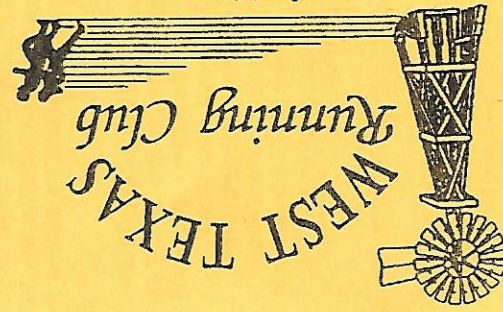


CALENDAR

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

- AUG. 26 **HOT AUGUST NITES 5K:** Hobbs, 7:30am (MDT) Daniel Herman, (505) 392-6561 \$8 Pre, \$10 Race day
- SEPT 3 **WALK of FAME RACES:** Downtown Lubbock, Marathon, Half Marathon 7am, & 5K, 8am, David Higgins, Race Director, 785-8562
- SEPT 5 **WTRC Business meeting,** 7pm, 1623 10th Street, Lubbock
- * SEPT 9 **SHALLOWATER STAMPEDE:** 10K and 2 Mile, 8:00 am, Shallowater High School, Dwayne Oakeley, Race Director, 799-4473
- SEPT 16 **MAYOR'S HALF MARATHON:** Amarillo, also 5 Mile, FMI, call Sandy Lynch, (806) 378-9301
- SEPT 16 **RUN FOR RECYCLING:** Hobbs, 10K & 5K, 8am (MDT) (505) 392-3971
- SEPT 23 **RACE FOR THE CURE:** Lubbock, 5K, FMI, call 765-5281
- OCT. 1 **DUKE CITY MARATHON:** Albuquerque, FMI, call (505)880-1414
- * 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 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. 25 **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 Bernero, Race Director, 794-0929

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



Newsletter
 5212 44th St.
 Lubbock, Texas 79414
 September 2000



September W.T.R.C. RACE
SHALLOWATER STAMPEDE
 8am, Saturday, September 9, 2000
 Shallowater, TX 10K and 2 Mile
 Details Inside Back Cover

WEST TEXAS RUNNING CLUB

OFFICERS

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

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

External Vice-President - Debbie Wilson
(H) 795-1667
(e-mail) dandwilson@aol.com

Secretary - Etta Mayer
(H) 791-1774 (O) 742-2907
(e-mail) etta.mayer@ttu.edu

Treasurer - David Higgins
(H) 785-8562 (O) 795-5823

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
(H) 799-4473

Membership Director - John Trompler
(H) 794-1359
(e-mail) trompler@nts-online.net

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

W.T.R.C. RACES ARE USUALLY HELD THE 2ND SATURDAY OF EACH MONTH.
The WTRC monthly business meeting is on Tuesday, September 5, 7:00 p.m. at
1623 10th Street, Conference Room, Bollinger, Segars & Gilbert
All members are welcome.

WTRC Web Address:

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

FROM THE PRESIDENT

Enforced Humility

One thing about running—it keeps you humble. Maurice Green and Michael Johnson can boast all they want, but someone else will be running the Olympic 200 meter since they both pulled up with injuries in their big trials match-up.

It fascinates me how we are always on the edge of injury when training and running. When you are pushing your body to its limits, breakdown versus greater endurance are both possibilities with that one last mile. I'm surprised, really, that I'm not injured more. You never know what's in store for the next run.

Why these ruminations? Because the agony of defeat reached up and grabbed my foot the other day. I had finished a swim at the Tech Rec Center and was getting in a nice five miler around the perimeter of the campus. Parts are grassy, others are packed dirt; most always there is a narrow path worn clear by other runners. Along 15th Street are some temporary road construction signs...big ones...laid out right in the middle of the running path...big enough to jump through. Well, you get the picture. One minute I'm Edwin Moses, hurdling the six inch base for Olympic Gold; the next, I'm Mary Slaney, thrown to the dust in ignominy. I rolled, got up quickly, looked to see how many of the rush hour commuters were laughing, and finished my run with my big toe feeling like it would fall off. I know the black and blue toenail eventually will.

As I've said before, appreciate your health. Enjoy it and give thanks for your abilities. They can be taken away anytime.

(Continued on page 6)

WTRC LSD Training Runs

Saturdays at 7:00 a.m. and Sundays at 6:00 a.m.; meeting at the Outdoor Center parking lot in Mackenzie Park For more information call Bob Bernero at 793-1667 (N)

WEST TEXAS RUNNING CLUB'S 12th ANNUAL "SHALLOWATER STAMPEDE" 10K and TWO MILE RUNS

EVENT NUMBER 9 of the WTRC CHALLENGE SERIES

WHEN: SATURDAY, SEPTEMBER 9, 2000

REGISTRATION: 7:00 to 7:45 A.M., RACE DAY
Pre-Registration is encouraged, please fill out and return form or call George before 7pm, Friday, Sept. 8th

RACE START: 8:00 A.M., 10K and 2 Mile

WHERE: SHALLOWATER HIGH SCHOOL in Shallowater, Tx

COURSE: FLAT, OUT and BACK ON ASPHALT,

ENTRY FEE: WTRC MEMBERS \$5; NON-MEMBERS \$6

Long sleeved T-Shirt available for \$6 extra
Proceeds benefit Shallowater H.S. Senior Safe Graduation event

AGE DIVISIONS:

	2 MILE		10K	
	MALE	FEMALE	MALE	FEMALE
12 & Under	12 & Under	12 & Under	19 & Under	19 & Under
13 - 15	13 - 15	13 - 15	20 - 29	20 - 29
16 - 19	16 - 19	16 - 19	30 - 34	30 - 34
20 - 29	20 - 29	20 - 29	35 - 39	35 - 39
30 - 34	30 - 34	30 - 34	40 - 44	40 - 44
35 - 39	35 - 39	35 - 39	45 - 49	45 - 49
40 - 44	40 - 44	40 - 44	50 - 54	50 Plus
45 - 49	45 - 49	45 - 49	55 - 59	
50 - 54	50 Plus	50 Plus	60 Plus	
55 - 59				
60 Plus				

AT LEAST 3 "Stampede" Medallion AWARDS
WILL BE GIVEN IN EACH CATEGORY and up to 50 percent of each division will receive awards

Refreshments will be provided for runners and volunteers

RACE DIRECTOR: Dwayne Oakeley; 799-4473

19th Annual Red Raider Road Race

Date: Saturday, October 7, 2000 **Starting Time:** 8:00 a.m.

Registration: Until October 5, 2000 - \$15* Entry fee payable to the West Texas Running Club.

*Please add \$2 if you want an XXL t-shirt - (for the first 12 who sign up)

Walk In Registration: 8 a.m. -12 p.m. & 1 p.m.- 5 p.m. Weekdays at the Ex-Students Association building

Late Registration & Packet Pick-Up: \$20 - Friday, October 6, 12 p.m.- 6 p.m. North side of the UC Lobby

Race Day Registration & Packet Pick-Up: \$25 - Saturday, October 7, 6:30 a.m.-7:30 a.m. ONLY!
Student Rec Center (Main & Hartford)

Divisions:

Men: 19 & Under; 20-24; 25-29; 30-34; 35-39; 40-44; 45-49; 50-54; 55-59; 60-64; 65 & over

Women: 19 & Under; 20-24; 25-29; 30-34; 35-39; 40-44; 45-49; 50 & over

Special Divisions: Clydesdales, both races: Men 190 lbs. +; Women 150 lbs. +
5K - 12 & under; 13-15; 16-19

Start/Finish: Student Rec Center **Aid Stations:** At 2, 3 & 5 mile marks **Split Times:** at 1 mile

Course: Both the 5K & 10K Road Race will be run on the Tech Campus, with the start and finish at the Student Rec Center. A map of the course will be included at registration.

Awards: 1st Place overall Male and Female winners will receive a custom engraved plaque. Also best Master in each race (age graded) will receive a custom engraved plaque. Medallions will be presented to the first three finishers in each age/sex race class. Awards will also be given to the first three, age graded, in each race in the Clydesdales division.

Award Ceremony: Presentation at 9:30 a.m. at the Finish Line

Prize Drawings: Pre-registrants only. Must be present to win.

Corporate Sponsors: Cardinal's Sports Centers; Center for Orthopedic Surgery; Covenant Health System; Family Oxygen

Please make checks payable to the West Texas Running Club.

For more info call: Wade or Debbie Wilson @ 806/795-1667 or Fax 806/795-9469

Detach & Return to: RRRR/WTRC, %Debbie Wilson, 7818 Kenosha Avenue, Lubbock, TX 79423

First Name	MI	Last Name	Age on race day	Sex
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	M F
Address			M L XL XXL	T-shirt Size (adult) Add \$2 for XXL
<input type="text"/>				
City	State	Zipcode	Make checks payable to: West Texas Running Club	
<input type="text"/>	<input type="text"/>	<input type="text"/>		
Area Code	Daytime Phone Number	Entered Event	<input type="text"/>	
<input type="text"/>	<input type="text"/>	<input type="text"/> 5K <input type="text"/> 10K <input type="text"/> Clydesdale <input type="text"/> Wheelchair		
FOR OFFICIAL USE ONLY				

Warning: Participation in the Red Raider Road Race can be a threat to the health of individuals who are not in proper condition and health.

WAIVER STATEMENT: West Texas Running Club, Texas Tech Ex-Students Assn., Texas Tech University, all corporate sponsors of the event, the employees, 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 damage to or loss of property, arising out of or attributed, directly or indirectly, to participate in the Red Raider Road Race 5K/10K Run. This indemnity shall extend to and shall be binding on my 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. THIS ENTRY IS NOT VALID UNLESS SIGNED BY THE ENTRANT, GUARDIAN, CONSERVATOR, OR PARENT FOR ENTRANTS UNDER 18 YEARS OLD, RRCA rules prohibit skates, strollers, dogs, etc.

Signature of Entrant _____

Signature of Guardian (minors) _____

19th Annual Red Raider Road Race

5K & 10K
Road Race

Sanctioned by the
West Texas Running Club/
Course TAC Certified

Sponsored by:



Center for
Orthopedic Surgery

Benefiting the Texas Tech / West Texas Running Club Scholarship Fund

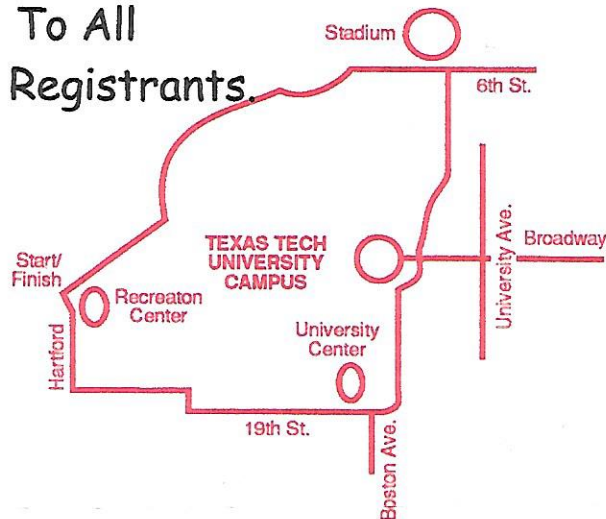
Red Raider Road Race

Texas Tech Ex-Students Association
P.O. Box 45001
Lubbock, TX 79409-5001



Run the Texas Tech
Campus as part of Tech's
Homecoming Weekend!
October 7, 2000

T-Shirts
Awarded
To All
Registrants.



West Texas Running Club

BULK RATE
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PERMIT 408

W.R.T.C. 2000 CHALLENGE SERIES
STANDING 8 AFTER 8 EVENTS

FEMALE

	YTD TOTALS			FEMALE			YTD TOTALS				
	AGE	PTS	MILES	EVT	VOL	35 - 39 FEMALE	AGE	PTS	MILES	EVT	VOL
0 - 12 FEMALE	10	10	4	1		Denise Bray	38	60	46.4	8	
Margarita Jimenez						Marsha Bennett	36	60	62.3	8	*
13 - 15 FEMALE	15	20	10.2	2		Susie Cobos	35	48	27.2	4	*
Alyssa McMenamy						Judy Lawley	35	48	47.1	5	*
Veronica Jimenez	13	10	4	1		Tracy Baugh	38	17	13	3	
Megan Wright	14	9	4	1		Melanie McVey	38	17	9	2	
Cammie Lass	14	7	3	1		Cindy Streit	36	10	2	1	
16 - 19 FEMALE	16	19	7	2		40 - 44 FEMALE					
Hope Jimenez	19	17	8	2		Martha Martinez	44	58	26.2	6	*
Tara Jernigan						Marjory Stewart	41	40	41.1	5	*
20 - 29 FEMALE	28	40	24.4	5		Dianne Calhoun	41	39	25	4	
Brandy Temple	27	22	11	3		Marti Greer	41	22	23	3	
Allison Morris	29	10	5	1		Robin Thomas	40	23	10	2	
Beverly English	29	10	5	1		Barbara Slaton	41	10	10	1	
Sarah Skelton	25	10	4	1		Ida Sumpter	43	0	26.2	4	*
						Debbie Wilson	41	0	24	3	*
30 - 34 FEMALE	32	47	32.6	6		45 - 49 FEMALE					
Natalie Steadman	30	30	22.2	3	*	Shirley Wigley	46	59	39.2	6	*
Janda Ibbetson	34	36	25	4		Josie Aleman	49	44	27	6	*
Dina Phillips	34	25	15	3		Madonne Miner	47	44	35.2	5	
Annette Burenheide	34	25	15	3		Ginger Stanley	48	25	13	3	
Moiria Ridley	34	10	4	1		Tina Moorhead	48	17	6	2	*
Cathy Paden	30	7	10	1		Cheryl Weber	46	10	16	2	*
Laura Crain	31	6	4	1		Charlotte Davis	45	8	8	1	
						Pam Hillis	46	8	3	1	
						Connie Berlinger	46	6	5	1	
50 - 99 FEMALE	51	60	10	7	**	Etta Mayer					
Deiores Key	59	45	19	5	*						
P J Mitchell	53	0	28	4	*						
Mary Harris	53	0	29.3	3	*						

PRESIDENT'S COMMENTS (Continued)

OLYMPICS 2000

The Sydney Olympics begin Saturday Sept. 16 with the inaugural Women's Triathlon, followed on Sunday by the Men's Triathlon. Track and Field events are Sept. 22 to Oct. 1; Women's Marathon Sept. 24; Men's Marathon Oct. 1. NBC will televise (tape delayed at 7 pm I believe). Also check out NBCOLYMPICS.COM (Oooo, I can't wait 'til synchronized swimming is on!! Will they have it in the bay where the sharks roam?)

DON'T FORGET!

Shame on you if you're in town Labor Day weekend and don't either help with or run the Walk of Fame Marathon races. Don't forget the Komen Race for the Cure Sept. 23, also. Matching club T-shirts to all who help.

Mike Kelley

MORE NEWS
FUTURE OLYMPIAN?

Hope Jimenez did very well in Texas Amateur Athletic Federation events around the state this summer and was recently invited to spend two weeks at a training camp in the Netherlands which culminated in a track meet the last week end. She won 3 gold medals competing against girls up to 19 years of age. She won the 800M in 2:27, the 1500M in 5:04 and the 3000M in 11:32. All 3 local TV stations were on hand to greet and interview her upon her return

HOT DAM RACE REPORT

It looked like it was going to be another hot, sultry West Texas morning in August. This, however, did not deter all the resilient, hardy souls who came out in near-record numbers to our Hot Dam Road Race. Total finishers numbered 109, the fourth largest turnout for this race since its inception. This was my first experience as a race director. I worried the entire month of July and all of August until race day: Would I forget to bring something crucial? What if some of the volunteers couldn't make it? What if someone tipped the portable potties overnight? What if I didn't have enough water? What if we held a race and nobody came?

All told, we pulled it off successfully. The portable potties were upright Saturday morning. We had not forgotten anything really essential (we could have used some more tables but we made due). We ran out of water at Water Stop 2/3, but had plenty at the finish line. Ultimately, it was the hard work and dedication of all the volunteers that made this race a success. I want to express my appreciation to club members Tim Key, Jon Omdahl, Marsha Bennett, Jimmy Key, Jerry Wright, Ida Natalie Steadman, Josie Aleman, Steve Green (one of our new members), Ida Sumpter, P.J. Mitchell, Kenneth Kinzenbaw, and especially George Jury, who is an indispensable resource in so many of our club races. I also want to mention the efforts of Ron Lubowicz, who scoped out the ice and the food (which he himself cut up) and Ronnie Prigg, who scoped out the course and helped me procure the coolers. I would also like to thank family members who assisted us at the race: David Bray and his stylish young daughter, Mrs. Kinzenbaw, and Larry, Scott and Joshua Mayer.

You guys are the best!

Etta Mayer

ELEMENTARY ONE MILE RUN

PLACE NAME	AGE	GRADE	SEX	TOWN	ST	TIME
1 BRADLEY FIELDS	10	5	M	LUBBOCK	TX	6:39
2 MICHAEL RODRIGUEZ	10	5	M	LUBBOCK	TX	6:43
3 MARGARET JIMENEZ	11	6	F	LAMESA	TX	6:47
4 TAMRA JERNIGAN	9	4	F	MILES	TX	6:57
5 KYRA SLOAN	8	3	F	JAYTON	TX	7:54
6 TONY RODRIGUEZ	10	5	M	BROWNFIELD	TX	8:10
7 BRIAN WILHELM	9	3	M	LUBBOCK	TX	9:11
8 NAOMI COBOS	12	6	F	LUBBOCK	TX	9:15
9 AVERY NUNEZ	5	K	M	BROWNFIELD	TX	10:03
10 FRANCISCO JIMENEZ	5	K	M	LAMESA	TX	10:46
11 ROBERT DAVIS	9	3	M	LUBBOCK	TX	11:58

OVERALL CLYDESDALE RESULTS

PLACE NAME	AGE	TOWN	ST	TIME	AGEGRADED TIME
* BILL ROGER	61	LEVELLAND	TX	43:28	35:23
* FARRELL MARTIN	34	LUBBOCK	TX	36:11	36:11
* WAYNE IVEY	31	SLATON	TX	37:22	37:22
* ADAM PUCKETT	29	LUBBOCK	TX	38:13	38:13
KEVIN CRAWFORD	34	LUBBOCK	TX	39:12	39:12
1 TODD DAVIS	35	LUBBOCK	TX	42:58	42:59
2 JIM BECK	41	LUBBOCK	TX	44:49	44:49
3 DAVID MARTIN	45	LUBBOCK	TX	46:53	43:41
4 LYNN TURNER	35	LUBBOCK	TX	44:09	44:09
1 SACHA STANLEY	23	MIDLAND	TX	52:37	52:37

* = Won Award in regular Age Group

W.T.R.C. NEWS

PURPLE MOUNTAINS MAGESTY

Jeffrey Jury completed 4 years teaching at the Amarillo Advanced Learning Center (a magnet program) and has taken a position at Rangeview High School in Aurora, Colorado.

MARRIAGE VOWS

Congratulations to Howard Norman, who married Marlene Johnston, July 30th. Howard was a hard worker for the club during his short stay here at TTU. He is now at Arizona State University.

STREAKING

We failed to bring attention to the fact that Jim Wilhelm completed the 10 Mile race at Brownfield for the 20th year in a row. Jim hasn't been running as much because of back problems. James Livermore has missed only once in that same 20 year span, but has run the 3 Mile some of the time.

RACE FOR THE CURE VOLUNTEERS

W.T.R.C. once again has been engaged by the Susan G. Komen foundation to provide finish line management and scoring for this year's race, Saturday, September 23rd. About 25 people are needed to help on race day and a few to haul and help set up the chutes on Friday afternoon. The club will provide nice WTRC logo T Shirts to these volunteers, so when you call George Jury at 792-3291 (d) or 792-1237 (n) be sure to indicate what size shirt you wish. The order must be placed by September 6th so to insure correct size please volunteer before then.

RED RAIDER ROAD RACE PRE-REGISTRATION

Once again, WTRC members may pre-register for the RRRR at a discount of \$3.00, by sending payment for \$12 instead of the stated fee of \$15.00. Club members will have to pay the same fee as everyone for late registration.

Volunteers are needed for the late registration as well as race day. Please call Wade or Debbie Wilson at 795-1667 to volunteer.

CORRECTION

The original publicized date for the WHITE ROCK MARATHON was incorrect. That date was taken from the Runningnetwork.com insert put out in both Runner's World and Running Times magazines. The correct date is December 10, 2000.

WALK OF FAME RACE FESTIVAL

Anyone who is going to be in town Labor Day weekend and not running in the races could sure help a lot by volunteering. Many more volunteers are needed, so call David Higgins at 785-8562 as soon as you read this!

W.R.T.C. 2000 CHALLENGE SERIES
STANDING @ AFTER 0 EVENT@

Table with columns for YTD TOTALS, AGE, PTS, MILES, EVT, VOL, and MALE. It lists various participants categorized by age groups (0-12 MALE, 13-15 MALE, 16-19 MALE, 20-29 MALE, 30-34 MALE, 35-39 MALE, 40-44 MALE, 45-49 MALE, 50-54 MALE, 55-59 MALE, 60-99 MALE) and their corresponding statistics.

** = RACE DIRECTOR
* = VOLUNTEER

"THE 13th ANNUAL HOT DAM RUN"
FIVE MILES OVERALL RESULTS

AUGUST 12, 2000
Lubbock, Texas

PLACE	NAME	TOWN	ST	DIV	PLACE	AG	S	TIME	PACE
54	SHIRLEY WIGLEY	LUBBOCK	TX	1	F4549	46	F	41:38	8:20
55	JEMINA MILLIS	LUBBOCK	TX	3	F1315	14	F	41:40	8:20
56	LOREN PHILLIPS	LUBBOCK	TX	6	M4549	46	M	41:45	8:21
57	STEVE BIGHAM	LUBBOCK	TX	7	M4549	46	M	41:53	8:23
58	ANGELA HEGSTROM	LUBBOCK	TX	1	F3034	34	F	41:56	8:24
59	MARTHA MARTINEZ	COLORADO CITY	TX	2	F4044	44	F	42:16	8:28
60	CASSY ORTIZ	LUBBOCK	TX	4	F1315	15	F	42:50	8:34
61	TODD DAVIS	LUBBOCK	TX	6	M3539	35	M	42:58	8:36
62	CALEB BECK	LUBBOCK	TX	6	M1619	16	M	43:00	8:36
63	DINA PHILLIPS	LUBBOCK	TX	2	F3034	34	F	43:10	8:38
64	VANESSA AGUIRRE	LUBBOCK	TX	2	F1619	16	F	43:13	8:39
65	GINA ESTRADA	ABERNATHY	TX	5	F1315	14	F	43:21	8:41
66	BILL ROGER	LEVELLAND	TX	1	M6099	61	M	43:28	8:42
67	DANIEL SNEATHEN	LUBBOCK	TX	7	M1619	16	M	43:48	8:46
68	LYNN TURNER	LUBBOCK	TX	7	M3539	35	M	44:09	8:50
69	LINDSEY GREEN	LUBBOCK	TX	5	F1619	16	F	44:38	8:56
70	RISSA FORD	LUBBOCK	TX	6	F1619	17	F	44:39	8:56
71	JIM BECK	LUBBOCK	TX	8	M4044	41	M	44:49	8:58
72	ANGELA FRANCO	MIDLAND	TX	2	F2029	23	F	45:15	9:03
73	JAMES LIVERMORE	LUBBOCK	TX	3	M5054	53	M	45:34	9:07
74	BRANDY TEMPLE	LUBBOCK	TX	3	F2029	28	F	45:53	9:11
75	MARY LASKI	LUBBOCK	TX	7	F1619	17	F	46:04	9:13
76	MADONNE MINER	LUBBOCK	TX	2	F4549	47	F	46:08	9:14
77	LOUJANNA ARTERBURN	LUBBOCK	TX	3	F3034	31	F	46:21	9:17
78	NATHAN BECK	LUBBOCK	TX	6	M1315	14	M	46:22	9:17
79	BOB BERNERO	LUBBOCK	TX	3	M5559	57	M	46:40	9:20
80	MIKE TREVINO	LUBBOCK	TX	5	M3034	31	M	46:44	9:21
81	GINGER STANLEY	MIDLAND	TX	3	F4549	48	F	46:49	9:22
82	ANGELA THORBURY	LUBBOCK	TX	8	F1619	16	F	46:50	9:22
83	DAVID MARTIN	LUBBOCK	TX	8	M4549	45	M	46:53	9:23
84	THOMAS WORD	LUBBOCK	TX	2	M6099	63	M	47:23	9:29
85	JORDAN POST	LUBBOCK	TX	8	M2029	28	M	47:33	9:31
86	JIMMY CLARK	LUBBOCK	TX	9	M4549	48	M	47:56	9:36
87	DAVID BALDNER	LUBBOCK	TX	9	M4044	40	M	48:10	9:38
88	SANDRA HERNANDEZ	LUBBOCK	TX	3	F4044	40	F	48:18	9:40
89	ABBY BOUTHUN	LUBBOCK	TX	6	F1315	14	F	48:20	9:40
90	LEANN HUBBARD	MIDLAND	TX	4	F3034	30	F	48:45	9:45
91	MIKE MALONE	WOLFORTH	TX	10	M4044	43	M	49:17	9:52
92	MARLENE LOPEZ	LUBBOCK	TX	4	F2029	29	F	49:28	9:54
93	REBECCA KOBERG	LUBBOCK	TX	5	F2029	24	F	50:10	10:02
94	SHERI LEANN FIEL	AMARILLO	TX	9	F1619	19	F	50:26	10:06
95	WHITNEY ELLIS	LUBBOCK	TX	10	F1619	19	F	50:27	10:06
96	TARYN ANTHONY	LUBBOCK	TX	7	F1315	14	F	50:27	10:06
97	AMBER WILHELM	LUBBOCK	TX	8	F1315	13	F	51:01	10:13
98	LIZ MOSS	LUBBOCK	TX	4	F4044	41	F	51:02	10:13
99	SUSIE COBOS	LUBBOCK	TX	4	F3539	35	F	51:18	10:16
100	RICK LAMPE	LUBBOCK	TX	4	M5559	56	M	52:11	10:27
101	SACHA STANLEY	MIDLAND	TX	6	F2029	23	F	52:37	10:32
102	BRANDON BIUS	LUBBOCK	TX	7	M1315	14	M	53:03	10:37
103	STEVE GROSS	LUBBOCK	TX	10	M4549	47	M	55:39	11:08
104	ROBIN THOMAS	MORTON	TX	5	F4044	40	F	55:58	11:12
105	SABRA WOODY	MIDLAND	TX	5	F3034	33	F	58:37	11:44
106	JANIE PHILLIPS	ODESSA	TX	1	F5099	50	F	1:01:34	12:19
107	NANCY SULLIVAN	LUBBOCK	TX	4	F4549	48	F	1:10:17	14:04
108	CONNIE BERLINGERI	LUBBOCK	TX	5	F4549	46	F	1:10:40	14:08
109	DELORES KEY	LUBBOCK	TX	2	F5099	59	F	1:14:27	14:54

MORE WTRC NEWS
WOOL CAPITOL TRIATHLON
WTRC MEMBER RESULTS

Place	NO.	NAME	AG	S	SWIM	BIKE	10K	FINAL
2	610	KEY TIM	32	M	22:21	1:00:03	36:31	1:58:55
66	814	ARMSTRONG SHANNA	25	F	23:58	1:12:17	50:21	2:26:35
81	709	HOGAN GREG	41	M	28:54	1:10:09	50:59	2:30:00
83	807	WILSON WADE	40	M	31:49	1:09:32	49:08	2:30:28
120	775	KEY JIMMIE	63	M	33:23	1:15:49	55:15	2:44:27
158	753	STEADMAN NATALIE	33	F	33:14	1:25:29	58:05	2:56:46
183	714	GREER MIKE	61	M	44:13	1:16:15	70:40	3:11:08
198	707	BOWSER THOMAS	73	M	43:52	1:36:54	85:04	3:45:49

GOLDEN TORNADO 5K RUN
Lamesa, Texas
JULY 8, 2000
WTRC MEMBER RESULTS

Casey Sumpter, 17:27, Felix Saldaña, 17:45, Hawk Harris, 18:11, Frank Sumpter, Sr., 19:55, Al Gardner, 20:05, Hope Jimenez, 20:41, Lorenzo Padilla, 23:02, Martha Martinez, 25:33, John Stalcup, 26:15, Margarita Jimenez, 27:28 and Marsha Bennett, 37:52.

WTRC/TTU SCHOLARSHIPS

The two recipients of the WTRC scholarships to Texas Tech University are Jill Aleman and Jill Teague. Each of these students will receive a check for \$500.00 for the fall semester and another \$500.00 check for the spring semester if they maintain their eligibility. The monies that support these scholarships are from an endowment fund established in 1989 at Texas Tech University. The proceeds from the Red Raider Road Races support this endowment fund.

The scholarship committee consisted of John Trompler, Ron Lubowicz and myself as chair. We had six excellent candidates nominated by club members and it was tough not to be able to award each student with a scholarship. I want to thank, Bob Bernero, Joe Martinez, David Higgins, George Jury, Ginger Stanley and Etta Mayer for nominating these fine students.

Jill Aleman is a past three time recipient in her senior year majoring in human development/family studies. Jill Teague is a first time recipient a junior, majoring in family studies. These recipients will be at the RRRR in October. Please be there to meet these deserving ladies and to support the endowment fund through your registration fee.

The committee is in the process of revising the application form to allow a fuller expression of employment experiences and a more detailed description of their financial support, i.e., scholarship or grant amounts, etc. All candidates that applied this year will be sent this new form next year and asked to reapply.

PRUDE RANCH RACES
July 30, 2000 Fort Davis

Running the half marathon were Mike Kelley, 8th, 1:44:54 and James Livermore, 20th, NTA. In the 10K, Frank Sumpter, Sr. was 4th in 38:45 and in the 5K, Casey Sumpter was 2nd in 17:02.

James Leser

COOPER CLINIC®
Dallas, Texas



SUPPLEMENT RECOMMENDATIONS

	Age				Heavy Exercisers ⁴
	5-12	13-21	22-50	50-Plus	
Vitamin C (mg) ¹					
Women:	200	200	1000	1000	1500
Men:	500	500	1000	1000	2000
Vitamin E (IU) ²					
Women:	200	400	400	400	1200
Men:	200	400	400	400	1200
Beta Carotene (IU) ³					
Women:	5000	5000	5000	5000	5000
Men:	5000	5000	5000	5000	5000
Folic Acid (mcg) ¹					
Women:	100	400	800	800	800
Men:	100	400	800	800	800
Vitamin B₆ (mg)					
Women:	1.4	25	50	50	50
Men:	1.4	25	50	50	50
Vitamin B₁₂ (mcg)					
Women:	20	200	400	400	400
Men:	20	200	400	400	400
Selenium (mcg)					
Women:	2.0	50	100	100	200
Men:	2.0	50	100	100	200
Calcium (mg) ¹					
Women:	1000	1200-1500	1500	1500	1500
Men:	1000	1200-1500	1000	1000-1200	1000-1200

¹ At the higher doses, split up into two equal doses daily.

² d-alpha tocopherol (natural vitamin E). For heavy exercisers, split up into three equal doses daily.

³ Total beta carotene consumption daily should be 25,000 IU; 20,000 IU from food sources.

⁴ Running over 30 miles per week or other comparable activity.

Be sure to consult with a physician before taking high doses of individual supplements if you are on prescribed medications, are pregnant, or have any kind of health problem.

"THE 13th ANNUAL HOT DAM RUN"
****EVENT NUMBER 8 OF THE WTRC CHALLENGE SERIES****
USA TRACK & FIELD CERTIFIED # TX93059ETM

FIVE MILES OVERALL RESULTS

AUGUST 12, 2000 Lubbock, Texas

PLACE	NAME	TOWN	ST DIV	PLACE	AG	S	TIME	PACE
1	FELIX SALDANA	LAMESA	TX	1	M1619	17	M	28:13
2	BOB JACKSON	HOBBS	NM	1	M4044	41	M	28:26
3	QUINT BEARDEN	SAN MARCOS	TX	1	M2029	25	M	29:17
4	CASEY SUMPTER	LAMESA	TX	1	M1315	15	M	29:44
5	JUSTIN BARBER	MIDLAND	TX	2	M1619	19	M	30:18
6	CODY TURNER	SHALLOWATER	TX	3	M1619	16	M	32:53
7	BREY SPEAR	LUBBOCK	TX	2	M1315	15	M	33:35
8	FRANK SUMPTER	LAMESA	TX	1	M4549	46	M	33:38
9	AL GARDNER	LEVELL	TX	2	M4044	44	M	33:40
10	GARRY RYON	MIDLAND	TX	3	M4044	44	M	33:48
11	RICHARD LOMBARDINI	LUBBOCK	TX	2	M2029	24	M	34:14
12	LORY IOPPOLO	LUBBOCK	TX	1	F2029	24	F	34:26
13	MICHAEL GARCIA	LUBBOCK	TX	3	M1315	15	M	34:27
14	KEN JERNIGAN	MILES	TX	2	M4549	49	M	35:00
15	ADAM NELSON	LUBBOCK	TX	4	M1619	16	M	35:07
16	CRAIG BLAKES	ABERNATHY	TX	3	M2029	21	M	35:26
17	LAURA BOTHUN	LUBBOCK	TX	1	F1619	17	F	35:37
18	RON LUBOWICZ	LUBBOCK	TX	1	M5559	57	M	35:40
19	DANA SOUCY	LUBBOCK	TX	2	M3539	35	M	36:07
20	JESSE RODRIGUEZ	BROWNFIELD	TX	1	M3034	34	M	36:11
21	FARRELL MARTIN	LUBBOCK	TX	1	M5054	50	M	36:17
22	JOHN GREGORYK	IDALOU	TX	3	M3539	37	M	36:43
23	GEORGE ANDERSON	BROWNFIELD	TX	2	F1619	16	F	36:53
24	MINDY KATE SULLIVAN	LUBBOCK	TX	1	F3539	38	F	36:58
25	DENISE BRAY	LUBBOCK	TX	4	M4044	42	M	37:04
26	RUSSEL MARTIN	SHALLOWATER	TX	4	M3539	39	M	37:06
27	KELLEY LITSCH	RANSOM CANYON	TX	4	M1315	15	M	37:21
28	MALCOLM PRIGG	LUBBOCK	TX	2	M3034	31	M	37:22
29	WAYNE IVEY	SLATON	TX	1	M0112	12	M	37:27
30	DREW SOUCY	LUBBOCK	TX	2	M5054	53	M	37:34
31	DARREL McMILLEN	LUBBOCK	TX	5	M3539	39	M	37:36
32	RON HEWETT	LUBBOCK	TX	1	F4044	41	F	37:38
33	DIANE CALHOUN	IDALOU	TX	1	F1315	15	F	37:41
34	PRINCESS SPENCE	LUBBOCK	TX	2	M5559	55	M	37:45
35	DANNY GALEY	COLORADO CITY	TX	5	M1315	15	M	37:57
36	ZACK MORRIS	NEW HOME	TX	5	M4044	44	M	38:09
37	JACKIE CANNON	AMARILLO	TX	4	M2029	29	M	38:13
38	ADAM PUCKETT	LUBBOCK	TX	3	M4549	49	M	38:17
39	RONNIE PRIGG	LUBBOCK	TX	5	M2029	26	M	38:29
40	DAVE SHELLES	LUBBOCK	TX	2	F3539	35	F	38:45
41	JUDY LAWLEY	LUBBOCK	TX	4	M4549	48	M	39:01
42	DAVID HIGGINS	LUBBOCK	TX	5	M4549	46	M	39:01
43	ROBERT FORTNEY	LUBBOCK	TX	3	M3034	34	M	39:12
44	KEVIN CRAWFORD	LUBBOCK	TX	5	M1619	16	M	39:31
45	TARA JERNIGAN	MILES	TX	5	M1619	16	M	39:56
46	BEN WRIGHT	LUBBOCK	TX	6	M4044	41	M	39:58
47	EPI AGUIRRE	LUBBOCK	TX	2	F1315	15	F	40:18
48	JAMIE FRANCIS	LUBBOCK	TX	6	M2029	29	M	41:05
49	PETE TORREZ	COLORADO CITY	TX	7	M2029	29	M	41:18
50	ANDY ROSSON	LUBBOCK	TX	3	F3539	38	F	41:19
51	MELANIE McVEY	SUNDOWN	TX	7	M4044	44	M	41:27
52	DWAYNE OAKELEY	LUBBOCK	TX	4	M3034	33	M	41:35
53	PAUL BROOKS	WOLFFORTH	TX					

* = New Age Group Records

SHALLOWATER STAMPEDE

September 9, 2000

Mail
Registration
thru September 7

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

Telephone registration
by 7 p.m. September 8th
792-3291 (day) 792-1237 (night)

George W. Jury
5212 44th St.
Lubbock, Texas 79414

Race start at 8 am at the
Shallowater High School,
Shallowater, 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 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 Shallowater Stampede. 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 old.

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 _____ 2 mi. _____ 10K

City _____ State _____ Zip _____ Phone _____