

CALENDAR

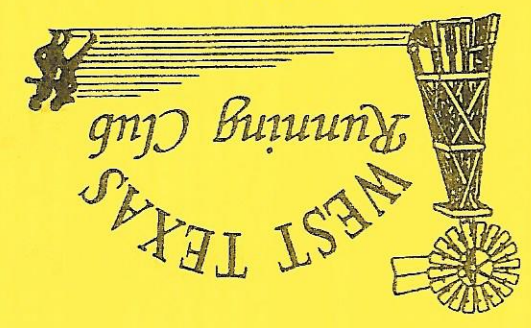
* Indicates W.T.R.C. Monthly Race and CHALLENGE SERIES EVENT

- JUNE 2 **RUN IN THE SUN:** San Angelo, 8K, Brent Fields; fields@wcc.net
- JUNE 5 W.T.R.C. Business meeting, Tuesday, June 5th, 7:00 p.m. at 1623 10th Street
- * JUNE 9 **BOBBY BIRDSONG MEMORIAL LEVELLAND LOPE:** Levelland, 8am 10K and 2 Mile, Race Director, Bill Roger, 894-7911
- JUNE 16 **GIRLSTOWN GALLOP;** Whiteface, 5K, Dan Adams, 229-2204
- JUNE 24 **BUFFALO SPRINGS LAKE TRIATHLON:** Buffalo Springs Lake, 6:30 am Race Directors, Mike and Marti Greer, 796-8213
- * JULY 4 **31st ANNUAL FIRECRACKER RUN;** Brownfield, 8am; 10 Mile and 3 Mile, kids 1 Mile, Adam Puckett, 799-4745 (n), 775-1236 (d)
- AUG. 4 **AUGUST NITES 5K RUN:** Hobbs, NM, 7:30am, FMI, Daniel Herman, (505)392-9049
- * AUG. 11 **HOT DAM 5 MILER:** Canyon Lake 6, Lubbock, (also 1 Mile Children's Run) 8:00 am, Etta Mayer, Race Director, 742-2907
- * SEPT 8 **SHALLOWATER STAMPEDE:** 10K and 2 Mile, 8:00 am, Shallowater High School, Dwayne Oakeley, Race Director, 799-4773
- SEPT 15 **SENIOR SPORTS CLASSIC:** 5K Saturday pm, Marti Greer, 796-8213
- SEPT 16 **SENIOR SPORTS CLASSIC:** 10K Sunday am
- SEPT 22 **RACE FOR THE CURE:** Lubbock, 5K, 765-5281
- * OCT. 6 **RED RAIDER ROAD RACE:** TTU Campus, Lubbock, 8:00 am, 10K and 5K Wade Wilson, Race Director, 795-1667, dandwilson@aol.com
- OCT. 20 **RED RIBBON RUN:** Lubbock, 5K, Rose Hoeve, 796-6074 (d)
- OCT. 28 **WALK OF FAME RACE FESTIVAL:** Marathon, Half Marathon, 5K, 1 Mi. FMI, call 796-8213 or 747-7572
- * NOV. 10 **BUFFALO WALLOW RACES:** BUFFALO SPRINGS LAKE, Half Marathon and 2 Mile, 9 am, George Jury, Race Director, 792-3291, 792-1237
- * NOV. 22 **W.T.R.C. TURKEY TROT:** Mackenzie Park, Lubbock, 9:00 am, 12K and 2 Mile, Ron Lubowicz, RD, 778-9550 (d), 748-1855 (n)
- DEC. 9 **WHITEROCK MARATHON:** Dallas, call 1-214-526-5318
- * DEC. 8 **REDLINE 4 MILE CROSS COUNTRY:** Mae Simmons Park, Lubbock, 10am Ron Lubowicz, Race Director, 778-9550 (d), 748-1855 (n)

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

For Membership, Calendar, Race Results, etc.

Newsletter
5406 86th St.
Lubbock, Texas 79424



June 2001



June W.T.R.C. RACE

LEVELLAND LOPE
Levelland, Texas 10K and 2 Miles
8am, Saturday, June 9, 2001
Details Inside Back Cover

David Higgins
3401 Alcove
Lubbock, TX 79407



WEST TEXAS RUNNING CLUB

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WTRC Web Address:

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

All members are welcome.

FROM THE PRESIDENT

The Navaho have a blessing, "Walk in beauty". Their lifestyle implies one of balance in all things. All parts of a human being need to be fully expressed—mental, physical, emotional, spiritual. If a person is sick, the implication is that some part of him/her is out of balance. It might even be to such a degree that a healing ceremony is needed to get back in balance.

This is a good model for a person of any culture, and a good model for runners. We know that as bad as the day gets at work, as heavy as the problems of life become, we can always go for a run. Some might see this as escapism. I see it as my time of meditation, when I can think and sort out problems, or just not think at all. It is my time devoted to my mental health. Running and other things physical are so simple that they help me get back in balance. I need that simple activity as a time to recharge my batteries, to relax my mind, while at the same time burning up every last ounce of energy I have.

So, once again I tell you that you have the key. When things get too much for you, go for a run!

Run in beauty,
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 MacKenzie Park For more information call Bob Bernero at 748-8418 (N)

WEST TEXAS RUNNING CLUB'S

22nd Annual **BOBBY BIRDSONG MEMORIAL LEVELLAND LOPE**
10K and 2 MILE RACES

EVENT # 6 OF THE W.T.R.C. CHALLENGE SERIES

WHEN: SATURDAY, June 9, 2001

REGISTRATION: 7:00 to 7:45 A.M., On Site

RACE START: 8:00 A.M.

PRE REGISTRATION: Available, fill out and return entry form or call George Jury at 792-1237 by 7pm, Friday the 8th, then pay fee race day

WHERE LEVELLAND HIGH SCHOOL, Levelland Texas

From Lubbock, take Highway 114 West, turn left on Alamo Road, east side of Levelland, drive south to the high school

COURSE: Flat, both Races out and back on City Streets

AID STATIONS: At least, every 2 Miles
Splits at 1 Mile

AGE DIVISIONS: 10K

MEN: 13-19; 20-29; 30-34; 35-39; 40-44; 45-49;
50-54; 55-59; 60 Plus

WOMEN: 13-19; 20-29; 30-34; 35-39; 40-44; 45-49, 50 Plus
(Special 6-9, 10-12, 13-15 & 16-19 age groups in the 2 Mile)

Clydesdales and Athena Age Graded

AWARDS: New Medallions to at least the first three finishers in THE AGE GROUP DIVISIONS DESCRIBED ABOVE and up to 50% of each group

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

RACE DIRECTOR: Bill Roger, 894-7911

West Texas Running Club
proudly presents

**32nd ANNUAL
FIRECRACKER RUNS**

Wednesday, July 4th, 2001

Late registration: 7:00-7:45 am

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

Please Pre-Register

Send in form or call before 7 pm, July 3rd
George W. Jury, 792-3291(d), 792-1237(n)

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.

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.

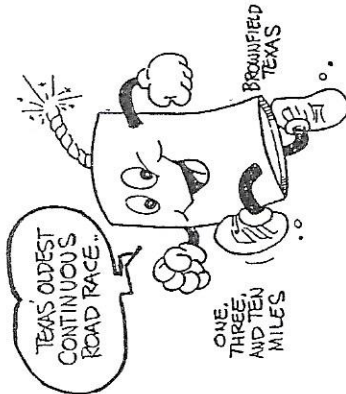
Special and unique commemorative medallions. Awards given to the first 3 in each age
group and to at least 50% of the contestants in each age group as listed below. Awards
will be presented at 8:05 a.m. (Kids Run), 8:35 a.m. (3 mile), and 10 a.m. (10 mile).

3 Mile Run		10 Mile Run	
Male	Female	Male	Female
6-12	6-12	13-19	13-19
13-15	13-15	20-29	20-29
16-19	16-19	30-34	30-34
20-29	20-29	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	
50-54	50-plus	60-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.
Grade as of Fall, 2001.

Contact: Race Director Adam Puckett (806) 799-4745 (N), 775-1236 (D)



**FIRECRACKER
RUN!**

HORSESHOE BEND CANYON SPRING PROLOG RACES
2 Mile, 6 Mile and 11 Mile Road Races
Slaton, Texas
May 12, 2001

11 MILES

PLACE NAME	TOWN	ST	DIV	PLACE	AG	S	TIME	PACE
* 1 CASE SHAY	LUBBOCK	TX	1	M2029	26	M	1:02:09	5:39
2 TIM KEY	LUBBOCK	TX	1	M3034	33	M	1:09:27	6:19
3 LEIGH DANIEL	LUBBOCK	TX	1	F2029	22	F	1:11:04	6:28
4 BOBBY SAIN	LUBBOCK	TX	1	M1619	19	M	1:16:09	6:56
5 GABRIEL ARSIAGA	HOBBS	NM	2	M2029	23	M	1:16:10	6:56
6 FARRELL MARTIN	LUBBOCK	TX	2	M3034	34	M	1:16:47	6:59
7 LINDA GUTIERREZ-NORT	LUBBOCK	TX	2	F2029	26	F	1:21:30	7:25
8 BRENT LOWREY	LUBBOCK	TX	1	M3539	39	M	1:21:30	7:25
9 HETDI WIEDENFELD	LUBBOCK	TX	1	F3034	33	F	1:22:52	7:32
10 WAYNE IVEY	SLATON	TX	3	M3034	32	M	1:24:24	7:41
11 MARK ALBUS	WHITEFACE	TX	1	M4044	44	M	1:24:44	7:43
12 TODD HEGSTROM	LUBBOCK	TX	1	M4549	45	M	1:26:26	7:52
13 DENISE BRAY	LUBBOCK	TX	1	F3539	39	F	1:26:48	7:54
14 KIRK THOMAS	LUBBOCK	TX	2	M4044	42	M	1:28:18	8:02
15 DIANE CALHOUN	IDALOU	TX	1	F4044	42	F	1:28:43	8:04
16 TOMMY PARRISH	LUBBOCK	TX	3	M4044	44	M	1:28:44	8:04
17 ROBERT CRUMPLER	MIDLAND	TX	4	M3034	32	M	1:29:23	8:08
18 MOIRA RIDLEY	LUBBOCK	TX	2	F3539	35	F	1:31:12	8:18
19 DANNY GALEY	COLORADO CITY	TX	1	M5559	55	M	1:32:41	8:26
20 MIKE KELLEY	LUBBOCK	TX	1	M5054	52	M	1:33:56	8:33
21 CALEB BECK	LUBBOCK	TX	2	M1619	17	M	1:34:05	8:34
22 AARON SELF	ALAMOGORDO	NM	3	M2029	21	M	1:34:31	8:36
23 ADAM PUCKETT	LUBBOCK	TX	5	M3034	30	M	1:35:45	8:43
24 BILL MATEJA	LUBBOCK	TX	2	M3539	39	M	1:38:11	8:56
25 JIMMIE KEY	LUBBOCK	TX	1	M6099	63	M	1:38:39	8:59
26 LORENZO RAMIREZ	ROTAN	TX	1	M6099	66	M	1:39:21	9:02
27 FRANK RHOADES	LUBBOCK	TX	6	M3034	30	M	1:41:46	9:16
28 NATHAN BECK	LUBBOCK	TX	1	M1315	14	M	1:45:08	9:34
29 DAREL PHILLIPS	LUBBOCK	TX	2	M5054	52	M	1:45:19	9:35
30 JAMES LIVERMORE	LUBBOCK	TX	3	M5054	53	M	1:45:56	9:38
31 JIM BECK	LUBBOCK	TX	4	M4044	41	M	1:45:59	9:39
32 CLINT STEPHENSON	LUBBOCK	TX	7	M3034	30	M	1:48:49	9:54
33 BOB BROSELOW	LUBBOCK	TX	3	M6099	60	M	1:48:54	9:54
34 STEVE BUCKLEY	LUBBOCK	TX	5	M4044	43	M	1:51:09	10:07
35 SHURLEY WIGLEY	LUBBOCK	TX	1	F4549	47	F	1:56:18	10:35
36 ETTA MAYER	LUBBOCK	TX	1	F5099	52	F	1:57:31	10:41
37 MARSHA BENNETT	LUBBOCK	TX	3	F3539	37	F	1:58:06	10:45
38 SAM PROSE	LUBBOCK	TX	4	M5054	52	M	1:58:50	10:49
39 JAN DANIEL	LUBBOCK	TX	2	F4044	44	F	2:03:36	11:15

* = Age Group Record @ = Overall Female and Age Group Record

RACE DIRECTOR'S REPORT

The weather was perfect for putting on a race. A couple of course records were set in the 11 mile event. Leigh Daniel won the Women's Overall and Age Group 20-29 with a time of 1:11:04. Case Shay won Male Age Group 25-29 with 1:02:09. CONGRATULATIONS RUNNERS. A special thanks goes out to the volunteers and participants at this year's Horseshoe Bend Runs. The volunteers were George Jury--Registration and Computer Results, Jim Clark--Chronomix Results, Ginger Stanley--Finish Line Results and Pre-Registration, Kurt Thomas--Registration (and then ran the 11 mile race), P. J. Mitchell--Registration and Finish Line, Joe Post--Registration and Finish Line, Rebecca Puckett--WTRC Running Apparel Store, Shannon Moore--2 mile Turn Around/5 mile Water Stop, Jim Lesser--6 mile Turn Around/7 mile Water Stop, Bill Roger--2 1/2 mile Water Stop, Susie Cobos--9 mile Water Stop. The volunteers were a tremendous success and thanks again.

On a more humble note, I sincerely apologize for running out of medals for the 11 milers who did not receive them. The medals have been ordered and we will get the medals to you at the next race, The Leveland Lope. I hope everyone enjoyed this event as much as I did and hope to see you again next month. AGAIN, THANKS TO EVERYONE WHO RAN OR HELPED OUT!

Ron Hewett

HORSESHOE BEND CANYON SPRING FROLIC RACES
 2 Mile, 6 Mile and 11 Mile Road Races
 Slaton, Texas May 12, 2001

GOT OXYGEN?

Can you do it and live? I certainly hope so. This runner had a momentary lapse in memory and signed up for the lottery for the Leadville Trail 100 Mountain Bike Race on August 11th. As luck (?) would have it I made it in. This is a mountain bike race starting in Leadville at 10,200 feet the week before the trail running event. The course climbs to Columbine Mine at 12,600 feet at the turn-a-round. Last year only 43% of the entrants finished after an afternoon storm dumped rain, hail, and frightening lightning strikes on competitors. Many had problems with hypothermia. I hope to do this event in less than 12 hours to qualify for a large handmade silver buckle and a hooded sweatshirt with my name and time embroidered on it. I'll let you know how my training goes and what changes I must make to my running/duathlon training program in a future article. I know this isn't running, but--- it is an endurance event. Accept no limits! Jim Leser

USAT NATIONAL RANKINGS

The national rankings for duathlons and triathlons for 2000 were recently released with Jim Leser ranked 7th out of 44 in the age group, 50-54. Last year he was ranked 13th out of 45. He must be doing something right with his training or could all his competition have aged up?

Baylor-Tom Landry Triathlon

= Clydesdale Winner

Several local athletes (most WTRC members) competed in this 400m swim/30K bike/5K run on May 5th. The results included John Price 9th in his age group, 20-24, in 1:30:26, Natalie Steadman 9th in her age group, 30-34, 1:34:23; David Steadman 16th in his age group, 30-34, 1:23:54; Greg Hogan 7th in his age group, 40-44, in 1:24:16; Jimmie Key 4th in his age group, 60-64, 1:40:46, and Wade Wilson 1st in his age group, 40-44, in 1:20:16.

New Treatment for Plantar Fasciitis

Covenant Health Systems of Lubbock recently announced that they will providing a new non-surgical treatment for chronic sufferers of plantar fasciitis, an inflammation of a band of tissue on the bottom of the foot that manifests itself as pain in the heel area of the foot. Many runners have suffered one degree or another of this ailment. The typical treatment for this injury usually includes stretching, anti-inflammatory medication, good shoes and the use of appropriate inserts, icing, and, worst of all, a reduced running schedule. Fortunately, most runners get better after several months of this conservative treatment. For those who do not recover, a new treatment was approved by the FDA about one year ago. The treatment involves a procedure using a device called an Ossatron. The Ossatron generates shock waves to break up scar tissue and promote healing. The procedure is performed on an outpatient basis, but is provided with anesthesia because some pain is involved. Before you plantar fasciitis sufferers rush off to your physician, be advised that conservative treatment is still the best option for most people. The new treatment is offered as an alternative to surgery for those who have not found adequate relief from more conservative treatment for six months or longer. Still, this is an interesting development that holds promise for the treatment of chronic sufferers of heel pain. The Ossatron is scheduled to be in use in Lubbock this summer and is currently available at other locations around the country.

PLACE NAME	TOWN	ST	DIV	PLACE	AG	S	TIME	PACE
1 AL GARDNER	LEVELLAND	TX	1	M4044	44	M	41:31	6:56
2 EPI AGUIRRE	LUBBOCK	TX	2	M4044	42	M	42:49	7:09
3 PAUL PARE,	LUBBOCK	TX	1	M3539	39	M	45:24	7:34
4 JOHN TROMPLER	LUBBOCK	TX	1	M5054	53	M	45:37	7:37
5 LYNN LEE	NEW HOME	TX	1	M3034	31	M	45:56	7:40
6 TOM GRIFFIN	LUBBOCK	TX	2	M5054	52	M	46:35	7:46
7 RONNIE PRIGG	LUBBOCK	TX	3	M5054	50	M	47:38	7:57
8 MELANIE McVEY	SUNDOWN	TX	1	F3539	39	F	48:14	8:03
9 STEVEN THOMAS	MORTON	TX	1	M2029	22	M	48:51	8:09
10 JOHN PRICE	LUBBOCK	TX	2	M2029	24	M	49:37	8:17
11 DWAYNE OAKELEY	LUBBOCK	TX	3	M4044	44	M	49:57	8:20
12 RENAE ALVAREZ	LUBBOCK	TX	1	F2029	28	F	50:00	8:20
13 JOE MARTINEZ	LUBBOCK	TX	1	M6099	61	M	50:12	8:22
14 JAMES BONE	LUBBOCK	TX	4	M4044	44	M	51:10	8:32
15 RICHARD THOMAS	LUBBOCK	TX	1	M4549	48	M	53:06	8:51
16 DAVID HIGGINS	LUBBOCK	TX	1	M4549	48	M	53:16	8:53
17 JOHNNY GARZA	SLATON	TX	2	M3539	35	M	53:25	8:55
18 JIM WILHELM	LUBBOCK	TX	4	M5054	50	M	56:09	9:22
19 PAM GASCHEN	LUBBOCK	TX	2	F3539	36	F	57:04	9:31
20 JAMES WICKERSHAM	LUBBOCK	TX	5	M4044	41	M	59:08	9:52
21 DAVID BALDNER	LUBBOCK	TX	6	M4044	41	M	59:19	9:54
22 CONNIE BERLINGERI	LUBBOCK	TX	1	F4549	47	F	1:00:39	10:07
23 ROBIN THOMAS	MORTON	TX	1	F4044	41	F	1:02:57	10:30
24 DICK BAKER	LUBBOCK	TX	2	M5559	56	M	1:05:06	10:51
25 JOHN PARE,	LUBBOCK	TX	2	M6099	74	M	1:09:40	11:37

2 MILE

PLACE NAME	TOWN	ST	DIV	PLACE	AG	S	TIME	PACE
1 ROCKY REYES	FLOYDADA	TX	1	M1619	17	M	11:37	5:49
2 GLEN POKLIKUHUA	LUBBOCK	TX	1	M2029	29	M	11:48	5:54
3 JEREMIAH LaFUENTE	FLOYDADA	TX	2	M1619	17	M	12:18	6:09
4 MIKE WARREN	SUDAN	TX	1	M4044	42	M	12:26	6:13
5 LORENZO PADILLA	LEVELLAND	TX	1	M4549	47	M	13:40	6:50
6 JACKIE CANNON	AMARILLO	TX	2	M4549	45	M	13:41	6:51
7 KELLY LOUGHLIN	LUBBOCK	TX	1	F2029	25	F	14:11	7:06
8 DAVID MOYA	LUBBOCK	TX	2	M2029	28	M	14:42	7:21
9 PETE TORRES	COLORADO CITY	TX	3	M2029	29	M	15:11	7:36
10 MARTHA MARTINEZ	COLORADO CITY	TX	1	F4549	45	F	15:12	7:36
11 MARK SMITH	LUBBOCK	TX	1	M3539	37	M	16:03	8:02
12 ANNA McVEY	SUNDOWN	TX	1	F1315	14	F	16:14	8:07
13 HEATHER CANNON	AMARILLO	TX	2	F1315	15	F	17:27	8:44
14 EDDIE SOSA	LUBBOCK	TX	4	M2029	29	M	17:30	8:45
15 SELINA RICHARDSON	MIDLAND	TX	1	F1619	19	F	18:24	9:12
16 JOHN STALCUP	LUBBOCK	TX	1	M6099	68	M	18:24	9:12
17 JOHN PARE, Jr.	LUBBOCK	TX	2	M4044	42	M	22:20	11:10

OVERALL CLYDESDALE 11 MILE RESULTS

PLACE NAME	AG	TOWN	ST	TIME	AGEGRADED	TIME
* FARRELL MARTIN	34	LUBBOCK	TX	1:16:47	1:16:47	
* WAYNE IVEY	52	SLATON	TX	1:24:24	1:24:24	
* DARREL PHILLIPS	32	LUBBOCK	TX	1:45:19	1:33:42	
1 ADAM PUCKETT	30	LUBBOCK	TX	1:35:45	1:35:45	
2 JIM BECK	41	LUBBOCK	TX	1:45:59	1:42:33	
3 STEVE BUCKLEY	43	LUBBOCK	TX	1:51:09	1:46:00	
4 CLINT STEPHENSON	30	LUBBOCK	TX	1:48:49	1:48:49	
* = Won Award in regular Age Group						

W.R.T.C. 2001 CHALLENGE SERIES
STANDINGS AFTER 5 EVENTS
(reflects all paid members as of 05-17-01)

0-12 MALE				45-49 MALE				YTD TOTALS				
AGE	PTS	MILES	EVT	AGE	PTS	MILES	EVT	AGE	PTS	MILES	EVT	VOL
Drew Soucy	12	10	5	Lorenzo Padilla	47	43	17	47	43	17	5	
Kenneth Kinzenbaw	12	9	5	Frank Sumpter	47	20	9	47	20	9	2	
13-15 MALE				45-49 MALE				YTD TOTALS				
Nathan Beck	14	47	41.1	Jackie Cannon	45	19	4	45	19	4	2	
16-19 MALE				45-49 MALE				YTD TOTALS				
Caleb Beck	17	49	41.1	Jimmy Clark	49	18	41.1	49	18	41.1	5	*
Casey Sumpter	16	20	9	Ken Jernigan	49	17	13	49	17	13	2	
Bobby Sain	19	19	15	Rick Sybert	45	16	9	45	16	9	2	**
Ben Wright	17	9	5	David Higgins	48	14	44.1	48	14	44.1	5	
20-29 MALE				45-49 MALE				YTD TOTALS				
Glen Pokikuha	29	27	23.1	Jon McMenamy	46	12	18.1	46	12	18.1	2	
Hawk Harris	24	20	21.1	Nate Wilson	45	9	5	45	9	5	1	
Frank Rhoades	29	18	9	Ronnie Shaw	47	9	2	47	9	2	1	
Chris Truitt	25	10	2	Fred Weber	49	5	5	49	5	5	1	
Pete Torres	29	8	2	50-54 MALE				YTD TOTALS				
30-34 MALE				50-54 MALE				YTD TOTALS				
Tim Key	33	40	28	James Livermore	53	33	34.2	53	33	34.2	5	*
Frank Rhoades	30	33	37.1	Mike Kelley	52	30	37.1	52	30	37.1	4	*
Wayne Ivey	32	33	41.1	Tom Griffin	52	27	36.1	52	27	36.1	5	*
Adam Puckett	30	31	41.1	Jim Wilhelm	50	23	23	50	23	23	4	*
Clint Stephenson	30	22	26.2	Sam Prose	52	21	28	52	21	28	4	*
Bryan Abercrombie	34	15	8	Ronnie Prigg	60	15	10	60	15	10	2	
Shannon Moore	31	0	11	David Mangold	52	10	4	52	10	4	1	**
35-39 MALE				50-54 MALE				YTD TOTALS				
Brent Lowrey	39	19	19	John Trompler	53	10	27.1	53	10	27.1	3	
Ron Hewitt	39	18	34	John Gregorcyk	50	10	6.2	50	10	6.2	1	
Dana Soucy	39	9	5	Ronnie Nugent	54	8	4	54	8	4	1	*
Todd Davis	35	8	4	Tony Aleman	51	0	30.1	51	0	30.1	4	*
40-44 MALE				55-59 MALE				YTD TOTALS				
Kirk Thomas	42	43	41.1	Jim Leser	54	0	15	54	0	15	2	*
Al Gardner	44	40	21.2	55-59 MALE				YTD TOTALS				
Mark Albus	44	39	26.1	Danny Galey	55	40	28	55	40	28	4	
Tommy Parrish	44	33	41.1	Joe Martinez	55	38	20.2	55	38	20.2	4	**
Dwayne Oakeley	44	28	32.1	Bob Bernero	59	26	35.1	59	26	35.1	4	**
Jim Beck	41	24	41.1	Bill Harris	58	10	30.2	58	10	30.2	2	**
David Baldner	41	21	25.2	Landrum Medlock	56	8	4	56	8	4	1	*
Mike Warren	42	20	4	Ron Lubowicz	57	0	17	57	0	17	3	*
Ed Dabrowski	43	18	11	Ron Key	56	0	5	56	0	5	1	*
Dan Adams	43	16	26.1	Roger Turner	58	0	5	58	0	5	1	*
James Wickersham	41	15	12.2	Lamy Byrd	59	0	21.1	59	0	21.1	2	*
David Malone	43	12	9	60-99 MALE				YTD TOTALS				
Ron Thoma	41	12	17.1	James Bone	61	35	25.2	61	35	25.2	5	*
Mike Malone	43	7	9	Don Sanderson	71	30	19.2	71	30	19.2	3	*
Richard Thomas	44	7	6	Bill Roger	62	29	41.1	62	29	41.1	5	*
Russell Martin	42	6	4	James Bone	61	25	19.2	61	25	19.2	4	*
Steve Buckley	43	6	11	Jimmy Key	63	19	28	63	19	28	4	*
Sandy Peters	41	4	4	Bill Felton	66	18	10.2	66	18	10.2	2	*
Mickey Davis	40	3	5	Bob Broselow	60	16	15	60	16	15	2	*
40-44 MALE				60-99 MALE				YTD TOTALS				
James Wickersham	41	15	12.2	John Stalcup	68	10	2	68	10	2	1	*
David Malone	43	12	9	Mike Greer	62	8	5	62	8	5	1	*
Ron Thoma	41	12	17.1	Jerry Wright	62	0	5	62	0	5	1	*
Mike Malone	43	7	9	George Juy	64	0	37.1	64	0	37.1	4	*
Richard Thomas	44	7	6	** = RACE DIRECTOR				YTD TOTALS				
Russell Martin	42	6	4	* = VOLUNTEER				YTD TOTALS				
Steve Buckley	43	6	11	YTD TOTALS				YTD TOTALS				
Sandy Peters	41	4	4	YTD TOTALS				YTD TOTALS				
Mickey Davis	40	3	5	YTD TOTALS				YTD TOTALS				

Mindy Sullivan won the regional class 5A 800M with a time of 2:10.42, breaking the old record of 2:12.24 set in 1984, edging out Holly Moser of Lewisville. She later came from behind on the anchor lap of the 4 x 400 relay to win that event for the Coronado girls.

At the state meet May 12th, she was challenged down the stretch by Kelly Cordell of Houston Memorial and was pushed to a new overall state meet record for all classes winning by 2:08.38 to 2:08.48. Both times were better than the previous record of 2:08.50 set in 1981 by Margarita Salinas of Pharr-San Juan Alamo. The third place time of 2:09.51 by Holly Moser was better than any other for all classes in the last 11 years as well.

Mindy's time ranks her 1st in the nation as of May 16th. There are 4 other girls who have times under 2:09! Mindy is just a junior, so we have one more year to follow her exploits.

Mindy will be going to the GOLDEN WEST track meet in California, June 9th, then the Junior National meet June 16th and 17th. The first two finishers in each event make the national team which will compete in England and Scotland in August.

Sophomore Hope Jimenez made it to the state meet again in class 3A. She placed 3rd with a time of 5:18.11 in the 1600M and placed 3rd in the 3200M with a time of 11:48.79.

Club member Julie Oribes' son Cy of Whiteface qualified for the state meet in class 1A High Jump and finished 7th with a leap of 6 feet 2 inches.

BIG 12 CONFERENCE CHAMPION
Leigh Daniel won the 10,000M run at the Big 12 conference meet in College Station on May 17th with a time of 35:18.39. Congratulations to Leigh and her mom, Jan.

W. T. R. C. FOUNDER TO RETIRE
James Morris, co-founder of the WTRC, will retire as coach of the SOUTH PLAINS COLLEGE track and cross country teams at the end of June after 19 years. Prior to that he was coach at Brownfield High School. He was recently honored as the National Junior College Athletic Association (NJCAA) coach of the year. This was the third time he received this award having won previously in 1983 and 1986. His team had 7 individual champions at the recent NJCAA outdoor track and field meet in Odessa. All together he has coached eight team national champions and 59 individual champions.

VOLUNTEERS NEEDED
The Firecracker Runs in Brownfield are one of our biggest races and it is difficult to get enough club volunteers to put it on. If any of our members is unable to run or if you have a spouse who can come early it would really help first time race director, Adam Puckett to have a successful race. Call Adam at 799-4745 evenings to volunteer.

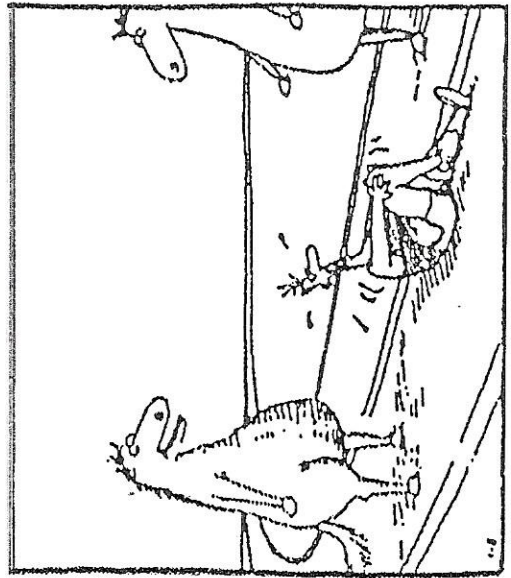
CORRECTIONS, QUESTIONS, PROBLEMS??? CALL SHIRLEY WIGLEY 797-4201

W.R.T.C. 2001 CHALLENGE SERIES
STANDINGS AFTER 5 EVENTS
(reflects all paid members as of 05-17-01)

FEMALE

YTD TOTALS		AGE PTS		MILES		EVT VOL		40-44 FEMALE		AGE PTS		MILES		EVT VOL	
0 - 12 FEMALE		15	18	4	4	2		Robin Thomas	41	34	19	4			
13 - 15 FEMALE								Jan Daniel	44	28	19	3			
16 - 19 FEMALE		17	10	4	1			Diane Calhoun	42	20	24.1	2			
Heather Cannon								Julie Cribbs	42	19	9	2			
Mindy Sullivan								Barbara Slaton	42	10	4	1			
Alyssa McMenamy								Marti Greer	42	9	5	1			
Hope Jimenez								Mary Branscome	41	9	13.1	1			
								Canda Fadduol	42	9	6.2	1			
20 - 29 FEMALE		26	19	24.1	2			45 - 49 FEMALE							
Linda Northrup								Shirley Wigley	47	49	34.2	5			
Brandy Temple								Martha Martinez	45	40	12	4			
Shanna Armstrong								Ginger Stanley	49	35	26	5	*		
Malinda Colwell								Josie Aleman	49	20	13	3			
30 - 34 FEMALE		31	40	19.2	4			Connie Berlinger	47	17	11	2			
Louanna Arterburn								Madonne Miner	48	16	9	2			
Janda Ibbetson								50 - 99 FEMALE							
35 - 39 FEMALE		31	10	8	1			Etta Mayer	52	50	41.1	5			
Denise Bray								P J Mitchell	55	10	26.2	4	*		
Marsha Bennett								Janie Phillips	51	8	5	1			
Susie Cobos								Delores Key	59	0	13	2	*		
Molra Ridley								Carolyn Rice	59	0	13	2	*		
Melanie McVey								Mary Harris	53	0	13.1	1	*		
Linda Wickersham								** = RACE DIRECTOR							
Cindy Phelps								* = VOLUNTEER							

CORRECTIONS, QUESTIONS, PROBLEMS??? CALL SHIRLEY WIGLEY 797-4201



"Well, it's his knee...go get a gun."

DEPOT DISTRICT RUN FOR THE ARTS
TEN KILOMETER ROAD RACE
Lubbock, Texas MAY 5, 2001

PLACE NAME	DIV	PLACE	AG	S	TOWN	ST	TIME	PACE
1 TIM KEY	1	M3034	33	M	LUBBOCK	TX	34:27	5:33
2 HAWK HARRIS	1	M2024	24	M	HOBBS	NM	36:03	5:49
6 BRENT LOWERY	1	M3539	39	M	LUBBOCK	TX	40:50	6:35
7 RICHARD LOMBARDINI	1	M2529	25	M	LUBBOCK	TX	41:24	6:40
9 JANDA IBBETSON	1	F3034	30	F	LUBBOCK	TX	42:07	6:47
10 RON LUBOWICZ	1	M5559	58	M	LUBBOCK	TX	42:15	6:48
12 EPI AGUIRRE	1	M4044	42	M	LUBBOCK	TX	42:26	6:50
13 WAYNE IVEY	2	M3034	32	M	SLATON	TX	42:59	6:55
14 DANA SOUCY	2	M3539	39	M	LUBBOCK	TX	44:10	7:07
17 ANDREW BROSELOW	4	M3034	33	M	LUBBOCK	TX	45:02	7:15
20 JOHN TROMPLER	1	M5054	53	M	LUBBOCK	TX	46:34	7:30
22 ADAM TAYLOR PUCKETT	5	M3034	30	M	LUBBOCK	TX	46:45	7:32
24 TOM GRIFFIN	2	M5054	52	M	LUBBOCK	TX	46:46	7:32
26 BRUCE FELLERS	2	M4549	47	M	LUBBOCK	TX	47:21	7:38
27 DANNY GALEY	2	M5559	55	M	COLORADO CITY	TX	47:42	7:41
28 RONNIE PRIGG	3	M5054	50	M	LUBBOCK	TX	47:46	7:42
29 DAVID BIRNEY	2	M4044	44	M	LUBBOCK	TX	48:07	7:45
30 BRYAN ABERCHOMBI	8	M3034	34	M	LUBBOCK	TX	48:30	7:49
36 BILL MATEJA	4	M3539	39	M	LUBBOCK	TX	50:07	8:04
37 FRANK RHOADES	9	M3034	30	M	LUBBOCK	TX	50:46	8:11
40 DWAYNE OAKLEY	4	M4044	44	M	LUBBOCK	TX	51:26	8:17
41 CLINT STEPHENSON	10	M3034	30	M	LUBBOCK	TX	51:30	8:18
44 P J MITCHELL	1	F5099	55	F	LUBBOCK	TX	52:10	8:24
46 RON SEAL	5	M4044	44	M	EROLE	TX	52:39	8:29
48 JAMES LIVERMORE	5	M5054	53	M	LUBBOCK	TX	54:22	8:45
50 LOUANNA ARTERBURN	3	F3034	32	F	LUBBOCK	TX	54:31	8:47
51 JIM WILHELM	6	M5054	50	M	LUBBOCK	TX	54:50	8:50
56 MALINDA COLWELL	3	F2529	27	F	LUBBOCK	TX	55:20	8:55
57 SHIRLEY WIGLEY	1	F4549	47	F	LUBBOCK	TX	55:38	8:58
61 DAVID BALDNER	6	M4044	41	M	LUBBOCK	TX	56:29	9:06
65 MARSHA BENNETT	2	F3539	37	F	LUBBOCK	TX	57:48	9:18
66 JIM DOUGLAS	7	M5054	54	M	LUBBOCK	TX	57:59	9:20
68 ETTA MAYER	8	F5099	52	F	LUBBOCK	TX	59:13	9:32
71 SAM PROSE	8	M5054	52	M	LUBBOCK	TX	59:41	9:37
79 REBECCA KOBERG	11	F2024	24	F	LUBBOCK	TX	1:06:12	10:40
80 CONNIE BERLINGERI	2	F4549	47	F	LUBBOCK	TX	1:06:37	10:44

DEPOT DISTRICT RUN FOR THE ARTS
Lubbock, Texas May 5, 2001

PLACE NAME	DIV	PLACE	AG	S	TOWN	ST	TIME	PACE
1 BOBBY SAIN	1	M1619	19	M	LUBBOCK	TX	17:08	5:31
3 BRENT TIDWELL	1	M4044	43	M	LUBBOCK	TX	19:21	6:14
11 LORENZO PADILLA	1	M4549	47	M	LEVELLAND	TX	20:58	6:45
12 JIM HARRIS	1	M5559	58	M	HOBBS	NM	21:00	6:46
13 DREW SOUCY	2	M0112	12	M	LUBBOCK	TX	21:15	6:51
14 JACKIE CANNON	2	M4549	45	M	AMARILLO	TX	21:18	6:52
16 RUSSEL MARTIN	2	M4044	43	M	SHALLOWATER	TX	21:30	6:55
17 ALYSSA PRESTON	1	F1315	13	F	LUBBOCK	TX	21:35	6:57
19 DAVID PRESTON	3	M3539	35	M	LUBBOCK	TX	21:42	6:59
20 DON WALDRIP JR.	3	M0112	11	M	LUBBOCK	TX	21:53	7:03
23 DIANE CALHOUN	1	F4044	42	F	IDALOU	TX	22:04	7:07
24 STEVE NEIMAN	5	M4549	46	M	SHALLOWATER	TX	22:05	7:07
30 DON WALDRIP SR.	5	M3539	39	M	LUBBOCK	TX	22:49	7:21
36 JOHN DAVID MOYA	3	M2529	28	M	LUBBOCK	TX	24:06	7:46
37 BILL FELTON	1	M6569	66	M	WOLFFORTH	TX	24:15	7:49
40 JAMES BONE	1	M6064	62	M	LUBBOCK	TX	24:29	7:53
59 BOB BROSELOW	2	M6064	60	M	LUBBOCK	TX	26:09	8:25
81 HEATHER CANNON	3	F1315	15	F	AMARILLO	TX	29:03	9:21
90 MELVIN OSBURN	3	M6064	62	M	SLATON	TX	30:23	9:47
98 DAVID MARTIN	7	M4549	45	M	LUBBOCK	TX	31:38	10:11
103 DIANA THOMA	3	F4044	44	F	LUBBOCK	TX	32:49	10:34

Complete results can be found on our website,
http://members.tripod.com/wtrc

32nd ANNUAL FIRECRACKER RUNS REGISTRATION

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

July 4, 2001
Mail Registration
thru July 1

Make checks payable to the West Texas Running Club

Mail checks & entry forms to: George Jury
5212 44th 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

Telephone registration
by 7 p.m. July 3
792-1237(n) 792-3291(d)

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 32nd 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 2001) _____ (for kids run)

Phone Number _____