

On the Run

www.southwindrunners.org

November -December 2006

Holiday run down

Turkey day through the New Year

It's tough to write about the holiday season when the weather outside refuses to dip below 60 degrees. Even so, those days are fast upon us.

The Killen Parks & Recreation Turkey Trot kicks off the season for us. Besides raking up the awards, some of our club members walk away from this race with the bird for their Thanksgiving Day meal.

Our Holiday Party is set for Dec. 8 at 6:30 p.m. The location is Mungia's BBQ in Heidenheimer, just outside Temple. Don't cry. Santa is watching and it really isn't that far. Doug has kindly provided a map on our Website at www.southwindrunners.org. The cost is less than \$15 per person, which includes the tip. Angie Wilson is in charge this year.

If you're really good this year, you might find some nice running gifts under the tree. Perhaps some new socks or the latest rendition of the Garmin. So, behave!

And just when you've found yourself just about full of holiday cheer, don't forget your New Year's resolution. For one club member at least, I hope it's a promise to take on the newsletter! ♦

Running Resolutions

Looking to a New Year and new goals

If anyone needs a lesson in keeping their New Year's Resolutions, they don't have to look much farther than the Southwind Runners. If anyone was keeping track, I bet our members would walk away with the prize for setting goals and sticking with them.

While our motivations are very different, we have several people who have completed staggering personal goals. Sam McCuskey recently completed his 20th Marine Corps Marathon and has logged in the area of 70 some marathons total. Most of us have had the awesome experience of applauding as this man (in his own seventh decade) has crossed a race finish line.

Tony Alvarado succeeded in running 60 marathons for his 60 years, and Mike DiGennaro continues his quest of a marathon a month.

Not every goal has to be that big. I know we all can remember the day when one mile seemed like a long way to go. But as we continue running, I'm guessing that setting attainable goals and reaching them has a lot to do with the reason we keep coming back for more.

As we continue in this running lifestyle, it's important to remember that our goals can grow beyond distance and pace. Consider making one of the following running goals part of your resolutions for the New Year.

New Year's Resolutions for Runners

- Plan some runs just for fun, and leave the watch and Garmin at home
- Volunteer to help with one race in 2007
- Slow your pace to help motivate a runner who is slower than you
- Run with someone faster to boost your speed

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RACE RESULTS**Mike DiGennaro**

Transcendence Marathon 5:27:01

Caliente 10K

Abe Robichaud	1:52:35	1AG
Ron Chipkin	50:32	3AG
Wayne Prosser	61:25	
Frank Moressy	43:31	2AG
James Dixon	45:06	3AG
Daryl Williams	43:46	1AG
Doug Edwards	45:03	2AG
Scott Zarley	45:27	3AG
Richard Perez	45:47	
Mike Stafford	44:40	1AG
Jerry Sparks	45:49	2AG
Chad Spillman	44:44	
Jeremy Nickoli	49:17	
Luis Rivera	50:26	1AG
Tony Alvarado	57:18	2AG
Sam McCuskey	1:52:34	3AG
Becky Wells	57:04	1AG
Ruth Prosser	59:53	3AG
Lisa Soule	62:25	
Emmy Robichaud	70:07	1AG
Lanna Robichaud	84:01	1AG
Brigette Miller	48:04	1AG
Dana Hamilton	54:37	
Carla Maddox	87:58	
Chris Dixon	46:36	1AG
Hiedi Heckel	88:00	3AG
Elizabeth Bender	47:47	1AG
Barbara Johnson	50:49	2AG
Sandy McCuskey	74:22	3AG
Patsy Palmer	74:20	1AG
Maryann Nickoli	57:53	
Mary Kaplan	70:59	1AG
Linda Wolfe		

Gallop or Trot 5K

Phil Bueno	32:53	1AG
Luis Rivera	23:02	1AG
Doug Edwards	20:33	1AG
Richard Perez	20:57	2AG
Daniel Kinn	20:06	2AG
Randy Davis	27:10	
Rodney Boatwright	17:33	1AG
Patsy Palmer	33:41	1AG
Barbara Johnson	24:05	1AG
Dana Hamilton	25:20	1AG

IBM Uptown Classic 10K

Brigette Miller	49:52	
Jerry Sparks	46:09	
Chris Dixon	46:36	
James Dixon	44:18	
Peter Boulette	45:42	

State Fair of Texas 5K

Brigette Miller	24:17	1AG
Jerry Sparks	22:34	2AG

Elgin 5K

Brigette Miller	23:46	1AG
Jerry Sparks	21:27	

Marathon 2 Marathon 10K

Helen Crane	69:50	
Stuart Crane	45:56	1AG/2OA

Girl Scout 10 Miler

Peter Boulette	1:11:20	
Brigette Miller	1:19:52	
Lisa Soule	1:34:55	
Jerry Sparks	1:13:31	
Scott Zarley	1:14:45	
Doug Edwards	1:10:09	
Christine Dixon	1:14:56	
James Dixon	1:11:04	

Monster Dash 5K

Tony Alvarado	26:10	1AG
Josephine Bearden	29:17	2AG
Peter Boulette	21:35	1AG
Cherie Cain	26:50	2AG
Ron Chipkin	24:00	
Ariel Davis	35:03	2AG
Gretel Davis	33:29	1AG
Sandy Gerber	32:14	
Brooke Hayley	29:18	
Heidi Henkel	34:27	3AG
Mary Kaplan	31:53	1AG
Cristina Kinn	31:57	1AG
Daniel Kinn	32:01	
Deborah Maisonet	29:14	1AG
Brigette Miller	23:28	1AG
Frank Morrisey	20:25	2AG
Karin Oaks	44:05	3AG
Patsy Palmer	34:28	1AG
Richard Perez	21:54	2AG
Ruth Prosser	28:25	3AG
Wayne Prosser	28:24	
Luis Rivera	22:59	1AG
Virginia Sanders	21:20	1 st Lady
Jerry Sparks	21:26	1AG
Geoffrey VanRiper	53:04	
Erike VanRiper	27:31	2AG
John Warnes	21:18	3AG
Angie Wilson	29:17	1AG
Scott Zarley	21:05	1AG

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South Wind Runners Club

Date	Race	Distance	Place	Series
11-18 C	Turkey Trot	5K	Killeen P & R	
11-23	Thunderclouds Subs	5M	Austin RunTex	
11-25	Shake a Leg at the Lake	5K	Lakeway RunTex	
12-2	Reindeer Run	5K	Leander RunTex	
12-2 C	Jingle Bell Dash	5K	Killeen P & R	
12-3 D4	Decker Challenge	20K	Decker Lake RunTex	
12-3	Brown Santa 5K	5K	Austin RunTex	
12-9	Trail of Lights	5K	Austin RunTex	
12-10	Dallas White Rock Marathon	13.1/26.2/relay	Dallas White Rock Lake	
12-16	Frosty's Fun Run	5K	Round Rock RunTex	
12-17	Jingle Bell	5K	Austin RunTex	
2007-----2007-----				
1-1	Resolution Run	5K	Round Rock RunTex	
1-7 D5	Moe's 20 Miler	20M	San Marcos RunTex	
1-14	Houston Marathon	5K/13.1/26.2	Houston	
1-28 D6	3M	13.1M	Austin RunTex	
2-10	Mardi Gras	5K	Austin RunTex	
2-18 D7	Austin Marathon	13.1/26.2/relay	Austin RunTex	
2-24	Cowtown Marathon	26.2/13.1/10K/5K	Ft. Worth	
3-3	Bearathon	13.1	Waco RunTex	
3-4	Johnny Carino's	10K	Cedar Park RunTex	
3-4	BagelFest	5K	Austin RunTex	
3-10	Run for the Bluebonnets	5K	Bastrop RunTex	
3-10	Fiesta 5K	5K	Austin RunTex	
3-10	Go for the Gold	10K	Austin RunTex	
3-25	Capitol 10K	10K	Austin RunTex	

C = CenTex Race Series

D = Distance Challenge

Check the following links for additional information.

www.southwindrunners.org

www.insiderunningtexas.com

www.runtex.com

RACE RESULTS (continued)

Miracle Match Marathon & Relay

Mike DiGennaro 4:49:54
Lisa Soule & Peter Boulette 3:52:30
Brigette Miller & Jerry Sparks 3:30:23

Miracle Match Marathon Half

Patsy Palmer 2:30:37
Tony Alvarado 2:08:44

4 Person Relay

Becky Wells & Friends

Change of Duties

After many years of dedicated service, Colleen Isdale has handed over membership/treasury duties to Tony Alvarado. Thanks to Colleen for keeping good track of us!

Where to find us

Our running schedule changes with the availability of light, among other things. We are currently meeting Sundays at 7:30. That is likely to change to 7 a.m. shortly, so watch the Web site or keep in touch.

Tuesday speedwork is now at Carl Levin park, around 5:30 p.m. Here we have the benefits of a lighted route. Check with your running buddies for Saturday times.

Southwind Runners Club, Inc.
PO BOX 10521
Killeen, TX 76547

Save a stamp, and a tree, let us send you the newsletter via email

ADDRESS CORRECTION REQUESTED

New Members:

Becky Wells
Cherie Cain

Renewals:

Heidi Heckel
Barbara Johnson

November Birthdays:

Derek Baird 9
Cherie Cain 16
Chad Duke 16
Dana Hamilton 24
Jerry Koula 8
Sandy McCuskey 8
Mary Ann Nickolai 20
Wayne Prosser 15
Pam Reynolds 14

December Birthdays:

Mike DiGennaro 29
Laura Johnson 16
Janet Keyes 1
Jane Ripperger-Suhler 6
Regina Rodriguez 31
William Sellers 2

STAMP

