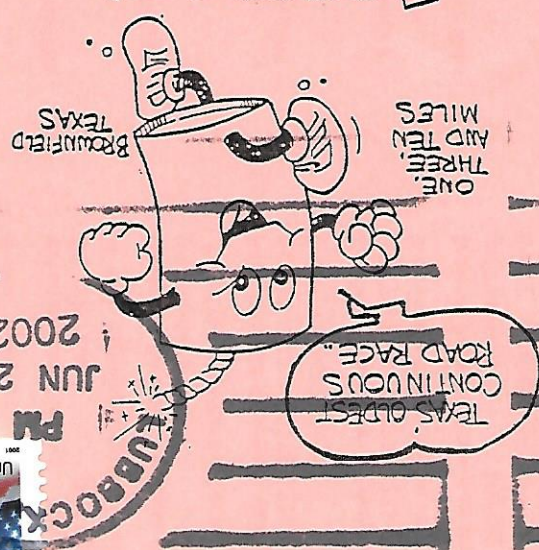


472-756220 Dick Baker
 441 1916

CALENDAR

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

- JULY 2 W.T.R.C. Business meeting, Tuesday, July 2, 2002
 7:00 p.m. at WEST TEXAS PETERBILT, 45th and Ave. "A"
- * JULY 4 33rd ANNUAL FIRECRACKER RUN: Brownfield, 8am; 10 Mile and 3
 Mile, kids 1 Mile, Adam Puckett, RD, 799-4745(n), 775-1236(d)
- JULY 24 LUNAR LOPE 5K & 1 MILE: 10PM, TTU REC CTR, Betty, 742-3828
- JULY 27 OLD SETTLERS REUNION 5K: Hico, 8:15am, Sherill Easterling
 (254)796-4785, SEaster@tarleton.edu
- AUG. 3 AUGUST NITES 5K: Hobbs, 7:30am, Dan Herman, (505)392-9049
- AUG. 3 JAMAICA 5K ROAD RACE: 8am, St Mary Magdalene Church, Floydada,
 FMI, Robert Espinoza 983-6060
- * AUG. 10 HOT DAM 5 MILER: Canyon Lake 6, Lubbock, (also 1 Mile Child-
 dren's Run) 8:00 am, Etta Mayer, Race Director, 742-2907
- AUG. 11 CHAIN BREAKER MOUNTAIN BIKE RACE: BSL, Jay Keith, 798-3909
- * SEPT 14 SHALLOWATER STAMPEDE: 10K and 2 Mile, 8:00 am, Shallowater
 High School, Wayne Oakeley, Race Director, 799-4473
- SEPT 28 RACE FOR THE CURE: TTU Campus, Lubbock, 8am, FMI 765-5281
- * OCT. 19 RED RAIDER ROAD RACE: TTU Campus, Lubbock, 8:00 am, 10K and 5K
 FMI call George W. Jury, 792-3291 (d), 792-1237 (n)
- OCT. 27 WALK OF FAME RACE FESTIVAL: ?
- * NOV. 9 BUFFALO WALLOW RACES: Buffalo Springs Lake, Half Marathon & 2
 Mile, 9:00 am, FMI call George Jury, 792-3291 (d) 792-1237 (n)
- NOV. 16 Proposed Trail Run; MLK Park
- NOV. 17 WEST TEXAS MOUNTAIN BIKE CHAMPIONSHIP; MLK Park (Details Later)
- * NOV. 28 W.T.R.C. TURKEY TROT: Mackenzie Park, Lubbock, 9:00 am, 12K
 and 2 Mile, FMI call Ron Lubowicz, 745-3955 (d), 748-1855 (n)
- * DEC. 14 REDLINE 4 MILE CROSS COUNTRY: MAE SIMMONS PARK, Lubbock, 10 am
 FMI, call Tom Griffin, 698-1503 (h)



FIRECRACKER RUN!

David Higgins
 3401 Alcove
 Lubbock, TX 79407



33rd ANNUAL FIRECRACKER RUNS

Thursday, July 4th, 2002
 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)

Newsletter
 5406 86th St.
 Lubbock, Texas 79424

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.

WEST TEXAS RUNNING CLUB

OFFICERS

President - Ron Lubowicz
(H) 748-1855 (O) 745-3955
E-mail: ronlubo@aol.com

Internal Vice-President - Tom Griffin
(H) 698-1503
E-mail: tomgrwp@hotmail.com

External Vice-President - Jeff Kay
(H) 799-8740
E-mail: jkay@nts-online.net

Secretary - Etta Mayer
(H) 792-1471 (O) 742-2907
E-mail: etta.mayer@ttu.edu

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

Immediate Past President - Mike Kelley
(H) 765-0441
E-mail: mkelleyrun@yahoo.com

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

DIRECTORS

Newsletter Director - John Trompler
(H) 794-1359
E-mail: trompler@eudoramail.com

External Race Director - Kirk Thomas
(H) 797-7732 (O) 749-1850
E-mail: kthomas@statenationalbank.com

Equipment Director - Dwayne Oakeley
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E-mail: oakeleys@nts-online.net

Race Calendar Director - George Jury
(H) 792-1237 (O) 792-3291
E-mail: rungwj@aol.com

Membership Director - Adam Puckett
(H) 799-4745 (O) 775-1236
E-mail: adamrebecca@cox.net

Internal Race Director - Sam Prose
(H) 794-0429 (O) 762-7909
E-mail: soprose@usps.gov

Club Historian - James Livenmore
(H) 792-5815
E-mail: jimore@nts-online.net

W. T. R. C. RACES ARE USUALLY HELD THE 2ND SATURDAY OF EACH MONTH.
The WTRC monthly business meeting is on Tuesday, July 2, 7:00 p.m. at
West Texas Peterbilt, 4515 Ave. A, Sales & Leasing Office (closest to Ave A)
All members are welcome.

NOTES FROM THE PRESIDENT

Being one of the runners who is entering the gray years of running gives me great authority to present my views on stretching. Sadly, you will find few, if any, real authors on things-a-running who share my ideas. Conventional wisdom teaches us that older is stiffer, and that's that. For the past several years I bought into that belief, and sure enough, my body became a little bit stiffer every twelve months or so and I developed rather chronic lower back pains. But a Christmas gift from my children has changed all of that...a teach yourself book on a stretching regimen called Pilates (Pih lah tays). The Pilates technique bears some resemblance to certain forms of Yoga. It can be done in any space big enough to allow you to lie down on a small mat and no special equipment, or costume, are required. I refuse to bore you with the origins and further descriptions of the Pilates methods, but I will take a moment to brag about results of my five months as a rank novice who is slowly teaching himself the routines. My back pain has disappeared, my stiffness continues to decline, and my gut is harder than ever. Also, my teenage daughter tells me that Pilates may not be only for old people.

-----SYOTR, Ron L.

West Texas Running Club
proudly presents

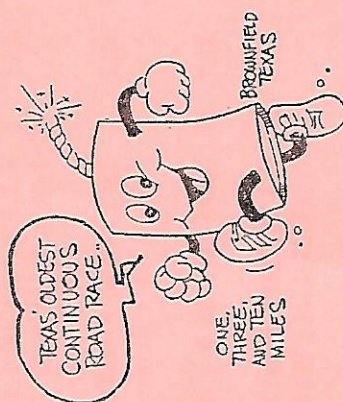
33rd ANNUAL FIRECRACKER RUNS

Thursday, July 4th, 2002
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 member 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 am (Kids Run), 8:35 am (3 mi.), and 10 am (10 mi.).



FIRECRACKER RUN!

3 Mile Run

| Male | Female |
|--------------|--------|
| 6-12 | 6-12 |
| 13-15 | 13-15 |
| 16-19 | 16-19 |
| 20-24, 25-29 | 20-29 |
| 30-34 | 30-34 |
| 35-39 | 35-39 |
| 40-44 | 40-44 |
| 45-49 | 45-49 |
| 50-54 | 50-54 |
| 55-59, 60-64 | 55-59 |
| 65-69, 70 + | 60 + |

10 Mile Run

| Male | Female |
|--------------|--------------|
| 13-19 | 13-19 |
| 20-24, 25-29 | 20-24, 25-29 |
| 30-34 | 30-34 |
| 35-39 | 35-39 |
| 40-44 | 40-44 |
| 45-49 | 45-49 |
| 50-54 | 50-54 |
| 55-59 | 55-59 |
| 60-64, 65-69 | 60 + |
| 70 + | |

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, 2002.

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

TEXAS' OLDEST CONTINUOUS ROAD RACE (since 1970)
 W.T.R.C.'s ANNUAL FIRECRACKER RUNS, BROWNFIELD, TEXAS JULY 4th

EVENT RECORDS
 10 MILE

| NAME | TOWN | AGE | TIME | YEAR |
|------------------|-----------|-----|---------|------|
| Sam Mwabe | Levelland | 19 | 52:54 | 2001 |
| Jorge Pacheco | Levelland | 22 | 52:34 | 1990 |
| Chris Rodriguez | Plainview | 31 | 58:52 | 2000 |
| Bob Jackson | Hobbs, NM | 36 | 56:56 | 1995 |
| Bobby Cunningham | Abernathy | 44 | 58:07 | 1984 |
| Jim Leser | Lubbock | 49 | 1:05:06 | 1996 |
| George Jury | Lubbock | 50 | 1:03:28 | 1987 |
| George Jury | Lubbock | 55 | 1:08:54 | 1992 |
| Don Sanderson | Tulia | 63 | 1:16:30 | 1993 |
| Don Sanderson | Tulia | 71 | 1:21:07 | 2001 |

WOMEN

| | | | | |
|------------------|---------|----|---------|------|
| Stephanie Bigham | Idalou | 18 | 1:15:14 | 2001 |
| Idalia Casiano | Lubbock | 23 | 1:07:52 | 1991 |
| Marjory Stewart | Lubbock | 32 | 1:05:30 | 1991 |
| Caylene Caddell | Lubbock | 37 | 1:12:30 | 1989 |
| Teresa Greer | Lubbock | 44 | 1:23:06 | 1995 |
| P.J. Mitchell | Lubbock | 47 | 1:26:24 | 1993 |
| P.J. Mitchell | Lubbock | 55 | 1:29:55 | 2001 |

3 MILE
 MEN

| | | | | |
|-----------------|------------|----|-------|------|
| Carlos Ybarra | Lamesa | 15 | 15:58 | 1978 |
| Curtis Conaway | Lubbock | 18 | 14:44 | 1979 |
| Dennis Williams | Lubbock | 29 | 14:23 | 1975 |
| Steve Stallings | Stanton | 30 | 15:02 | 1982 |
| Quinn Smith | Grants, NM | 35 | 15:56 | 1995 |
| Bob Dunbar | Amarillo | 44 | 16:44 | 1978 |
| George Jury | Lubbock | 49 | 17:47 | 1986 |
| George Jury | Lubbock | 52 | 17:45 | 1989 |
| Robert Guajardo | Levelland | 56 | 18:49 | 1999 |
| Ralph Wolf | Abernathy | 62 | 22:12 | 1999 |
| Don Sanderson | Tulia | 66 | 21:29 | 1996 |

WOMEN

| | | | | |
|---------------------|------------|----|-------|------|
| Hope Jimenez | Lamesa | 13 | 19:27 | 1997 |
| Mary Ann Hernandez | Brownfield | 18 | 18:48 | 1999 |
| Isabel Navarro | Brownfield | 21 | 18:21 | 1979 |
| Melanie McVey | Brownfield | 34 | 21:04 | 1992 |
| Sherrill Easterling | Sundown | 39 | 21:34 | 2001 |
| Cheryl Weber | Hico | 44 | 20:25 | 1994 |
| P.J. Mitchell | Lubbock | 46 | 22:00 | 1999 |
| | Lubbock | 53 | 23:55 | 1999 |

BOBBY BIRDSONG MEMORIAL LEVELLAND LOPE
 2 Mile and 10K Road Races
 Levelland, Texas JUNE 8, 2002 8:00 A.M.

10K OVERALL RESULTS

| PLACE | NAME | TOWN | ST | DIV | PLACE | AG | S | TIME | PACE |
|-------|--------------------|---------------|----|-----|-------|----|---|---------|-------|
| 1 | BOB JACKSON | HOBBS | NM | 1 | M4044 | 43 | M | 35:29 | 5:43 |
| 2 | BURKE BINNING | LUBBOCK | TX | 1 | M2529 | 25 | M | 36:44 | 5:55 |
| 3 | JARED DAVIS | BLEDSOE | TX | 1 | M1315 | 15 | M | 42:33 | 6:52 |
| 4 | JOHN TROMPLER | LUBBOCK | TX | 1 | M5054 | 54 | M | 44:16 | 7:08 |
| 5 | PAUL PARE | LUBBOCK | TX | 2 | M4044 | 40 | M | 45:45 | 7:22 |
| 6 | SHANNON NEFFENDORF | LUBBOCK | TX | 1 | M2024 | 24 | M | 45:52 | 7:23 |
| 7 | BOB BLAKE | LUBBOCK | TX | 1 | M3539 | 37 | M | 46:13 | 7:27 |
| 8 | JAY KEITH | LUBBOCK | TX | 3 | M4044 | 43 | M | 46:30 | 7:30 |
| 9 | RON LUBOWICZ | LUBBOCK | TX | 1 | M5559 | 59 | M | 47:17 | 7:37 |
| 10 | RANDY HOLLOWAY | LUBBOCK | TX | 1 | M4549 | 45 | M | 48:32 | 7:49 |
| 11 | MARVIN WASHINGTON | LUBBOCK | TX | 1 | M3034 | 33 | M | 48:41 | 7:51 |
| 12 | MOIRA RIDLEY | LUBBOCK | TX | 1 | F3539 | 36 | F | 48:52 | 7:53 |
| 13 | DAVID HIGGINS | LUBBOCK | TX | 2 | M4549 | 49 | M | 49:42 | 8:00 |
| 14 | MADONNE MINER | LUBBOCK | TX | 1 | F4549 | 49 | F | 50:27 | 8:08 |
| 15 | DANNY GALEY | COLORADO CITY | TX | 2 | M5559 | 57 | M | 51:04 | 8:14 |
| 16 | RONNIE PRIGG | LUBBOCK | TX | 2 | M5054 | 51 | M | 51:27 | 8:17 |
| 17 | KIRK THOMAS | LUBBOCK | TX | 4 | M4044 | 43 | M | 51:28 | 8:18 |
| 18 | RONNIE NUGENT | LUBBOCK | TX | 3 | M5054 | 50 | M | 51:38 | 8:19 |
| 19 | JIMMY WAECHTER | HOBBS | NM | 3 | M5054 | 50 | M | 51:59 | 8:23 |
| 20 | MIKE KELLEY | LUBBOCK | TX | 4 | M5054 | 53 | M | 52:16 | 8:25 |
| 21 | MARK GARLAND | LUBBOCK | TX | 3 | M4549 | 48 | M | 53:16 | 8:35 |
| 22 | JIM WILHELM | LUBBOCK | TX | 5 | M5054 | 51 | M | 54:29 | 8:47 |
| 23 | DAVID MALONE | LUBBOCK | TX | 5 | M4044 | 44 | M | 54:36 | 8:48 |
| 24 | RALPH WOLF | ABERNATHY | TX | 1 | M6569 | 65 | M | 54:50 | 8:50 |
| 25 | BILL FELTON | WOLFFORTH | TX | 2 | M6569 | 67 | M | 55:03 | 8:52 |
| 26 | SHIRLEY WIGLEY | LUBBOCK | TX | 2 | F4549 | 48 | F | 55:08 | 8:53 |
| 27 | PETE TORRES | COLORADO CITY | TX | 2 | M3034 | 30 | M | 55:32 | 8:57 |
| 28 | TODD DAVIS | PLAINS | TX | 2 | M3539 | 36 | M | 55:44 | 8:59 |
| 29 | DANIEL GONZALES | LUBBOCK | TX | 3 | M3539 | 36 | M | 55:55 | 9:01 |
| 30 | NATHAN BECK | LUBBOCK | TX | 2 | M1315 | 15 | M | 56:18 | 9:04 |
| 31 | JIM BECK | LUBBOCK | TX | 6 | M4044 | 42 | M | 56:22 | 9:05 |
| 32 | DWAYNE OAKELEY | LUBBOCK | TX | 4 | M4549 | 45 | M | 56:25 | 9:05 |
| 33 | MIKE GREER | RANSOM CANYON | TX | 1 | M6064 | 63 | M | 56:34 | 9:07 |
| 34 | JIM BURLESON | LUBBOCK | TX | 4 | M5559 | 59 | M | 58:00 | 9:21 |
| 35 | DAHLIA HOOD | LUBBOCK | TX | 1 | F4044 | 43 | F | 58:44 | 9:28 |
| 36 | JAMES BONE | LUBBOCK | TX | 2 | M6064 | 63 | M | 59:42 | 9:37 |
| 37 | ETTA MAYER | LUBBOCK | TX | 1 | F5054 | 53 | F | 1:00:31 | 9:45 |
| 38 | JOHN STALCUP | LUBBOCK | TX | 3 | M6569 | 69 | M | 1:00:44 | 9:47 |
| 39 | ANGELA FRANCO | MIDLAND | TX | 1 | F2529 | 25 | F | 1:03:22 | 10:13 |
| 40 | MARSHA BENNETT | LUBBOCK | TX | 2 | F3539 | 38 | F | 1:03:28 | 10:14 |
| 41 | MARIANNE MILLER | LUBBOCK | TX | 2 | F2529 | 29 | F | 1:04:57 | 10:28 |
| 42 | PAULINE DEVOS | PLAINVIEW | TX | 2 | F4044 | 44 | F | 1:08:56 | 11:06 |

VOLUNTEERISM

In order for our races to be so successful, we depend on the generosity of our membership in giving of their time to put on the events. This doesn't mean that we expect more than the one required volunteer time to meet Challenge Series requirements, but running participants can help out as well as run the races, either by transporting supplies or bringing along a friend or spouse to help. For example, our President Ron Lubowicz has been procuring bagels and bananas for the past couple of years and bringing them out or getting someone else to do so. At the "Lope", Kirk Thomas brought out the water and gatorade. Etta Mayer and David Higgins frequently come early to help with set up and registration, before other help is found. See page 7 how we can use help for July 4th.

BOBBY BIRDSONG MEMORIAL LEVELLAND LOPE

2 Mile and 10K Road Races
 Lubbock, Texas JUNE 8, 2002 8:00 A.M.

TWO MILE OVERALL RESULTS

| PLACE NAME | TOWN | ST | DIV | PLACE | AG | S | TIME | PAGE |
|------------|-------------------|----|-----|-------|----|---|-------|-------|
| 1 | RENE GONZALEZ | TX | 1 | M3539 | 37 | M | 12:10 | 6:05 |
| 2 | CRAIG JACKSON | TX | 2 | M3539 | 37 | M | 13:00 | 6:30 |
| 3 | TERRY BAILLEY | TX | 1 | M3034 | 30 | M | 13:56 | 6:58 |
| 4 | JOHN KEITH | TX | 1 | M1315 | 13 | M | 13:57 | 6:59 |
| 5 | ALLYSSA PRESTON | TX | 1 | F1315 | 14 | F | 14:04 | 7:02 |
| 6 | ALONZO MENDOZA | TX | 1 | M4044 | 44 | M | 14:58 | 7:29 |
| 7 | CARRIE BADILLO | TX | 1 | F2024 | 24 | F | 15:14 | 7:37 |
| 8 | MICHAEL RODRIGUEZ | TX | 1 | M0112 | 12 | M | 15:20 | 7:40 |
| 9 | JIM LAYMAN | TX | 3 | M3539 | 36 | M | 15:28 | 7:44 |
| 10 | MONICA HEADLEY | TX | 2 | F2024 | 22 | F | 15:39 | 7:50 |
| 11 | MARTHA MARTINEZ | TX | 1 | F4549 | 46 | F | 15:52 | 7:56 |
| 12 | SELMA MENDOZA | TX | 1 | F3034 | 34 | F | 16:13 | 8:07 |
| 13 | MARLENE LOPEZ | TX | 2 | F3034 | 31 | F | 17:02 | 8:31 |
| 14 | HANNAH LAYMAN | TX | 1 | F0112 | 9 | F | 17:26 | 8:43 |
| 15 | MALINDA COLWELL | TX | 1 | F2529 | 28 | F | 17:35 | 8:48 |
| 16 | ANORA HENDERSON | IA | 2 | F2529 | 27 | F | 18:24 | 9:12 |
| 17 | STEVEN GREENE | TX | 4 | M3539 | 36 | M | 18:34 | 9:17 |
| 18 | ADAM ANDREWS | TX | 1 | M4549 | 48 | M | 18:44 | 9:22 |
| 19 | ESELLA GALVAN | TX | 1 | F5559 | 59 | F | 19:02 | 9:31 |
| 20 | JOSIE ALEMAN | TX | 1 | F5054 | 50 | F | 19:17 | 9:39 |
| 21 | TONY RODRIGUEZ | TX | 2 | M0112 | 11 | M | 19:58 | 9:59 |
| 22 | JANIS WAECHTER | NM | 2 | F5054 | 50 | F | 20:20 | 10:10 |
| 23 | JOHN OWENS | TX | 1 | M7099 | 73 | M | 24:21 | 12:11 |

LOPE RACE DIRECTOR'S REPORT

We had 65 runners turn out for this year's Levelland Lope. We distributed very nice, new Levelland Lope Medals to those receiving awards. We started the race at South Plains College this year and I think that everyone liked the course, so I plan to continue this as a regular course for the 'Lope'.

Bob Jackson, from Hobbs, New Mexico was the men's 10k overall winner with a time of 35:29...an outstanding time even without taking into consideration the strong southerly winds, and Moira Ridley, from Lubbock, was the women's 10k overall winner with a fine time of 48:52. The overall winner of the men's 2 mile race was Rene Gonzalez, from Levelland, Texas with a time of 12:10, and the overall winner of the women's 2 mile race was Allyssa Preston, from Lubbock, Texas with a time of 14:04. Thank You one and all for coming to Levelland!!

My report would not be complete without giving special recognition to all of those involved with volunteering their help, for without you, we simply would not have the same quality race!! Thanks go to George Jury, Bill Roger, John DeVos, Tony Aleman, James Livermore, Mike Morris, Kirk Thomas, Ron Lubowicz, David Higgins, Doris Stalcup, and Tandie Layman. Thank You one and all...Hope to see you next year!!!

Sincerely,

Al Gardner

Bobby Birdsong Remembered

(This article is reprinted from the original article written by Joe Post. We had hoped to include this in the newsletter prior to last month's Lope, but space did not allow that.)

The passing of Bobby Birdsong on May 24, 1994 was a great loss to all of us who had the privilege of knowing this good man. The greater loss by far is to those new members who did not have that chance.

Bobby founded the Levelland Lope in 1980 and was Director for eight years. Not satisfied to just present a good race, typically Bobby went the extra mile and got local sponsors to fund Lope T-shirts and equipment bags for his runners. Even when sponsorship funds were no longer available, he was trying to give the Lope a little something extra by working on a means to computerize the results and give the runners a personal copy. This spirit of extra effort was also evidenced in his work as a biology teacher at the Levelland High School, where the students recognized his impact on them by selecting him as teacher of the Year for 1989.

I first met Bobby in 1982 when I called him for information about the Lope, the first race I was ever to enter. It was largely about friendliness and encouragement that convinced me to try it. After the race when I stopped to thank him, he even remembered my call and took the time to congratulate me and urged me to keep coming out to the WTRC runs. Since I was a novice runner, this really meant a lot to me. I haven't missed a Lope since, and it was Bobby's positive attitude and encouragement that made me want to join the WTRC.

As I got to know Bobby by helping out at the Lope and by spending a few minutes with him at the other races, it did not take too long to gain great respect for him as a man with perspective. He would compete hard during a race, but the result never seemed as important to him as the good effort. He thrived on courses which featured tough weather and/or terrain conditions. Quoted in the Amarillo Globe-news after the 1984 Palo Duro Canyon run in January, Bobby said, "There are fair-weather runners and then there are runners." To me, this seems to sum up Bobby's approach not only toward his running but also toward his personal commitments and life in general. He chose not to do things because they were easy, but because they were important. The runs won't ever be as good again without Bobby to visit with.

So I guess that as long as there's a June and a Levelland Lope and I've got 6.2 miles left in my legs, I'll make the trip over because it will be the best way to remember Bobby standing there on those steps making jokes as he hands out the awards. And I won't ever pull on a Levelland Lope T-shirt or pack a Levelland Lope equipment bag without being reminded that I ought to be a better person.

We would all be fortunate to leave such a legacy.

4th ANNUAL GIRLSTOWN GALLOP 5K
June 15, 2002 Whiteface, Texas

Table with columns: PLACE NAME, AG S DIV, PLACE, TOWN, ST, TIME, PACE. Lists race participants from 1 to 37, including names like Burke Binning, Jared Davis, Bob Blake, etc.

Club members volunteering on this one were David Higgins and Ron Lubowicz.

RACE ETIQUETTE

Remember, one of the first rules of road racing is that the bib number should be worn on the front. This really helps your volunteer finish line personnel to provide quick, accurate results.

MORE WTRC MEMBER NEWS

Club members Madonna Miner and David Malone joined 44,000 other runners in Boulder, Colorado on Memorial Day for the 24th running of the Boulder Boulder 10k. Madonna came in at 52:38; David, still suffering from a pulled calf muscle, came in at 56:03.

W.R.T.C. 2002 CHALLENGE SERIES
STANDINGS AFTER 6 EVENTS
(reflects all paid members as of 06-13-02)

Table with columns: YTD TOTALS, AGE, PTS, MILES, EVT, VOL, MALE. Lists member standings for 0-12 MALE, 13-15 MALE, 16-19 MALE, 20-24 MALE, 25-29 MALE, 30-34 MALE, and 35-39 MALE.

** = RACE DIRECTOR
* = VOLUNTEER

WEST TEXAS RUNNING CLUB
WEBSITE

http://wtrc.tripod.com

W.R.T.C. 2002 CHALLENGE SERIES
STANDINGS AFTER 6 EVENTS
(reflects all paid members as of 06-13-02)

MALE (continued)

| YTD TOTALS | | AGE | | MILES | | EVT | | VOL | |
|-----------------|-----|-------|------|-------|-----|-------|------|------|-----|
| AGE | PTS | MILES | EVT | AGE | PTS | MILES | EVT | AGE | PTS |
| 50 - 54 MALE | 54 | 48 | 52.3 | 6 | ** | 55 | 47.3 | 6 | |
| John Trompler | 51 | 35 | 47.3 | 6 | * | 59 | 40 | 5 | |
| Jim Wilhelm | 53 | 27 | 35.3 | 4 | | 59 | 40 | 5 | * |
| Mike Kelley | 53 | 26 | 41.1 | 5 | * | 55 | 32 | 5 | * |
| Tom Griffin | 50 | 20 | 9 | 2 | | 57 | 17 | 2 | |
| Ken Jernigan | 53 | 19 | 9 | 2 | | 57 | 14 | 2 | |
| Joe Post | 50 | 18 | 8.2 | 2 | | 59 | 10 | 2 | ** |
| Ronnie Prigg | 51 | 19 | 8.2 | 2 | | 56 | 10 | 1 | * |
| James Livermore | 54 | 18 | 30.2 | 4 | * | 58 | 0 | 8 | |
| Sam Prose | 53 | 14 | 22.1 | 3 | | | | | |
| Joey Thacker | 54 | 9 | 11 | 1 | | | | | |
| Jimmy Waechter | 50 | 8 | 6.2 | 1 | | | | | |
| Vandi Foshe | 50 | 5 | 11 | 1 | | | | | |
| Tony Aleman | 52 | 0 | 36.3 | 5 | * | | | | |
| 60 - 64 MALE | 63 | 48 | 34.2 | 5 | | 65 | 30 | 18.4 | 3 |
| Mike Greer | 62 | 37 | 37.3 | 5 | * | 69 | 26 | 16.2 | 3 |
| James Bone | 62 | 18 | 23.2 | 4 | * | 65 | 20 | 14 | 3 |
| Bill Roger | 63 | 18 | 9 | 2 | | 72 | 10 | 9 | 2 |
| Mel Osburn | 60 | 9 | 6.2 | 1 | | 67 | 9 | 6.2 | 1 |
| Bob Bernero | 63 | 0 | 8 | 1 | * | 65 | 0 | 36.3 | 5 |
| Jerry Wright | 60 | 0 | 13.1 | 1 | * | 71 | 0 | 11 | 1 |
| Larry Byrd | | | | | | | | | |

FEMALE

| YTD TOTALS | | AGE | | MILES | | EVT | | VOL | | |
|------------------|-----|-------|------|-------|-----|-------------------|-----|-----|------|---|
| AGE | PTS | MILES | EVT | AGE | PTS | MILES | EVT | AGE | PTS | |
| 0 - 12 FEMALE | 14 | 21 | 7 | 2 | | 40 - 44 FEMALE | 43 | 37 | 25.2 | 4 |
| 13 - 15 FEMALE | 16 | 19 | 4 | 2 | | Dahlia Hood | 44 | 36 | 31.3 | 4 |
| Alyssa Preston | | | | | | Pauline DeVos | 43 | 21 | 12 | 2 |
| 16 - 19 FEMALE | 24 | 10 | 2 | 1 | | Diane Calhoun | 43 | 20 | 9 | 2 |
| Heather Cannon | | | | | | Barbara Slaton | 43 | 10 | 6.2 | 1 |
| 20 - 24 FEMALE | 29 | 18 | 8.2 | 2 | | Canda Faddoul | 43 | 10 | 11 | 1 |
| Carrie Badillo | | | | | | Marti Greer | 41 | 8 | 5 | 1 |
| 25 - 29 FEMALE | 27 | 11 | 8 | 1 | | Robin Thomas | 43 | 0 | 5 | 1 |
| Marianne Miller | | | | | | Julie Cribbs | | | | |
| Shanna Armstrong | 27 | 10 | 4 | 1 | | 45 - 49 FEMALE | 48 | 56 | 35.4 | 6 |
| Linda Northup | 27 | 10 | 4 | 1 | | Shirley Wigley | 49 | 50 | 36.3 | 5 |
| Malinda Colwell | 28 | 10 | 10 | 3 | * | Madonne Miner | 46 | 29 | 8 | 3 |
| 30 - 34 FEMALE | 30 | 28 | 10 | 3 | | Martha Martinez | 48 | 19 | 6 | 2 |
| Brandy Temple | 31 | 18 | 13 | 2 | | Connie Barlingeri | 47 | 8 | 2 | 1 |
| Cathy Paden | 33 | 10 | 6 | 1 | | Patricia Aldridge | | | | |
| Vanessa Reasoner | 33 | 0 | 22.1 | 3 | * | 50 - 54 FEMALE | 53 | 50 | 47.3 | 6 |
| Rebecca Puckett | | | | | | Elita Mayer | 50 | 38 | 28.1 | 5 |
| 35 - 39 FEMALE | 36 | 53 | 29.4 | 5 | | Josie Aleman | 54 | 0 | 18.1 | 1 |
| Moiria Ridley | 38 | 46 | 36.3 | 5 | | Mary Harris | | | | |
| Marsha Bennett | 37 | 27 | 18 | 3 | | 55 - 99 FEMALE | 66 | 10 | 2 | 1 |
| Cindy Johnson | | | | | | Doris Stalcup | 59 | 0 | 8 | 1 |
| | | | | | | Delores Key | 55 | 0 | 4 | 1 |
| | | | | | | P.J. Mitchell | | | | |

** = RACE DIRECTOR
* = VOLUNTEER

WEST TEXAS RUNNING CLUB
WEBSITE

http://wtcr.tripod.com

WTRC NEWS & NOTES
RANSON CANYON TRIATHLON

This first time sprint triathlon was quite a success with 57 individuals and 6 team and Clydesdales. Club members helping with the timing and scoring were; Tom Griffin, David Higgins, Jon Omdahl and George Jury.

WTRC MEMBERS RANSON CANYON RESULTS

| Place | NO. | NAME | AGE | SWIM | | | BIKE | | | RUN | | | Overall Cum |
|-------|-----|------------------|------|------|-------|------|---------|-----|---------|-------|-------|------|-------------|
| | | | | S | Pic | Time | Split | Cum | Time | Split | Cum | Time | |
| 5 | 39 | WADE WILSON | 43 M | 14 | 11:24 | 5 | 52:48 | 3 | 1:04:12 | 11 | 20:51 | 5 | 1:25:03 |
| 11 | 62 | DAVID STEADMAN | 33 M | 20 | 12:16 | 12 | 56:42 | 15 | 1:08:58 | 9 | 20:11 | 11 | 1:29:09 |
| 13 | 79 | SHANNA ARMSTRONG | 27 F | 3 | 9:02 | 17 | 58:43 | 11 | 1:07:45 | 14 | 21:48 | 13 | 1:29:33 |
| 15 | 56 | GREG HOGAN | 43 M | 11 | 10:54 | 16 | 57:56 | 14 | 1:08:50 | 16 | 22:18 | 15 | 1:31:08 |
| 16 | 53 | TODD HEGSTROM | 46 M | 13 | 11:23 | 18 | 59:00 | 17 | 1:10:23 | 19 | 22:30 | 16 | 1:32:53 |
| 19 | 48 | CALEB BECK | 18 M | 34 | 13:51 | 15 | 57:40 | 19 | 1:11:31 | 21 | 22:31 | 19 | 1:34:02 |
| 27 | 12 | NATE WILSON | 46 M | 22 | 12:33 | 28 | 1:03:44 | 25 | 1:16:17 | 35 | 24:31 | 27 | 1:40:48 |
| 28 | 49 | NATHAN BECK | 15 M | 27 | 12:55 | 24 | 1:01:40 | 23 | 1:14:35 | 42 | 26:36 | 28 | 1:41:11 |
| 30 | 41 | DANA SOUCY | 40 M | 21 | 12:22 | 36 | 1:07:35 | 31 | 1:19:57 | 17 | 22:18 | 30 | 1:42:15 |
| 38 | 42 | DREW SOUCY | 14 M | 38 | 14:15 | 44 | 1:11:17 | 45 | 1:23:32 | 20 | 22:31 | 38 | 1:48:03 |
| 48 | 27 | THOMAS BOWSER | 75 M | 36 | 14:06 | 47 | 1:17:22 | 47 | 1:31:28 | 54 | 32:35 | 48 | 2:04:03 |
| 51 | 81 | BOBBY SAIN | 20 M | 56 | 28:33 | 50 | 1:22:22 | 58 | 1:50:55 | 25 | 23:06 | 51 | 2:14:01 |

CLYDESDALE

| | | | | | | | | | | | | | |
|---|----|----------|------|---|-------|---|---------|---|---------|---|-------|---|---------|
| 4 | 47 | JIM BECK | 42 M | 3 | 13:12 | 4 | 1:06:59 | 4 | 1:20:11 | 4 | 26:43 | 4 | 1:46:54 |
|---|----|----------|------|---|-------|---|---------|---|---------|---|-------|---|---------|

FIRECRACKER 2002

Please register early for the race as we always have a lot of walk-up registrants. We sure want to get started on time as it may get very hot with each minute we are delayed. The race will start at 8am. Last minute registrants will start after that.

Race Director, Adam Puckett needs a lot of help. If you are running and could bring a friend or spouse to help, that would be greatly appreciated. We need several people there by 7am to help with children's registration. Also, if a runner could help by filling and hauling drink coolers to the race, then returning the cleaned and dried coolers to storage, it would be a tremendous help. Call Adam at 775-1236 (d) or 799-4745 (n).

ADIOS AMIGOS

Gary and Sue Perry are moving to Titusville, FL, where he is taking a job with a munitions firm. Gary has been retired from Eagle-Picher several years and had been involved with safety concerns with NASCAR racing.

THANKS FOR THE HELP

Club officers, directors and Race Directors have specific obligations, but greatly appreciated are those other members who can use their various skills to help the club out. Jimmie Key, entrepreneur, pilot and Jack of all trades, has helped keep our electronic equipment in running condition for several years. Thanks, Jimmie! Recently, Tom Griffin replaced and wired up the lights for the trailer for much safer travel. Thanks, Tom! One thing that needs attention is the appearance of our club trailer. It is in dire need of a paint job! If any club members want to help with this or know of someone can, let Wayne Oakeley know