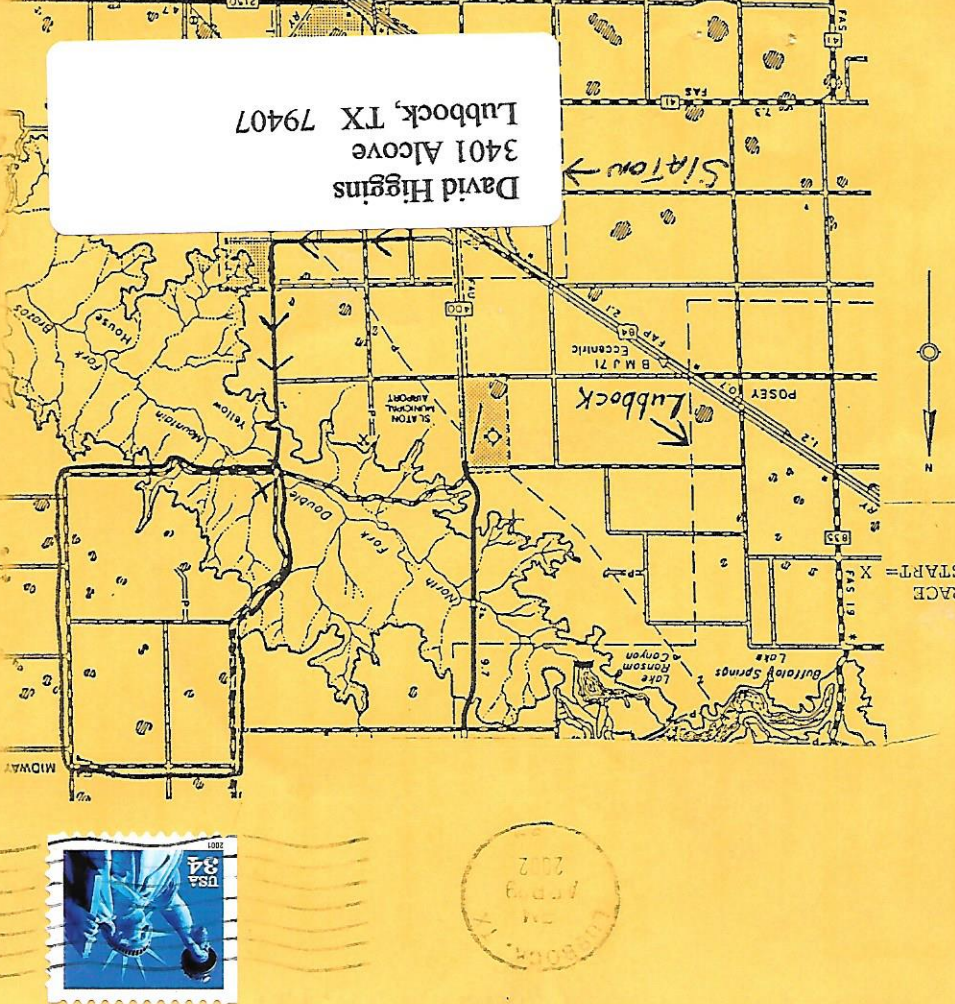


CALENDAR

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

- APR. 27 **MLK TRAIL DUATHLON:** 9am, MLK Park, 2M Run, 5.5M Bike (Mountain Bikes), 2M Run; Jay Keith, 798-3909 or jkeithjr34@aol.com
- MAY 7 **W.T.R.C. Business meeting,** Tuesday, May 7, 2002
7:00 p.m. at WEST TEXAS PETERBILT, 45th and Ave. "A"
- * MAY 11 **HORSESHOE BEND SPRING FROLIC:** 8am, N. of Slaton, 11, 6 and 2 Mile Races, Race Director, Ron Hewett, 748-6017
- MAY 18 **RUN FOR THE ARTS 5K:** Midland, 8:30am, Benny Simpson, (915)689-0646 or benry@stonefoot.org (he can e-mail an entry)
- MAY 25 **LONESTAR PAPER CHASE MARATHON:** Amarillo, Call (806) 345-3451
- MAY 26 **RANSOM CANYON TRIATHLON:** 8am, Ransom Canyon, FMI, Mike or Marti Greer, 796-8213
- * JUNE 8 **BOBBY BIRDSONG MEMORIAL LEVELLAND LOPE:** Levelland, 8am 10K and 2 Mile, Race Director Al Gardner, 894-3538
- JUNE 15 **GIRLSTOWN GALLOP:** 5K, 10:00 AM, Whiteface, Steve Reynolds, 806-229-6361
- JUNE 30 **BUFFALO SPRINGS LAKE TRIATHLON:** Buffalo Springs Lake, 6:30 am Race Directors, Mike and Marti Greer, 796-8213
- * 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 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. 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, Dwayne Oakeley, Race Director, 799-4473
- * OCT. 19 **RED RAIDER ROAD RACE:** TTU Campus, Lubbock, 8:00 am, 10K and 5K
- * 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) Proposed Trail Run; MLK Park
- NOV. 16
- 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)

<http://members.tripod.com/wtrc>
For Membership, Calendar, Race Results, etc.



May W.T.R.C. Race
HORSESHOE BEND CANYON RACES
11, 6 and 2 Miles
8am, Saturday, May 11, 2002
Details Inside Back Cover



Newsletter
5406 86th St.
Lubbock, Texas 79424



WEST TEXAS RUNNING CLUB

OFFICERS

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

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

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(H) 785-8562 (O) 795-5823
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Immediate Past President - Mike Kelley
(H) 765-0441
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WTRC Web Address:

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

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
(H) 799-4473
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: adammebecca@cox.net

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

Club Historian - James Livermore
(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, April 9, 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

BE CAREFUL! Spring is here....and it can be a very dangerous time for creatures of our breed. For many of us the cold months become a time of reduced mileage and slower times. Then the weather almost suddenly changes to beautiful and our runner's sap starts flowing life into our somewhat dormant trunks and limbs. Unfortunately, for some of us it flows too heavily too soon and delivers our first injury of the season. Still others of us, or those close to us, lured by the perfect conditions of the season, decide to "get into" this running thing again resulting in too much too soon.

Try not to start the season off with injuries. Refer to those abundant articles that teach moderation, the value of stretching and periods of rest, etc. Find a running mentor, or become one for your rookie friends. And even if you do not feel that you "took the winter off", be careful all the same. None of us are bullet proof against injuries; and as most of you seasoned runners know, the big danger to your running health is not the teenager with a fast pick-up truck on the crazed dog around the corner, it is you. So as you change your running regimen this Spring, pay attention to how you go about making those changes; and please be careful.

SVOTR, Ron

WEST TEXAS RUNNING CLUB'S

30th Annual HORSESHOE BEND CANYON SPRING FROLIC
11 MILE, 6 MILE and 2 MILE RACES

EVENT # 5 OF THE W.T.R.C. CHALLENGE SERIES

WHEN: SATURDAY, May 11, 2002

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 792-3291 (d) or 792-1237 by 7pm, Friday the 10th, then pay fee race day. Please have exact change if paying race day.

WHERE: HORSESHOE BEND CANYON; North of Slaton, TX, From Lubbock, take US 84 to the first Slaton exit; turn left at Slaton Gas & Equip. on Golf Course Road, follow the pavement north, 2 miles past the Golf course to the crossroads at the bottom of the canyon

COURSE: 11 Mile; Loop, One long hill between mile 1 & 2
6 Mile; Out & Back, long hill about mile 1 to 2
2 Mile; Out & Back,

AID STATIONS: At least, every 2.5 Miles
Splits at 1 Mile

AGE DIVISIONS: 11 Mile

MEN: 15-19; 20-29; 30-34; 35-39; 40-44; 45-49;
50-54; 55-59; 60-64; 65-69; 70 Plus

WOMEN: 15-19; 20-29; 30-34; 35-39; 40-44; 45-49; 50-54;
55-59; 60 Plus

(Special 6-12, 13-15 & 16-19 age groups in the 2 Mile)
(13-15 and 16 to 19 Age Groups in the 6 Mile)

Clydesdales and Athena, 1st Three, Age Graded if award not won in age group

AWARDS: Engraved Medallions to the overall winners and the first three finishers in THE AGE GROUP DIVISIONS DESCRIBED ABOVE and up to 50% of each group (5 max)

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

RACE DIRECTOR: Ron Hewett 748-6017

THE FLIGHT LINE RACES (16th Year)
2 MILE, 10K AND HALF MARATHON
APRIL 13, 2002 REESE CENTER, LUBBOCK, TEXAS

PLACE	NAME	TOWN	ST	AG	S	DIV	PLACE	TIME	PACE
1	BRUCE MITCHELL	LUBBOCK	TX	18	M	1	M1619	1:27:10	6:39
2	JACOB KELLY	LUBBOCK	TX	21	M	1	M2024	1:33:39	7:09
3	KEVIN SWEENEY	CLOVIS	NM	32	M	1	M3034	1:34:29	7:13
4	EPI AGUIRE	LUBBOCK	TX	43	M	1	M4044	1:37:01	7:25
5	BRENT LOWREY	LUBBOCK	TX	40	M	2	M4044	1:39:41	7:37
6	WADE WILSON	LUBBOCK	TX	43	M	3	M4044	1:41:26	7:45
7	JOHN TROMPLER	LUBBOCK	TX	54	M	1	M5054	1:41:41	7:46
8	MARVIN WASHINGTON	LUBBOCK	TX	33	M	2	M3034	1:47:33	8:13
9	ALVIN BOWEN	LUBBOCK	TX	23	F	1	F2024	1:48:31	8:17
10	MINDY HATCH	LUBBOCK	TX	40	F	1	F4044	1:48:32	8:17
11	JEREMY LEGGOE	LUBBOCK	TX	34	M	3	M3034	1:49:20	8:21
12	HANK WAYNE IVEY	SLATON	TX	33	M	4	M3034	1:49:41	8:22
13	RANDY HOLLOWAY	LUBBOCK	TX	45	M	1	M4549	1:51:24	8:30
14	MARK ALBUS	LEVELLAND	TX	45	M	2	M4549	1:52:33	8:36
15	DAVID HIGGINS	LUBBOCK	TX	49	M	3	M4549	1:53:30	8:40
16	DANNY GALEY	COLORADO CITY	TX	56	M	1	M5559	1:53:53	8:42
17	MADONNE MINER	LUBBOCK	TX	49	F	1	F4549	1:53:54	8:42
18	SONNY ROBERSON	HELOTES	TX	53	M	2	M5054	1:55:57	8:51
19	RUSSELL MALM	MIDLAND	TX	40	M	4	M4044	1:56:08	8:52
20	TOM GRIFFIN	LUBBOCK	TX	53	M	3	M5054	1:57:59	9:00
21	LORENZO RAMIREZ	ROTAN	TX	67	M	1	M6569	1:59:33	9:08
22	JENNY CONOLY	LUBBOCK	TX	22	F	2	F2024	1:59:55	9:09
23	CALEB BECK	LUBBOCK	TX	18	M	2	M1619	2:00:02	9:10
24	PAM GASCHEN	LUBBOCK	TX	37	F	1	F3539	2:04:50	9:32
25	DAVID VINSON	LUBBOCK	TX	34	M	5	M3034	2:05:03	9:33
26	HEATHER BAKER	LUBBOCK	TX	25	F	1	F2529	2:05:44	9:36
27	MIKE KELLEY	LUBBOCK	TX	53	M	4	M5054	2:06:59	9:42
28	JIM WILHELM	LUBBOCK	TX	51	M	5	M5054	2:07:00	9:42
29	JIM BECK	LUBBOCK	TX	43	M	5	M4044	2:15:04	10:19
30	ETTA MAYER	LUBBOCK	TX	53	F	1	F5054	2:18:22	10:34
31	MARSHA BENNETT	LUBBOCK	TX	38	F	2	F3539	2:20:38	10:44
32	CORBELL SWINDLE	FORT WORTH	TX	54	M	6	M5054	2:25:11	11:05
33	SAM PROSE	LUBBOCK	TX	53	M	7	M5054	2:25:12	11:05
34	PAULINE DEVOS	PLAINVIEW	TX	44	F	2	F4044	2:26:22	11:10
35	LAURIE BIERA	BROWNFIELD	TX	26	F	2	F2529	2:27:05	11:14
36	NATHAN BECK	LUBBOCK	TX	15	M	1	M1315	2:35:02	11:50

OVERALL RESULTS, 10K RACE

PLACE	NAME	TOWN	ST	AG	S	DIV	PLACE	TIME	PACE
1	BOBBY SAIN	LUBBOCK	TX	20	M	1	M2024	38:25	6:11
2	TOM WILLIAMS	LUBBOCK	TX	21	M	2	M2024	39:51	6:25
3	BRIAN REVELL	LUBBOCK	TX	19	M	1	M1619	39:52	6:25
4	JARED DAVIS	BLED SOE	TX	15	M	1	M1315	41:37	6:42
5	HENRY SANTOS	LUBBOCK	TX	30	M	1	M3034	42:19	6:49
6	MATT FRIESS	LUBBOCK	TX	29	M	1	M2529	43:44	7:03
7	GREG LARSON	MIDLAND	TX	43	M	1	M4044	44:33	7:11
8	PAUL PARE	LUBBOCK	TX	40	M	2	M4044	45:02	7:15
9	TOM CUNNINGHAM	PLAINVIEW	TX	46	M	1	M4549	45:08	7:16
10	JOHN FRIESS	LUBBOCK	TX	56	M	1	M5559	45:17	7:18
11	JAY KEITH	LUBBOCK	TX	44	M	3	M4044	45:26	7:19
12	ADAM PUCKETT	LUBBOCK	TX	31	M	2	M3034	47:25	7:38
13	JUSTIN LOWREY	LUBBOCK	TX	14	M	2	M1315	48:50	7:52

*** The West Texas Running Club's 2002 Challenge Series ***

The WTRC CHALLENGE SERIES continues for 2002, as a 12 month series of 13 races culminating in year-end awards for performance, endurance and participation by club members in our monthly club races. The schedule of events is listed in the calendar of each newsletter, and each designated race will be detailed in the W.T.R.C. Newsletter prior to that race. Additional categories this year will again recognize non running volunteers.

All members desiring to participate in the 2002 Challenge Series must volunteer to serve as a non-running worker at one Challenge Series event as an entry requirement. (There will be no duplication of awards)

The 2002 Challenge Series features these categories:

1. **66 Mile Club **** All members completing 66 miles in qualifying events will receive an award denoting that achievement. There will be a total of approximately 101 qualifying miles available. Any member serving as **RACE DIRECTOR** will be credited with **double mileage** for the most miles in that event. Any member who serves as a **volunteer** will be credited for the **most miles** at those races with more than one distance.
2. **MILEAGE AWARD **** An award will be presented to the male and female members who accumulate the most miles for the year in qualifying events. All provisions for Race Directors and volunteers listed above apply to this category.

3. **PARTICIPATION AWARD **** An award will be presented to the female and male members who participate in the greatest number of qualifying events. All provisions for Race Directors and volunteers apply to this category.

4. **VOLUNTEER OF THE YEAR **** Up to three awards will be given to those non runners who help the most at club sanctioned events. These selections will be made by the Race Directors.

5. **VICTOR'S RANKINGS ***** Points will be earned at each qualifying event in the following Age and Sex groupings:

A. Divisions will include: **MALE AGE GROUPS:** 0-12, 13-15, 16-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70+

FEMALE AGE GROUPS: 0-12, 13-15, 16-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54 & 55 Plus

(those less than 13 must run in the shortest races offered)

B. The 1st place finisher in each division at each distance at each qualifying event will earn 10 points, the 2nd place, 9 points, 3rd place, 8 points, and so on down to 1 point for 10th place finisher. This rewards both performance and participation, i.e., if a runner finishes last in their division, but only 3 other runners in that division attend that race, the last place finisher would still earn 7 points for a 4th place finish. This allows slower runners who attend more races to accumulate additional points over their faster competitors who do not participate as often. For example, a runner who attends 10 events and earns 6 points at each would have more points than a competitor who won each of 5 events he entered, thus rewarding participation and performance. Also, runners may enter any distance available at a qualifying event and still earn points. (Except those under 13 years of age must run in the shortest race)

C. Awards will be presented to a minimum of 3 and up to 5 of the top point scorers in each division. Awards will be presented at a year end membership meeting.

D. To win a "Points" award a member must have run in at least 3 events and volunteered for at least one other.

E. Monthly Challenge Series Statistical Updates will appear in the Newsletter.

THE FLIGHT LINE RACES
2 MILE, 10K AND HALF MARATHON
APRIL 13, 2002 REESE CENTER, LUBBOCK, TEXAS

OVERALL RESULTS, 10K RACE (Continued)

PLACE NAME	TOWN	ST	AG	S	DIV	PLACE	TIME	PACE
14 MOIRA RIDLEY	LUBBOCK	TX	36	F	1	F3539	49:05	7:54
15 DAVID LIGHTNER	LUBBOCK	TX	52	M	1	M5054	49:44	8:01
16 KEVIN LOWREY	LUBBOCK	TX	13	M	3	M1315	52:38	8:29
17 AARON SELF	HOLLOMAN AFB	NM	22	M	3	M2024	53:30	8:37
18 WATT DOFFER	MIDLAND	TX	48	M	2	M4549	53:50	8:40
19 RALPH WOLF	ABERNATHY	TX	64	M	1	M6064	55:44	8:59
20 JIM BURLESON	LUBBOCK	TX	59	M	2	M5559	55:47	8:59
21 CANDIA FADDOUL	LUBBOCK	TX	43	F	1	F4044	55:54	9:00
22 PAT COOKE	LUBBOCK	TX	46	M	3	M4549	55:58	9:01
23 LARRY BURELSMITH	LUBBOCK	TX	52	M	2	M5054	59:59	9:40
24 SHIRLEY WIGLEY	LUBBOCK	TX	48	F	1	F4549	1:00:53	9:48
25 ANGELA FRANCO	MIDLAND	TX	24	F	1	F2024	1:01:59	9:59
26 JOHN FORSYTH	FORT WORTH	TX	48	M	4	M4549	1:02:13	10:01
27 MOHAN SUJIT	LUBBOCK	TX	26	M	2	M2529	1:04:01	10:19
28 BOB BERNERO	LUBBOCK	TX	60	M	2	M6064	1:09:15	11:09
29 RON PRITCHARD	SAN ANTONIO	TX	56	M	3	M5559	1:10:35	11:22
30 LISA HAMILTON	LUBBOCK	TX	30	F	1	F3034	1:12:07	11:37
31 ADAM ANDREWS	LUBBOCK	TX	48	M	5	M4549	1:12:45	11:43
32 BETH DALLAS	LUBBOCK	TX	27	F	1	F2529	1:20:08	12:54

PLACE NAME	TOWN	ST	AG	S	DIV	PLACE	TIME	PACE
1 RENE GONZALES	LEVELLAND	TX	37	M	1	M3539	11:50	5:55
2 JIMMY SAWARRON	LEVELLAND	TX	47	M	1	M4549	12:33	6:17
3 CRAIG JACKSON	RANSOM CANYON	TX	37	M	2	M3539	12:48	6:24
4 JAMIE BELGARDE	ST. MICHAEL	ND	27	M	1	M2529	12:50	6:25
5 AL GARDNER	LEVELLAND	TX	46	M	2	M4549	12:51	6:26
6 BROOKE SMITH	LUBBOCK	TX	21	F	1	F2024	13:10	6:35
7 JACKIE CANNON	AMARILLO	TX	46	M	3	M4549	13:31	6:46
8 JOHN KEITH	LUBBOCK	TX	13	M	1	M1315	14:00	7:00
9 LORENZO PADILLA	LEVELLAND	TX	47	M	4	M4549	14:37	7:19
10 MIKE MORGAN	LUBBOCK	TX	43	M	1	M4044	15:21	7:41
11 SPENCER THOMAS	LUBBOCK	TX	13	M	2	M1315	15:31	7:46
12 KIRK THOMAS	LUBBOCK	TX	43	M	2	M4044	15:49	7:55
13 JERRY AGUIRRE	LUBBOCK	TX	38	M	3	M3539	16:11	8:06
14 RONNIE PRIGG	LUBBOCK	TX	51	M	1	M5054	16:14	8:07
15 SAM MERCER	LUBBOCK	TX	15	M	3	M1315	17:30	8:45
16 KYLE LARSON	MIDLAND	TX	14	M	4	M1315	18:00	9:00
17 JENNIFER FORSYTH	FORT WORTH	TX	35	F	1	F3539	18:21	9:11
18 HANNAH LAYMAN	HEREFORD	TX	9	F	1	F0112	18:31	9:16
19 JIM LAYMAN	HEREFORD	TX	36	M	4	M3539	18:32	9:16
20 HEATHER CANNON	AMARILLO	TX	16	F	1	F1619	19:04	9:32
21 KIRBY MATEJA	LUBBOCK	TX	7	F	2	F0112	19:15	9:38
22 BRITNEY BEDNARZ	LUBBOCK	TX	8	F	3	F0112	19:15	9:38
23 BILL MATEJA	LUBBOCK	TX	40	M	3	M4044	19:19	9:40
24 ESTELLA GALVAN	BROWNFIELD	TX	59	F	1	F5599	19:39	9:50
25 STEVEN GREENE	LUBBOCK	TX	36	M	5	M3539	19:40	9:50
26 JUDY FRIESS	LUBBOCK	TX	55	F	2	F5599	21:24	10:42
27 AMANDA HOLLOWAY	LUBBOCK	TX	20	F	2	F2024	22:00	11:00

* = New Age Group Records

WIRC/TTU SCHOLARSHIP

NOMINATIONS DUE

The WEST TEXAS RUNNING CLUB scholarship at TEXAS TECH UNIVERSITY was established and criteria defined in the fall of 1989. This endowment fund, derived from the proceeds of the RED RAIDER ROAD RACE, had grown large enough that an award could be made. The stipend is now \$500 per semester for two semesters.

The scholarship selection committee to be named, will make the selection of recipients by August 15, 2002.

RECOMMENDED CRITERIA:

The person selected will be chosen without regard to age, race, sex, religion, color, national origin, marital status, ancestry or handicap.

- 1) Non-Academic/ Non-Athletic Scholarship
- 2) Must have letter of recommendation by a W.T.R.C. Member
- 3) Applicants will submit a standardized form approved by the selection committee
- 4) Recipient must be from West Texas as defined: The area north of Interstate 20 as far west as Pecos and west of a line from Abilene to Wichita Falls
- 5) Recipient must have a GPA of 2.5 after at least one semester at TTU and maintain that GPA during the scholarship period
- 6) Major Area of study can be any
- 7) Full time student status; at least 12 hours undergrad
- 8) Restriction: Recipient must have a verified Financial Need

Deadline is August 1, 2002

WEIGHTED CRITERIA:

- Extra Curricular Activities
- School Activities
- Leadership Positions Held

Recipient may re-apply each year: WEST TEXAS RUNNING CLUB members should make nominations in writing to:

Dick Baker, W.T.R.C
5711 62nd St.
Lubbock, Texas 79424

Application forms are available for Students: Pick up at 4808 50th St. or call George W. Jury at 792-3291 for information.

W.R.T.C. 2002 CHALLENGE SERIES
STANDINGS AFTER 4 EVENTS
(reflects all paid members as of 04-13-02)

FEMALE

YTD TOTALS		YTD TOTALS		YTD TOTALS	
0 - 12 FEMALE	13 - 15 FEMALE	16 - 19 FEMALE	20 - 24 FEMALE	25 - 29 FEMALE	30 - 34 FEMALE
AGE	AGE	AGE	AGE	AGE	AGE
PTS	PTS	PTS	PTS	PTS	PTS
MILES	MILES	MILES	MILES	MILES	MILES
EVT	EVT	EVT	EVT	EVT	EVT
VOL	VOL	VOL	VOL	VOL	VOL
Alyssa Preston	13	10	5	1	
Heather Cannon	16	10	2	1	
Brandy Temple	29	18	8	2	
Shanna Armstrong	27	11	8	1	
Linda Northrup	27	10	4	1	
Malinda Colwell	28	9	8	2	*
Cathy Paden	31	18	13	2	
Rebecca Puckett	33	0	22.1	3	*
Moiria Ridley	36	42	23.2	4	
Marsha Bennett	38	36	30.1	4	
Cindy Johnson	37	17	12	2	
Pauline DeVos	44	27	25.1	3	
Diane Calhoun	43	21	12	2	
Barbara Slaton	43	20	9	2	
Dahlia Hood	43	17	13	2	
Canda Faddoul	43	10	6.2	1	
Robin Thomas	41	8	5	1	*
Julie Cribbs	43	0	5	1	*
Madonne Miner	49	40	30.1	4	
Shirley Wigley	48	36	23.2	4	*
Connie Berlinger	48	10	4	1	
Martha Martinez	46	9	4	1	
Eta Mayer	52	30	30.1	4	*
Josie Aleman	50	28	26.1	4	*
Mary Harris	54	0	18.1	1	*
Delores Key	59	0	8	1	*
P.J. Mitchell	55	0	4	1	*

** = RACE DIRECTOR

* = VOLUNTEER

3. PROBLEMS??? CALL SHIRLEY WIGLEY 797-4201

EVERY MORNING IN AFRICA, A GAZELLE WAKES UP.
HE KNOWS THAT HE MUST RUN FASTER THAN THE FASTEST
LION OR HE WILL BE KILLED.

EVERY MORNING A LION WAKES UP. SHE KNOWS
THAT SHE MUST OUTRUN THE SLOWEST GAZELLE OR SHE
WILL STARVE TO DEATH.

IT DOES NOT MATTER WHETHER YOU ARE A LION
OR A GAZELLE:

WHEN THE SUN COMES UP,
YOU HAD BETTER BE
RUNNING

MEMBER NEWS

BOSTON MARATHON

Club members Ken Jernigan and PJ Mitchell both completed the Boston Marathon on April 15. Conditions were favorable at the start with temperatures in the low 50's, and remained decent for the elite runners, but deteriorated later in the day, as many runners had to endure afternoon rains, increasing temperatures and humidity. PJ Mitchell ran as a guide to Charles Plaskon, a blind runner from Florida who had qualified at New York last fall with PJ's assistance. They struggled with the hills and conditions to a 5:09 finish. PJ says all of the downhill running aggravated an Achilles tendon, but it was still, overall, a rewarding experience. Ken Jernigan finished in 3:25. Ken had qualified in 3:10 at Dallas in December and had a goal of running a relaxed race and enjoying the Boston experience. I haven't spoken with Ken about the race, but looks like he did what he set out to do. Older club members may remember Sherill Easterling from years ago. She now lives in Hico, Texas and completed Boston this year in 4:11.

AUSTIN AMERICAN-STATESMAN CAPITOL 10K

The nearly 5,000 finishers included quite a few WTRC members. Hawk Harris finished in 36:46 to lead the way. Other finishers included: Jay Keith, 48:26; John Keith (age 13), 48:36; Pat Cooke, 59:48; Andrew Broselow, 45:51; Brett Cate, 51:21; Ronald Thoma 52:37; Jim Harris, 48:46 (Jim didn't want me to list his time, but the truth is he outruns most folks on a bad day, and he has had some injury problems lately).

TRI-AMERICA TRIATHLON, IRVING, TX

(and some miscellaneous multi-sport athlete news)

Tim Key just missed a very nice win in the first in a series of six US triathlons featuring the International-distance triathlon (1.5K swim, 40K bike, and 10K run). Tim was leading the race in the final 10K run portion when the lead vehicle turned off-course and he followed. That cost Tim victory as he had to settle for second place.

Tim did relay some good news. Tim and Brandy will be getting married in Boulder, Colorado on May 25th. The celebration will include running the Boulder Boulder, a 10K race which had over 40,000 finishers last year. That does sound like quite a party!

Quent Beardan finished 4th in the Strutters Duathlon in San Angelo on April 20th. Strutters' long course features a 10K run, 74K bike leg, and a final 10K run. Quent had the lead after the initial 10K, which he ran in 35:29. Tom Bowser, who has been a WTRC member for many years, completed the short course (5K run, 10 K bike, 5K run) in 2 hours and 23 minutes. Tom is now 75 years old. Greg Hogan has been awarded one of the lottery slots into 2002 Ironman Hawaii. Guess Greg will have a busy summer preparing for that event!

HIGH SCHOOL TRACK AND FIELD RESULTS

Several club members did extremely well in District meets. Mindy Sullivan won the 800 and 1600 meter runs in the District 3-5A meet in Amarillo. Mindy had missed several previous meets due to an injury, and is now getting back in shape. In the District 3-3A meet in Lamesa, Casey Sumpter won the Boy's 1600 meter (4:35:56), and the 3200 meter (9:58:09); Hope Jimenez matched Casey's performance in the girl's races as she won the 1600 meter (5:35:15), and the 3200 meter (12:15:04). Cody Turner won the 3200 meter run in District 2-3A held in Shallowater with a time of 10:40:83. Cody finished second at 1600 meters in 4:41:52. Congratulations to each of these runners for their great performances.

HORSESHOE BEND CANYON SPRING FROLIC RUNS

May 11, 2002

Mail
Registration
thru May 9th

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

George Jury
5212 44th Street
Lubbock, Texas 79414

Race start at 8 am, Horseshoe Bend
Canyon, North of Slaton

Telephone registration
by 7 p.m. May 10
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 2002 Horseshoe Bend Canyon Spring Frolic 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 old.

Signature of entrant _____ Signature of guardian(minors) _____

Age _____ (on race day) Date of Birth ____/____/____ Male _____ Clydesdale (190 lbs or more)

Name _____ Female _____ Athena (150 lbs or more)

Street Address _____ Race Distance ____ 2 mi. ____ 6 mi. ____ 11 mi.

City _____ State _____ Zip _____ Phone Number _____