

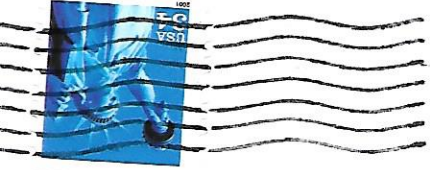
CALENDAR

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

- SEPT 3 **TURTLE MARATHON:** Roswell, 5:30am, also Half Marathon, FMI call (505)627-5507
- SEPT 4 W.T.R.C. Business meeting, Tuesday, August 7th 7:00 p.m. at 1623 10th Street
- * SEPT 8 **SHALLOWATER STAMPEDE:** 10K and 2 Mile, 8:00 am, Shallowater High School, Dwayne Oakeley, Race Director, 799-4473
- SEPT 15 **SENIOR SPORTS CLASSIC:** 5K Saturday pm, John Trompler 794-1359
- SEPT 16 **SENIOR SPORTS CLASSIC:** 10K Sunday am
- SEPT 15 **RUN FOR RECYLING:** Hobbs, 8am, 5K/10K FMI, (505)392-3971
- SEPT 15 **MAYORS HALF MARATHON:** Amarillo, 8am, also 5 & 2 Mile FMI, call (806)378-3036
- SEPT 22 **RACE FOR THE CURE:** Lubbock, 5K, 765-5281, Volunteers needed, call George Jury at 792-3291 (d), 792-1237 (n)
- SEPT 30 **DUKE CITY MARATHON:** Albuquerque, also Half Marathon and 5K, (505)880-1414 (www.dukecitymarathon.com)
- * 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 747-1572
- * NOV. 10 **BUFFALO WALLOW RACES:** BUFFALO SPRINGS LAKE, Half Marathon and 2 Mile, 9 am, George Jury, Race Director, 792-3291, 792-1237
- NOV. 17 **TOYS FOR TOTS 5K RUN:** Lubbock, 9am, Armed Forces Reserve Center, Interstate 27 & Regis St., Ron Hillis, RD, 797-0303
- * 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)
- JAN. 12 **LOOP THE LAKE 5 MILE:** Buddy Holly Park, 10am (Race Director needed)
- JAN. 20 **COMPAQ/HOUSTON MARATHON:** FMI, call (713)957-3453

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

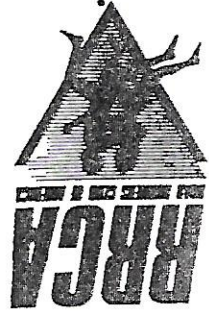
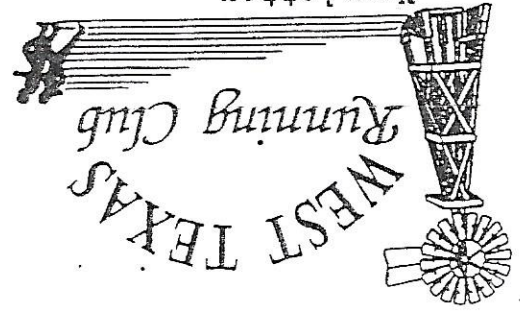
For Membership, Calendar, Race Results, etc.



David Higgins
3401 Alcov
Lubbock, TX 79407

September W.T.R.C. RACE
SHALLOWATER STAMPEDE
Shallowater, TX 10K and 2 Miles
8am, Saturday, Sept. 8, 2001
Details Inside Back Cover

September 2001
5406 86th St.
Lubbock, Texas 79424
Newsletter



**WEST TEXAS RUNNING CLUB'S
13th ANNUAL "SHALLOWATER STAMPEDE"
10K and TWO MILE RUNS**

EVENT NUMBER 9 of the WTRC CHALLENGE SERIES

WHEN: SATURDAY, SEPTEMBER 8, 2001

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	19 & Under	19 & Under
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	60 Plus
50 - 54	50 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

WEST TEXAS RUNNING CLUB

OFFICERS

President - Mike Kelley
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(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, September 3, 7:00 p.m. at
1623 10th Street, Conference Room, Bollinger, Segars & Gilbert

All members are welcome.

FROM THE PRESIDENT

WOMAN OF STEEL

Hearing Natalie Steadman talk about her Ironman performance at Lake Placid recently brought up all my feelings of hero worship. Natalie and her husband David, along with Wade Wilson completed the all day (and night) event at the former Winter Olympics venue a few weeks ago. Any hope I had for achieving the same goal this year fell off with training time after the BSL triathlon and increased time at work. I continue to admire those who are able to dedicate their time and efforts, and especially find the motivation, to continue training at a level necessary to complete any endurance event. Natalie described the overwhelming emotion felt on completing the race. It's that same rush of emotion felt after a marathon, knowing that your goal has been met despite all of the daily obstacles and pain of the run. So again I want to offer my congratulations and admiration to all of you who put in the time - step after step, mile after mile, down after dawn, heat after heat, day in, day out - to reach your most magnificent goals. See you down the road. 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)

ODDS AND ENDS

Al Gardner ran two races while vacationing back on the East Coast. A 5K in Dover, Delaware resulted in a time of 19:00 flat and second in age group. Al then logged a personal best for 5 miles (31:47 chip time) at a race in Fairmount Park in Philadelphia.

Hawk Harris ran a 36:14 10K on a tough course at 7,500 feet in Ruidoso, New Mexico. That was good enough to claim the overall race victory. Hawk has been running faster 10K times lately, but you have to figure the course had something to do with his "slow" time.

WTRC members can pre-register for this year's Red Raider Road Race for \$12; a savings of \$3 off regular pre-race registrations. There won't be, however, any club break for late registration.

A few volunteers are still needed for the Senior Games triathlon on Friday, September 14th at Buffalo Springs Lake at 8 AM. Call Marti Greer at 785-0276 or e-mail to greerwindmill.net. John Trompler also needs more assistance for the Senior Game's 5K and 10 K Road Races at the Reese Center on Saturday, September 15, 4 PM, and Sunday, September 16 at 8AM. Call John at 794-1359 or e-mail trompler@eudoraimail.com.

Please register early for the ~~Shallowater Stampedel~~ Last year we had a large number of walk-up registrations. You can help by mailing the enclosed entry form or by calling the number listed on entry.

SUCCESS THROUGH PLANNING AND PERSISTENCE (contributed by Wade Wilson) Successfully completing an Ironman triathlon requires much more than simply training your body in three different disciplines. One must also train the mind to endure 140.6 miles of varying emotions. First comes the great enthusiasm, and then later as the body tires and muscles weaken self-doubt creeps in, all your time goals go out the window and then all you want to do is finish. In the last ten miles every signal your body is sending you is saying that enough is enough and its time to quit, that's where your mind must take over and push your body to the finish line. Just finishing an Ironman triathlon is a major accomplishment that instills a belief in oneself and ones ability to accomplish any desired goal. The accolades that come with finishing an Ironman are nice, but your own pride in your accomplishment is the priceless gift you receive upon crossing the finish line, and is something you will carry with you your entire life. As with any other major undertaking planning is critical. Planning entails setting a goal and once the goal is identified, then develop a plan using all available resources. The plan must be thoroughly thought out and should use proven techniques wherever possible. Otherwise it will be difficult to have confidence that you plan will result in success. This year my goal was to complete Ironman USA and set a new PR in doing so. David and Natalie Steadman, both WTRC members, shared my goal. Having longtime friends share the same goal was a special treat in that it gave me someone to talk about the race with and someone to go on those long training rides with. That is good and bad in that its nice to have someone to train with, but on race day its only you out there with no one to lean on when the going gets tough so you need to practice and experience that aspect of the race so that you will know what to expect. The site of Ironman USA, Lake Placid, could not have been a more scenic place to hold such an event. Beautiful forest, clear mountain lake and streams were everywhere. The swim was the largest recorded single wave start with over 1750 starters. The first thousand yards was a free-for-all battle. I finished the swim strong and within my goal times. The bike race was a double loop course through the strikingly beautiful Adirondack Mountains, and I had superb race finishing ten minutes ahead of schedule. I was excited about starting the marathon right up until I put on my running shoes. My feet had swelled slightly from all the hill work on the bike and my toes were tightly pressed into my shoes. By mile six my little toes were one big blister, and I had blisters in the making on the tips of all my toes. My goal time for the marathon was going up in smoke and I had to resort to plan B "JUST FINISH". That's were perseverance comes in to play, I just kept telling myself to stay the course and maintain the best pace possible given the pain that was coming from my feet. Lessons were learned and I still finished 1:10:00 ahead of my previous best Ironman time and only 5 minutes behind my goal time. I was especially proud of David and Natalie Steadman; both finished in good times and are now members of the Ironman family. My hat's off to you both.

SUSAN G. KOWEN RACE FOR THE CLUB

The club is once again contracting to perform finish line scoring and timing for the race to be held September 22nd this year. We need about 30 volunteers to do this job and would like for most them to be men, so that the ladies can run in the race.

Post race 5pm at 900-1937 from 6 to 9pm. George

THE 14th ANNUAL HOT DAM 5 MILE RUN
****** EVENT NUMBER 8 OF THE 2001 WTRC CHALLENGE SERIES**
 USA T&F CERTIFIED #TX93059ETM
 Lubbock, Texas August 11, 2001

PLACE NAME	AG S	DIV	PLACE TOWN	ST	TIME	PAGE
1 CASEY SUMPTER	16 M	1	M1619 LAMESA	TX	28:12	5:39
2 BOB JACKSON	42 M	1	M4044 HOBBS	NM	29:05	5:49
3 JOSH HAWKINS	16 M	2	M1619 LUBBOCK	TX	29:33	5:55
4 GABRIEL ARSIAGA	23 M	1	M2029 HOBBS	NM	29:42	5:57
5 BOBBY SAIN	20 M	2	M2029 LUBBOCK	TX	31:41	6:21
6 SAM BURGESSON	36 M	1	M3539 LAMESA	TX	31:48	6:22
7 TIM SEIPEL	25 M	3	M2029 LUBBOCK	TX	31:59	6:24
8 MINDY SULLIVAN	17 F	1	F1619 LUBBOCK	TX	33:12	6:39
9 JARED DAVIS	14 M	1	M1315 BLEDSOE	TX	33:13	6:39
10 JOEL BOOKER	22 M	4	M2029 LUBBOCK	TX	33:28	6:42
11 FRANK SUMPTER, SR.	47 M	1	M4549 LAMESA	TX	33:28	6:42
12 AL GARDNER	45 M	2	M4549 LEVELL AND	TX	33:29	6:42
13 CHRIS LONNGREN	42 M	2	M4044 LUBBOCK	TX	33:38	6:44
14 BRENT LOWREY	39 M	2	M3539 LUBBOCK	TX	33:42	6:45
15 HOPE JIMENEZ	17 F	2	F1619 LAMESA	TX	33:59	6:48
16 TRENT GARY	16 M	3	M1619 LUBBOCK	TX	34:14	6:51
17 RON LUBOWICZ	58 M	1	M5559 LUBBOCK	TX	34:18	6:52
18 JANDA IBBETSON	31 F	1	F3034 LUBBOCK	TX	34:27	6:54
19 EPI AGUIRRE	42 M	3	M4044 LUBBOCK	TX	34:44	6:57
20 MATT LINDGREN	34 M	1	M3034 LUBBOCK	TX	34:59	7:00
21 PHILLIP MALONE	16 M	4	M1619 WOLFFORTH	TX	35:26	7:06
22 SHANNON MOORE	32 M	2	M3034 LUBBOCK	TX	35:32	7:07
23 PAUL PARE'	39 M	3	M3539 LUBBOCK	TX	35:46	7:10
24 DANA SOUCY	39 M	4	M3539 LUBBOCK	TX	35:56	7:12
25 RONNIE PRIGG	50 M	1	M5054 LUBBOCK	TX	36:38	7:20
26 JIM HARRIS	58 M	2	M5559 HOBBS	NM	36:52	7:23
27 AARON PRESTON	28 M	5	M2029 LUBBOCK	TX	37:07	7:26
28 GREG HOGAN	42 M	4	M4044 LUBBOCK	TX	37:32	7:31
29 DAVE SHELLES	27 M	6	M2029 LUBBOCK	TX	37:34	7:31
30 KELLY LOUGHLIN	25 F	1	F2029 LUBBOCK	TX	37:35	7:31
31 LYNN LEE	31 M	3	M3034 LUBBOCK	TX	37:42	7:33
32 TOM GRIFFIN	52 M	2	M5054 LUBBOCK	TX	37:44	7:33
33 RUSSEL MARTIN	43 M	5	M4044 SHALLOWATER	TX	38:25	7:41
34 JOHN TROMPLER	54 M	3	M5054 LUBBOCK	TX	38:32	7:43
35 ADAM PUCKETT	30 M	4	M3034 LUBBOCK	TX	38:49	7:46
36 KEVIN LOWREY	12 M	1	M0112 LUBBOCK	TX	38:59	7:48
37 AARON SELF	22 M	7	M2029 ALAMOGORDO	NM	39:03	7:49
38 DREW SOUCY	13 M	2	M1315 LUBBOCK	TX	39:11	7:51
39 BRUCE FELLERS	47 M	3	M4549 LUBBOCK	TX	39:51	7:59
40 DANNY GALEY	56 M	3	M5559 COLORADO CITY	TX	39:54	7:59

THE 14th ANNUAL HOT DAM 5 MILE RUN

PLACE NAME	AG S	DIV	TOWN	ST	TIME	PACE
41 DON SANDERSON	71 M	1	M6099 TULIA	TX	39:57	8:00
42 JIMMIE KEY	64 M	2	M6099 LUBBOCK	TX	40:19	8:04
43 JOEL NESMITH	43 M	6	M4044 SNYDER	TX	40:46	8:10
44 JAMES LIVERMORE	54 M	4	M5054 LUBBOCK	TX	41:49	8:22
45 JON McMENAMY	47 M	4	M4549 LUBBOCK	TX	42:32	8:31
46 BRANDY TEMPLE	29 F	2	F2029 LUBBOCK	TX	42:37	8:32
47 RENAE ALVAREZ	29 F	3	F2029 LUBBOCK	TX	42:47	8:34
48 SHIRLEY WIGLEY	47 F	1	F4549 LUBBOCK	TX	43:05	8:37
49 RICHARD THOMAS	45 M	5	M4549 LUBBOCK	TX	43:05	8:37
50 LARRY DeLEON	40 M	7	M4044 LUBBOCK	TX	43:24	8:41
51 BILL ROGER	62 M	3	M6099 LEVELL AND	TX	43:25	8:41
52 LORENZO RAMIREZ	67 M	4	M6099 ROTAN	TX	43:46	8:46
53 JAMES BONE	62 M	5	M6099 LUBBOCK	TX	44:13	8:51
54 KRISTINA LEE	27 F	4	F2029 LUBBOCK	TX	44:38	8:56
55 P.J. MITCHELL	55 F	1	F5099 LUBBOCK	TX	45:00	9:00
56 GREG CONNER	35 M	5	M3539 SAN ANGELO	TX	45:24	9:05
57 HEATHER MILLICAN	22 F	5	F2029 SAN ANGELO	TX	45:25	9:05
58 PAM GASCHEN	36 F	1	F3539 LUBBOCK	TX	45:30	9:06
59 JULIE CRIBBS	43 F	1	F4044 WHITEFACE	TX	45:33	9:07
60 SARAH SKELTON	27 F	6	F2029 LUBBOCK	TX	45:44	9:09
61 BOB BERNERO	59 M	4	M5559 LUBBOCK	TX	46:10	9:14
62 MARIANNE MILLER	28 F	7	F2029 LUBBOCK	TX	47:05	9:25
63 JIMMY CLARK	49 M	6	M4549 LUBBOCK	TX	47:47	9:34
64 JAN DANIEL	44 F	2	F4044 LUBBOCK	TX	47:59	9:36
65 DAVID BALDNER	41 M	8	M4044 LUBBOCK	TX	48:17	9:40
66 ROBIN THOMAS	41 F	3	F4044 MORTON	TX	49:01	9:49
67 MIKE MALONE	44 M	9	M4044 WOLFFORTH	TX	49:15	9:51
68 DICK BAKER	56 M	5	M5559 LUBBOCK	TX	50:07	10:02
69 CINDY JOHNSON	36 F	2	F3539 LITTLEFIELD	TX	50:12	10:03
70 CHARLOTTE BINGHAM	40 F	4	F4044 LUBBOCK	TX	50:39	10:08
71 SAM PROSE	53 M	5	M5054 LUBBOCK	TX	51:15	10:15
72 MIKE KELLEY	52 M	6	M5054 LUBBOCK	TX	51:20	10:16
73 KERRY JONES	52 M	7	M5054 LUBBOCK	TX	51:56	10:24
74 BRUCE TILLEY	48 M	7	M4549 LUBBOCK	TX	52:56	10:36
75 KARYN WOERTINK	34 F	2	F3034 LUBBOCK	TX	53:06	10:38
76 ERIN PATTERSON	26 F	8	F2029 LUBBOCK	TX	54:12	10:51
77 JAMIE IVES	14 F	1	F1315 LITTLEFIELD	TX	55:26	11:06
78 STEVEN GREENE	35 M	6	M3539 LUBBOCK	TX	55:42	11:09
79 RICK LAMPE	57 M	6	M5559 LUBBOCK	TX	55:59	11:12
80 ASHLEY COX	28 F	9	F2029 OLTON	TX	56:54	11:23
81 MARGIE GRIFFITH	35 F	3	F3539 LUBBOCK	TX	57:26	11:30
82 DONALD HUNT	67 M	6	M6099 LUBBOCK	TX	1:07:16	13:28
83 CHARLOTTE DAVIS	47 F	2	F4549 LUBBOCK	TX	1:09:06	13:50
84 TERRI SQUYRES	56 F	2	F5099 LUBBOCK	TX	1:14:22	14:53

MEMBER NEWS

HOPE JIMENEZ AT 2001 NATIONAL JUNIOR OLYMPICS
 Club member Hope Jimenez finished 7th overall in the young women's division of the 3000 meters event of this year's USA Track & Field's Junior Olympics at Sacramento, California. She finished the course in 10: 56.75 to place highly overall in a group of 23 athletes from around the country. Obviously, Hope's many years of hard work and racing served her well in this superior accomplishment.

2001 ISUZU IRONMAN USA LAKE PLACID TRIATHLON

Three WTRC club members completed this full Ironman triathlon on July 28. Wade Wilson completed the course in 11:22:30 to finish 389th in a field of 1653 finishers. Completing their first full Ironman event were David and Natalie Steadman. David finished in 12:23:13, and Natalie completed the course in 13:37:40. Wade's time was over one hour better than his previous best. For more on this event, read Wade's piece elsewhere in this month's newsletter.

HOBBS AUGUST NITES 5K

Lacy Jackson was the overall winner of the women's division of the Hobbs August Nites 5K race on August 4 with a fine time of 19:27. Several other club members also ran in this event. Hawk Harris, 17:34, finished 3rd overall and 1st in age group; Jimmy Sammaron won his age group with a time of 19:53; Jim Harris won the 50-59 age group in 21:47, with Tom Griffin second in 22:11, and Danny Galey fourth in 23:55. The overall winner of the men's division was Lubbock resident Haffis Banire.

WOOL CAPITAL TRIATHLON

San Angelo's Wool Capital Triathlon on August 12th featured a 1500 meter swim, 40K bike session, and a 10K run. WTRC club members participating included Shanna Armstrong, 2:27:51 (6th overall female and 2d in age category); Wade Wilson, 2:25:56 (4th in age group); Nathan Beck, 2:57:46 (2nd in age group); Caleb Beck, 3:00: 48 (3rd in age group); and Jim Beck, 3:10:19 (2nd Clydesdale, Master's group).

BRUDE RANCH RACES

Quite a few club members traveled to Ft. Davis to participate in this year's 5K, 10K, and Half Marathon races sponsored by the Prude Ranch. In the 5K event, Ginger Stanley won the 45-49 age division with a time of 25:59. Hawk Harris was the overall winner of the 10K (34:23); Janie Phillips, 54:12, also completed the 10K. Completing the half marathon were: Bill Mateja, 1:58:01; Mike Kelley, 1: 47:11; James Livermore, 1:58:13; Sam Prose, 2:18:30; Danny Galey, 1:39:47; and Dick Baker, 2:16:10.

LEADYVILLE 100 MILE MOUNTAIN BIKE RIDE

(Report from Jim Lesser)
 The race had 750 entrants from a lottery of over 2000. Only 611 showed at the starting line Saturday, August, 11. The adjusted course is now 102.6 miles long instead of the original 100 miles. It had rained heavily Friday afternoon and all night but the skies cleared for Saturday's race. A low fog hampered visibility for about 5 miles until we climbed out of it around 10,600 feet. Participants had one of four goals-finish under 9 hours for a large gold belt buckle, under 12 hours for a smaller silver belt buckle, finish under 13 hours to get a finisher's medal and be an official finisher, or finish the race unofficially, but at least finish. The temperature was 39 at the start with a high of 68 during the day. It rained and hailed on the course, but after I had gone through that section. I had a good pace until 47 miles when leg cramps hit for the rest of the day. Like everyone else, I walked the last two miles to Columbine Mine at 50 miles and 12,600 feet. But I had trouble breathing. I did ok again until the Powerline climb (again walking for 3 miles like everyone else) but ran out of gas. I really wanted to quit with no energy and leg cramps, but promised myself I would finish. I did finish in 12 hours and 21 minutes, an official finisher but not fast enough for a buckle. (I did complete 100 miles in exactly 12 hours, but took another 20 minutes to ride 2.5 miles of a muddy, hilly road to the finish line.) Guess I'll have to go back again and try for under 12 hours, but not for another year or two. This was the hardest thing I had ever done in my life both physically and mentally! You just can't appreciate the effort until you've tried it. My legs stayed cramped for 12 hours after the event and hurt like hell for three more days. My upper body was sore too.

MORE MEMBER NEWS

Jeffrey Jury is now teaching in Colorado Springs, Colorado.
 Todd and Angela Hegstom became parents of a baby boy on July 29, 2001.

MEDICAL UPDATE

George W. Jury
 Many of our club members know of my odyssey this past year, but then many I meet from time to time did not know about it, so I hope I am not just wasting space here.

A year ago, September 7, 2000, I was struck by the most extreme pain I have ever experienced which seemed localized to the pelvic area. I toughed it out overnight while alternately sweating and chilling and finally deciding it was not going away by itself, had Pat take me to the Emergency Room at 5am, on the 8th. This was my first ever trip to an emergency room! All day was spent there getting lab work, CT scans, plain x-rays, etc. None of these gave the doctors a diagnosis. I later asked for a sonogram, which was described as normal. After several more days in the hospital with no improvement I asked my surgeon and family doctors to do exploratory surgery which occurred on the 13th, 6 days after the pain began. This revealed an infected appendix which was located in an abnormal position low in the pelvis with adhesions to pelvic organs. The pathology later described the appendix as having had previous episodes of inflammation as well as the current necrotic condition.

Well one complication after another came in the way of abscesses that developed in the abdomen which required draining by a tube or needle puncture through the abdominal wall. Finally one developed deep in the belly and inaccessible to external drainage, so, major surgery was done on November 3, 2000, to "clean" out the infected area. Unfortunately, I continued to be sick and another surgery on Nov. 8th revealed the cecum had burst with a peritonitis. The cecum and a portion of the right colon was removed. I was hospitalized for six weeks that stretch on IV antibiotics, fluids and Total Parenteral Nutrition (TPN) given through a catheter in the neck. I was allowed only clear liquid orally as a fistula connecting my colon to the lower right abdominal wall had developed, which they hoped "time" would heal. I went home on December 21st, still on 4 powerful IV antimicrobials and the TPN solution. I had several flare ups of infection which required numerous trips to the ER and short hospital stays. I had taken the course of Remicade treatments meanwhile. This is a drug which has helped Crohn's disease patients with fistulas heal up. (I was diagnosed with Crohn's 9 years ago)

February 15, I was hospitalized for becoming dependant on the pain killer, Fentanyl, and as soon as I had overcome that my surgeon and I decided a 4th major surgery was needed to try to remove the fistulous tract which proved impossible and a diverting colostomy was performed to "rest" that portion of affected colon and see again if "time" would heal the fistula. I was told it might be as soon as 4 months but more likely 6 months or more. Meanwhile the tract would heal up on the outside, then later abscess open with a drainage of pus that has to be kept padded over to soak up. One thing about this last surgery (the colostomy) I was allowed to start eating again after being on the TPN for 115 days. I was hospitalized 96 days between Sept. 8, 2000 and March 28, 2001, plus many day trips to the ER! I missed 5 full months of work and most of two others, but returned to work April 2nd. Pretty severe belly pain continues and right after a scan on June 7th, the fistula reopened. Recent CT scans, fistulograms, contrast x-ray studies and a sigmoidoscopy were done and it was decided that another course of the drug, Remicade, was worth a try as surgery was not an option. This treatment consists of a 3 hour IV in the infusion center, repeated in 2 weeks, then 6 weeks, then just wait and see! September 7th will be one year since this started and 3 months of continual drainage from the abscess.

During my "down time" I was very impressed by the concern and prayers by my clients and fellow church members, but especially the many visits, cards and prayers offered on my behalf by WEST TEXAS RUNNING CLUB members! I want to thank each of you who took some time to help in this way. It meant a great deal to me.

I know that if the fistula will heal, I still have to have at least one more major surgery to reverse the colostomy, and if the fistula does not heal, even more extensive surgery. I still covet your prayers!

W.R.T.C. 2001 CHALLENGE SERIES
 STANDINGS AFTER 8 EVENTS
 (reflects all paid members as of 07-06-01)

MALE

YTD TOTALS				YTD TOTALS				
AGE	PTS	MILES	EVT VOL	AGE	PTS	MILES	EVT VOL	
0 - 12 MALE								
Drew Soucy	13	19	10	2	Kirk Thomas	42	51	
Kevin Lowrey	12	18	4	2	Mark Abus	44	47	
Kenneth Kinzenbaw	12	9	5	1	Mike Warren	42	40	
Francisco Jimenez	4	0	6.2	1	Tommy Parrish	44	33	
13 - 15 MALE								
Nathan Beck	15	62	57.3	7	Dwayne Oakeley	44	32	
Nicholas Mercado	13	6	3	1	David Baldwin	41	24	
16-19 MALE								
Calab Beck	17	63	57.3	7	Russell Martin	43	21	
Casey Sumpter	16	30	24	4	Bob Jackson	42	20	
Ben Wright	17	9	5	1	Ed Dabrowski	43	18	
Phillip Malone	16	7	5	1	Dan Adams	43	16	
20 - 29 MALE								
Hawk Harris	24	39	30.3	5	James Wickersham	41	15	
Glen Pokikuha	29	36	29.3	4	David Malone	43	12	
Bobby Sain	20	36	23	4	Ron Thoma	41	12	
Chris Truitt	26	20	4	2	Lob Mercado	41	10	
Frank Rhoades	29	18	9	2	Mike Malone	44	10	
Pete Torres	29	12	5	2	Chris Longren	42	9	
Richard Lombardini	25	10	10	1	Jeffrey Jury	40	7	
John Price	24	9	6	1	Greg Hogan	42	7	
30 - 34 MALE								
Wayne Ivey	32	51	57.3	7	Steve Buckley	43	6	
Tim Key	33	50	38	5	Wade Wilson	42	6	
Adam Puckett	30	47	72.3	8	Mark Loveland	41	5	
Frank Rhoades	30	33	37.1	5	Sandy Peters	41	4	
Clint Stephenson	30	22	26.2	4	Mickey Davis	40	3	
Paul Brooks	34	20	25.1	3	45 - 49 MALE			
Bryan Abercrombie	34	15	8	2	Al Gardner	45	59	
Bobby Mora	33	10	3	1	Lorenzo Padilla	47	43	
Shannon Moore	32	9	16	2	Jimmy Clark	49	35	
David Steadman	31	0	5	1	Ken Jernigan	49	25	
35 - 39 MALE								
Brent Lowrey	39	48	40.2	5	David Higgins	48	24	
Ron Hewitt	39	18	39	4	Richard Thomas	45	23	
Dana Soucy	39	16	10	2	Jackie Cannon	45	19	
Todd Davis	36	12	14	2	Jon McMenamy	47	19	
Steven Greene	35	12	8	2	Nate Wilson	45	18	
Lynn Turner	36	8	3	1	Rick Syper	45	16	
Bob Blake	36	6	10	1	David Birney	45	10	
Jeff Key	38	2	18	2	Ronnie Shaw	47	9	
50 - 54 MALE								
Tom Griffin	52	54	57.3	8	Jimmy Samarron	46	9	
James Livermore	54	53	55.4	8	Robert Fortney	48	8	
Mike Kelley	52	50	58.3	7	Bruce Feilers	47	8	
Ronnie Prigg	50	43	24.2	5	Richard Thus	48	7	
John Trompler	54	38	48.3	6	55 - 59 MALE			
Sam Prose	53	36	49.2	7	Tom Griffin	52	54	
Jim Wilhelm	50	34	39.2	6	James Livermore	54	53	
Fred Weber	50	14	8	2	Mike Kelley	52	50	
David Mangold	52	10	4	1	Ronnie Prigg	50	43	
John Gregoryk	50	10	6.2	1	John Trompler	54	38	
Ronnie Nugent	54	8	4	1	Sam Prose	53	36	
Tony Aleman	51	0	46.3	6	Jim Wilhelm	50	34	
Jim Leser	54	0	15	2	Fred Weber	50	14	

** = RACE DIRECTOR
 * = VOLUNTEER

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

W.R.T.C. 2001 CHALLENGE SERIES
STANDINGS AFTER 8 EVENTS
(reflects all paid members as of 07-05-01)

MALE (continued)

YTD TOTALS				YTD TOTALS			
AGE	PTS	MILES	EVT	AGE	PTS	MILES	EVT
55 - 59 MALE				60 - 99 MALE			
Danny Galey	56	49.2	7	Don Sanderson	71	60	40.4
Bob Bernero	59	51	7	James Bone	62	50	36.4
Joe Martinez	55	47	5	James Bone	61	44	31.4
Jim Harris	58	29	4	Bill Roger	62	44	68.5
Ron Lubowicz	58	10	5	Jimmy Key	64	37	43
Landrum Medlock	56	8	4	Mel Osburn	62	27	11.2
Ron Hillis	57	8	3	Bob Broselow	60	22	25
Rick Lampe	57	5	1	Bill Felton	66	18	20.2
Ron Key	56	0	5	Mike Greer	63	16	15
Roger Turner	58	0	5	Donald Hunt	67	14	8
Larry Byrd	59	0	27.3	John Stalcup	68	10	2
				Jerry Wright	62	0	5
				George Jury	64	0	58.3

FEMALE

0 - 12 FEMALE				40 - 44 FEMALE			
AGE	PTS	MILES	EVT	AGE	PTS	MILES	EVT
Margarita Jimenez	12	9	2	Robin Thomas	41	50	27
				Julie Cribbs	43	49	19
				Jan Daniel	44	46	27
13 - 15 FEMALE				Diane Calhoun	42	20	29.1
Heather Waygood	15	20	2	Marit Greer	42	18	15
Heather Cannon	15	18	4	Barbara Slaton	42	10	4
Veronica Jimenez	13	0	6.2	Mary Branscome	41	9	13.1
				Canda Faddul	42	9	6.2
16 - 19 FEMALE				Karen Jackson	44	9	2
Hope Jimenez	17	29	4	Debbie Wilson	41	0	10
Mindy Sullivan	17	20	9	Ira Sumpter	43	0	15
Alyssa McMenamy	16	10	5				
Laci Jackson	19	10	2				
				45 - 49 FEMALE			
20 - 29 FEMALE				Shirley Wigley	47	79	55.4
Brandy Temple	29	34	3	Martha Martinez	45	60	17
Linda Northup	26	29	27.1	Ginger Stanley	49	51	35.2
Malinda Colwell	27	26	7	Madonne Miner	48	34	30.2
Marianna Miller	28	14	11	Connie Berlinger	47	24	14
Shanna Armstrong	26	10	5	Cheryl Weber	48	9	3
				Pam Hillis	47	6	3
30 - 34 FEMALE							
Louanna Arterburn	31	40	19.2	50 - 99 FEMALE			
Janda Ibbetson	31	30	19.2	Elta Mayer	52	59	57.3
Natalie Steadman	33	10	15	P J Mitchell	55	40	47.4
Rebecca Puckett	33	0	46.1	Josie Aleman	50	30	30
				Janie Phillips	51	16	8
35 - 39 FEMALE				Delores Key	59	7	16
Denise Bray	39	50	47.3	Carolyn Rice	59	0	13
Marsha Bennett	37	48	26.1	Mary Harris	63	0	13.1
Melanie McVey	39	39	24.2	** = RACE DIRECTOR			
Susie Cobos	35	23	26.2	* = VOLUNTEER			
Molra Ridley	35	19	17.2				
Linda Wickersham	38	18	10.2				
Cindy Johnson	36	18	8				
Tracy Baugh	39	15	14				
Annette Burenheide	35	8	3				
Cindy Phelps	37	6	4				

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

THE 14th ANNUAL HOT DAM 5 MILE RUN
***** EVENT NUMBER 8 OF THE 2001 WTRC CHALLENGE SERIES
USA T&F CERTIFIED #TX93059ETM
Lubbock, Texas August 11, 2001

OVERALL CLYDESDALE RESULTS

AGEGRADED

PLACE NAME	AG TOWN	ST	TIME	AGEGRADED TIME
1 ADAM PUCKETT	30 LUBBOCK	TX	38:49	38:49
2 LARRY DELEON	40 LUBBOCK	TX	43:24	41:56
3 JIMMY CLARK	49 LUBBOCK	TX	47:47	43:10
4 DAVID BALDNER	41 LUBBOCK	TX	48:17	46:19
5 RICK LAMPE	57 LUBBOCK	TX	55:59	47:18

ELEMENTARY ONE MILE RUN

OVERALL RESULTS

PLACE NAME	AGE GRADE	SEX	TOWN	ST	TIME
1 JUSTIN PENA	11 6	M	LUBBOCK	TX	6:44
2 MARGARITA JIMENEZ	12 6	F	LAMESA	TX	6:45
3 LIA WILSON	12 6	F	LUBBOCK	TX	7:42
4 BEN CAMPBELL	12 6	M	LITTLEFIELD	TX	8:29
5 FRANCISCO JIMENEZ	6 1	M	LAMESA	TX	8:38
6 BRIAN BAUGH	8 3	M	LUBBOCK	TX	9:56
7 CHRISTY BAUGH	5 K	F	LUBBOCK	TX	16:41

RACE DIRECTOR'S REPORT

Looks like we caught a break at this year's Hot Dam race! The morning was mildly overcast and relatively cooler than the typical, sweltering August day. 85 runners came out Saturday morning and we got going promptly at 8 am (by my watch). Although there were not any records set that day (the humidity did us in), we did turn in some impressive times.

I would like to thank all the volunteers who arrived at the crack of dawn to assist us Saturday morning. They're the ones who REALLY get our race off the ground. Club volunteers were Natalie Steadman, Josie Aleman, Marsha Bennett, Madonne Miner, Diane Calhoun, Melanie McVey, David Higgins, Jon Omdahl, Dwayne Oakeley, David Steadman, Ron Hewett, Mark Albus and especially George Jury. I would also like to acknowledge Kristen and Nicole Thomas (daughters of Richard Thomas) and their buddy for providing assistance at a water stop, as well as Nancy Sullivan (Mindy's mom) for giving us a hand at the finish line. Finally I would also like to express my appreciation to Ron Lubowicz, Internal VP extraordinaire, for bringing and cutting up bagels and bananas. All did a superb job.

Thanks again to all for putting on another terrific race.

Etta Mayer

20th Annual Red Raider Road Race

Date: Saturday, October 6, 2001 **Starting Time:** 8:00 a.m.

Registration: Until October 4, 2001 - \$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 5, 8 a.m.–8 p.m. North side of the UC Lobby

Race Day Registration & Packet Pick-Up: \$25 – Saturday, October 6, 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, 3.1 & 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;

Please make checks payable to the West Texas Running Club.

For more info call: for more information call; Wade or Debbie Wilson @ 806-795-1667 or E-mail; dandwwilson@aol.com

Detach & Return to: RRRR/WTRC, % Debbie Wilson 7818 Kenosha Ave., 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"/> <input type="text"/> <input type="text"/> <input type="text"/>		
		5K 10K Clydesdale 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) _____