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SEE MORE NEWS AT:

<http://www.roadlizards.org>

The San Angelo Road
Lizard's Newsletter
P.O. BOX 2851
San Angelo, TX 76902-2851

THE LIZARD LETTER



February, 2008

By President Jeanette Passons

Hello, Road Lizards!

I am pleased and proud to be the new president of the San Angelo Road Lizards. When my husband Ben and I moved here a little over 2 years ago, the Road Lizards were some of the first people we met and we were welcomed to the city and the running community immediately. Now it is our turn to give back to the club. The former president left me some big shoes to fill, but I will try to live up to the legend that is Terry Shaner. In other officer news, Kay Thompson has served as treasurer for 3 years and is ready to hand over the reigns to Ben Passons. Bob Miller will continue to be the VP and official timekeeper, Don Gibson remains as secretary and Harriet Sansone will still be our Member at Large and one-woman cheerleading squad.

The year has already gotten off to a great start with the first installment of Bill Cullins' Trail Run Series. We had a record 49 participants and the weather was perfectly, brutally cold! Trail Run #2 is Saturday February 2nd at 9:00, Middle Concho Park. Bill will have another winding, hilly, rocky, prickly 12km route set up... and don't be surprised if Mother Nature brings some exciting weather, too. Besides the personal satisfaction of finishing, you can also enjoy post-race hot chocolate and Pia Cullins' famous Georgia Cornbread. Trail Run #3 is Saturday February 23rd at 9:00, Middle Concho Park. After the finale 15k, Bill will be handing out awards to the winners of the 2007 Best Athlete Competition.

In the tradition of the Best Athlete Competition, this year the Road Lizards will have their very own Grand Prix. For each of the races sponsored by the Road Lizards, runners will receive points (10 for first place, 9 for second place, et cetera. All runners will receive at least one point). At the end of the year, the Top 3 male and females will be awarded prizes. Participants who complete all races in the Grand Prix will also receive a prize. The River Run on March 8th will be the first race in the Grand Prix. See page 5 or www.roadlizards.org/GrandPrix2008 for details.

As always, we are looking forward to many great running events, as well as multi-sport events through continued cooperation with our friends at SABA (www.sanangelobicycle.com). The first multi-sport event is the YMCA Kidz Triathlon on April 26th, followed by the Spillway Hill Duathlon on May 3rd. See www.roadlizards.org for updates and more information. Finally, in the interest of saving money (and trees), the board has voted to send the newsletter out solely via email. However, for those members who do not have email, we will continue to send a paper copy of the newsletter. If you have email but would still prefer to receive a paper copy, please contact me by phone, email or regular mail (325-374-3127, P.O. Box 2851 San Angelo, TX 76902-2851 or jeanette.passons@gmail.com).

If you haven't renewed your membership for 2008, fill out the membership form on the back page of the newsletter and mail it to P.O. Box 2851 San Angelo, TX 76902-2851. Thanks to all our members and those of you who continue to come out and support our events.

Jeanette

Saturday, 23 Feb Trail Run Series #2 12km, 9 a.m. Middle Concho Park, Contact Bill Cullins, 223-9321 or bcullins@verizon.net, Active.com or website.

Saturday, 8 Mar River Run 5km and 1km, 9 a.m. Bathrooms @ 14th St and Concho River Road, \$4, Contact Jeanette Passons, 374-3127

Saturday, 26 Apr YMCA Kidz Triathlon, Details in next month's newsletter.

Race #1 2008 Trail Running Series (1/19/07)

Unlike the rain and mud in 2007, the weather for the first race of the 2008 Trail Running Series was perfect: 20 degrees, bright sunshine, and dry conditions. Forty-eight runners of all ages lined up for the inaugural race of the 2008 series, with ages ranging from eight year old Elisa Smith to 76 year old "Superman" Shirl Koeing. A large contingent of military personnel from Goodfellow AFB turned out for the event, with Air Force and Army personnel competing for branch of service bragging rights.

The course for race #1 of the series was a single 10K loop that included technical "rock garden" sections, steep climbs and descents on Spillway Hill, and winding trails through the mesquite and cactus backcountry. Although no wildlife was encountered, one runner did report seeing Jackalope tracks on the trail during the race (possibly a hallucination due to oxygen debt?).

Kevin Clegg took overall honors for the day with a time of 44:39, with Lydia Brady leading the female runners home with a time of 48:03. Kent Fish of San Angelo proved that older runners aren't necessarily slower by coming through the finish chute in 5th place overall in a time of 46:17.

This year's Trail Running Series is dedicated to the memory of Gary Cole, a local cyclist and running event volunteer who passed away in 2007. Gary dedicated hundreds of hours to building and maintaining the trails on Spillway Hill, and was the chief timer for all of the 2007 trail running series events.

Name/Total pts/Age/Age Group/Gender/Place/Time

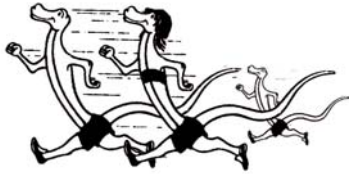
1 Kevin Klegg	1	35	30-39 M	1	44:39:00
2 Kevin Beeman-Brown	2	34	30-39 M	2	44:46:00
3 Bret Roberts	3	44	40-49 M	3	45:19:00
4 Mike Buck	4	48	40-49 M	4	45:22:00
5 Kent Fish	5	54	50+ M	5	46:17:00
6 Ben Passons	6	35	30-39 M	6	47:49:00
7 Terry Shaner	7	50	50+ M	7	47:57:00
8 Nick Mathers	8	25	15-29 M	8	47:58:00
9 Lydia Brady	9	26	15-29 F	9	48:03:00
10 Brian Albertson	10	28	15-29 M	10	48:56:00
11 Carrie Orr	11	23	15-29 F	11	49:56:00
12 Juan Montemayor	12	47	40-49 M	12	50:28:00
13 Randy Rangel	13	39	30-39 M	13	50:29:00
14 David Hale	14	48	40-49 M	14	50:56:00
15 Lynn Zaruba	15	41	40-49 M	15	51:06:00
16 Keith Duryea	16	52	30-39 M	16	51:16:00
17 Sarah Montelongo	17	24	15-29 F	17	51:55:00
18 Adrienne Jordan	18	24	15-29 F	18	52:13:00
19 JR Torres	19	27	15-29 M	19	53:03:00
20 William Putt	20	24	15-29 M	20	53:19:00
21 Nathaniel Butler	21	26	15-29 M	21	53:46:00
22 Ryan McMullen	22	22	15-29 M	22	53:52:00
23 Joshua Brazalovich	23	24	15-29 M	23	54:52:00
24 Cruz Castillo	24	34	30-39 M	24	55:18:00
25 Marc Jordan	25	24	15-29 M	25	55:21:00
26 Bill Cullins	26	59	50-59 M	26	55:38:00
27 September Summers	27	45	40-49 F	27	55:50:00
28 Ray Lopez	28	17	15-29 M	28	57:27:00
29 Bill Montgomery	29	53	20-29 M	29	59:06:00
30 Gene Robertson	30	56	60+ M	30	59:37:00
31 Christina Templin	31	40	40-49 F	31	1:00:03
32 Kevin Fitzpatrick	32	21	15-29 M	32	1:00:13
33 Kimberly Easley	33	20	15-29 F	33	1:00:14
34 Julie Rea	34	34	30-39 F	34	1:01:49

Name/Total pts/Age/Age Group/Gender/Place/Time

35 Otha Hardy	35	58	50-59 M	35	1:06:12
36 Joann Naumann	36	34	30-39 F	36	1:06:34
37 Rob Reynolds	37	42	40-49 M	37	1:06:37
38 Miranda Harrison	38	27	15-29 F	38	1:06:46
39 Jennifer Hollenbeck	39	33	30-39 F	39	1:06:55
40 Hannah Davis	40	27	15-29 F	40	1:07:18
41 Jeanette Passons	41	30	30-39 F	41	1:08:23
42 Larry Jackson	42	62	50+ M	42	1:09:46
43 Tamera Deckers	43	32	30-39 F	43	1:14:14
44 Laura Thomas	44	22	15-29 F	44	1:14:15
45 Harriet Sansone	45	57	50+ F	45	1:30:34
46 Joan Smith	46	29	15-29 F	46	1:41:45
47 Elisa Smith	47	8	0-14 F	47	1:41:45
48 Shirl Koeing	48	76	50+ M	48	1:41:46
49 Gordon Oglesby	49	31	30-39 M	49	DNS



A Close Finish at the 10km Trail Run



RIVER RUN 5K AND 1K FUN RUN / WALK

9:00 a.m. on Saturday, March 8, 2008

Start/Finish at 14th Street and Concho River Road.

Cost: \$4.00 (Pre-register or day of event)

Registration begins at 8:15AM

Awards: 5-KM:

1st overall Male and Female;

Top 3 Male and Female: under 20/ 20-29/ 30-39/40-49/50-59 and 60+ years old.

1-KM: Top 3 Male and Female overall awards only for the 1-KM Fun Run/Walk.

Refreshments after the event.

Contact: Jeanette Passons at 374-3127, jeanette.passons@gmail.com, or www.roadlizards.org for more information.

This is a San Angelo Road Lizards sponsored event.

RIVER 5-KM AND 1-KM RUN/WALK ON MARCH 8, 2008 AT 9:00 A.M.

Name: First _____ MI _____ Last _____

Distance: 5-KM or 1-KM (circle one) Gender: M / F (circle one) Age _____

Mailing Address: _____ Phone _____

City _____ State _____ Zip _____

Amount paid: _____

Waiver: I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running in this event, including but not limited to: falls, contact with other participants, effects of the weather (including heat and humidity), traffic and road conditions, and all other known risks by me. Having this waiver and knowing these facts on my behalf, waive and release the San Angelo Road Lizards, City of San Angelo, RRCA, race officials, volunteers, and all sponsors, their representatives and successors, from all claims and liabilities of any kind arising out of my participation in this event.

MAIL ENTRY FORM TO:

**SARL
P.O. BOX 2851
SAN ANGELO, TX
76902-2851**

_____/_____/_____/_____
Runner's Signature Date Parent or Guardian Signature Date
(if runner is under 18)

THE ROAD LIZARD'S HISTORY

The name of Road Lizard was applied to a group of ASU faculty and staff runners around 1975. The name was coined by Ron Cook who was on the staff of ASU. He said we looked like a bunch of lizards running on a hot road.

By that time, Roger Anderson, a GTE employee had hooked up the ASU bunch. This bunch consisted mainly of Bob Peiser, Otto Tetzlaff and Alan Borger. Soon after Roger became associated with this group, Tom Mayfield joined.

After the 1976 White Marathon the families of Roger, Tom, and Alan were wandering around a strip mall and noticed a T-shirt shop much like the current Gandy's Ink. The idea of a logo was then conceived. Karen Mayfield, Tom's wife, upon returning to San Angelo, designed the current Lizard. We ordered a two dozens T-shirts and recruited several others runners into the group. This was prior to any official organization.

The Run In The Sun began in 1973 and until 1978 was a West Texas Running Club race. In 1978 W.T.R.C. dropped us as they were losing money as we had started giving T-shirts and our sponsors just paid for our short fall. W.T.R.C. was furnishing the trophies so it cost the club money. For the next three RIS, Roger Anderson, Tom Mayfield, Bill Moore, Clyde Wilson, and Alan Borger put on the races. We first started giving T-shirts in 1975 using a Sun design. In 1979, we used the Lizard logo on the race t-shirts for the first time.

The Road Lizard club was started in 1982. The main purpose of the club was to give the race organizers some protection from financial losses, and liability concerns.

In recap, the name Road Lizard was first coined sometime in 1975. The logo became into being in 1976 and the Run in the Sun Lizard T-shirt 1979. So how old is the Lizard? Take your pick, 1975, 1979, or 1982. Also the Lizard did have a name. The first name was Road and the last name was Lizard. Several of original Road Lizards also had Lizard names. Tom Mayfield was Super Lizard, Roger Anderson was Limp Along Lizard, Harriett Borger was Lady Lizard and Alan Borger was Wizard Lizard.

By: Harriett Borger

Editor's Note: At the annual meeting we voted on several new names for the SARL Lizard. Some suggestions included Lizzy Borger, GEICO, El Rapido and Ron. The winner of the "Name the Lizard" contest was to stay with the original name: "ROAD LIZARD." Harriett and Alan Borger are winners of a 2008 RRCA club calendar and the hearts of all their adoring lizard family.

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SARL Vice President Bob Miller, President Jeanette Passons and Treasurer Ben Passons



2008 Grand Prix Series!

As a rule, runners can be a competitive sort. We relentlessly train to run 26.2 miles, just to be one of the few known as "a marathoner." Some of us track our personal record time for a distance. Sometimes, we compare times and finish places from previous year's races. Other times, we hunt through race results, from races we didn't even run, so we can compare ourselves with the winners. During a local fun run, we may sprint to the finish to out lean a fellow runner. Bill Cullins really tapped into that competitive nature with the 2007 Best Athlete Competition. We hope to keep it going with the 2008 Grand Prix Series.

Keeping track and scoring this competition took up an inordinate amount of time. Bill's contacts with race directors and math skills produced very precise results. In 2008, we are going to simplify the rules and reduce the number of events. Here are draft rules for the 2008 Grand Prix. Please take a look and let me know what you think. I'd like to make the River Run the first in the series. The 10 races I chose are the ones that have been around for a few years, so they already have good attendance. Ideally, I'd like to expand the Grand Prix to include multi-sport events, but for 2008 I'd like to use running events exclusively.

I'd like to give everyone who participates in all 10 events some sort of prize/recognition- I was thinking a SARL t-shirt, but I'm sure we can come up with something better. I'd also like to give the overall winners a good prize, so if you have any ideas please share!

- There are 10 races in the series. Up to 8 races will be counted in a runner's point total for the year. If a runner competes in more than 8 races, his/her 10 best finishes will be counted. Anyone who competes in all 10 Grand Prix races will receive prize.
- 10 points will be awarded to the top finisher in a race, 9 points to the second finisher, etc. All finishers will receive at least one point.
- All members will be recorded in the Grand Prix results unless they inform the Grand Prix director (jeanette.passons@gmail.com) that they do not wish to be included.
- 5 Bonus Points will be awarded to anyone who finishes a marathon between January 1 and November 30, 2008. (No extra points for running more than one!). To receive the bonus points, a runner must report his/her marathon results to the Grand Prix director. For the Resolution Run, runners will receive 3 bonus points for the half-marathon (normal points will be assigned for the 5 mile race).
- Once the Grand Prix director has compiled the member point totals for a race, the results will be posted on www.roadlizards.org and an email will be sent out to the club membership. Members should review the results and notify the Grand Prix director of any corrections or omissions.
- To be eligible for an award, a member must run a minimum of 5 of the 10 events. All races run will be scored; however only those members with 5 or more races completed will be eligible for an award.
- The Grand Prix Series races: Trail Series- 3 races, River Run, Run in the Sun, Stop, Drop and Roll, Southland Shuffle, Hot Dog Run, Armydillo and Resolution Run.



Chilly morning start at the Trail Run



Bill Cullins, Kay Thompson and Terry Shaner receive RRCA National Volunteer Recognition awards.

SAN ANGELO ROAD LIZARDS 2008 MEMBERSHIP APPLICATION/RENEWAL

Fees: (Check one) Individual \$10.00 () Family \$15.00 () Internet/E-mail newsletter \$7.00 ()

Name: _____ **Age:** _____ **Sex:** _____

Mailing address: _____

City: _____ **State:** _____ **Zip:** _____

Email address: _____ **Phone (optional):** _____

(Insurance requirement)

Club Membership Waiver: I know that running and volunteering to work in club races are potentially hazardous activities. I should not enter and run in club activities unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running and volunteering including to but not limited to, falls, contact with other persons, the effect of weather, the conditions of the course and traffic on the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your acceptance of my application for membership, I, for myself and anyone entitled to act on my behalf, waive and release the Road Runners Club of America, the San Angelo Road Lizards, Inc., and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in any club activities even though that liability may arise out of negligence or carelessness on the part of the persons named in this Waiver. I understand that bicycles, skateboards, baby joggers, roller skates or blades, animals, and radio headsets are not allowed in the races and I will abide by this guideline. I, also, fully understand that this Waiver will remain valid as long as I am a current member of San Angelo Road Lizards, Inc.

Signature: _____ **Date:** _____

Parents Signature (If under 18): _____ **Date:** _____

**San Angelo Road Lizards
P.O. Box 2851
San Angelo, TX 76902-2851**



**2008 Membership
renewals are due**