

CALENDAR

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

- JAN. 1 **Y2K FUN RUN:** New Years Day, MACKENZIE PARK, FMI call Bob Bernero, 794-0929 (m)
- * JAN. 15 **LOOP THE LAKE 5 MILE RUN:** 10am, BUDDY HOLLY PARK Bob Bernero, 794-0929 (m) E-mail, bbernero@aol.com
- JAN. 15 W.T.R.C. Social and Challenge Series awards with refreshments after the LOOP THE LAKE Race
- JAN. 16 **METHODIST/HOUSTON MARATHON:** FMI Call (713) 957-3453
- FEB. 6 **3M HALF MARATHON:** Austin, FMI call (512) 984-7223
- * FEB. 12 **COTTON PATCH RUNS:** FRENSHIP HIGH, Wolfforth, 9am, 4 & 8 Miles, David Higgins, Race Director, 748-5554 (w), 744-8328 (h)
- FEB. 20 **MOTOROLA/AUSTIN MARATHON:** Austin, FMI, Call (512) 505-8304
- FEB. 26 **FORT WORTH COWTOWN MARATHON:** FORT WORTH, Call (817) 735-2033
- FEB. 26 **LCU PRESIDENT'S RUN:** 5K, LCU Campus, call Jeff Key, 796-8800 or 799-8740 (m) jeff.key@lcu.edu
- MAR. 5 **FORT SAM HOUSTON MEDCOM MARATHON:** San Antonio, (210) 826-1888
- * MAR. 11 **PRAIRIE DOG TOWN RUN:** Mackenzie Park, Lubbock, 4 Miles, 9am John Trompler, Race Director, 794-1359 (n), 775-2848 (d)
- MAR. 25 **MARATHON of the GREAT SW:** Abilene, FMI, Call (915) 677-8144
- * APR. 1 **FLIGHT LINE RACES:** Reese AFB, 8am, 2 Mi, 10K, Half Marathon, Jim Harris, Race Director, (505) 392-8945
- APR. 2 **CAPITOL 10,000:** Austin, FMI, call 1-512-445-3598
- APR. 2 **MARATHON MARATHON:** Marathon, Texas, call 1-915-386-9011
- * MAY 13 **HORSESHOE BEND SPRING FROLIC:** 8am, N. of Slaton, 11, 6 and 2 Mile Races, Race Director Needed!!!!
- MAY 27 **LONESTAR PAPER CHASE MARATHON:** Amarillo, Call (806) 345-3451
- * JUNE 10 **BOBBY BIRDSONG MEMORIAL LEVELLAND LOPE:** Levelland ?, 8am 10K and 2 Mile, Race Director Needed!!!!
- * JULY 4 **31st ANNUAL FIRECRACKER RUN:** Brownfield, 8am; 10Mile and 3 Mile, kids 1 Mile, Jim Leser, RD, 794-2474 (n), 746-6101 (d)
- * AUG. 12 **HOT DAM 5 MILLER:** Canyon Lake 6, Lubbock, (also 1 Mile Children's Run) 8:00 am, James Bone, Race Director, 792-8330
- * SEPT 9 **SHALLOWATER STAMPEDE:** 10K and 2 Mile, 8:00 am, Shallowater High School, Wayne Oakeley, Race Director, 799-4473

<http://members.tripod.com/wtrc>

For Membership, Calendar, Race Results, etc.

8004338321 Milltowne

Season Greetings
and
Best Wishes for a
Happy, Prosperous and fit
New Year.



Newsletter Editor
7818 Kenosha
Lubbock, Texas 79423

January 2000



M. DAVID HIGGINS
1916-B 27TH STREET
LUBBOCK TX 79411
12-99

Membership expiring 1/1 label
says 12-99

January W.T.R.C RACE
LOOP THE LAKE 5 MILE RUN
10AM, Saturday, January 15, 2000
Buddy Holly Park
Lubbock TX
Details Inside Back Cover

WEST TEXAS RUNNING CLUB

OFFICERS

President - Mike Kelley
(H) 765-0441 (O) 766-0355

Internal Vice-President - Marti Greer
(H) 285-0276 (O) 762-0895

829-2153

External Vice-President - Howard Norman
(H) 780-0089 (O) 742-3170 (M) 789-5411

Secretary - Etta Mayer
(W) 742-2907

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

DIRECTORS

Newsletter Director - Debbie Wilson
(H) 795-1667
(e-mail) dandw.wilson@aol.com

External Race Director - Ron Hewett
(H) 748-6017 (W) 742-3329

Equipment Director - Ronnie Prigg
(H) 799-3615 (Pager) 723-0139

Race Calendar Director - Dwayne Oakeley
(H) 799-4473

Membership Director - John Trompler
(H) 794-1359 (O) 775-2848
(e-mail) JTROMPLER@mail.ci.lubbock.tx.us

Internal Race Director - Ron Lubowicz
(H) 748-1855 (O) 778-9550

WTRC Web Address:
<http://members.ripod.com/wtrc>

W.T.R.C. RACES ARE USUALLY HELD THE 2ND SATURDAY OF EACH MONTH

The WTRC monthly business meeting is on Tuesday, February 2, 7:00 p.m. at 1623 10th Street, Conference Room, Bolinger, Segars, Gilbert & Gilbert, L.L.P. All members are welcome.

FROM THE PRESIDENT

Winter As much as I complain about cold weather and dread the loss of summer, I really got a kick out of the Redline. A crisp, clear day; crunchy snow and ice and mud; slippery slopes. The snow was so deep, it was easiest at times to follow single-file behind the runner in front. Its one of those tough courses you love to hate, enjoyed best after its finished. Its as close as you'll get to a true winter race in West Texas. And that's real cross-country!

The Next Millennium

Mike Kelley

Early Registration

What does WTRC have in common with the big-city races? Not high entry fees. Not the long waits for the race start or finish results.

We have no-wait pre-registration! Now you can mail or call in your registration up to the day before the race. What's the benefit? A fast computer generated printout of your finishing time and place, and a no-wait awards ceremony! If you can't mail your pre-registration, a simple phone call to the race director the week, even the day before the race will get you listed and out of the long lines the day of the race. You want fast times? Get the WTRC computer on your side for a fast start and a fast finish!

(This ad paid for by the Running Computer Nerds of America)

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 793-1667 (N) WTRC HOTLINE - (806) 792-3293 FOR LOCAL RUNNING EVENTS UPDATE

**WEST TEXAS RUNNING CLUB'S
"LOOP THE LAKE" 5 MILE RUN**
9th Annual

Initial event of the 2000 W.T.R.C CHALLENGE SERIES

WHEN: SATURDAY, JANUARY 15, 2000
REGISTRATION 9:00-9:45 A.M.
RACE START AT 10:00 A.M.

WHERE: BUDDY HOLLY PARK, Party House just west
on Canyon Lake Road off University Ave.

COURSE: 5 Miles; 2 plus loops of CANYON LAKE 1 & 2
Paved rolling terrain

ENTRY FEE: W.T.R.C. MEMBERS= \$ 5.00
OTHERS = \$ 6.00

AWARDS: Awards to at least the first three and
up to 50% in the following Divisions

AGE DIVISIONS:

MEN 6-12; 13-15; 16-19; 20-29; 30-34; 35-39;
40-44; 45-49; 50-54; 55-59; 60 & Over

WOMEN 6-12; 13-15; 16-19; 20-29; 30-34; 35-39;
40-44; 45-49; 50 & Over

For More Information: Call Bob Bernero, 794-0929 (n)

(Volunteers needed, please call above)

**PRE-REGISTRATION: Mail in form with regular fees or call
George to register by phone, then pay race day**

792-3291 (d) 792-1237 (n) before 7pm, Fri. Jan 14th

Schlotzsky's Deli



New Orleans Style Muffaletta Sandwiches
Searedough Crust Pizza
Soups and Salads

All WTRC members-75c off medium Sandwich, Pizza or Chef Salad

SCHLOTZSKY'S THANKSGIVING DAY TURKEY TROT
12K & 2 MILE RACES
Lubbock, Texas November 25, 1999
TWO MILE OVERALL RESULTS

Table with columns: PLACE NAME, TOWN, ST, AG, S, DIV, PLACE, TIME, PACE. Lists race results for 99 participants, including names like Miguel Hernandez, Ron Hillis, and others, with their respective times and paces.

* = Age Group Records

WEST TEXAS RUNNING CLUB'S
RED LINE FOUR MILE CROSS COUNTRY RUN
DECEMBER 11, 1999
LUBBOCK, TEXAS

OVERALL RESULTS

Table with columns: PLACE NAME, TOWN, ST, AG, S, DIV, PLACE, TIME, PACE. Lists race results for 66 participants, including names like Hawk Harris, Bob Jackson, and others, with their respective times and paces.

* = Age Group Records

W.T.R.C. NEWS
WHITEROCK MARATHON
Lubbock, Texas November 25, 1999
SCHLOTZSKY'S THANKSGIVING DAY TURKEY TROT
12K & 2 MILE RACES
TWO MILE OVERALL RESULTS

John Trompler, 52, 3:40:26, Ron Hewett, 38, 3:44:14, David Mangold, 51, 4:04:46, Jim Deaver, 42, 4:10:54, Bruce Fellers, 46, 4:17:20, Richard Fischenich, 52, 4:27:19, Mike Greer, 60, 4:31:10, Kurt Wilkes, 41, 4:32:11, Pete Torres, 28, 4:36:28, Michelle Hickie, 29, 4:40:23, Vickie Fischenich, 34, 5:24:52, Marti Greer, 41, 5:37:53, Johnny Scott, 56, 6:15:45. Former club member Wes Bouillon of Amarillo, 42, ran a 3:12:17 and Ed Craighead, 56 of Dalhart ran a 3:08:38.

TUCSON MARATHON
Kirk Thomas, 41, 3:18:37, Randy Wolcott, 43, 3:34:02, Larry Byrd, 58, 4:37:22, Bob Bernero, 57, 4:51:04.
Half Marathon
James Bone, 60, 1:56:09, Joe Martinez, 54, 2:27:49.

CHALLENGE SERIES
The final listing shows only those who have volunteered at least once during the past year. To be eligible for "points" awards one must have participated in at least 4 events, one as a volunteer. Because the LEVELLAND IOPE was cancelled this year, anyone who would have needed that 6.2 miles has been credited that much.

TURKEY TROT LEFTOVERS
Once again the weather was great for our annual Turkey Trot at Mackenzie Park on Thanksgiving Day. We had 205 registered runners with 194 finishers (11 pre-registered people did not make it to the start line). Many of these runners were from out of town and I appreciate them taking the time to come out and run with us. The big change in the race this year was changing the length from 10 miles to 12K. A big thanks to George Jury for measuring the course for me and for the many other things that he did to help make the race a success. We had a couple of miscues, as the police did not show up for our street crossing. Luckily we had some extra volunteers that were able to help out. Also our results were not put in the AJ over the weekend. Steps will be taken next year so both of these mistakes won't take place again.

While we are not as big as the Dallas race, we had something they didn't, our very own National Champion and All-American, Leigh Daniel. Leigh had just completed in the NCAA Cross-Country Championship (6th place) on Monday, so I am glad she was able to come and run with us. She won the women's division of the 12K with Chris Pruitt winning the men's. Quent Bearden and Candace Perry were the overall winners in the two-mile race.
Our volunteers this year were: George Jury, Jon Omdahl, Debbie Wilson, Damon Richards, Weldon Kolb, Hope Jimenez, Tony Aleman, David Steadman, my brother, Dave and some of my employees.

Thanks to everyone who came out this year either to run or cheer on the participants. Please mark your calendar for next year and join us again for a fun way to start Thanksgiving Day.
Chris Lonngren, Race Director

REDLINE RACE REPORT
Even though none of us could find the red line due to several inches of snow, we had a fun race and managed to set an attendance record for this Redline event with 66 finishers (plus a few fast bandits). In spite of the "slow" course, Diane Calhoun of Idalou set a new 40-44 age group record of 32:30. Many of the runners began shedding sweatshirts and took by the 2nd lap thanks to a nearly breezeless, sunny morning. And although the course was mostly snow covered, and a bit muddy near the bridge, we got away without any injuries. But for me, the best part of this last-club-race-of-the-old-millennium, was the tremendous services provided by our volunteers. If it weren't for George Jury, Etta Mayer, Marjory Stewart, Debbie Wilson, David Martin, Mike Kelley, Janda Ibbetson, Kirk and Aubrey Thomas, Margarita Jimenez, Pete Torres and Martha Martinez, Ida Sumpter, David Higgins, Bryan, Joseph, Austin, Fisher and Ashlieigh Patridge, Tony Aleman, Jon Omdahl, and Frank Earney, I might actually have had something to do other than act important and hand out medals.

Thanks to everyone, the volunteers, the runners, and the friends, families and fan clubs, that showed up to make our millennium finale such a huge success. Hope to see all of you again next year.
Ron Lubowicz

| PLACE NAME | TOWN | ST | AG | S | DIV | PLACE | TIME | PACE |
|--------------------------|------------|----|----|---|-----|-------|-------|------|
| 1 QUENT BEARDEN | LUBBOCK | TX | 24 | M | 1 | M2029 | 10:44 | 5:22 |
| 2 CHRIS RAMIREZ | LUBBOCK | TX | 17 | M | 1 | M1619 | 11:03 | 5:32 |
| 3 MICHEAL BOX | HOBBS | NM | 18 | M | 2 | M1619 | 11:19 | 5:40 |
| 4 ROCKY REYES | FLOYDADA | TX | 15 | M | 1 | M1315 | 11:51 | 5:56 |
| 5 RAFAEL ESPINOSA | FLOYDADA | TX | 34 | M | 1 | M3034 | 12:16 | 6:08 |
| 6 CONNOR RYAN | HOBBS | NM | 17 | M | 3 | M1619 | 12:19 | 6:10 |
| 7 HEATH RIBORDY | LUBBOCK | TX | 21 | M | 2 | M2029 | 12:36 | 6:18 |
| 8 SHAWN ANGER | LUBBOCK | TX | 29 | M | 3 | M2029 | 13:08 | 6:34 |
| 9 JOHN GREGORCYK | IDALOUK | TX | 49 | M | 1 | M4549 | 13:13 | 6:37 |
| 10 JAVIER PRADO | LUBBOCK | TX | 15 | M | 2 | M1315 | 13:21 | 6:41 |
| 11 RANDALL WOLCOTT | LUBBOCK | TX | 43 | M | 1 | M4044 | 13:23 | 6:42 |
| 12 BILL RITCHIE | AMHERST | TX | 50 | M | 1 | M5054 | 13:26 | 6:43 |
| 13 RICKY CAVAZOS | FLOYDADA | TX | 31 | M | 2 | M3034 | 13:34 | 6:47 |
| 14 LORENZO PADILLA | LEVELLAND | TX | 45 | M | 2 | M4549 | 13:40 | 6:50 |
| 15 CANDACE PERRY | HOBBS | NM | 17 | F | 1 | F1619 | 13:42 | 6:51 |
| 16 JIM HARRIS | HOBBS | NM | 57 | M | 1 | M5559 | 13:43 | 6:52 |
| 17 CHRIS NORMAN | LUBBOCK | TX | 21 | M | 4 | M2029 | 13:47 | 6:54 |
| 18 CODY LASS | LOCKNEY | TX | 48 | M | 3 | M1315 | 13:48 | 6:54 |
| 19 FRED WEBER | LUBBOCK | TX | 48 | M | 3 | M4549 | 13:52 | 6:56 |
| 20 RUDY RAMIREZ | LUBBOCK | TX | 35 | M | 1 | M3539 | 14:12 | 7:06 |
| 21 GONZALO RAMIREZ | DALLAS | TX | 43 | M | 2 | M4044 | 14:30 | 7:15 |
| 22 SHAMARIE VAN HECKE | HOBBS | NM | 16 | F | 2 | F1619 | 14:35 | 7:18 |
| 23 KATELYN SCHWARZ | HOBBS | NM | 14 | F | 1 | F1315 | 14:36 | 7:18 |
| 24 RAUL PRADO | LUBBOCK | TX | 45 | M | 4 | M4549 | 15:05 | 7:33 |
| 25 JASON JOHNSON | LUBBOCK | TX | 30 | M | 3 | M3034 | 15:11 | 7:36 |
| 26 STEVE MASSENGALE | LUBBOCK | TX | 30 | M | 4 | M3034 | 15:19 | 7:40 |
| 27 KIRSTEN TALBERT | LUBBOCK | TX | 16 | F | 3 | F1619 | 15:24 | 7:42 |
| 28 LADRIK PERRY | HOBBS | NM | 14 | M | 4 | M1315 | 15:25 | 7:43 |
| 29 LARRY SUTTON | FT WORTH | TX | 47 | M | 5 | M4549 | 15:27 | 7:44 |
| 30 BILL FELTON | LUBBOCK | TX | 65 | M | 1 | M6099 | 15:27 | 7:44 |
| 31 MIKE LASS | LOCKNEY | TX | 37 | M | 2 | M3539 | 15:40 | 7:50 |
| 32 KIM PORTER | PETERSBURG | TX | 48 | M | 6 | M4549 | 15:43 | 7:52 |
| 33 ALYSSA PRESTON | LUBBOCK | TX | 11 | F | 1 | F0112 | 15:50 | 7:55 |
| 34 J.R. MENDOZA | LEVELLAND | TX | 42 | M | 3 | M4044 | 15:52 | 7:56 |
| 35 CHERYL WEBER | LUBBOCK | TX | 46 | F | 1 | F4549 | 15:54 | 7:57 |
| 36 JARED WOLCOTT | CARMEL | IN | 17 | M | 4 | M1619 | 16:23 | 8:12 |
| 37 MOSES REYES | FLOYDADA | TX | 36 | M | 3 | M3539 | 16:28 | 8:14 |
| 38 JIM BUEGHEL | WAUKESHA | WI | 41 | M | 4 | M4044 | 16:32 | 8:16 |
| 39 CASEY POTTS | LUBBOCK | TX | 14 | M | 5 | M1315 | 16:34 | 8:17 |
| 40 JOHN STALCUP | LUBBOCK | TX | 66 | M | 2 | M6099 | 16:37 | 8:19 |
| 41 WHITNEY WHITWORTH | LUBBOCK | TX | 10 | F | 2 | F0112 | 16:56 | 8:28 |
| 42 LANDRUM MEDLOCK | LUBBOCK | TX | 54 | M | 2 | M5054 | 16:57 | 8:29 |
| 43 JENNY MURPHY-LUBOWICZ | AMARILLO | TX | 13 | F | 2 | F1315 | 17:07 | 8:34 |
| 44 DOUG MANGOLD | LUBBOCK | TX | 15 | M | 6 | M1315 | 17:08 | 8:34 |
| 45 MATT MCGUIRE | LUBBOCK | TX | 27 | M | 5 | M2029 | 17:15 | 8:38 |
| 46 JONATHAN BUSBY | LUBBOCK | TX | 11 | M | 1 | M0112 | 17:23 | 8:42 |
| 47 CAMMY LASS | LOCKNEY | TX | 13 | F | 3 | F1315 | 17:50 | 8:55 |
| 48 BRITTA McDONALD | LOCKNEY | TX | 13 | F | 4 | F1315 | 17:51 | 8:56 |
| 49 RACHEL LOPEZ | LUBBOCK | TX | 46 | F | 2 | F4549 | 17:52 | 8:56 |
| 50 STEPHANIE HOLT | LUBBOCK | TX | 30 | F | 1 | F3034 | 18:05 | 9:03 |

SCHLOTZSKY'S S THANKSGIVING DAY TURKEY TROT

12K *** OVERALL RESULTS ***

| PLACE | NAME | TOWN | ST | AG | S | DIV | PLACE | TIME | PACE |
|-------|-----------------------|-------------|----|----|---|-----|-------|---------|-------|
| 43 | CRYSTAL AYCOCK | LUBBOCK | TX | 28 | F | 2 | F2029 | 1:06:19 | 8:55 |
| 44 | CHELSTIE BREUNIG | LUBBOCK | TX | 16 | F | 1 | F1619 | 1:07:12 | 9:02 |
| 45 | MIKE MORGAN | LUBBOCK | TX | 40 | M | 6 | M4044 | 1:07:13 | 9:02 |
| 46 | BILL ROGER | LEVELLAND | TX | 60 | M | 2 | M6099 | 1:07:26 | 9:03 |
| 47 | JOHN ZWIACHER | LUBBOCK | TX | 47 | M | 4 | M4549 | 1:07:29 | 9:04 |
| 48 | SHELAGH AYCOCK | LUBBOCK | TX | 33 | F | 1 | F3034 | 1:07:30 | 9:04 |
| 49 | MINDY HATCH | LUBBOCK | TX | 38 | F | 2 | F3539 | 1:07:36 | 9:05 |
| 50 | PAM GASCHEN | LUBBOCK | TX | 34 | F | 2 | F3034 | 1:07:44 | 9:06 |
| 51 | JAY SHINN | LUBBOCK | TX | 33 | M | 7 | M3034 | 1:07:46 | 9:06 |
| 52 | MADONNE MINER | LUBBOCK | TX | 47 | F | 2 | F4549 | 1:07:50 | 9:07 |
| 53 | DAVID MALONE | LUBBOCK | TX | 42 | M | 7 | M4044 | 1:07:51 | 9:07 |
| 54 | KIM PEARSON | LUBBOCK | TX | 45 | M | 5 | M4549 | 1:08:17 | 9:10 |
| 55 | BOB BERNERO | LUBBOCK | TX | 57 | M | 2 | M5559 | 1:08:37 | 9:13 |
| 56 | STEVE VORDENBERG | SPRINGBORO | OH | 32 | M | 8 | M3034 | 1:09:07 | 9:17 |
| 57 | WALT JONES | LUBBOCK | TX | 29 | M | 5 | M2029 | 1:09:08 | 9:17 |
| 58 | JAUNITA VORDENBERG | SPRINGBORO | OH | 35 | F | 3 | F3539 | 1:09:12 | 9:18 |
| 59 | ALAN BOJORQUEZ | AUSTIN | TX | 32 | M | 9 | M3034 | 1:09:31 | 9:20 |
| 60 | JACK McMAHAN | LUBBOCK | TX | 35 | M | 8 | M3539 | 1:09:43 | 9:22 |
| 61 | DAVID GATES | LUBBOCK | TX | 37 | M | 9 | M3539 | 1:09:44 | 9:22 |
| 62 | DONNA CHRISTIAN | LUBBOCK | TX | 36 | F | 4 | F3539 | 1:09:47 | 9:22 |
| 63 | LOREN PHILLIPS | LUBBOCK | TX | 45 | M | 6 | M4549 | 1:09:55 | 9:24 |
| 64 | GINGER STANLEY | MIDLAND | TX | 48 | F | 3 | F4549 | 1:10:15 | 9:26 |
| 65 | SIMONE BARNHILL | LUBBOCK | TX | 24 | F | 3 | F2029 | 1:10:24 | 9:27 |
| 66 | KURT WILKES | LUBBOCK | TX | 41 | M | 8 | M4044 | 1:10:24 | 9:27 |
| 67 | DAN MANNING | FT. WORTH | TX | 41 | M | 9 | M4044 | 1:10:45 | 9:30 |
| 68 | SHANNA ARMSTRONG | LUBBOCK | TX | 25 | F | 4 | F2029 | 1:12:02 | 9:41 |
| 69 | PAMELA ROBERTS | FT WORTH | TX | 26 | F | 5 | F2029 | 1:12:03 | 9:41 |
| 70 | STEVE KASACHKOFF | DUNCANVILLE | TX | 37 | M | 10 | M3539 | 1:12:03 | 9:41 |
| 71 | RANDALL VANLANDINGHAM | LITTLEFIELD | TX | 29 | M | 6 | M2029 | 1:12:08 | 9:41 |
| 72 | JO ANN PHILLIPS | LUBBOCK | TX | 40 | F | 3 | F4044 | 1:12:14 | 9:42 |
| 73 | MARSHA BENNETT | LUBBOCK | TX | 36 | F | 4 | F3539 | 1:13:29 | 9:52 |
| 74 | ANDREA COFFIN | FLORENCE | TX | 26 | F | 6 | F2029 | 1:14:25 | 10:00 |
| 75 | CHRIS WINN | LUBBOCK | TX | 37 | M | 11 | M3539 | 1:14:26 | 10:00 |
| 76 | JAN DANIEL | LUBBOCK | TX | 42 | F | 4 | F4044 | 1:18:44 | 10:35 |
| 77 | LAL PEARCE | HOUSTON | TX | 38 | M | 12 | M3539 | 1:18:45 | 10:35 |
| 78 | RUBEN EVANS | PRATTVILLE | AL | 61 | M | 3 | M6099 | 1:18:55 | 10:36 |
| 79 | TERESA LEVELLE | LUBBOCK | TX | 33 | F | 3 | F3034 | 1:19:04 | 10:37 |
| 80 | RICK MARSHALL | GLOVIS | NM | 39 | M | 13 | M3539 | 1:20:01 | 10:45 |
| 81 | RON BROWN | SOUTHLAKE | TX | 50 | M | 5 | M5054 | 1:20:26 | 10:48 |
| 82 | JOHN WOODS | LUBBOCK | TX | 55 | M | 3 | M5559 | 1:21:32 | 10:57 |
| 83 | SUZY PASSMORE | PAMPA | TX | 43 | F | 5 | F4044 | 1:23:18 | 11:11 |
| 84 | BOB BROSELOW | LUBBOCK | TX | 59 | M | 4 | M5559 | 1:24:13 | 11:19 |
| 85 | DESIREE ROGERS | LUBBOCK | TX | 44 | F | 6 | F4044 | 1:24:31 | 11:21 |
| 86 | FRANK EARNEY | LUBBOCK | TX | 50 | M | 6 | M5054 | 1:30:41 | 12:11 |

W.R.T.C. 1999 CHALLENGE SERIES
FINAL STANDINGS AFTER 12 EVENTS

| YTD TOTALS | | YTD TOTALS | | YTD TOTALS | |
|-------------------|-----|------------|------|------------|----|
| AGE | PTS | MILES | EVT | VOL | |
| 0 - 12 MALE | 11 | 87 | 30.1 | 9 | |
| Kenneth Kinzenbaw | | | | | |
| Francisco Jimenez | 4 | 0 | 8 | 1 | * |
| 13 - 15 MALE | 15 | 49 | 23 | 6 | * |
| Casey Sumpter | | | | | |
| 16-19 MALE | 18 | 58 | 44.6 | 6 | |
| Bobby Sain | | | | | |
| 20 - 29 MALE | 23 | 48 | 47.6 | 8 | * |
| Hawk Harris | | | | | |
| Glen Pokliuha | 28 | 36 | 22.7 | 4 | |
| 30 - 34 MALE | 30 | 56 | 48.5 | 7 | |
| Shannon Moore | | | | | |
| Luis Nevarez | 34 | 46 | 32.9 | 5 | |
| Tim Key | 32 | 30 | 24.2 | 4 | * |
| Wayne Ivey | 30 | 27 | 31.8 | 4 | * |
| Richard Verone | 31 | 25 | 31.8 | 4 | * |
| David Steadman | 30 | 18 | 31.8 | 3 | * |
| Bryan Patridge | 32 | 11 | 19 | 3 | * |
| 35 - 39 MALE | 38 | 70 | 62.6 | 9 | * |
| Ron Hewett | | | | | |
| Brad Ewing | 35 | 45 | 55.6 | 7 | * |
| Mike Lass | 37 | 30 | 25 | 4 | |
| 40 - 44 MALE | 43 | 91 | 67.5 | 11 | ** |
| Al Gardner | | | | | |
| Randy Wolcott | 43 | 57 | 44.5 | 7 | * |
| Chris Loringren | 40 | 55 | 55.4 | 7 | ** |
| Kirk Thomas | 41 | 46 | 62.4 | 7 | * |
| Jimmy Samarron | 44 | 46 | 16 | 5 | * |
| Dwayne Oakeley | 43 | 44 | 64.3 | 10 | ** |
| Bob Jackson | 40 | 40 | 34.1 | 5 | * |
| Russel Martin | 41 | 34 | 32.2 | 5 | * |
| Jackie Cannon | 43 | 33 | 10 | 4 | * |
| David Malone | 42 | 25 | 36.9 | 6 | * |
| Richard Thomas | 43 | 24 | 67.1 | 9 | * |
| Mark Albus | 43 | 23 | 26.1 | 4 | * |
| Wade Wilson | 41 | 22 | 68 | 9 | * |
| Kurt Wilkes | 41 | 21 | 52.8 | 6 | * |
| David Martin | 43 | 11 | 22 | 4 | * |
| Weldon Kolb | 43 | 10 | 24.7 | 3 | * |
| Dan Adams | 42 | 7 | 18 | 2 | * |
| Mickey Davis | 42 | 3 | 27.3 | 3 | * |
| Ed Dabrowski | 40 | 0 | 5 | 1 | * |
| 45 - 49 MALE | 57 | 98 | 62.3 | 12 | ** |
| Jim Harris | | | | | |
| Bob Bernero | 57 | 69 | 73.2 | 10 | * |
| Richard Bray | 55 | 56 | 62.6 | 8 | * |
| Ron Hillis | 55 | 33 | 41.5 | 6 | * |
| Rick Lampe | 55 | 18 | 20.2 | 4 | * |
| Ron Lubowicz | 56 | 17 | 58.4 | 7 | * |
| Bo Minnis | 57 | 5 | 8 | 2 | * |
| Larry Byrd | 58 | 0 | 40.3 | 4 | * |
| 60 - 69 MALE | 60 | 80 | 61.2 | 10 | * |
| James Bone | | | | | |
| Ralph Wolf | 62 | 66 | 38.2 | 8 | * |
| Bill Roger | 60 | 59 | 62 | 9 | * |
| Jimmie Key | 62 | 56 | 53.2 | 7 | * |
| John Stalcup | 66 | 48 | 27.4 | 6 | * |
| Mike Greer | 60 | 32 | 63.7 | 8 | ** |
| Hugh Haynes | 68 | 15 | 30.3 | 3 | * |
| George Jury | 62 | 0 | 100 | 11 | ** |
| 40 - 44 FEMALE | 41 | 47 | 58.7 | 7 | ** |
| Marli Greer | | | | | |
| Martha Martinez | 44 | 20 | 12.1 | 3 | * |
| Marjory Stewart | 40 | 10 | 8 | 2 | * |
| Iea Sumpter | 43 | 9 | 20 | 4 | * |
| 45 - 49 FEMALE | 46 | 89 | 76.2 | 11 | * |
| Shirley Wigley | | | | | |
| Josie Aleman | 48 | 82 | 39.2 | 11 | * |
| Madonne Miner | 47 | 63 | 61 | 8 | * |
| Cheryl Weber | 46 | 60 | 20 | 7 | * |
| Pam Hillis | 45 | 30 | 22.2 | 4 | * |
| Theresa Marez | 49 | 0 | 11 | 1 | * |
| 50 - 99 FEMALE | 50 | 97 | 85.6 | 11 | * |
| Elita Mayer | | | | | |
| Delores Key | 57 | 34 | 37.4 | 6 | * |
| P J Mitchell | 53 | 20 | 29 | 4 | ** |
| Mary Harris | 53 | 10 | 15 | 3 | * |
| Rhonda Kauk | 50 | 0 | 17.2 | 2 | * |

** = RACE DIRECTOR
* = VOLUNTEER

MISSION ACCOMPLISHED
HAWAII IRONMAN TRIATHLON

On April 15, 1999, I learned of being selected in the Hawaii Ironman lottery and thus set out with a single mission, to complete "THE IRONMAN" and live to tell about it. To this point my training philosophy was simple...more and faster is better! After the reality of what I was going to do (2.4 mile swim, 112 mile bike ride, and a 26.2 mile run) set in I realized I had little to no idea of how to train for such a gruelling event. The good Lord must have been thinking the same thing about me and moved Tim Key to call me and offer his training expertise. This turned out to be the best investment I've ever made. Not only did I finish 27 minutes faster than I expected, I also had the time of my life and felt great upon finishing. Tim helped me prepare physically, mentally, with proper bike set up, and instructed me in areas such as race day nutrition, hydration and pace. For those interested, race day nutrition included approximately 5,600 calories and 300 ounces of liquids. If I had to assign areas of importance in what helped me to complete the race, I would say 65% to physical conditioning, 10% mental toughness and 25% to proper calorie and liquid intake during the race. I learned the lessons of nutrition and hydration the hard way during long training days, and believe me, I did not want to make that mistake again at the Ironman; it would not have been a pretty picture.

Having an iron will and proper and intense training are not the only requirements that enable one to complete an Ironman. It also takes iron friends and family. Many of my iron friends were also unknowingly carefully selected as my mentors. I knew I had the desire and drive to do the necessary training, but being a newcomer to endurance sports, I needed input and encouragement from people who had been there and done that. Lord knows I had enough people telling me I could not do it, saying I was too old, I would have a heart attack, etc. My mentors are my iron friends. Among them are my running mentors, Weldon Kolb, Jim Leser, David Steadman and Tim Key. My swimming mentors are Marti Greer and Tim Key, and my cycling mentors are Mike and Marti Greer, Jimmie Key and Tim Key. All of these people served as an invaluable source of information, encouragement and inspiration. However, none of this would have been possible without the love and support of my best friend and wife, Debbie Wilson.

Many people ask why I would put myself through such seemingly torturous preparation just to do an ultra endurance race. My answer is simply that it is fun and that I enjoy challenging myself, although it is not quite as simple as that. The concept that endurance training can be fun is foreign to most people, even some runners. If done properly, endurance training provides one with a great sense of accomplishment with what seems to be a less than intense effort. I think that endurance training should be redefined as training with extended enjoyment.

Let me end this with a simple message, penned by Benjamin Franklin, to all those potential Ironmen and women out there. "Whether you think you can, or whether you think you can't, you are probably right."

"Ironman" Wade Wilson

RACE DIRECTOR'S NEEDED

Race director's are still needed for May, June, Red Raider and Buffalo Wallow races this year. Please call Ron Lubowicz to volunteer at 778-9550 or 748-1855.

SCHLOTZSKY'S THANKSGIVING DAY TURKEY TROT
Lubbock, Texas November 25, 1999
12K *** OVERALL RESULTS ***

| PLACE | NAME | TOWN | ST | AG | S | DIV | PLACE | TIME | PACE |
|-------|-------------------|-------------|----|----|---|-----|-------|---------|------|
| 1 | CHRIS TRUITT | LUBBOCK | TX | 24 | M | 1 | M2029 | 42:55 | 5:46 |
| 2 | HAWK HARRIS | HOBBS | NM | 23 | M | 2 | M2029 | 43:47 | 5:53 |
| 3 | LEIGH DANIEL | LUBBOCK | TX | 21 | F | 1 | F2029 | 44:35 | 6:00 |
| 4 | BOBBY SAIN | LUBBOCK | TX | 18 | M | 1 | M1619 | 45:13 | 6:05 |
| 5 | RICHARD FRIESNER | ALBUQUERQUE | NM | 18 | M | 2 | M1619 | 45:20 | 6:05 |
| 6 | GLEN POKLIKUHA | LUBBOCK | TX | 28 | M | 3 | M2029 | 45:44 | 6:09 |
| 7 | STEPHEN PEREZ | MIDLAND | TX | 31 | M | 1 | M3034 | 45:54 | 6:10 |
| 8 | FABIAN GUTIERREZ | HOBBS | NM | 19 | M | 3 | M1619 | 48:41 | 6:33 |
| 9 | TODD MANN | LUBBOCK | TX | 34 | M | 2 | M3034 | 48:56 | 6:34 |
| 10 | LOLO MERCADO | EL PASO | TX | 39 | M | 1 | M3539 | 49:15 | 6:37 |
| 11 | AL GARDNER | LEVELLAND | TX | 43 | M | 1 | M4044 | 51:36 | 6:56 |
| 12 | CHUCK SPAUGH | LUBBOCK | TX | 39 | M | 2 | M3539 | 51:50 | 6:58 |
| 13 | LUIS NEVAREZ | LUBBOCK | TX | 34 | M | 3 | M3034 | 51:51 | 6:58 |
| 14 | EPI AGUIRRE | LUBBOCK | TX | 41 | M | 2 | M4044 | 52:07 | 7:00 |
| 15 | MARJORY STEWART | LUBBOCK | TX | 40 | F | 1 | F4044 | 53:18 | 7:10 |
| 16 | DANIEL HERMAN | HOBBS | NM | 36 | M | 3 | M3539 | 55:11 | 7:25 |
| 17 | BEN WRIGHT | LUBBOCK | TX | 15 | M | 1 | M1315 | 55:54 | 7:31 |
| 18 | WADE WILSON | LUBBOCK | TX | 41 | M | 3 | M4044 | 56:17 | 7:34 |
| 19 | CHRIS BREUNIG | LUBBOCK | TX | 37 | M | 4 | M3539 | 56:39 | 7:37 |
| 20 | RONNIE PRIGG | LUBBOCK | TX | 48 | M | 1 | M4549 | 56:41 | 7:37 |
| 21 | BEN THOMAS | MORTON | TX | 16 | M | 4 | M1619 | 57:13 | 7:41 |
| 22 | DENNIS RAWLS | LUBBOCK | TX | 16 | M | 5 | M1619 | 58:00 | 7:48 |
| 23 | MATTHEW JORDAN | LUBBOCK | TX | 34 | M | 4 | M3034 | 58:52 | 7:54 |
| 24 | ALBERT ESPINOSA | MIDLAND | TX | 29 | M | 4 | M2029 | 59:15 | 7:58 |
| 25 | JIMMY WAECHTER | HOBBS | NM | 47 | M | 2 | M4549 | 59:35 | 8:00 |
| 26 | DARREL McMILLEN | LUBBOCK | TX | 53 | M | 1 | M5054 | 59:43 | 8:01 |
| 27 | DENNIS RYAN | HOBBS | NM | 38 | M | 5 | M3539 | 1:00:07 | 8:05 |
| 28 | MARY BRANSCOME | LUBBOCK | TX | 40 | F | 2 | F4044 | 1:00:16 | 8:06 |
| 29 | MELANIE McVEY | SUNDOWN | TX | 38 | F | 1 | F3539 | 1:00:59 | 8:12 |
| 30 | JOE POST | LUBBOCK | TX | 51 | M | 2 | M5054 | 1:01:12 | 8:13 |
| 31 | DWAYNE OAKELEY | LUBBOCK | TX | 43 | M | 4 | M4044 | 1:01:43 | 8:17 |
| 32 | WAYNE IVEY | SLATON | TX | 30 | M | 5 | M3034 | 1:02:17 | 8:22 |
| 33 | MIKE KELLEY | LUBBOCK | TX | 50 | M | 3 | M5054 | 1:02:20 | 8:22 |
| 34 | DON McGUIRE | SOUTHLAKE | TX | 36 | M | 6 | M3539 | 1:02:46 | 8:26 |
| 35 | DAVID MANGOLD | LUBBOCK | TX | 51 | M | 4 | M5054 | 1:03:23 | 8:31 |
| 36 | RICHARD BRAY | LUBBOCK | TX | 55 | M | 1 | M5559 | 1:03:51 | 8:35 |
| 37 | RICHARD THOMAS | LUBBOCK | TX | 43 | M | 5 | M4044 | 1:04:14 | 8:38 |
| 38 | LES HATCH | LUBBOCK | TX | 36 | M | 7 | M3539 | 1:04:40 | 8:41 |
| 39 | JAMES BONE | LUBBOCK | TX | 60 | M | 1 | M6099 | 1:05:10 | 8:45 |
| 40 | JON GATES | LUBBOCK | TX | 47 | M | 3 | M4549 | 1:05:19 | 8:46 |
| 41 | WILLIAM HERNANDEZ | MIDLAND | TX | 33 | M | 6 | M3034 | 1:05:33 | 8:48 |
| 42 | SHIRLEY WAGLEY | LUBBOCK | TX | 45 | F | 1 | F4549 | 1:05:49 | 8:51 |

**RUN SMART...
WEEKLY WORKOUTS
WITH
TIM KEY**

TRAINING WITH A PURPOSE WILL ESTABLISH:

- Consistent running schedule
- Improved running form
- Proper stretching technique
- Stress management
- Nutrition guidelines

UPCOMING RACES

| | | |
|----------------------------------|------------------|-------------|
| Feb. 6 | 13.1 miles | Austin |
| *Feb. 12 | 4.8 miles | Wolforth |
| Feb. 20 | 26.2 miles | Austin |
| Feb. 26 | 26.2 miles | Ft. Worth |
| *Mar. 5 | 26.2 miles | San Antonio |
| *Mar. 11 | 4.0 miles | Lubbock |
| Apr 1 | 2,6.2,13.1 miles | Lubbock |
| * West Texas Running Club events | | |

BENEFITS:

- Motivation
- Improve body composition
- Increase energy levels
- Having fun while training

ABOUT THE COACH: TIM KEY

- 19 years of running experience
- 6 time Ironman Triathlon finisher
- 6 years of coaching experience
- 7 marathon finishes

When: January 8th to March 25th
Saturdays 9:00 to 10:30 am

Where: First meeting @ 2603 Boston, across from J.B. Coffee Shop
Location will be announced at the end of each session.

Cost: \$20.00 per month

Contact: Tim Key or Brandy Temple
Telephone: 747-1967
E-Mail: ymc94@ttac.ttu.edu

☺☺☺ ALL LEVELS OF FITNESS AND AGES ARE WELCOME ☺☺☺

Loop the Lake 5 Mile Run

Mail Registration thru Jan 12
Telephone registration
by 7:00 P.M. on January 14
792-1237 (night)
792-3291 (day)

\$5.00 WTRC members, \$6.00 non members
Make checks payable to the West Texas Running Club
Mail checks & entry forms to:

George Jury
5212 44th Street
Lubbock, Texas 79414

Race Starts at 10:00 A.M.
at Buddy Holly Park

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 2000 Loop the Lake 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, and strollers are not allowed and earphones are strongly discouraged because of the probability of increased injuries.

This 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) Date of Birth ____/____/____ Male _____ Clydesdale(190+)

Name _____ Female _____ Athena(150+)

Address _____ Phone Number _____

City _____ State _____ Zip _____