCK	TX	56	M	2	M5559	1:34:15	9:26
		ARLAN PATTON	LUBBOCK	TX	48	M	5	M4549	1:36:05	9:37
		LARRY BYRD	SHALLOWATER	TX	62	M	4	M6064	1:37:04	9:43
		KIRK THOMAS	LUBBOCK	TX	44	M	3	M4044	1:37:25	9:45
		RENAE SMITH	LUBBOCK	TX	31	F	1	F3034	1:38:50	9:53
		MATTHEW JORDAN	LUBBOCK	TX	37	M	4	M3539	1:39:12	9:56
		JIM WILHELM	LUBBOCK	TX	52	M	4	M5054	1:39:19	9:56
		BARBARA SLATON	MIDLAND	TX	44	F	3	F4044	1:40:51	10:06
		MARSHA BENNETT	LUBBOCK	TX	39	F	3	F3539	1:41:01	10:11
		MOLLY MOORE	LUBBOCK	TX	27	F	1	F2529	1:41:41	10:11
		ANGELA FRANCO	MIDLAND	TX	26	F	2	F2529	1:42:58	10:18
		SHIRLEY WIGLEY	LUBBOCK	TX	49	F	1	F4549	1:44:51	10:30
		MIKE GREER	LUBBOCK	TX	64	M	5	M6064	1:45:44	10:35
		VANESSA AINSWORTH	LUBBOCK	TX	22	F	1	F2024	1:46:03	10:37
		SHAWN MARTIN	LAMESA	TX	38	F	4	F3539	1:46:25	10:39
		GENE ADAMS	LUBBOCK	TX	67	M	2	M6569	1:47:27	10:45
		ERIC OSBORNE	BROWNFIELD	TX	51	M	5	M5054	1:48:30	10:51
		SAM PROSE	LUBBOCK	TX	54	M	6	M5054	1:48:43	10:51
		MIKE TREVINO	LUBBOCK	TX	34	M	2	M3034	1:49:02	10:55
		ETTA MAYER	LUBBOCK	TX	54	F	3	F5054	1:54:39	11:28
#	49	JIM BECK	LUBBOCK	TX	43	M	2	MCLYD	1:56:44	11:41
		MALINDA COLWELL	LUBBOCK	TX	29	F	3	F2529	1:56:44	11:41
		DICK BAKER	LUBBOCK	TX	58	M	3	M5559	1:59:36	11:58
		MARIANNE MILLER	LUBBOCK	TX	30	F	2	F3034	2:00:40	12:04
*	53	TERRISA RUCKEY	LUBBOCK	TX	33	F	3	F3034	2:05:24	12:33

= Clydesdales

* = New Division Records

"Texas' Oldest Continuous Road Race"
 34th Annual FIRECRACKER RUNS
 Three Mile and Ten Mile Road Races
 Brownfield, Texas July 4, 2003
 3 MILE OVERALL RESULTS

PLACE	NAME	TOWN	ST	AG	S	DIV	PLACE	TIME	PACE
* 1	GARY LACKEY	BROWNFIELD	TX	16	M	1	M1619	15:57	5:19
2	BOB JACKSON	HOBBS	NM	44	M	1	M4044	16:31	5:31
3	CHRIS LAYMEN	LEVELLAND	TX	19	M	2	M1619	16:37	5:33
4	ALEX MENDOZA	LUBBOCK	TX	33	M	1	M3034	16:58	5:40
5	BRADLEY WHITWORTH	LUBBOCK	TX	17	M	3	M1619	16:59	5:40
6	HAWK HARRIS	ELGIN	TX	26	M	1	M2529	17:02	5:41
7	CALVIN DAY	MEADOW	TX	17	M	4	M1619	17:47	5:56
8	JEREMIAH LAFUENTE	FLOYDADA	TX	19	M	5	M1619	17:53	5:58
9	ED ROUP	LUBBOCK	TX	17	M	6	M1619	17:56	5:59
10	KURTIS LIMMER	LUBBOCK	TX	15	M	1	M1315	18:12	6:04
11	RYAN LACKEY	BROWNFIELD	TX	15	M	2	M1315	18:37	6:13
12	CHRIS REYES	FLOYDADA	TX	15	M	3	M1315	18:49	6:17
13	JOHN TYLER SENTELL	FLOYDADA	TX	13	M	4	M1315	18:56	6:19
14	BILL MOSKAS	LAMESA	TX	36	M	1	M3539	19:13	6:25
15	CHRIS THOMAS	BROWNFIELD	TX	24	M	1	M2024	19:36	6:32
16	AARON COULTER	LUBBOCK	TX	15	M	5	M1315	19:59	6:40
17	HOPE JIMENEZ	LAMESA	TX	19	F	1	F1619	20:06	6:42
18	FRANK SUMPTER, SR.	LAMESA	TX	49	M	1	M4549	20:06	6:42
19	JOHN KEITH	LUBBOCK	TX	14	M	6	M1315	20:24	6:50
20	CRAIG JACKSON	RANSOM CANYON	TX	38	M	2	M3539	20:29	6:51
21	AL GARDNER	LEVELLAND	TX	47	M	2	M4549	20:49	6:57
22	FRANK SUMPTER, JR.	LAMESA	TX	28	M	2	M2529	21:05	7:02
23	NICK ESPINOZA	FLOYDADA	TX	14	M	7	M1315	21:12	7:04
24	JIM HARRIS	HOBBS	NM	60	M	1	M6064	21:16	7:06
25	JESSICA MUEHLSTEIN	WIMBERLY	TX	17	F	2	F1619	21:26	7:09
26	JOHN THOMAS	LUBBOCK	TX	20	M	2	M2024	21:35	7:12
27	MELANIE MCVEY	SUNDOWN	TX	41	F	1	F4044	21:56	7:19
28	TAMRA JERNIGAN	MILES	TX	12	F	1	F0112	22:04	7:22
29	WHITNEY PERKINS	SAN ANGELO	TX	16	F	3	F1619	22:07	7:23
30	COLLEEN ADAMS	SAN ANGELO	TX	10	F	2	F0112	22:21	7:27
31	ELISEO RAMIREZ	ROPEVILLE	TX	37	M	3	M3539	22:22	7:28
32	TYLYNN LACKEY	BROWNFIELD	TX	17	F	4	F1619	22:22	7:28
33	CODY LACKEY	BROWNFIELD	TX	9	M	1	M0112	22:36	7:32
34	GAYLE LOPEZ	LAMESA	TX	16	F	5	F1619	22:46	7:36
35	DAVID MOYA	LUBBOCK	TX	30	M	2	M3034	22:56	7:39
36	KEN JERNIGAN	MILES	TX	51	M	1	M5054	23:12	7:44
37	DANIEL GONZALES	LUBBOCK	TX	37	M	4	M3539	23:18	7:46
38	RACHEL HOOD	LUBBOCK	TX	35	F	1	F3539	23:31	7:51
39	MICHAEL RODRIGUEZ	SLATON	TX	13	M	8	M1315	23:39	7:53
40	DAVID HIGGINS	LUBBOCK	TX	50	M	2	M5054	23:41	7:54
41	AUBREY THOMAS	LUBBOCK	TX	16	M	2	M1619	23:49	7:57
42	LANCE BARRETT	LUBBOCK	TX	34	M	3	M3034	24:16	8:06
43	JESSICA LOPEZ	LAMESA	TX	17	F	6	F1619	24:22	8:08
44	ISELA GAL INDO	LUBBOCK	TX	28	F	1	F2529	24:24	8:08
45	KIMBERLY LOPEZ	LAMESA	TX	14	F	1	F1315	24:32	8:11
46	JIM GREGORY	WELLMAN	TX	43	M	2	M4044	24:49	8:17
47	ALLEN FRANCO	MIDLAND	TX	31	M	4	M3034	24:57	8:19
48	MARTHA MARTINEZ	COLORADO CITY	TX	47	F	1	F4549	25:03	8:21
49	MATT RIBITZKE	LUBBOCK	TX	24	M	3	M2024	25:32	8:29
* 50	DON SANDERSON	TULIA	TX	73	M	1	M7099	25:51	8:37

* = New Division Records # = Clydesdales @ = Athena

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 3 MILE OVERALL RESULTS

PLACE	NAME	TOWN	ST	AG	S	DIV	PLACE	TIME	PACE
51	JAMES LAYMAN	HEREFORD	TX	37	M	5	M3539	25:58	8:40
52	CLIFF HATCHER	LUBBOCK	TX	35	M	6	M3539	26:09	8:43
53	RODNEY KEETON	BROWNFIELD	TX	43	M	3	M4044	26:13	8:45
54	KIM LOPEZ	LAMESA	TX	14	F	2	F1315	26:16	8:46
55	TURNER ADAMS	SAN ANGELO	TX	8	F	3	F0112	26:23	8:48
56	L.D. ANDRUS	LUBBOCK	TX	49	M	3	M4549	26:26	8:49
57	DWAYNE OAKELEY	LUBBOCK	TX	46	M	4	M4549	26:30	8:50
58	KATTIE MURPHY-LUBOWICZ	LUBBOCK	TX	19	F	7	F1619	26:31	8:51
59	MARK SMITH	LUBBOCK	TX	39	M	7	M3539	26:58	9:00
60	GARY SHIPP	LUBBOCK	TX	44	M	1	MCLYD	27:01	9:01
61	KAREN JACKSON	HOBBS	NM	46	F	2	F4549	27:18	9:06
62	TOBYN RIBITZKE	LUBBOCK	TX	24	F	1	F2024	27:23	9:08
63	BOB BERNERO	LUBBOCK	TX	61	M	2	M6064	27:28	9:10
64	JASPER DEVOS	PLAINVIEW	TX	14	M	9	M1315	27:30	9:10
65	RODRIGO GARCIA	LUBBOCK	TX	30	M	5	M3034	27:47	9:16
66	HANNAH LAYMAN	HEREFORD	TX	10	F	4	F0112	27:56	9:19
67	KATHY ANDRUS	LUBBOCK	TX	49	F	3	F4549	28:03	9:21
68	CONNIE BERLINGERI	LUBBOCK	TX	49	F	4	F4549	28:09	9:23
69	TONY RODRIGUEZ	BROWNFIELD	TX	12	M	2	M0112	28:30	9:30
70	ESTELLA GALVAN	BROWNFIELD	TX	60	F	1	F6099	28:52	9:38
71	JASON HELTON	LUBBOCK	TX	31	M	6	M3034	29:19	9:47
72	JAY BINGHAM	LUBBOCK	TX	28	M	3	M2529	29:19	9:47
73	CODY SCOTT	LUBBOCK	TX	36	M	2	MCLYD	29:39	9:53
74	PAULINE DEVOS	PLAINVIEW	TX	45	F	5	F4549	29:44	9:55
75	JOHN DEVOS	PLAINVIEW	TX	48	M	5	M4549	29:59	10:00
76	SARA GIBSON	LUBBOCK	TX	25	F	2	F2529	30:02	10:01
77	FRANK RODRIGUEZ	BROWNFIELD	TX	35	M	3	MCLYD	30:04	10:02
78	MADELEINE TAYLOR	RANSOM CANYON	TX	51	F	1	F5054	30:10	10:03
79	JOHN STALCUP	LUBBOCK	TX	70	M	1	M7099	30:23	10:08
80	ANN HODGES	LUBBOCK	TX	46	F	6	F4549	30:25	10:09
81	MARTI GREER	LUBBOCK	TX	44	F	2	F4044	31:07	10:23
82	JIMMIE KEY	LUBBOCK	TX	66	M	1	M6569	31:08	10:23
83	APRIL RICHARDS	BROWNFIELD	TX	24	F	2	F2024	31:14	10:25
84	ROYCE RICHARDS	BROWNFIELD	TX	50	M	3	M5054	31:14	10:25
85	KASEE MARTINEZ	BROWNFIELD	TX	22	F	3	F2024	31:14	10:25
86	NICK RAMIREZ	ROPEVILLE	TX	14	M	10	M1315	31:32	10:31
87	JESSICA TEDFORD	BROWNFIELD	TX	13	F	3	F1315	31:55	10:39
88	JESSICA ALEMAN	LUBBOCK	TX	52	F	2	F5054	32:19	10:47
89	GREG PARROTT	LUBBOCK	TX	38	M	10	M3539	35:03	11:41
90	JESSY RAYE RODRIGUEZ	BROWNFIELD	TX	11	F	5	F0112	40:51	13:37
91	KATHLEEN GONZALES	BROWNFIELD	TX	12	F	6	F0112	40:58	13:40
92	NATALIYNN GONZALES	ALLEN	TX	13	F	4	F1315	43:10	14:24
93	ALMA RODRIGUEZ	BROWNFIELD	TX	39	F	1	FATHE	49:49	16:37
94	KATHLEEN TEDFORD	BROWNFIELD	TX	19	F	8	F1619	49:51	16:37

* = New Division Records # = Clydesdales @ = Athena

FIRECRACKER RUN: BROWNFIELD TEXAS

Due to this year's tragic events involving Space Shuttle Columbia, as a club we are donating all the proceeds from this years run to the Willie McCool scholarship fund established at Coronado High School in Lubbock, Texas. This year marked the 34th year of the existence of this race as well as 25 years (1978) since President George W. Bush was a participant in the three mile race with Pilot Willie McCool. Special Thanks go out to our three sponsors: Run-Tech, Hoots Bagels & Got-it-Covered. Their sponsorship along with the entry fees provided by the runners enabled the Club to donate an estimated \$2,234 to the Willie McCool scholarship. This years' race also included 200 T-Shirt printed by Utmost Printing, only two of which still remain. Smoothie Kings provided 400 samples of smoothies for post run refreshments. Volunteers were greatly appreciated (George Jury, Tom Griffin, Tom Weis, P.J. Mitchell, Natalie Steadman, David Steadman, Rebecca Puckett, Ida Sumpter, Debbie Wilson, Wade Wilson, Tony Aleman, Brandy Key, Delores Key). Overall winners in the 10-mile included CASEY SUMPTER (01:01:06:06) & BECKY ROWLEY (01:12:10/07:13); overall winners in the 3-mile included GARY LACKEY (15:57/05:19) & HOPE JIMENEZ (20:06/06:42). The nine records were broken included BECKY ROWLEY (01:12:10/07:13), DENISE BRAY (01:17:48/7:47), MADONNE MINER (01:22:07/08:13), RALPH WOLF (01:32:04/09:12), FARRELL MARTIN (01:09:45/06:59) - 10 miles; BOB JACKSON (16:31/05:30), JIM HARRIS (21:16/07:05), DON SANDERSON (25:51/08:37) - 3 Miles. Thanks to one and all. Adam Puckett

ADDITIONAL FIRECRACKER FACTS FROM THE EDITOR

Jim Wilhelm ran his 23d July 4th 10 miler in a row.
 Coach James Morris's son, Mark ran the 10 mile in the inaugural race back in 1970, and was back as a 45 year old 34 years later, narrowly missing Jim Leser's 45-49 age group record by 12 seconds.
 Club members running this year that ran in 1978 when President George Bush and astronaut, Willie McCool ran were; Don Sanderson, John Trompler, Gene Adams, Mike Greer, and new club member, Don Hood, assistant TTU track coach, who ran a 16:31 three mile in 1978, as a 15 year old from Abilene!

LATE CALENDAR ADDITION

The Greg Black Memorial 10K Run will be held in Hereford, August 2nd. See the calendar for contact information.

SUSAN G. KOMEN RACE FOR THE CURE

The race is September 20th this year. Our club contracts with the Komen Foundation to provide timing and scoring services. It is time to get our volunteers lined up, so give me a call or an e-mail to let me

know what size T-shirt you would need. George W. Jury, Finish Line Manager 792-3291 (d), 792-1237 (n) or e-mail, rungrw@aol.com

JERNIGANS MOVE

Ken, Debbie and Tamra Jernigan have moved to Paradise (Texas that is!) to begin a new coaching job. Paradise is near Bridgeport on highway 114.

PALO DURO TRAIL RUNS FEATURED IN MAGAZINE ARTICLE

The August issue of Texas Highways includes an article on last year's Palo Duro Trail runs. This year the 50 mile, 50K, and team relays races will be run on October 18. For information, contact Red Spicer, (806) 353-3847.

BUFFALO SPRINGS LAKE TRIATHLON

This year's volunteer effort in support of the run portion of the Buffalo Springs Lake Triathlon went as smoothly and efficiently as any in recent history. John Trompler acted as overall coordinator and with assistance from his daughter Lauren, a great group of aid station captains, and a host of individual volunteers got through another very long, but rewarding day. Following are the names of many, though not all, of the people who worked on behalf of the WTRC. Mike Morris and Tom Weiss anchored aid station #1 with assistance from a group of friends and family; aid station #2 was staffed by a contingent of folks from Girlstown USA, directed by Steve Reynolds; Teresa Hewitt headed up the effort at station #3, with help from Jessica Acebedo, Sandra Bacigalupo, Duane Powers, Phil Harwell, Jim Leser, and Mike Kelley; PJ Mitchell organized station #4 around an Hawaiian theme (including grass skirts, etc.) and was helped in providing fun and frivolity by Epi Aguirre, Josie and Tony Aleman, Bob Bernero, James Bone, Lisa Brown, Jim Burleson, Larry Byrd, Susie Cobos, Brad Duke, Stella Elizondo(EJ's niece from Dallas), David Higgins, Mike McHenry, Etta Mayer, Gloria Oats, Margie Thomas, and Marybeth Thomas; Ron Lubowicz captained #4 with help from Jimmie Key, Tom Griffin, Ralph and Ann Wolf, Ashley Johnson, Jim Sorley, and Ralph Shelton; aid station #5 was led by Jeff Key, and staffed by Damon Richards, Rusty Ladd, Elizabeth Linder, Cenja Collins, Neal Barron, Tommy Prumer, Starr Crawford, Leann Setliff, and Bob Broselow; the turnaround aid effort included captain Sam Prose and helpers George Jury, Dick Baker, Rhonda Kauk, James and Tyler Livermore, Bob and Sylvia Rasa, Reuben and Barbara Knowles, and Lawrence, Cory, and Tyler Schovanec. Many thanks to all of these folks for making our part of the event a great success!

AT THE RACES

Madonne Miner ran the Bolder Boulder 10K on Memorial Day finishing the race in 48:16. That was good for second place in a group of 399 women in the women age 50 up group. Madonne was just eight seconds behind the first place finisher in her age group. There were an amazing 45,011 finishers in this year's event.

Ralph Wolf traveled to Hampton Roads, Virginia to compete in the 2003 National Senior Games. Ralph placed 7th in the 10K for men age 65-69 with a time of 50:30, and finished 9th in his age group at 1500 meters.

RECOVERY

by George W. Jury

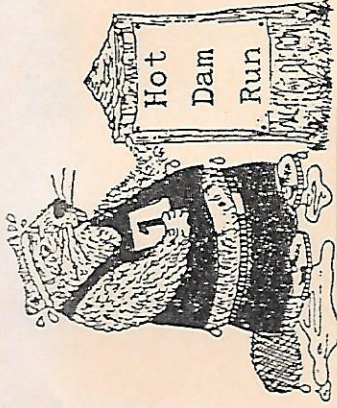
I don't want to be selfish using up space in the newsletter, but I have so many people either come to me and ask why I don't run anymore or ask how I am doing, that I thought I might update everyone on my status. A lot of these questions are prompted when someone looks at the records posters and wonder why there is only one entry after I turned 60 in 1996.

A little about my running history. I began running a little in 1970 as I turned 36 years of age, because I was fat, out of shape, had a lot of respiratory allergies/distress and I was seeing my father die slowly from emphysema. (he was never a smoker) I followed the Kenneth Cooper plan to run only about 2 miles 4 times a week and got in pretty fair shape. Then I learned about the WTRC from two friends, Jack Shropshire and Gene Adams in 1978, and got more serious about running. My first goal was to see if I could break 6 minutes for a mile before my 42nd birthday. Well, several Sunday afternoon trips to the track and with Pat holding the stopwatch, I could never get below 6:02! Well I gave up on that and began to extend my weekly mileage. I ran my first club race in March 1979 and was hooked on racing! My goal and plan was to run the rest of my life! I put in over 2,000 miles that year, had a hernia repaired in December, then resumed training for my first marathon, which I completed in May 1980 at Amarillo (3:26). I was running mostly 6 days a week and did so for many years gradually getting a little faster. I was always hurting myself in some way, however, mostly ankle and feet problems, so I would have a lot of down time. In spite of that, over an 18 year period, I logged over 30,000 miles.

I began to experience much faster times in my 49th year, when I cut down to only 4 or 5 days a week while still maintaining an average of 38 MPW. I set all my PR's after I turned 50 in 1986 and continued to have pretty good times until 1991, when I began to have episodes of acute abdominal pain and bizarre muscle cramping/tightness and various bursitis, piriformis syndrome and joint pain. Finally in late 1992, I had an acute intestinal upset followed by an acute knee arthropathy (extreme joint swelling). Endoscopy then revealed "acute inflammatory bowel disease" (IBD) more specifically, Crohn's disease, and part of the treatment was prednisone as well as sulfasalazine type drugs. Then when I did began to run some, I developed a plantar fasciitis which stopped me altogether. I would have bouts of intestinal distress after this, which would only respond to a short course of cortisone. Unfortunately, this led to osteoporosis of the spine later on. From 1994 on I ran very little and began to bicycle quite a bit. My last two races were in 1996, when I ran the CAPIROL 10,000 in 42:22 in March, then the HOT DAM 5 MILE in 34:00. So, that was 7 years ago! I continued to have all the mysterious symptoms described earlier and just could not get back to running. I began to bicycle quite a bit from then on, and then in June 1997, I was struck by the tire of a trailer being pulled by a rather slow moving car, which was way over on the wide shoulder where I was riding. The tire impact hit my lower left calf/achilles tendon juncture and sent me and the bike into the air. I hit the ground still on the bike and rolled to a stop. The injury tore through the skin and nearly severed the achilles tendon with a severe swelling which took weeks to subside. It didn't help that I was on my feet all the next Sunday helping at the BSL Triathlon aid station! It was not until the pain went away that I discovered that both knees had suffered torn menisci from the jerking impact. I had arthroscopic surgery on the right knee 9-11-97 and the left knee, 10-2-97. The right knee did pretty well, but the left continued to have pain and instability. I had to have the left knee operated again 4-20-99. The cartilage on the end of the femur had deteriorated and "holes" were drilled into the bone, hoping that scar tissue might grow over to provide a substitute for cartilage.

On January 2, 1999, I was attempting to go for a two mile run, when about a half mile from home, I heard a loud "pop" in my back and thought I had "pulled" a muscle. Well X-rays a few weeks later revealed it to be a compression fracture of the 9th thoracic vertebra. This was a result of osteoporosis from cortisone use periodically to alleviate Inflammatory Bowel Disease (IBD) symptoms. Well another vertebra collapsed March 31, 2000 and in addition I suffered several cracked ribs along the way. The year 2000 was quite a memorable year for me and I will update that next time. You'll see why I titled this "Recovery".

(continued next month, space permitting)



WEST TEXAS RUNNING CLUB'S
16th ANNUAL "HOT DAM RUN"
5 MILES

USA TRACK & FIELD CERTIFIED
TX93059ETM

WHEN: SATURDAY, AUGUST 9, 2003

PRE-REGISTRATION by mail til AUGUST 7, 2003
by phone til 7 P.M. Friday, August 8th
792-3291 (d), 792-1237 (n)

REGISTRATION; 7:00 A.M. to 7:45 on RACE DAY
RACE START; 8 A.M.

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

ENTRY FEE: Pre-Registration
WTRC MEMBERS \$5; NON-MEMBERS \$6
Race Day Entry: \$10

AGE DIVISIONS: (5 MILE)

MEN: 6-12; 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+

WOMEN: 6-12; 13-15; 16-19; 20-24; 25-29; 30-34;
35-39; 40-44; 45-49; 50-54; 55-59 and 60+

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

RACE DIRECTOR: Etta Mayer, 742-2907 (d),
792-1471 (n) E-Mail, etta.mayer@ttu.edu

Volunteers Needed: call Etta above!

HOT DAM 5 Mile Run

August 9, 2003

Mail Pre- Registration, \$5.00 WTRC members, \$6.00 non members, Race Day, \$10 Race Starts at 8:00 A.M.
Registration Make checks payable to the West Texas Running Club at MLK MEMORIAL AREA
thru Aug 7th Mail checks & entry forms to: George Jury

Telephone registration
by 7:00 P.M. on August 8
792-1237 (night)
792-3291 (day)

5212 44th Street
Lubbock, Texas 79414

Waiver - all entrants must read and sign

The West Texas Running Club, agents, or representatives of the same, or any volunteers shall not be responsible for, and shall be saved and held harmless by myself, from and against any and all claims and damages of every kind, for injury to for death of any person or persons and for damages to or loss of property arising out of or attributed to indirectly, to participant in the HOT DAM 5 Mile Race. This indemnity shall extend to and shall be binding on their heirs, legatees, administrators and assigns. My signature hereto verifies that participation in this event is inherently dangerous and could result in bodily injury or death, and that proper physical training is necessary prior to such participation. Roller blades, skates, skateboards, running with pets, and strollers are not allowed and earphones are strongly discouraged because of the probability of increased injuries.

Entry is not valid unless signed by the entrant, guardian, conservator, or parent for entrants under 18 years of age.

Signature of entrant _____ Signature of guardian(minors) _____

Age _____ (on race day) 5 Mi _____ Male _____ Clydesdale(190+)

Name _____ Female _____ Athena(150+)

Address _____ Phone Number _____ e-mail _____

City _____ State _____ Zip _____