



# WEST TEXAS RUNNING CLUB

JUNE, 2000

## FROM THE PRESIDENT

### UPCOMING RACE:

**BOBBY BIRDSONG MEMORIAL LOPE**  
JUNE 10<sup>TH</sup>, 8 AM  
2 MI AND 10K  
LEVELLAND  
JIMMY SAMARON  
894-0127

WTRC RACES ARE USUALLY HELD  
THE 2<sup>ND</sup> SATURDAY OF EA MONTH

### WTRC WEB ADDRESS:

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

### MONTHLY MEETING:

The WTRC monthly business meeting is on Tuesday, June 6th, at 7:00p.m. Call Mike Kelley 765-0441 for location.

### WTRC Training Runs:

Saturdays at 7:00a.m.

Sundays at 6:00a.m.

Meet at the Outdoor Center parking lot in MacKenzie Park. For more information contact Bob Bernero at 794-0929 (n).

**PAIN**  
**IS WEAKNESS**  
**LEAVING THE BODY**

### GREAT EXPECTATIONS

Having high expectations is commendable and even necessary when you plan some major goal or accomplishment. Try running a marathon without the expectation of finishing; those mental demons of doubt and pain will get you after 19-20 miles if you have not set a strong determination ahead of time. You have to have that to pull you through. At other times, however, we get ourselves boxed in by plans that don't always fall into place as we expect. Divine Will and the course of human events often remind us that we are not fully in control of our fate, at least not the events themselves.

I was reminded of this recently when I went to visit family over Mother's Day weekend. I religiously packed my running shoes and arranged my road bike in the back of the vehicle and threw my wetsuit in, to boot. I planned the weekend to offer the least disruption to training as possible. I waited until after the Horseshoe Bend 11 miler to pack and leave. With a strong race/workout behind me, I figured I could rest and visit with family Sunday and then get in an open water swim in Lake Benbrook near my Mom's on Monday in Ft. Worth and a long ride on Tuesday before driving back that day. Ahh, the best laid plans of mice and men. I was able to get in a 3 mile backwoods hike on Monday (with only one tick picked in the process), but that was the extent of any great workout for the weekend. As is often the case, time spent with family took precedence. (Family members just don't seem to get where priorities lie!) Well, missing my workout combined with a surprise back spasm left me in a not too agreeable mood. I felt like the whole weekend was a bust. My routine was interrupted, and I saw my stamina as having suffered. What I gained in the hard 11 mile race I lost with 3 days of stuffing my belly and kicking back in a recliner. Or so I thought.

Turns out when I finally was able to restart my training on Wednesday, I had energy to spare. Back to back intense workouts were smooth, and I was able to get in a bike ride of my longest distance ever. What I had thought was time spent in gluttony and sloth was actually beneficial R & R.

Which brings me to the moral of the story. High expectations are good, but remaining flexible is just as important. Plans never go exactly as laid out; how you respond to the changes and chances of events is all-important. I always expect something to go wrong when directing a race; when it inevitably does, I say "Good! Now the problem has happened and been dealt with and we can get on with enjoying the race!" If you can remain flexible while making your great plans, then your attitude will be much calmer when the glitch occurs.

Here's hoping your attitude is sweet and your mind flexible.

Mike Kelley

# **WEST TEXAS RUNNING CLUB**

## **OFFICERS**

**President - Mike Kelley**  
(H) 765-0441 (O) 766-0355  
(E-mail) [mkelley@mailbox.lrl.mhmr.state.tx.us](mailto:mkelley@mailbox.lrl.mhmr.state.tx.us)

**Internal Vice-President - Marti Greer**  
(O) 796-8213 Fax 829-2407

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

**Secretary - Etta Mayer**  
(W) 742-2907 (e-mail) [etta.mayer@ttu.edu](mailto:etta.mayer@ttu.edu)

**Treasurer - David Higgins**  
(H) 744-8328 (O) 795-5823

## **DIRECTORS**

**Newsletter Director - Debbie Wilson**  
(H) 795-1667  
(e-mail) [dandwwilson@aol.com](mailto:dandwwilson@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  
(E-mail) [trompler@nts-online.net](mailto:trompler@nts-online.net)

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

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## **MEMBERS IN THE NEWS:**

Congratulations to Tim Key on qualifying for the Hawaii Ironman 2000. Tim received a qualifying slot as a pro at Ironman California in May.

### **Tom Landry Triathlon competitors:**

Greg Hogan 1:25:21 took 3<sup>rd</sup> in his age group 40-44.  
Jimmie Key 1:39:52 took 2<sup>nd</sup> in his age group 60-64.  
David Steadman 1:32:25 took 12<sup>th</sup> in his age group 30-34.  
Natalie Steadman 1:44:48 took 14<sup>th</sup> in her age group 30-34.  
Wade Wilson 1:26:09 took 5<sup>th</sup> in his age group 40-44.

Please email me or call for any information you may have on club members that you would like to see in the newsletter. Debbie Wilson

## **WTRC NEWSLETTER**

The newsletter editor must receive articles, advertisements, race entries, etc., by the 20<sup>th</sup> of each month. You can mail information to 7818 Kenosha Av. Lub.Tx 79423 or email [dandwwilson@aol.com](mailto:dandwwilson@aol.com).

### **Advertising Rates:**

Business Card	\$10 per issue	\$100 annually
Half Page	\$40 per issue	\$400 annually
Full Page	\$80 per issue	\$800 annually
Mailing labels	\$10 per set	
Race entry forms	\$25 (must provide 300 copies)	

**W.T.R.C. 2000 CHALLENGE SERIES  
STANDINGS AFTER 5 EVENTS**

**MALE**

**YTD TOTALS**

**YTD TOTALS**

<b>0 - 12 MALE</b>	<b>AGE</b>	<b>PTS</b>	<b>MILES</b>	<b>EVT</b>	<b>VOL</b>	<b>45 - 49 MALE</b>	<b>AGE</b>	<b>PTS</b>	<b>MILES</b>	<b>EVT</b>	<b>VOL</b>
Kenneth Kinzenbaw	12	36	15	4		Jimmy Samarron	46	49	17	5	
Ian Stewart	11	20	6	2		John Gregorczyk	49	44	29.2	5	
Drew Soucy	11	10	5	1		Howard Norman	48	28	22.1	3	*
Donnie Waldrip	10	9	2	1		Adam Andrews	46	26	25.2	5	*
Spencer Thomas	11	0	11	1	*	David Higgins	47	17	36.4	4	**
						Bruce Fellers	46	16	12	2	
						Fred Weber	48	16	11	2	*
<b>13 - 15 MALE</b>						John McMenamy	45	14	17.1	2	
Casey Sumpter	15	20	11	3	*	Frank Sumpter	46	10	7	2	*
Aubrey Thomas	13	9	5	1		Ronnie Prigg	48	7	13	2	*
Matthew Donaldson	14	9	2	1		Jim Wilhelm	49	0	5	1	*
						Tony Aleman	48	0	16	2	*
<b>16-19 MALE</b>						<b>50 - 54 MALE</b>					
Caleb Beck	16	48	41.1	5		Darrel McMillen	53	46	37.1	5	
Bobby Sain	18	20	8	2		Danny Galey	54	39	30.1	4	
Ben Wright	16	17	10	2		Mike Kelley	51	25	36.1	4	*
						Ronnie Nugent	53	23	28.4	4	*
<b>20 - 29 MALE</b>						John Trompler	52	20	30.2	4	**
Hawk Harris	23	28	26.1	4	*	Joe Martinez	54	15	13	3	*
Chris Truitt	24	20	9	2		Sam Prose	51	11	15	2	
Glen Poklikuha	28	19	12	2		Jim Leser	53	10	37.1	5	*
Pete Torres	28	10	2	1		Joe Post	51	8	5	1	
Joel Carton	28	6	4	1		Jon Omdahl	54	7	4	1	
						James Livermore	52	5	11	1	
<b>30 - 34 MALE</b>						<b>55 - 59 MALE</b>					
Tim Key	32	50	32.1	5		Jim Harris	57	30	36.2	4	**
Wayne Ivey	31	34	41.1	5		Bob Bernero	58	29	28	4	**
Shannon Moore	31	18	28	4		Landrum Medlock	55	27	19.2	4	*
Ricky Cavazos	31	14	9	2		Rick Lampe	55	17	10	2	
Luis Nevarez	34	7	5	1		Larry Byrd	59	17	37.1	5	*
Andy Edmister	31	7	8	1		Richard Bray	55	10	5	1	
Bryan Patridge	33	7	13.1	1		Ken McEachern	59	9	11	1	
Bill Trippe	34	0	5	1	*	Jerry Whitten	56	9	2	1	
						Ron Lubowicz	56	0	29.1	3	*
						Ron Hillis	55	0	11	1	*
<b>35 - 39 MALE</b>											
Todd Davis	35	29	20.2	4		<b>60 - 99 MALE</b>					
Ron Hewett	38	19	40.1	3	**	Jerry Wright	61	45	41.1	5	
Jeff Key	36	18	9	2		Jimmy Key	62	37	22	4	
Kevin Lair	38	17	8	2		James Bone	60	33	25.2	5	*
Brad Ewing	36	15	13	3	*	Bill Roger	61	16	28	4	*
Joao Sa	35	9	4	1		Mike Greer	61	14	13	2	
						Don Sanderson	70	10	5	1	
<b>40 - 44 MALE</b>						John Stalcup	66	9	4	1	
Kirk Thomas	41	38	33.1	4		George Jury	62	0	33.1	4	*
Mark Albus	43	35	33.1	4		Hugh Haynes	68	0	11	1	*
Jim Beck	40	28	41.1	5							
Dwayne Oakeley	43	21	26.1	4	*						
Al Gardner	43	20	6	2							
David Malone	42	17	15	3							
Brent Tidwell	43	10	6	1							
Gonzalo Ramirez	44	9	2	1							
Dan Adams	42	9	11	1							
Wade Wilson	41	6	11	1							
Mickey Davis	42	5	5	1							
Richard Thomas	43	4	24.1	2	*						
Weldon Kolb	43	0	8	1	*						
Ed Dabrowski	40	0	5	1	*						

\*\* = RACE DIRECTOR

\* = VOLUNTEER

IF YOU HAVE ANY QUESTIONS OR COMMENTS REGARDING THE CHALLENGE SERIES STATISTICS OR IF YOU THINK AN OMISSION OR ERROR HAS BEEN MADE REGARDING YOUR RECORDS, PLEASE CALL SHIRLEY WIGLEY AT 797-4201 OR 767-7019 OR YOU CAN EMAIL HER AT WIGLEY@NTS-ONLINE.NET.

**W.T.R.C. 2000 CHALLENGE SERIES  
STANDINGS AFTER 5 EVENTS**

**FEMALE**

**YTD TOTALS**

**YTD TOTALS**

<b>0 - 12 FEMALE</b>						<b>35 - 39 FEMALE</b>					
	AGE	PTS	MILES	EVT	VOL		AGE	PTS	MILES	EVT	VOL
Margarita Jimenez	10	10	4	1		Denise Bray	38	50	25.2	5	
<b>13 - 15 FEMALE</b>						<b>40 - 44 FEMALE</b>					
Alyssa McMenemy	15	20	10.2	2		Marjory Stewart	41	40	41.1	5	*
Veronica Jimenez	13	10	4	1		Dianne Calhoun	41	29	20	3	
Megan Wright	14	9	4	1		Martha Martinez	44	29	16.2	3	
<b>16 - 19 FEMALE</b>						<b>45 - 49 FEMALE</b>					
Hope Jimenez	16	9	4	1		Marti Greer	41	14	13	2	
<b>20 - 29 FEMALE</b>						<b>50 - 99 FEMALE</b>					
Allison Morris	27	19	8	2		Etta Mayer	51	50	41.1	5	
Brandy Temple	27	18	10.2	2		Delores Key	58	27	12	3	
Beverly English	29	10	5	1		P J Mitchell	53	0	13	2	*
Sarah Skelton	25	10	4	1		Mary Harris	53	0	13.1	1	*
<b>30 - 34 FEMALE</b>											
Natalie Steadman	32	37	24	4							
Dina Phillips	34	19	10	2							
Annette Burenheide	34	17	12	2							
Moira Ridley	34	10	4	1							
Janda Ibbetson	30	10	6	1							
Laura Crain	31	6	4	1							

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## HORSESHOE BEND CANYON SPRING FROLIC RACE DIRECTOR'S REPORT

This year's race had some great weather conditions that were perfect for running. We had 82 finishers with 5 age group records: Jim Harris in the 2 mile, Diane Calhoun and Etta Mayer in the 6 mile, Janda Ibbetson, Denise Bray, Martha Martinez in the 11 mile race. The 2-mile race course was changed this year to run the same direction as the 6-mile course. This was done to try to make it easier for the race director and for all race finishers to be coming back to the finish line in the same direction. Some people liked the change and some didn't. I encourage all to make comments on the way we can make races more fun, safer, and better. Just remember that if you are making the comments be prepared to volunteer. As for the volunteer's, I had a great group of people: Shannon Moore, Barry & Rose Donaldson, Ron Hillis, Jim Leser, Ron Lubowicz, George Jury, Debbie Wilson, Hugh Haynes, Tony Aleman, Marjory Stewart, Cheryl Weber, Kirk Thomas, his son Spencer & his friend John, and my wife Teresa Hewett. My special thanks go out to all the volunteer's that make our races successful.

Thanks,  
Ron Hewett  
Waddle on!!

## HORSESHOE BEND CANYON SPRING FROLIC

## 11 MILE RACE RESULTS

## MALE

PLACE	NAME	TOWN	ST	AGE	DIV	PLACE	TIME
1	Sam Burgeson	Lamesa	Tx	35	1	M35-39	1:12:46
2	Paul Wilson	Lubbock	Tx	46	1	M45-49	1:14:52
3	Kirk Thomas	Lubbock	Tx	41	1	M40-44	1:21:56
4	Dan Adams	Whiteface	Tx	42	2	M40-44	1:22:50
5	John Gregorcyk	Idalou	Tx	49	2	M45-49	1:23:36
6	Mark Albus	Whiteface	Tx	43	3	M40-44	1:23:54
7	John Trompler	Lubbock	Tx	52	1	M50-54	1:24:24
8	Todd Hegstrom	Lubbock	Tx	44	4	M40-44	1:25:09
9	Richard Lombardini	Lubbock	Tx	24	1	M20-29	1:25:46
10	Wade Wilson	Lubbock	Tx	41	5	M40-44	1:25:50
11	Rick Liles	Big Spring	Tx	42	6	M40-44	1:25:53
12	Darrel McMillen	Lubbock	Tx	53	2	M50-54	1:26:01
13	Adam Puckett	Lubbock	Tx	29	2	M20-29	1:30:59
14	Lupe Bernal	Slaton	Tx	31	1	M30-34	1:31:21
15	Mike Kelley	Lubbock	Tx	51	3	M50-54	1:33:44
16	David Higgins	Lubbock	Tx	47	3	M45-49	1:35:16
17	Lorenzo Ramirez	Rotan	Tx	65	1	M60-99	1:35:37
18	Richard Thomas	Lubbock	Tx	43	7	M40-44	1:36:19
19	Jimmie Key	Lubbock	Tx	62	2	M60-99	1:36:28
20	Ron Nugent	Lubbock	Tx	53	4	M50-54	1:36:50
21	Jerry Wright	Lubbock	Tx	61	3	M60-99	1:41:30
22	Larry Byrd	Shalwtr	Tx	59	1	M55-59	1:44:53
23	Bill Roger	LevlInd	Tx	61	4	M60-99	1:44:54
24	Jordan Post	Lubbock	Tx	28	3	M20-29	1:45:21
25	Wayne Ivey	Slaton	Tx	31	2	M30-34	1:46:28
26	Ken McEachern	Lubbock	Tx	59	2	M55-59	1:49:40
27	Caleb Beck	Lubbock	Tx	16	1	M1-19	1:51:13
28	Jim Beck	Lubbock	Tx	40	8	M40-44	1:52:42
29	Sam Prose	Lubbock	Tx	51	5	M50-54	1:55:50
30	James Livermore	Lubbock	Tx	52	6	M50-54	1:55:51

## FEMALE

1	Lory Ioppolo	Lubbock	Tx	24	1	F20-29	1:25:48
2	Diane Calhoun	Idalou	Tx	41	1	F40-44	1:25:57
3	Judy Lawley	Lubbock	Tx	35	1	F35-39	1:34:49
4	Amy Post	Lubbock	Tx	27	2	F20-29	1:38:03
5	Natalie Steadman	Lubbock	Tx	32	1	F30-34	1:40:25
6	Shirley Wigley	Lubbock	Tx	46	1	F45-49	1:45:14
7	Madonne Miner	Lubbock	Tx	47	2	F45-49	1:45:57
8	Etta Mayer	Lubbock	Tx	51	1	F50-99	1:49:48
9	Marsha Bennett	Lubbock	Tx	36	2	F35-39	1:51:09

## HORSESHOE BEND CANYON SPRING FROLIC

## 6 MILE RESULTS

## MALE

PLACE	NAME	TOWN	STATE	AGE	DIV	PLACE	TIME
1	Tim Key	Lubbock	Tx	32	1	M30-34	35:22
2	Justin Barber	Midland	Tx	19	1	M16-19	37.44
3	Lance White	Lubbock	Tx	27	1	M20-29	41.44
4	Phillip Malone	Wolfforth	Tx	15	1	M1-15	43.37
5	Ben Wright	Lubbock	Tx	16	3	M16-19	44.06
6	Ron Thoma	Lubbock	Tx	40	2	M40-44	46.31
7	Fred Weber	Lubbock	Tx	48	1	M45-49	46.41
8	Paul Brooks	Lubbock	Tx	33	2	M30-34	50.07
9	Bob Bernero	Lubbock	Tx	58	1	M55-59	55.22
10	James Bone	Lubbock	Tx	60	1	M60-99	55.22
11	Todd Davis	Lubbock	Tx	34	3	M30-34	57.39
12	David Martin	Lubbock	Tx	44	3	M40-44	59.14
13	Mike Malone	Wolfforth	Tx	42	4	M40-44	1:01:12
14	Rick Lampe	Lubbock	Tx	55	2	M55-59	1:05:07
15	Adam Andrews	Lubbock	Tx	46	2	M45-49	1:07:37

## FEMALE

1	Janda Ibbetson	Lubbock	Tx	30	1	F30-34	44.22
2	Denise Bray	Lubbock	Tx	38	1	F35-39	45.15
3	Michele Wyatt	Levelland	Tx	29	1	F20-29	50.07
4	Martha Martinez	Colo. City	Tx	44	1	F40-44	51.26
5	Dina Phillips	Lubbock	Tx	34	2	F30-34	52.04
6	Amber Wilhelm	Lubbock	Tx	13	1	F1-15	54.32
7	Jo Ann Phillips	Lubbock	Tx	41	2	F40-44	57.47
8	Josie Aleman	Lubbock	Tx	48	1	F45-49	1:02:01
9	Carolyn Rice	Lubbock	Tx	59	1	F50-99	1:24:55
10	Delores Key	Lubbock	Tx	58	2	F50-99	1:25:50

## 2 MILE RESULTS

## MALE

PLACE	NAME	TOWN	ST	AGE	DIV	PLACE	TIME
1	Casey Sumpter	Lamesa	Tx	15	1	M13-15	11:26
2	Frank Sumpter	Lamesa	Tx	46	1	M45-49	12:10
3	Jimmy Samarron	Levelland	Tx	46	2	M45-49	12:19
4	Al Gardner	Levelland	Tx	43	1	M40-44	12:48
5	Jim Harris	Hobbs	NM	57	1	M55-59	13:24
6	Ian Stewart	Lubbock	Tx	11	1	M1-12	13:55
7	Lorenzo Padilla	Levelland	Tx	46	3	M45-49	14:12
8	Donnie Waldrip	Lubbock	Tx	10	2	M1-12	14:39
9	Pete Torres	Colo City	Tx	28	1	M20-29	15:17
10	Kenneth Kinzenbaw	Lubbock	Tx	12	3	M1-12	15:52
11	Lynn Turner	Lubbock	Tx	35	1	M35-39	16:43
12	Matthew Donaldson	Lubbock	Tx	14	2	M13-15	17:29
13	Brian Wilhelm	Lubbock	Tx	8	4	M1-12	18:07
14	Don Hunt	Lubbock	Tx	69	1	M60-99	22:02
15	Jerry Whitten	Amarillo	Tx	56	2	M55-59	23:59

## FEMALE

1	Jennifer Shuttlesworth	Lubbock	Tx	22	1	F20-29	15:20
2	Canda Fadduol	Lubbock	Tx	41	1	F40-44	17:39

## NOMINATIONS DUE FOR TEXAS TECH SCHOLARSHIPS

The WEST TEXAS RUNNING CLUB scholarship at TEXAS TECH UNIVERSITY was established in the fall of 1989. This endowment fund is supported from the proceeds of the annual RED RAIDER ROAD RACE on the campus of TTU. This race originated in 1982 and is staged by the WTRC membership with the support of the TTU Ex-students Association. The stipend is for \$500 per semester for two semesters. Two scholarships are available.

**RECOMMENDED CRITERIA:** The individuals selected will be chosen without regard to age, race, sex, religion, national origin, marital status, or disability.

1. This is a non-athletic and non-academic scholarship.
2. Must be nominated with a letter of recommendation from a WTRC member.
3. Recipient must be from West Texas as defined: the area north of I-20, as far west as Pecos and west of a line from Abilene to Wichita Falls.
4. Recipient must have completed at least one semester at TTU.
5. The recipient must have and maintain a Grade Point Average of at least 2.5 during the scholarship period and be a full time student with at least 12 hours as an undergraduate.
6. No limitations on major area of study.
7. School activities, extra curricular activities and leadership positions held are important.
8. Preference will be given to recipients with financial need.

Recipient must re-apply each year. August 1<sup>st</sup> is the deadline for submission each year. Selections will be made by August 15<sup>th</sup> and recipients notified by the 20<sup>th</sup>. Scholarship recipients are expected to assist and be recognized at the annual Red Raider Road Race. Call 794-2474 for more information or application forms. WTRC members should make nominations in writing to:

James Leser  
WTRC Scholarship Committee Chair  
5515 74<sup>th</sup> Street  
Lubbock, TX 79424

## BUFFALO SPRINGS TRIATHLON VOLUNTEERS NEED

The WTRC has manned the aid stations on the run course of the Buffalo Springs ½ Ironman Triathlon for many years. We receive a check for our efforts. There are 7 aid stations on the run course with a minimum staffing required of 5 per station. In addition to the ½ Ironman race on Sunday, June 25<sup>th</sup>, there is a sprint distance triathlon on Saturday, the 24<sup>th</sup>, requiring one aid station. Those club members competing on Sunday might consider helping on Saturday. **Please give me a call at 794-2474 and volunteer.** The pay isn't good, the hours are long and hot but the camaraderie is great, the athletes are real appreciative and the scenery can be great (hard bodied men and luscious ladies in skimpy bathing suits. Draft your friends and neighbors. *Jim Leser*

## 2000 MILLENNIUM FIRECRACKER RUNS

The 31<sup>st</sup> edition of the Firecracker Runs in Brownfield will take place on Tuesday, July 4<sup>th</sup>. It looks like this will be a T-shirt event with race fees remaining at their usual low cost. We don't have T-shirts at this race very often, the last being given out at the 25<sup>th</sup> anniversary race in 1994. The T-shirts will be red with the Dirk West cartoon of a running firecracker on the front. The Brownfield Chamber of Commerce is helping us get local sponsors for this T-shirt. The first 125 to register will be guaranteed a shirt. Pre-registration by June 23<sup>rd</sup> guarantees your size. All volunteers will get a commemorative T-shirt. Call early to volunteer or to pre-register. *Jim Leser*



# West Texas Running Club

proudly presents  
the 2000 millennium event

## 31<sup>st</sup> ANNUAL FIRECRACKER RUNS

Tuesday, July 4<sup>th</sup>, 2000

Late registration: 7:00-7:45 am

Races Start: Children's 1 mile - 7:40 am  
3 & 10 mile - 8:00 am

Terry County Park, Brownfield, Texas

From Lubbock on Hwy. 62, go to the  
stoplight at Buckley St. & turn left on to Old Lamesa Rd.,  
turn right just past the swimming pool.

Special commemorative 2000 Millennium T-shirts available to the 1<sup>st</sup> 125 to register. Guaranteed sizes if pre-registered by June 23<sup>rd</sup>. All volunteers get a T-shirt.

Entry Fees: Children's 1 mile run - \$1.00, 3 & 10 mile runs - \$5.00 for WTRC members and \$6.00 for non-members. WTRC family maximum registration cost is \$10.00.

Special and unique commemorative medallions. Awards given to the first 3 in each age group and to at least 50% of the contestants in each age group as listed below. Awards will be presented at 8:05 a.m. (Kids Run), 8:35 a.m. (3 mile), and 10 a.m. (10 mile).

### 3 Mile Run

<u>Male</u>	<u>Female</u>
6-12	6-12
13-15	13-15
16-19	16-19
20-29	20-29
30-34	30-34
35-39	35-39
40-44	40-44
45-49	45-49
50-54	50-plus
55-59	
60-plus	

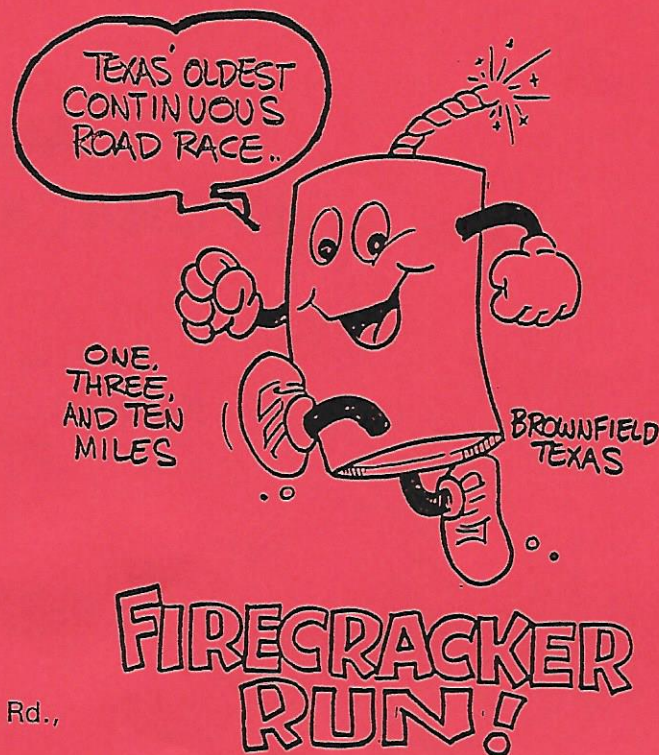
### 10 Mile Run

<u>Male</u>	<u>Female</u>
13-19	13-19
20-29	20-29
30-34	30-34
35-39	35-39
40-44	40-44
45-49	45-49
50-54	50-plus
55-59	
60-plus	

*Clydesdale and Athena divisions age graded as above in both running events.*

Children's 1 mile run: grades pre-school through 6th, special commemorative medals for first place boy and girl in each grade. Finish ribbons for the remainder. Special commemorative T-shirts available only through pre-registration for the additional cost of \$5.00. Grade as of Fall, 2000.

Contact: Race Director Jim Leser- (806) 794-2474(N), 746-6101(D)



# 31<sup>st</sup> ANNUAL FIRECRACKER RUNS

July 4, 2000  
Brownfield, Texas

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## 31<sup>st</sup> ANNUAL FIRECRACKER RUNS REGISTRATION

**Mail  
Registration  
thru July 1**  
Telephone registration  
by 7 p.m. July 2  
792-1237(n) 792-3291(d)

\$5.00 WTRC members, \$6.00 non members, Children's 1 mile run \$1.00

Make checks payable to the West Texas Running Club

Mail checks & entry forms to: George Jury  
5212 44<sup>th</sup> Street  
Lubbock, Texas 79414

3 & 10 mile race start at 8 am.  
Kids 1 mile at 7:40 am at Terry  
County Park in Brownfield, Texas

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 or 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 31<sup>st</sup> Annual Firecracker Runs. 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, strollers, and pets are not permitted on the race course 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 lbs or more)

Name \_\_\_\_\_ Female \_\_\_\_\_ Athena (150 lbs or more)

Street Address \_\_\_\_\_ Race Distance: \_\_\_\_\_ 1 mi. kids \_\_\_\_\_ 3 mi. \_\_\_\_\_ 10 mi.

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_ Grade (Fall of 1999) \_\_\_\_\_ (for kids run)

Phone Number \_\_\_\_\_ T-shirt Size(circle one): S M L XL