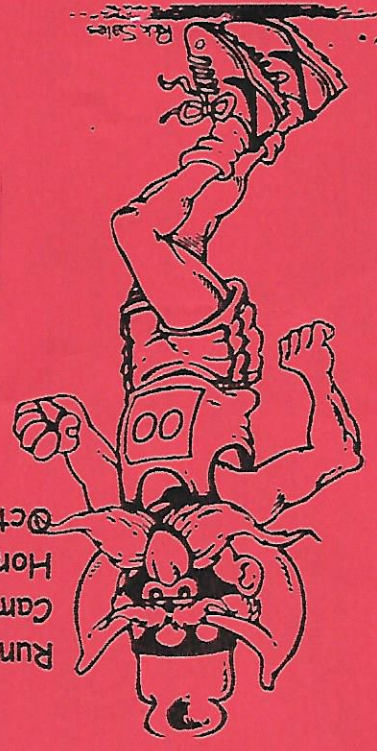


CALENDAR

- * Indicates W.T.R.C. Monthly Race and CHALLENGE SERIES EVENT
- SEPT 30 **RUN FOR THE B.E.A.C.H:** Ruidosa, 8am, FMI, (505)257-9251 or get entry form at <http://www.ruidosa.net/beach>
- OCT. 1 **DUKE CITY MARATHON:** Albuquerque, FMI, call (505)880-1414
- OCT. 3 **WTRC Business meeting,** 7pm, 1623 10th Street, Lubbock
- * OCT. 7 **RED RAIDER ROAD RACE:** TTU Campus, Lubbock, 8:00 am, 10K and 5K Wade Wilson, Race Director, 795-1667, dandwilson@aol.com
- OCT. 21 **RED RIBBON 5K RUN:** BUDDY HOLLY PARK, 9am, Also 1 Mile Run/Walk FMI, Rose Hoeve, 725-6074 (d), 765-6588 (n)
- OCT 28 **PALO DURO TRAIL RUNS:** Canyon, 50K & 50 Miles, call Red Spicer (806) 353-3847
- NOV. 5 **SAN ANTONIO MARATHON:** San Antonio, call (210) 246-9652
- * NOV. 11 **BUFFALO WALLOW RACES:** Buffalo Springs Lake, Half Marathon & 2 Mile, 9:00 am, FMI call George Jury, 792-3291 (d) 792-1237 (n)
- NOV. 18 **TOYS FOR TOTS 5K RUN:** Lubbock, 9am, Armed Forces Reserve Ctr. Interstate 27 & Regis St., Ron Hillis, RD, 797-0303
- * NOV. 23 **W.T.R.C. TURKEY TROT:** Mackenzie Park, Lubbock, 9:00 am, 12K and 2 Mile, FMI call George Jury, 792-3291 (d), 792-1237 (n)
- * DEC. 9 **REDLINE 4 MILE CROSS COUNTRY:** Mae Simmons Park, Lubbock, 10am Ron Lubowicz, Race Director, 778-9550 (d), 748-1855 (n)
- DEC. 10 **WHITEROCK MARATHON:** Dallas, call 1-214-526-5318
- * JAN. 13 **LOOP THE LAKE 5 MILE:** BUDDY HOLLY PARK, 10 am, Bob Bennero, Race Director, 794-0929
- JAN. 14 **COMPAG/HOUSTON MARATHON:** FMI, call (713) 957-3453
- * FEB. 10 **COTTON PATCH RUNS:** FRENSHIP HIGH, Wolfforth, 9am, 4 & 8 Miles, David Higgins, Race Director, 795-5823 (w), 785-8562 (h)

for complete race results, check out the W.T.R.C Website <http://members.tripod.com/wtrc>

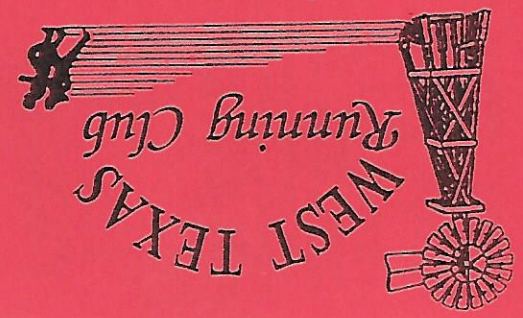
Run the Texas Tech Campus as part of Tech's Homecoming Weekendl @October 7, 2000



5K & 10K Road Race

19th Annual Red Raider Road Race

NewsLetter
5212 44th St.
Lubbock, Texas 79414
October 2000



WEST TEXAS RUNNING CLUB

OFFICERS

President - Mike Kelley
(H) 765-0441 (O) 766-0355
(e-mail) kelley@mailbox.lrl.imhmr.state.tx.us

Internal Vice-President - Ron Lubowicz
(H) 748-1855 (O) 778-9550
(e-mail) ronlubo@aol.com

External Vice-President - Debbie Wilson
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Secretary - Etta Mayer
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(e-mail) etta.mayer@ttu.edu

Treasurer - David Higgins
(H) 785-8562 (O) 795-5823
(e-mail) d_higgins69@hotmail.com

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

W.T.R.C. RACES ARE USUALLY HELD THE 2ND SATURDAY OF EACH MONTH.
The WTRC monthly business meeting is on Tuesday, October 3, 7:00 p.m. at 1623 10th Street, Conference Room, Bollinger, Segars & Gilbert
All members are welcome.

DIRECTORS

Newsletter Director -
Vacant (For information, contact George Jury, 792-3291 (d), 792-1237 (n))

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

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

Race Calendar Director - Dwayne Oakeley
799-4473 (e-mail) oakeley@nts-online.com

Membership Director - John Trompler
(H) 794-1359
(e-mail) trompler@eudoramail.com

Internal Race Director-Pete Torres
(H) (915) 728-9007 (O) (915) 728-5294

WEST TEXAS RUNNING CLUB'S
19th ANNUAL RED RAIDER ROAD RACE
10K and 5K RUNS
USA T&F CERTIFIED
10K #TX97071ETM 5K #TX97070ETM
EVENT NUMBER 10 of the WTRC CHALLENGE SERIES

WHEN: SATURDAY, October 7, 2000
RACE START; 8:00 A.M., 10K and 5K

WHERE: TEXAS TECH UNIVERSITY CAMPUS, Lubbock, Tx
University Recreation Center, Main and Hartford

COURSE: 5K, Flat, Single Loop of Campus on Asphalt
10K., Double Loop of Same Route

ENTRY FEE: Pre Registration: by mail or walk in
at Tech Ex Students Bldg. to Oct. 5th, \$15
(WTRC members pre register for \$12 to Oct. 5th)
Late Reg; Friday, Oct. 6th, University
Center, N. side, \$20 (everyone)
Raceday; 6:30 to 7:30 A.M. only, \$25

AGE DIVISIONS:

5K

MALE	FEMALE	MALE	FEMALE
12 & Under	12 & Under	19 & Under	19 & Under
13 - 15	13 - 15	20 - 24	20 - 24
16 - 19	16 - 19	25 - 29	25 - 29
20 - 24	20 - 24	30 - 34	30 - 34
25 - 29	25 - 29	35 - 39	35 - 39
30 - 34	30 - 34	40 - 44	40 - 44
35 - 39	35 - 39	45 - 49	45 - 49
40 - 44	40 - 44	50 - 54	50 Plus
45 - 49	45 - 49	55 - 59	60 Plus
50 - 54	50 Plus		
55 - 59			
60 Plus			

10K

MALE	FEMALE	MALE	FEMALE
12 & Under	12 & Under	19 & Under	19 & Under
13 - 15	13 - 15	20 - 24	20 - 24
16 - 19	16 - 19	25 - 29	25 - 29
20 - 24	20 - 24	30 - 34	30 - 34
25 - 29	25 - 29	35 - 39	35 - 39
30 - 34	30 - 34	40 - 44	40 - 44
35 - 39	35 - 39	45 - 49	45 - 49
40 - 44	40 - 44	50 - 54	50 Plus
45 - 49	45 - 49	55 - 59	60 Plus
50 - 54	50 Plus		
55 - 59			
60 Plus			

AWARDS: 1st Place Male and Female as well as 1st Master(Age Graded) each race receive a special Plaque, 1st 3 in each Age Group receive medals Clydesdales, 1st 3 male and female (Age Graded) **Long sleeved T Shirts to all entrants**

RACE DIRECTOR: Wade Wilson, 795-1667

FROM THE PRESIDENT

ALIEN CYCLISTS

One of the funniest things I have heard in a long time was the news story of undocumented aliens crossing the border from Mexico into Texas without being stopped by customs. Seems the group dressed up in cyclist apparel, mounted road bikes, and were allowed to pass. This happened for quite some time before the Border Patrol got wise that the peleton was made up of different racers each time and never crossed back.

RUNNING BUDDY

Ron Lubowicz created a scene at the Walk of Fame Marathon. He registered and ran as Bud E. Hawley of Clovis, New Mexico. That was okay until he crossed the finish line. Computer wizard Wade Wilson was stumped; he couldn't find Ron's name or number in the computer base even though he saw him cross the finish line. Ron, you should have been carrying your guitar and wearing your horn rimmed glasses!

WALK OF FAME THANKS

I want to express appreciation to all those who helped with the Marathon and associated races Labor Day weekend. Several club members put in extra time to make the event happen. Most especially, Race Director David Higgins deserves credit for the continued existence of the race. If he had not stepped forward to take the reins, the event may very well have not continued. Nancy Swallow and the Lubbock Sports Authority stepping up to sponsor the event was a big commitment as well. Tentative plans for now are to move the race to a more suitable (read cooler) time in the Fall. The club as well as the Sports Authority will continue to work together on this. Yes, Lubbock has a marathon!

Mike Kelley

WTRC LSD Training Runs Saturdays at 7:00 a.m. and Sundays: 6:00 a.m.; meeting at the Outdoor Center parking lot in MackKenzie Park For more information call Bob Bernero at 794-0929 (N)

GOOD PAIN, BAD PAIN

SOME TYPES OF SORENESS ARE NORMAL:
OTHERS AREN'T

Almost everyone hurts to some degree during exercise. Some pain is the price you pay for working out and improving performance. However, it's crucial to distinguish between good pain – the type that's part of the muscle strengthening process – and bad pain – the kind that maybe an injury.

Whether you're running, cycling, or doing step aerobics, you may feel some stiffness or soreness at the beginning of your exercise session. Not until you are 10 minutes into the workout does your body start to perform like there's oil in the crankcase. It takes that long for your body to make all the physiological adjustments to exercise. Evaluating yourself in this warm-up period is important for a good workout and preventing injuries.

Stiff and sore muscles four to 48 hours after exercise come with the territory; especially when you're trying to improve your performance. You might feel great during the workout, but watch out! The next day you may find it tough to climb a short flight of stairs. This is called delayed onset muscle soreness.

Don't let mild soreness stop you from exercising. If you do begin a workout feeling stiff and sore, however, it's not a good day to increase the distance you run. Instead, do a good warm-up, stretch your muscles thoroughly- particularly the sore ones- and lighten the intensity of your workout. Train, don't strain!

The process of strengthening muscle tissue is like urban renewal- you tear down, then rebuild. The soreness is a result of the teardown process. When the muscle repairs and rebuilds itself in four to 48 hours, it comes back bigger and stronger. However, as with urban renewal, if you tear down too much, you won't have anything to rebuild. This is the process of overuse- the major cause of most injuries. So remember not to increase the duration and intensity of your workout on the same day.

Don't forget to stretch as part of your cool down. Holding each stretch for at least 30 seconds without bouncing.

Bad Pain

Muscle joins tendon, the fibrous tissue that anchors muscle to bone. Sore muscles are part of the muscle-strengthening process, but sore tendons aren't. There's a fine line between the two types of pain. Tendinitis, inflammation of the tendon, is much more difficult to heal than a sore muscle is. It is more likely to develop into a chronic problem that may permanently affect your exercise program. Do not exercise day after day with a pain that won't go away.

Tendinitis usually but not always, develops closer to joints than does muscle pain. The pain is typically sharp, burning and/or localized near the joint. Tendons that commonly become inflamed are the Achilles tendon (at the heel), patellar tendon (above and below the kneecap), iliotibial band (the side of the knee to the side of the hip), lateral epicondyle (elbow) and the rotator cuff (shoulder). These tendons can tear and require surgery to repair. The results usually are not as good as the original equipment; so early treatment to avoid surgery is all the more important.

Warning Signs

Seek immediate diagnosis from a physician in the following cases:

1. Your pain does not go away in 12 to 48 hours after ice treatments, rest and stretching.
2. Your pain is sharp.
3. Your pain is localized in the joint, not the muscles surrounding it.
4. Your pain limits your motion.
5. Your pain is accompanied by numbness, weakness, or swelling in the joint.

The above information was printed in part from an article by Carol Otis, MD and Roger Goldingay. See the complete story and other articles at www.sportsdoctor.com.

THE SHALLOWATER STAMPEDE 2 MILE AND 10KILOMETER RUNS SEPTEMBER 9, 2000 10K OVERALL RESULTS

Shallowater, Texas

PLACE	NAME	TOWN	ST	AG	S	DIV	PLACE	TIME	PACE
1	TIM KEY	LUBBOCK	TX	33	M	1	M3034	34:13	5:31
2	HAFFIS BANIRE	LUBBOCK	TX	28	M	1	M2029	35:23	5:42
3	CODY TURNER	SHALLOWATER	TX	16	M	1	M1619	37:20	6:01
4	RUDOLFO CHAVEZ	SHALLOWATER	TX	16	M	2	M1619	42:02	6:47
5	RON LUBOWICZ	LUBBOCK	TX	57	M	1	M5559	42:07	6:47
6	TYLER NOWLIN	SHALLOWATER	TX	15	M	1	M1315	42:28	6:51
7	JANDA IBBETSON	LUBBOCK	TX	30	F	1	F3034	42:30	6:51
8	WADE WILSON	LUBBOCK	TX	42	M	1	M4044	42:47	6:54
9	CHRIS LONNGREN	LUBBOCK	TX	41	M	2	M4044	42:48	6:54
10	RANDY WOLCOTT	LUBBOCK	TX	44	M	3	M4044	43:27	7:00
11	AL GARDNER	LEVELLAND	TX	44	M	4	M4044	43:42	7:03
12	JOHN GREGORCYK	IDALOU	TX	50	M	1	M5054	43:44	7:03
13	MARK ALBUS	WHITEFACE	TX	43	M	5	M4044	44:12	7:07
14	JASON GAUNA	SHALLOWATER	TX	17	M	3	M1619	44:25	7:10
15	RUSSELL MARTIN	SHALLOWATER	TX	42	M	6	M4044	44:39	7:12
16	GEORGE ANDERSON	BROWNFIELD	TX	37	M	1	M3539	45:04	7:16
17	WAYNE IVEY	SLATON	TX	31	M	2	M3034	46:10	7:26
18	DARREL McMILLEN	LUBBOCK	TX	53	M	2	M5054	46:28	7:29
19	BLAKE ROBERTS	LUBBOCK	TX	36	M	2	M3539	46:36	7:34
20	JUDY LAWLEY	LUBBOCK	TX	35	F	1	F3539	47:55	7:43
21	BRAD EWING	LUBBOCK	TX	36	M	3	M3539	48:51	7:52
22	ROBERT LAWRENCE	LUBBOCK	TX	30	M	3	M3034	49:15	7:56
23	STEVE NIEMAN	SHALLOWATER	TX	45	M	1	M4549	49:58	8:03
24	JIM FORTE	LUBBOCK	TX	50	M	3	M5054	50:03	8:04
25	CHARLES GRAY	DALLAS	TX	61	M	1	M6099	50:08	8:05
26	SHIRLEY WIGLEY	LUBBOCK	TX	46	F	1	F4549	50:32	8:09
27	B. J. KLEIN	NAZARETH	TX	26	M	2	M2029	50:42	8:10
28	RONNIE NUGENT	LUBBOCK	TX	53	M	4	M5054	50:57	8:13
29	SANDY PETERS	SHALLOWATER	TX	40	M	7	M4044	51:10	8:15
30	BRETT CATE	LUBBOCK	TX	34	M	4	M3034	51:12	8:15
31	JADE BOOHER	SHALLOWATER	TX	15	F	1	F1315	53:45	8:40
32	BILL ROGER	LEVELLAND	TX	61	M	2	M6099	54:30	8:47
33	JAMES BONE	LUBBOCK	TX	61	M	3	M6099	54:48	8:50
34	NATHAN BECK	LUBBOCK	TX	14	M	2	M1315	55:06	8:53
35	LOUANNA ARTERBURN	LUBBOCK	TX	31	F	2	F3034	55:52	9:00
36	AMY POST	LUBBOCK	TX	27	F	1	F2029	55:53	9:00
37	ANGELA FRANCO	MIDLAND	TX	23	F	2	F2029	56:15	9:04
38	JIMMY CLARK	LUBBOCK	TX	48	M	2	M4549	56:45	9:09
39	MARSHA BENNETT	LUBBOCK	TX	37	F	2	F3539	58:41	9:27
40	ETTA MAYER	LUBBOCK	TX	51	F	1	F3099	58:57	9:30
41	BRANDY TEMPLE	LUBBOCK	TX	28	F	3	F2029	59:35	9:36
42	SAM PROSE	LUBBOCK	TX	52	M	5	M5054	1:01:02	9:50
43	JAMES LIVERMORE	LUBBOCK	TX	53	M	6	M5054	1:01:06	9:51
44	STEVE GROSS	LUBBOCK	TX	47	M	3	M4549	1:05:37	10:34
45	MELBA FRITZ	DALLAS	TX	61	F	2	F5099	1:07:36	10:53
46	CONNIE BERLINGER	LUBBOCK	TX	46	F	2	F4549	1:18:17	12:37

Jim Forte
7990811

THE SHALLOWATER STAMPEDE
2 MILE AND 10KILOMETER RUNS

SEPTEMBER 9, 2000 Shallowater, Texas

2 MILE OVERALL RESULTS

PLACE NAME	TOWN	ST	AG	S	DIV	PLACE	TIME	PACE
1 JIMMY SAMARRON	LEVELLAND	TX	45	M	1	M4549	12:13	6:07
2 HOUSTON HOWELL	SHALLOWATER	TX	14	M	1	M1315	12:37	6:19
3 JIM HARRIS	HOBBS	NM	57	M	1	M5559	12:49	6:25
4 MIKE WARREN	SUDAN	TX	42	M	1	M4044	12:52	6:26
5 ROBERT FORTNEY	LUBBOCK	TX	47	M	2	M4549	13:09	6:35
6 CRAIG JACKSON	RANSOM CANYON	TX	35	M	1	M3539	13:19	6:40
7 VICTORIA LOMAS	SHALLOWATER	TX	17	F	1	F1619	13:22	6:41
8 JOHN METZGAR	SHALLOWATER	TX	14	M	2	M1315	13:23	6:42
9 HOLLIE CHANEY	SHALLOWATER	TX	15	F	1	F1315	13:24	6:42
10 LORENZO PADILLA	LEVELLAND	TX	46	M	3	M4549	13:29	6:45
11 STAN WARREN	SHALLOWATER	TX	42	M	2	M4044	14:01	7:01
12 JONATHAN MCMURRY	SHALLOWATER	TX	17	M	1	M1619	14:07	7:04
13 CRYSTAL MANNIN	SHALLOWATER	TX	15	F	2	F1315	14:07	7:04
14 GARY GATES	SHALLOWATER	TX	15	M	3	M1315	14:20	7:10
15 SAMANTHA MARTINEZ	SHALLOWATER	TX	13	F	3	F1315	14:30	7:15
16 MELODY FUENTES	SHALLOWATER	TX	17	F	2	F1619	14:34	7:17
17 ASHLEY BIXLER	SHALLOWATER	TX	17	F	3	F1619	14:34	7:17
18 MARTHA MARTINEZ	COLORADO CITY	TX	44	F	1	F4044	14:36	7:18
19 JUNIOR MENDOZA	LEVELLAND	TX	42	M	3	M4044	14:40	7:20
20 VERONICA MEDINA	SHALLOWATER	TX	14	F	4	F1315	14:49	7:25
21 STEPHANIE SALDIVAR	SHALLOWATER	TX	16	F	4	F1619	14:53	7:27
22 LAURA ELLIS	SHALLOWATER	TX	15	F	5	F1315	14:54	7:27
23 REBECCA KOBERG	LUBBOCK	TX	24	F	1	F2029	14:57	7:29
24 JULIE ELLIS	SHALLOWATER	TX	15	F	6	F1315	15:09	7:35
25 NATALIE RIOJAS	SHALLOWATER	TX	14	F	7	F1315	15:20	7:40
26 WHITNEY SHARPE	SHALLOWATER	TX	13	F	8	F1315	15:21	7:41
27 CASSIE PENE	SHALLOWATER	TX	13	F	9	F1315	15:21	7:41
28 ERIN CORKERY	SHALLOWATER	TX	13	F	10	F1315	15:22	7:41
29 ASHLEY CASTILLEJA	SHALLOWATER	TX	15	F	11	F1315	15:22	7:41
30 JESSICA PETERS	SHALLOWATER	TX	15	F	12	F1315	15:27	7:44
31 JERRY WRIGHT	LUBBOCK	TX	61	M	1	M6099	15:29	7:45
32 CANDICE TURNER	SHALLOWATER	TX	15	F	13	F1315	15:31	7:46
33 CHRISTAL SIMMONS	SHALLOWATER	TX	16	F	5	F1619	15:34	7:47
34 LYNDSI DUDLEY	SHALLOWATER	TX	14	F	14	F1315	15:34	7:47
35 BRITNEY TOWNSEND	SHALLOWATER	TX	14	F	15	F1315	15:51	7:56
36 MELONY DREASHER	SHALLOWATER	TX	14	F	16	F1315	16:00	8:00
37 LISA ALVARADO	SHALLOWATER	TX	17	F	6	F1619	16:03	8:02
38 DEBBIE MARTIN	SHALLOWATER	TX	49	F	1	F4549	16:07	8:04
39 T'LINDA TAYLOR	SHALLOWATER	TX	39	F	1	F3539	16:08	8:04
40 KRISTA POUNDS	SHALLOWATER	TX	26	F	2	F2029	16:08	8:04
41 STACEY CAFE	SHALLOWATER	TX	15	F	17	F1315	16:11	8:06
42 TAMMY BLACKBURN	SHALLOWATER	TX	28	F	3	F2029	16:15	8:08
43 DAKOTA SHARP	SHALLOWATER	TX	8	M	1	M0112	17:05	8:33
44 JEFF DAVIS	LUBBOCK	TX	37	M	2	M3539	17:20	8:40
45 KYLEN KARR	SHALLOWATER	TX	15	F	18	F1315	17:37	8:49
46 KRISTI JONES	SHALLOWATER	TX	15	F	19	F1315	17:37	8:49
47 FELLICIA SHARPE	SHALLOWATER	TX	16	F	7	F1619	17:38	8:49
48 NIKI TIMMS	SHALLOWATER	TX	16	F	8	F1619	17:39	8:50
49 KATIE WRIGHT	SHALLOWATER	TX	17	F	9	F1619	18:01	9:01
50 LESLEE LUCUS	SHALLOWATER	TX	15	F	20	F1315	18:02	9:01
51 DESTINY WITMAN	SHALLOWATER	TX	12	F	1	F0112	18:09	9:05
52 AMANDA VASEK	SHALLOWATER	TX	14	F	21	F1315	18:12	9:06
53 BRITANY NEIGHBOURS	SHALLOWATER	TX	14	F	22	F1315	18:15	9:08
54 KRYSTAL HOLLOMAN	SHALLOWATER	TX	12	F	2	F0112	18:18	9:09
55 BETH SOWELL	SHALLOWATER	TX	14	F	23	F1315	18:42	9:21
56 ROGER TURNER	LUBBOCK	TX	58	M	2	M5539	19:19	9:40
57 ESTELLA GALVAN	BROWNFIELD	TX	57	F	1	F5099	20:07	10:04
58 ASHLEY WHITT	SHALLOWATER	TX	16	F	10	F1619	20:44	10:22
59 SARAH HENDRIX	SHALLOWATER	TX	12	F	3	F0112	24:27	12:14
60 SARA BROOME	SHALLOWATER	TX	15	F	24	F1315	24:33	12:17
61 KELLI SHARP	SHALLOWATER	TX	35	F	2	F3539	24:45	12:23
62 CAROLYN RICE	LUBBOCK	TX	59	F	2	F5099	25:35	12:48
63 TINA MOORHEAD	LUBBOCK	TX	48	F	2	F4549	25:43	12:52

MEMBERS IN THE NEWS
compiled by Debbie Wilson

PRUDE RANCH: Half Marathon, July 30, 2000
Sam Prose 2:14:30 3rd in the 50-54 age group
Dick Baker 2:14:30 1st in the 55-59 age group

IRONMAN CANADA: August 27, 2000
Shanna Armstrong finished in 12:07:10

IRONHEAD DALLAS TRIATHLON: September 10, 2000
Mike Kelley 3:05:07
Natalie Steadman 3:05:40
Karen Hagner 2:32:54

TEXAS TECH REC CENTER TRIATHLON: September 17, 2000
Tim Key 47:06 1st Overall
David Steadman 1:00:08 3rd in 25-34 age group
Joel Carton 1:06:07 7th in 25-34 age group
Todd Hegstrom 54:55 1st in 35-44 age group
Greg Hogan 57:07 2nd in 35-44 age group
Wade Wilson 57:37 3rd in 35-44 age group
Steve Buckley 1:10:43 8th in 35-44 age group
Mike Kelley 1:07:25 1st in 45+ age group
Natalie Steadman 1:04:13 1st overall woman
Alix Buckley 1:12:01 1st in 35-44

I know we have more club members out there running in events that aren't listed above so please send them in so that we can recognize you!!

and a special note and update from George Jury...
I went to the emergency room early Friday morning, September 8th with severe abdominal pain and when no diagnosis was made with all the tests, exploratory surgery was done on Wednesday, 9-13. This revealed an acute appendicitis. I was dismissed on Saturday 9-16 still in pain and running a fever, and was re-admitted Tuesday 9-19. Another CT scan revealed an abscess and a drain was inserted to lower front abdomen via the back near the sciatic nerve and I was dismissed on 9-26 and will remain on IV antibiotics for the next 4 days. I want to thank you for all the calls, visits, and the beautiful flowers the WTRC sent.

Thanks to Debbie for helping with the member news and the information on page 10.

George

THE WALK OF FAME
MARATHON/HALF MARATHON/5K/1M
September 3, 2000
Lubbock, Texas
MARATHON OVERALL RESULTS

PLACE	NAME	TOWN	ST	AG	S	DIV	PLACE	TIME	PACE	
*	1	4P-AMARILLO DONUT STO	TX	M			1	4PERS	2:46:49	6:22
	2	HAFFIS BANIRE	TX	28	M		1	M2529	2:52:22	6:35
	3	CHRIS CRAWFORD	TX	39	M		1	M3539	3:06:26	7:07
	4	SAM BURGESSON	TX	35	M		2	M3539	3:09:18	7:14
	5	ROSS MOODY	TX	37	M		3	M3539	3:27:28	7:55
	6	GARRY RYON	TX	44	M		1	M4044	3:27:56	7:56
*	7	4P-S PLAINS BIOMEDICA	TX	M			2	4PERS	3:29:01	7:59
	8	TOMMY PERKINS	MO	39	M		4	M3539	3:40:02	8:24
	9	JAMES LESER	TX	53	M		1	M5054	3:42:06	8:29
	10	TIMOTHY NESBITT	TX	40	M		2	M4044	3:43:20	8:32
	11	ROSS PAYNE	TX	47	M		1	M4549	3:45:30	8:37
	12	TODD HEGSTROM	TX	44	M		3	M4044	3:48:48	8:44
	13	JOSE A SUAREZ	TX	31	M		1	M3034	3:52:15	8:52
	14	ERIC BOLASH	TX	31	M		2	M3034	4:01:10	9:12
	15	WAYNE IVEY	TX	31	M		3	M3034	4:02:03	9:14
	16	RICHARD LOMBARDINI	TX	24	M		1	M2024	4:04:07	9:19
	17	DANIEL KAATZ	TX	31	M		4	M3034	4:05:01	9:21
	18	KIRK THOMAS	TX	41	M		4	M4044	4:05:03	9:21
	19	RENE VILLALOBOS	TX	41	M		5	M4044	4:06:20	9:24
	20	KIRK RICHARDSON	TX	35	M		5	M3539	4:07:47	9:28
	21	LINDA NORTROP	TX	25	F		1	F2529	4:08:53	9:30
	22	CRAIG WOODS	TX	58	M		1	M5559	4:09:32	9:32
	23	FARRELL MARTIN	TX	34	M		5	M3034	4:15:01	9:44
	24	ANGELA HEGSTROM	TX	34	F		1	F3034	4:23:39	10:04
	25	KELLY FOLEY	TX	37	F		1	F3339	4:29:19	10:17
	26	MARTHA HILTON	TX	37	F		2	F3539	4:36:27	10:33
	27	CLIFF BURGESS	TX	45	M		1	M6064	4:37:35	10:36
	28	REX JOHNSON	TX	45	M		2	M4549	4:37:46	10:36
	29	MARY ZIAS	TX	37	F		3	F3539	4:38:00	10:37
	30	DIANNE DUFFEY	TX	36	F		4	F3539	4:39:41	10:40
	31	DAN BANSE	TX	42	M		6	M4044	4:41:46	10:45
	32	ALEX RAJAN	TX	43	M		7	M4044	4:45:40	10:54
	33	JEFF ROGERS	TX	40	M		8	M4044	4:45:40	10:54
	34	LARRY BRANAGIN	TX	54	M		2	M5054	4:58:22	11:23
	35	SARAH SKELTON	TX	26	F		2	F2529	5:05:38	11:40
	36	ETTA MAYER	TX	51	F		1	F5054	5:15:35	12:03
	37	PAUL LEE	TX	61	M		2	M6064	5:17:17	12:07
	38	JAMES KIRK	TX	30	M		6	M3034	5:21:37	12:16
	39	ANTHONY REED	TX	45	M		3	M4549	5:42:55	13:05
	40	SHERRY JOY	TX	30	F		2	F3034	5:45:55	13:12
	41	TIMOTHY DOSS	TX	39	M		6	M3539	5:47:55	13:17
	42	MARCIA BENNETT	TX	37	F		5	F3539	5:55:46	13:35
	43	GERRY SIMPSON	TX	58	M		2	M5559	5:55:48	13:35
	44	MICHAELA CARTER	TX	54	F		2	F5054	5:56:08	13:35
*	45	2P CHAMPANE CHICAS	TX	F			1	2PERS	6:02:26	13:50
	46	JAMES SALVATORE	TX	53	M		3	M5054	6:05:41	13:57

* = TEAMS

PLACE	NAME	AG	TOWN	ST	TIME	AGEGRADED	TIME
1	RENE VILLALOBOS	41	FORT WORTH	TX	4:06:20	4:00:33	
2	FARRELL MARTIN	34	LUBBOCK	TX	4:15:01	4:15:01	
3	ANTHONY REED	45	DALLAS	TX	5:42:55	5:25:18	

“Sorry!!! Sorry!!! Sorry”

Have you ever experienced Murphy's law? You know the universal eternally constant law of nature that says that whatever can go wrong will. Well I've also come to find out that this rule also applies to race timing. For those of you who participated in the Walk of Fame 5K, raced hard and came to the awards ceremony only to find out that I had lost your times, let me again apologize to you. You probably all want to hang me from the highest tree you can find, but before you do let me have a chance to at least tell you a classic story in support of Murphy's law. My wife Debbie (only available assistant timer) and I arrived at 6:00 am to set up the timing computers. Of course it was still completely dark and only thanks to my handy snake flashlight was I able to get the timing computers and printers set up in time to record last minute registrations and start the marathon and half-marathon. Actually we only started the backup timer devices for these races, as we had to use the computers to first time the 1 mile and 5K races, which started one hour after the marathon. For you computer novices, we use one computer to register everyone for all races and then just before the race starts we copy the race files from the registration computer to the second timing computer so that each computer has all entrants for each event. This of course was done just before the start of the 1-mile and 5k races. All seemed in order in the file transfer process and the race was started using one computer to time the 1 mile event and the other to time the 5k. The 1-mile race was flawlessly timed with no hitches. However, as we began entering times and finishers for the 5K it soon became obvious that the data files containing the entrant's names had not transferred. Normally this is more of an inconvenience than a major problem in that we use the back up timing system to input times and race numbers. However, the back up system was being used for the marathon and half-marathon. Once I realized what had happened I quickly recopied the data from the first computer, which was now being used to time the half-marathon, and wouldn't you know it, that computer keyboard locked up during the copy process and I had to stop the internal clock. Meanwhile approximately eight finishers completed the half-marathon and had not been assigned a time. No problem we can get the times off the back-up timing device, wrong again, no one had been entering the times to the device. Now I am in full blown panic, and gave pen and paper to my assistant timer and she hand recorded finishers and their times which we were later able to enter into the timing computer. Whew, this as an awful task but it worked. I finally did get the 5K files transferred but unfortunately it was to late to recapture finishing times. The computer used to time the marathon was going flawlessly right up until the time that the power generator had to be shut down. To continue the timing of the marathon I had to shut down the timing computers and transfer the marathon files to a back-up computer that had an independent power supply and finish timing the event with the assistance of the back-up timing device. I had to give hand written race results for the marathon to the race director for the awards since the printers no longer had power. All in all this was a learning experience for me in that I believe that any thing that can go wrong in timing a race did that day. Even with all that went wrong we were still able to provide accurate results for all events except for the 5K. You may still be mad at me but hopefully you might now have a little sympathy.

Murphy's Victim, Wade Wilson

OVERALL MALE CLYDESDALE MARATHON RESULTS

OVERALL RESULTS, HALF MARATHON

PLACE	NAME	TOWN	ST	AG	S	DIV	PLACE	TIME	PACE
1	TIM KEY	LUBBOCK	TX	33	M	1	M3034	1:18:45	6:01
2	HAWK HARRIS	HOBBES	NM	23	M	1	M2024	1:23:00	6:20
3	MICHAEL ARMSTRONG	AMARILLO	TX	28	M	1	M2529	1:23:52	6:24
4	BRADLEY WHITWORTH	LUBBOCK	TX	14	M	1	M1315	1:27:11	6:39
5	TRENT PEPPER	O'DONNELL	TX	17	M	1	M1619	1:29:24	6:50
6	ED CRAIGHEAD	DALHART	TX	57	M	1	M5559	1:32:31	7:04
7	JOHN TROMPLER	LUBBOCK	TX	53	M	1	M5054	1:35:27	7:17
8	RAUL MARTINEZ	HOUSTON	TX	36	M	1	M3539	1:36:16	7:21
9	LARRY SMITHERS	AUSTIN	TX	49	M	1	M4549	1:37:04	7:25
10	BRENT LOWREY	LUBBOCK	TX	38	M	2	M3339	1:37:15	7:26
11	RON LUBOWICZ	LUBBOCK	TX	57	M	2	M5559	1:40:34	7:41
12	BRETT PEIKERT	LUBBOCK	TX	32	M	2	M3034	1:41:14	7:44
13	LANCE WHITE	LUBBOCK	TX	27	M	2	M2529	1:42:10	7:48
14	NATE WILSON	LUBBOCK	TX	44	M	1	M4044	1:42:32	7:50
15	DIANE CALHOUN	IDALOU	TX	41	F	1	F4044	1:43:13	7:53
16	JOHN GREGORY	IDALOU	TX	50	M	2	M5054	1:45:02	8:01
17	RITCHIE TARBET	WELCH	TX	36	M	3	M3539	1:45:23	8:03
18	KATE WOLKEN	HOUSTON	TX	24	F	1	F2024	1:46:17	8:07
19	VAN JOSSELET	DALHART	TX	47	M	2	M4549	1:46:24	8:07
20	MARK ALBUS	WHITEFACE	TX	43	M	4	M4044	1:46:55	8:10
21	JOHN R WELLS	EL PASO	TX	38	M	4	M3539	1:49:45	8:23
22	SONNY ROBERSON	HELOTES	TX	52	M	3	M5054	1:51:00	8:29
23	DENISE BRAY	LUBBOCK	TX	38	F	1	F3339	1:52:00	8:33
24	MIKE MOHR	CLARK	SD	57	M	3	M5559	1:52:30	8:35
25	STEVE DAUER	PANHANDLE	TX	48	M	4	M4549	1:53:00	8:38
26	DANNY GALEY	COLORADO CITY	TX	55	M	4	M5559	1:54:17	8:44
27	RICHARD TITUS	WOLFORTH	TX	48	M	4	M4549	1:55:28	8:49
28	ASHLEE FLOWERS	PANHANDLE	TX	27	F	1	F2529	1:55:40	8:50
29	MARY BRANSCOME	LUBBOCK	TX	40	F	2	F4044	1:55:50	8:51
30	DAVID MANGOLD	LUBBOCK	TX	51	M	4	M5054	1:57:08	8:57
31	AARON PHILLIPS	ABILENE	TX	25	M	3	M2529	1:57:09	8:57
32	DEBRA WILLIAMS	SAN ANTONIO	TX	38	F	2	F3539	1:59:50	9:09
33	JEFFREY KIDDER	MIDLAND	TX	41	M	2	M4044	1:59:59	9:10
34	GREG HUBBARD	MIDLAND	TX	30	M	3	M3034	2:00:18	9:11
35	CLAY SCHEITZACH	IRVING	TX	25	M	4	M2529	2:00:55	9:14
36	JON OMDAHL	LUBBOCK	TX	54	M	5	M5054	2:01:31	9:17
37	MARTHA MARTINEZ	COLORADO CITY	TX	45	F	1	F4549	2:01:49	9:18
38	PENNY WASEM	LUBBOCK	TX	36	F	3	F3539	2:02:22	9:20
39	CHRISTOPHER WINN	LUBBOCK	TX	38	M	5	M3539	2:02:33	9:21
40	SANG KIM	LUBBOCK	TX	40	M	4	M4044	2:02:48	9:22
41	ROBERT URRUTIA	LUBBOCK	TX	34	M	4	M3034	2:04:00	9:28
42	JOHN GATES	LUBBOCK	TX	48	M	5	M4549	2:04:00	9:28
43	BILL ROGER	LEVELLAND	TX	61	M	1	M6064	2:05:02	9:33
44	DAVID REID	LUBBOCK	TX	40	M	5	M4044	2:05:08	9:33
45	KYLE ABRAHAM	LUBBOCK	TX	34	M	5	M3034	2:06:02	9:37
46	JAMES BONE	LUBBOCK	TX	61	M	2	M6064	2:08:51	9:50
47	GINGER STANLEY	MIDLAND	TX	48	F	2	F4549	2:09:12	9:52
48	CHRISTOPHER DANIEL	LUBBOCK	TX	23	M	2	M2024	2:10:53	9:59
49	RICHARD M ESPARZA	LUBBOCK	TX	46	M	6	M4549	2:12:03	10:05
50	GREG FLOYD	LUBBOCK	TX	35	M	6	M3339	2:12:04	10:05
51	MIKE TREVINO	LUBBOCK	TX	31	M	6	M3034	2:12:05	10:05
52	PAM GASCHEN	LUBBOCK	TX	35	F	4	F3539	2:12:45	10:08
53	ALBERT HERNANDEZ	LUBBOCK	TX	33	M	7	M3034	2:12:55	10:09
54	MONTY BUCHANAN	COPPELL	TX	35	M	8	M3034	2:13:36	10:12
55	TROY JOHNSON	AMARILLO	TX	35	M	7	M3539	2:15:11	10:19
56	ALIX BUCKLEY	LUBBOCK	TX	40	F	3	F4044	2:15:17	10:20
57	SAM PROSE	LUBBOCK	TX	52	M	6	M5054	2:21:07	10:46
58	DAVID BALDNER	LUBBOCK	TX	40	M	6	M4044	2:22:23	10:52

THE WALK OF FAME
HALF MARATHON OVERALL RESULTS (Continued)

PLACE	NAME	TOWN	ST	AG	S	DIV	PLACE	TIME	PACE
59	SHARON HERNANDEZ	LUBBOCK	TX	35	F	5	F3539	2:25:40	11:07
60	GREG HERNANDEZ	LUBBOCK	TX	35	M	8	M3539	2:25:43	11:07
61	JULIE CRIBBS	WHITEFACE	TX	42	F	4	F4044	2:34:03	11:46
62	SUSIE COBOS	LUBBOCK	TX	35	F	6	F3539	2:35:11	11:51

OVERALL CLYDESDALE HALF MARATHON RESULTS

PLACE	NAME	AG	TOWN	ST	TIME	AGEGRADED	TIME
1	DAVID MANGOLD	51	LUBBOCK	TX	1:57:08	1:45:09	
2	ROBERT URRUTIA	34	LUBBOCK	TX	2:04:00	2:04:00	
1	DEBRA WILLIAMS	38	SAN ANTONIO	TX	1:59:50	1:59:50	

OVERALL RESULTS 5K RACE

PLACE	NAME	TOWN	ST	AG	S	DIV	PLACE	NO TIMES RECORDED
1	DAVID GONZALEZ	PORTALES	NM	21	M	1	M2024	
2	HOPE JIMENEZ	LAMESA	TX	16	F	1	F1619	
3	JESSE RODRIGUEZ	BROWNFIELD	TX	35	M	1	M3539	
4	JAMES GILMORE	LUBBOCK	TX	36	M	2	M3539	
5	JIM HARRIS	HOBBES	NM	57	M	1	M5559	
6	JACKIE CANNON	AMARILLO	TX	44	M	1	M4044	
7	JENNIFER SHUTTLESWORT	LUBBOCK	TX	22	F	1	F2024	
8	BLAKE ROBERTS	LUBBOCK	TX	36	M	3	M3539	
9	NATALIE STEADMAN	LUBBOCK	TX	33	F	1	F3034	
10	WAYNE OAKELEY	LUBBOCK	TX	44	M	2	M4044	
11	LORENZO PADILLA	LEVELLAND	TX	46	M	1	M4549	
12	ALONZO MENDOZA	LEVELLAND	TX	42	M	3	M4044	
13	LINDSAY SELINGER	CANYON	TX	18	F	2	F1619	
14	HEATHER CANNON	AMARILLO	TX	14	F	1	F1315	
15	LEE SHUWARGER	AMARILLO	TX	34	M	1	M3034	
16	ANGELA FRANCO	MIDLAND	TX	23	F	2	F2024	
17	TERRY FUTCH	MULESHOE	TX	44	M	4	M4044	
18	BRUCE TILLEY	LUBBOCK	TX	47	M	2	M4549	
19	ROBERT BROSELOW	LUBBOCK	TX	59	M	2	M5559	
20	SACHA STANLEY	MIDLAND	TX	24	F	3	F2024	
21	MADELEINE TAYLOR	RANSOM CANYON	TX	48	F	1	F4549	
22	STEVE GROSS	LUBBOCK	TX	47	M	3	M4549	
23	RYAN HOLZBERGER	LUBBOCK	TX	26	M	1	M2529	
24	CINDY STOLTZ	IRVING	TX	24	F	4	F2024	
25	CINDY STREIT	LUBBOCK	TX	36	F	1	F3539	
26	CARRIE SANDERS	LUBBOCK	TX	21	F	5	F2024	
27	GUY CAPUZZO	LUBBOCK	TX	30	M	2	M3034	
28	JOYCE KIRK	LAKE DALLAS	TX	29	F	1	F2529	
29	LISA GARNER	LUBBOCK	TX	32	F	2	F3034	
30	MATT SANTA	LUBBOCK	TX	29	M	2	M2529	
31	LILLIE DOSS	AUSTIN	TX	74	F	1	F7099	

OVERALL RESULTS ONE MILE

PLACE	NAME	TOWN	ST	AG	S	DIV	PLACE	TIME	PACE
1	DAREN OAKELEY	LUBBOCK	TX	14	M	1	M1315	6:40	
2	TONY RODRIGUEZ	BROWNFIELD	TX	10	M	1	M0110	9:45	
3	EVELA GALVAN	BROWNFIELD	TX	57	F	1	F5559	9:59	
4	MACKENZIE REID	LUBBOCK	TX	5	M	2	M0110	11:11	
5	CARRIE REID	LUBBOCK	TX	39	F	1	F3539	11:12	
6	RACHEL RODRIGUEZ	BROWNFIELD	TX	33	F	1	F3034	11:25	
7	MARY HARRIS	HOBBES	NM	55	F	2	F5559	12:46	
8	SAMANTHA REID	LUBBOCK	TX	9	F	1	F0110	13:35	



SEA OF RED – RED RIBBON RUN
3RD ANNUAL RED RIBBON RUN



Sponsored by:
 West Texas Running Club
 & Sea of Red Committee
 5K, 1 Mile Run and Fun Run/Walk

When: Saturday, October 21, 2000
 Registration: 8:00 to 8:45 a.m. on site
 Race Starts: 9:00 a.m.
 Where: Buddy Holly Park
 N. University & Canyon Lake Drive

Pre-registration available:
 Mail by October 13 to:
 Rose Hoeve
 2514 20th Street
 Lubbock, TX 79410
 Or call Rose Hoeve at 725-6074 or 765-6588

Entry Fee: Pre-registration \$10.00 if post marked by October 13, 2000
 Late Registration \$12.00
 \$25.00 for school groups (including 2 sponsors)

**T-shirts will be given to the first 100 registrants.
 Age groups awards will be given.
 Traveling trophy for the Elementary, Junior and Senior High Schools with the most entrants.**

Help support Safe and Drug Free Schools



Sea of Red – Red Ribbon Run
Waiver – All entrants must read and sign

The West Texas Running Club, Sea of Red Committee, agents, or representatives of the run, 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 Red Ribbon Run. 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 (minor) _____ Age _____ (on race day)
 Date of Birth ____/____/____ Male _____ Female _____ T-shirt Size _____
 Name _____ Address _____ City _____ ZIP _____
 Home Phone _____ Race Distance _____ 5K _____ 1ML _____ 1 ML Fun Run/Walk