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## OFFICERS

### President

Terry Shaner  
651-3937  
terry.shaner@suddenlink.net

### Vice President

Bob Miller  
rjm1944@yahoo.com

### Treasurer

Kay Thompson  
653-9329  
dkthomp@zip.net

### Secretary

Don Gibson  
dgibson@saisd.org

### Member at Large

Harriet Sansone  
h1rri5t@yahoo.com

### Webmaster

Terry Shaner  
Terry.Shaner@suddenlink.net

## 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



January, 2008

*By President Terry Shaner*

This will be my last newsletter as SARL president. I want to thank everyone for your help and support. The thing I enjoyed the most, during this 2-year stretch as president, is how our members were always there to help. Fellow board members, Bob, Kay, Harriet, and Don provided numerous volunteer hours by planning, helping at races and directing races. Plus, I nearly forgot to mention the time they spent responding to my long and often confusing e-mails.

Bill and Pia Cullins helped tremendously by organizing the Trail Run series, the Best Athlete Competition and course measurement techniques that met National U.S. Track and Field standards. Kent and Anne Fish kept the tradition of the Southland Shuffle alive and thanks to a feature article in the Standard Times, the race appears to be growing in numbers.

This year, SARL was recognized beyond the local level. First, Whitney Perkins and Nate Gonzales picture and a story about the Run in the Sun was reported in the RRCA magazine "Footnotes." In addition, the 35<sup>th</sup> Annual Run in the Sun was nominated for RRCA race of the year. (Our chance of winning is slim, but the nomination is still a considerable achievement.) Finally, Kay Thompson, Bill Cullins and I were awarded RRCA National Volunteer Award Certificates.

By way of MOVE, San Angelo, we have developed many new friendships with other local organizations. Our race calendar became full with new races from organizations that approached us for assistance. We were able to help these groups while we maintained our own small operating budget.

Don't forget our annual meeting on Saturday, January 12<sup>th</sup> at the YMCA. We have the meeting room from 3:30 p.m. till 4:30 p.m. We moved the fun run till after the meeting. More details are on page 3 of this newsletter. Don't forget to bring a dollar to enter in the Name the Lizard contest.

Also, you might want to gear up for the Trail Running Series. The word is, there may be a number of runners from the Dallas Metroplex coming to the 15km race in February. Details and contact information are listed in the newsletter and on the website.

Happy Trails,

Ter



Saturday, 12 Jan Annual Club meeting and Fun Run, 3:30 p.m. YMCA on Randolph and Concho. Contact Terry Shaner, 651-3937 Fun run starts at 4:30 p.m. See flyer in this newsletter.

Saturday, 19 Jan Trail Run Series #1 10km, 9 a.m. Middle Concho Park, Contact Bill Cullins, 223-9321 or [bcullins@verizon.net](mailto:bcullins@verizon.net), Active.com or website.

Saturday, 2 Feb Trail Run Series #2 12km, "See above"

Saturday, 23 Feb Trail Run Series #3 15km, "See above"

**EAST CONCHO VFD  
RESOLUTION RUN**

DEC. 29, 2007

East Concho VFD thanks all who came out to the Resolution Run. It was a great success raising over \$4,500.00 in registration and sponsors. This will go a long way in paying for fuel and puts a good amount in there funding to meet matching grant money towards a new brush truck. We had over 90 runners that participated with very good feed back about the race. Those who had ran this race in the past said the course was great, the weather cooperated with little wind. We had several out of town runners that complimented the organization and friendliness of the crew and other runners, we are still getting emails. We look forward to future runs. Special thanks to Terry and Bill who came and marked the course for us.

Thank you all. ECVFD Membership

ALL PARTICIPANT FROM SAN ANGELO UNLESS OTHERWISE INDICATED ON RESULTS

**ONE MILE FEMALE**

NAME	AGE	TIME	RESIDENCE
JOYCE SABORIO	11	8:40	
CHLOE HARRIS	10	10:05	
MADELYN PARKER	6	10:24	ABILENE
KATHY VOGELPOHL	33	10:24	
REBECCA SABORIO	8	12:30	
ALAYSA CAPUCHINA	5	14:08	
DEEANNA WOITON	35	20:01	
SHIANN KING	7	NO TIME	

**FIVE MILE FEMALE**

NAME	AGE	TIME	RESIDENCE
ELVIA SABORIO	44	39:45	
TAMRA DECKER	32	42:28	
DAWN WEIR	29	43:38	GAITHERBERG,MD
CHRISTENE PAULIN	15	45:17	
JEANETTE PASSONS	30	46:27	
HARRIET SANSONE	51	50:55	
LISA HAND	40	1:25:13	ODESSA
MARCIE MCDONALD	37	1:25:14	ODESSA

Continued on next page

**ONE MILE MALE**

NAME	AGE	TIME	RESIDENCE
GRANT PARKER	7	9:41	ABILENE
ADAN CAPUCHINA	9	10:00	
TAYLOR OGLESBY	7	13:13	
TAYLOR HARRIS	8	14:00	
ALBERICO CAPUCHINA	36	14:08	
TRUMAN HARRIS	5	14:37	
CLAYTON WOITON	3	20:00	
JOHN WOTON	50	20:01	

**FIVE MILE MALE**

NAME	AGE	TIME	RESIDENCE
CORY HIGGINS	20	27:14	ABILENE
JESSE BENES	17	29:32	AZLE
GORDON, OLESBY	31	33:58	
PERRIN WELLS	54	36:01	INGRAM
TERRY SHANER	50	36:40	
KEITH DURYEA	52	38:30	
DOYLE RICE	47	40:59	ABILENE
BOB LINDSEY	68	42:55	ABILENE
KYLE COMBEST	53	44:59	
SHEA WEBB	31	45:50	
JOSHUA DARTING	25	46:50	
JERRY ROACH	62	46:57	
ART HERNANDEZ	44	48:35	
ROBERT FLETCHER	75	48:50	FREDRICKSBERG
DAVID BRYANT	46	49:46	
CLAY MEADOWS	80	1:02:23	BAIRD
SHIRL KOENIG	76	1:02:26	

**This advertising space could be yours  
or your business's. For one years worth  
of ads:**

**Business card size is only \$100  
Double Business card only \$150  
Half page only \$300**

**CALL 651-3937 FOR INFO.**

**HALF MARATHON FEMALE**

NAME	AGE	TIME	RESIDENCE
WHITNEY PERKINS	20	1:26:37	
RITA GRAFTON	39	1:48:57	
CAROL POPE	42	1:51:47	SONORA
MELODY PARKER	32	1:52:02	ABILENE
DANA LACLAIR	36	1:53:52	
SARAH SULLIVAN	25	1:54:45	
ANGELA KERN	30	1:55:00	
KELLY GOODE	38	1:57:23	CENTENNIAL.CO
SEPTEMBER SUMMERS	45	1:58:30	
DORINDA ANDERTON	43	2:02:21	
LEANN HUBERT	43	2:02:22	
CHRISTINA TEMPLIN	39	2:05:54	
ERIKA CAMPBELL	39	2:10:00	
KELLI JORDAN	26	2:12:31	
CHRISTINA SMITH	32	2:15:58	ABILENE
ROSE HARRIS	37	2:17:06	
SHANA GRANGER	43	2:19:33	OZONA
CHRISTY NESBITT	36	2:19:40	
TAMARA MCWILLIAMS	38	2:34:34	OZONA

**HALF MARATHON MALE**

NAME	AGE	TIME	RESIDENCE
JEFF COVERDALE	23	1:19:03	GAFB
NATE GONZALES	21	1:19:42	
ROLANDO MUNIZ	32	1:24:09	ABILENE
RYAN MARTIN	38	1:27:01	CENTENNIAL, CO
BOYD GUTHRIE	44	1:29:35	
JOSE COLLAZO	25	1:31:51	
WETHERSFIELD, CT.			
ANTHONY FUENTEZ	35	1:32:54	
BRIAN TILLMAN	36	1:33:45	
MIKE BUCK	48	1:34:54	
JOHN RING	24	1:35:21	DYESS AFB
JARED KINYON	23	1:35:34	
MARS TORRES	30	1:39:30	
KENT FISH	54	1:39:40	
BOB TAILLON	46	1:39:56	ABILENE
BENJAMIN PASSONS	35	1:40:18	
ANTHONY WILSON	40	1:40:21	
MICHAEL HULLIN	37	1:41:58	
SHANE PLYMELL	38	1:42:57	
PAT BARTON	52	1:43:40	
RANDY RANGEL	39	1:46:32	
LYNN ZARUBA	41	1:48:00	
ROBB REYNAOLDS	41	1:50:46	
JUAN MONTMAYOR	47	1:55:32	
GARY GARSON	60	2:09:14	ABILENE
HARVEY THOMPSON	68	2:09:59	FREDRICKSBERG
CHRIS SANSONE	50	2:10:56	
MICK STAMM	52	2:14:24	ABILENE
CHAD POINDEXTER	42	2:20:20	OZONA
MICHAEL NESBITT	45	2:29:37	
CHRIS LEECH	33	2:44:08	

**Behind Every Runner is a Non-Runner:**

Every look at the runners at races and see their parents, spouses, friends and children rooting them on? Some of us get an adrenaline rush just watching, maybe we think all that fitness will absorb by osmosis, either way we have great admiration for you.

Some may wonder how I became involved with the SARL and not be a runner. Five years ago my son Blaine, then a freshman in High School, wanted to get more experience and extra run time to further his Cross Country Career. He started working out with the Road Lizards and doing weekend races, all the members were so supportive of Blaine and many showed up at high school races even when out of town to support him, we will always be grateful for your help with his training.

As parents we were always there and felt like we needed to pitch in and help when we could. I learned how to register, score, and work the finish lines and Dennis worked the turn a-rounds and helped with traffic. One thing leads to another and I was asked to be Treasurer three years ago. I felt like I could step in and relieve at least some that wanted to run.

I have enjoyed my job the least three years and now it's time to pass the torch and let someone else carry on. I have made life long friends that I will always cherish. I plan to still help out at runs, being race director for the ECVFD runs and who knows some day you may see me coming across the finish instead of standing there with a clock in my hands.

All my thanks,

Kay Thompson



## San Angelo Road Lizards Annual Meeting



Community Room in the San Angelo YMCA on Randolph and Concho.

Saturday, January 12, 2008

3:30 p.m. Meeting Starts (We only have the room for 1 hour, so don't be late.)

4:30 p.m. Optional Fun Run Starts (Go as far as you want. As slow as you want.)

We will meet

Agenda:

Welcome

Finance Report

President's Report

Election of New Officers

2008 Running Calendar

Open Floor and Discussion

Fun Run

**This advertising space could be yours or your business's. For one years worth of ads:**

**Business card size is only \$100**

**Double Business card only \$150**

**Half page only \$300**

**CALL 651-3937 FOR INFO.**

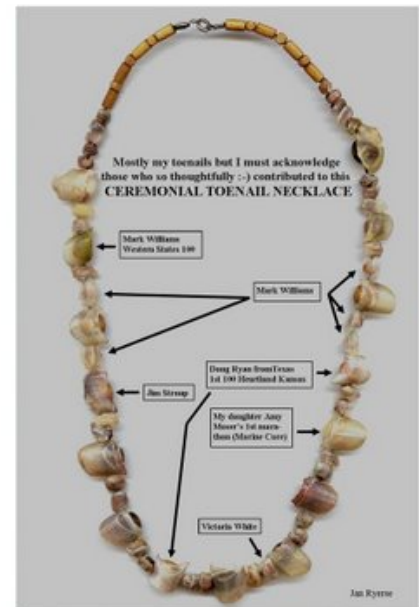
Terry Shaner has served 2 years as president and is not running for re-election. Jeanette Passons has agreed to run as president. Kay Thompson has served 3 years and is not running for re-election. Pia Cullins has volunteered to run for treasurer in her place if nobody else wants it. All club members that wish to serve as officers or on special committees please come forward.

Call or e-mail Terry Shaner at 651-3937 with your questions. We look forward to seeing you and hearing from you.

### Eleven Ways to Know that you are a real Trail Runner.

11. You carry a snake bite kit when you run.
10. At the start of every race, you look for the highest landmark as a reference point; in case you get disoriented.
9. You think nothing about stepping off the path to take care of #1 or #2.
8. Your running name is Sacagawea.
7. You read Robert Frost's *A Road Less Taken*, and wonder, 'Why did he waste his time with roads?'
6. The only map in your truck's glove box is of the local State Park.
5. You can wear your favorite running socks with your brown khaki pants because they both are the same color.
4. Your ankles are as wide as an elephant's, from all the sprains.
3. You claim that the 'compass built into your psyche' can always find true North.
2. After a run, you find the scores of mesquite and cactus needles protruding into your body offer more healing than a trip to an acupuncturist.
1. (This one is true!) You made a necklace out of your lost and blacken toenails. See picture from [http://runtrails.blogspot.com/2007\\_03\\_01\\_archive.html](http://runtrails.blogspot.com/2007_03_01_archive.html)

By: Terry Shaner



**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**

***Membership renewals are due.  
Annual meeting at 3:30 on Sat, Jan 12th. Details inside.***

