

CALENDAR

- * Indicates **W.T.R.C.** Monthly Race and CHALLENGE SERIES EVENT
- OCT. 5 **RUN FOR RECYCLING 5K/10K:** Hobbs, 8am, Tim Ryan, 505-392-3971
- OCT. 8 **W.T.R.C. Business meeting, Tuesday, October 8, 2002**
7:00 p.m. at **WEST TEXAS PETERBILT**, 45th and Ave. "A"
- OCT. 12 **PUNKIN DAYS 5K RUN:** 8am, Floydada, Robert Espinosa,
806-898-6060 (h), 893-3665 (w)
- OCT. 12 **RED RIBBON RUN 5K:** Buddy Holly Park, Rose Hoeve, 725-6074
- * OCT. 19 **RED RAIDER ROAD RACE:** TTU Campus, Lubbock, 8:00 am, 10K and 5K
Entry info, call George W. Jury, 792-3291 (d), 792-1237 (n)
To volunteer, call Kirk Thomas, 797-7734 (n), 749-1850 (d)
- NOV. 2 **TOYS FOR TOTS 5K RUN:** Lubbock, 9am, Armed Forces Reserve
Center, Interstate 27 & Regis St., Ron Hillis, RD, 797-0303
- * (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. 10 **SAN ANTONIO MARATHON:** (210) 246-9656 (www.samarathon.org)
- 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. 7 **JINGLE BELL RUN:** 5K & 10K, Midland, Lisa Neal, 915-682-4966
- * DEC. 14 **REDLINE 4 MILE CROSS COUNTRY:** MAE SIMMONS PARK, Lubbock, 10 am
FMI, call Tom Griffin, 698-1503 (h)
- DEC. 15 **WHITEROCK MARATHON:** Dallas, (214)526-5318 (www.runtherock.com)
- JAN. 11 **LOOP THE LAKE 5 MILE:** Buddy Holly Park, 10am, Race Director
Jim Beck, 720-7659 (d), 784-0056 (n)
- JAN. 19 **HP/HOUSTON MARATHON:** (713) 957-3453(www.hphoustonmarathon.com)
- * FEB. 8 **COTTON PATCH RUNS:** FRENSHIP HIGH, Wolfforth, 9am, 4 & 8 Miles,
David Higgins, Race Director, 795-5823(w), 785-8562(h)
- FEB. 16 **MOTOROLA/AUSTIN MARATHON:** Austin, FMI, Call (877) 601-6686
e-mail, infomotorolamarathon.com
- FEB. 22 **FORT WORTH COWTOWN MARATHON:** FORT WORTH, Call (817) 735-2033
e-mail, cwownmarathon@hsc.unt.edu
- * MAR. 8 **PRAIRIE DOG TOWN RUN:** Mackenzie Park, Lubbock, 4 Miles, 9am
John Trompler, Race Director, 794-1369

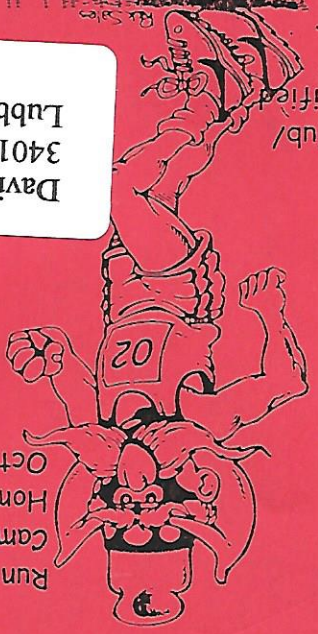
<http://wtrc.tripod.com>

For Membership, Calendar, Race Results, etc.



Run the Texas Tech
Campus as part of Tech's
Homecoming Weekendl
October 19, 2002

David Higgins
3401 Alcove
Lubbock, TX 79407



5K & 10K
Road Race

Sanctioned by the
West Texas Running Club/
Course USA T&F Certified

21st
Annual
Red
Raider
Road
Race



Newsletter
5406 86th St.
Lubbock, Texas 79424

October 2002



WEST TEXAS RUNNING CLUB

OFFICERS

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

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

External Vice-President - Jeff Key
(H) 799-8740
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Secretary - Etta Mayer
(H) 792-1471
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Treasurer - David Higgins
(H) 785-8562
E-mail: dhiggins69@hotmail.com

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

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

W.T.R.C. RACES ARE USUALLY HELD THE 2ND SATURDAY OF EACH MONTH.
The WTRC monthly business meeting is on Tuesday, October 8, 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

The calendar is running down but some of our best running is coming up. Starting with October's Red Raider Road Race, followed by the Buffalo Wallow Races and Turkey Trot in November, and ending with the December running (sometimes in the snow) of the Redline 4 Mile Cross Country, our members and visitors can enjoy good crowds and a variety of challenges. The other result of our year-end calendar is that the terms of our Board of Directors are coming to an end. Some will continue to serve while others will chose retirement, not because of the huge pension we offer, but for reasons such as job & geography changes, increased family commitments, chronic injuries & loss of interest in running, volunteer's burn-out, etc. Regardless, we are almost certain to need a new director or two in a few months. If you can't step forward just yet, perhaps you could need a friend to help out.

Changing management is just one mechanism for keeping a club such as ours healthy and vital. The Club gets new ideas and new energies from this dynamic. But there is another mechanism which I feel we use very little--the constructive gripe. In the several years that I have served on the WTRC Board I have witnessed very little pushing from the general membership. Of course there is always the possibility that we are doing an absolutely wonderful job with no room for improvement, but I doubt it. Please, please, please let us know what we could do better to serve you and your fellow runners. Use the names, numbers and e-mail addresses of the Directors on the inside front cover of every newsletter and voice any concerns or suggestions that might improve our races, this newsletter, our website, or any other facet of the Club. Thanks.

SYOTR, Ron

DIRECTORS

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

External Race Director - Kirk Thomas
(H) 797-7732
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
E-mail: rurgwj@aol.com

Membership Director - Adam Puckett
(H) 799-4745
E-mail: adamnrebecca@cox.net

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

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

WEST TEXAS RUNNING CLUB'S
21st ANNUAL RED RAIDER ROAD RACE
10K and 5K RUNS
USA T&F CERTIFIED
10K #TX97071ETM 5K #TX97070ETM

EVENT NUMBER 10 of the WTRC CHALLENGE SERIES

WHEN: SATURDAY, October 19, 2002
RACE START: 8:00 A.M., 10K and 5K

WHERE: TEXAS TECH UNIVERSITY CAMPUS, Lubbock, Tx
University Recreation Center, Main and Hartford

COURSE: 5K, Flat, Single Loop of Campus on Asphalt
10K, Double Loop of Same Route

ENTRY FEE: Pre Registration: by mail or walk in
at Tech Ex Students Bldg. to Oct. 17th, \$15
(WTRC members pre register for \$12 to Oct. 17th)

Late Reg; Friday, Oct. 18th, TTU Student
Union, N. side, \$20 (everyone)

Raceday; 6:30 to 7:30 A.M. only, \$25

AGE DIVISIONS: 10K

MEN: 13-19; 20-24; 25-29; 30-34; 35-39; 40-44;
45-49; 50-54; 55-59; 60-64; 65-69; 70 Plus

WOMEN: 13-19; 20-24; 25-29; 30-34; 35-39; 40-44;
45-49, 50-54; 55-59; 60 Plus

(Additional 6-12, 13-15 & 16-19 age
groups in the 5K)

AWARDS: 1st Place Male and Female as well as 1st
Master(Age Graded) each race receive a special
Plaque. 1st 3 in each Age Group receive medals
Clydesdales, 1st 3 male and female (Age Graded)
Long sleeved T Shirts to all entrants

VOLUNTEERS: Are needed, Call Kirk Thomas

RACE DIRECTOR: Kirk Thomas, 797-7732(n) 749-1850(d)
Assistant, Sam Prose, 794-0429(n) 762-7821(d)

RED RAIDER ROAD RACE
10K EVENT RECORDS
Since 1982

WOMEN

AGE	NAME	TOWN	AGE	TIME	YEAR
0-19	Veronica Cavazos	Lubbock	18	38:48	1982
20-24	Idalia Castano	Lubbock	23	41:22	1991
25-29	Beverly Watkins	Amarillo	28	37:52	1983
30-34	Marjory Stewart	Lubbock	34	36:43	1993 *
35-39	Marjory Stewart	Lubbock	35	37:41	1994
40-44	Bobby Jester	Amarillo	40	44:41	1994
45-49	Colleen Isdale	Belton	45	46:45	1996
50 +	Colleen Isdale	Belton	50	46:52	2001
Athleta	Rebekah Lee	Lubbock	23	1:02:34	2000

MEN

AGE	NAME	TOWN	AGE	TIME	YEAR
0-19	Richard Oropeza	Lubbock	19	33:04	1988
20-24	Red Cloud	Lubbock	23	31:29	1984
25-29	Michael Njenga	Lubbock	26	30:57	1998 *
30-34	James Mays	Lubbock	32	33:01	1991
35-39	Scott Brickerd	Lubbock	35	32:19	1988
40-44	Bobby Cunningham	Abernathy	42	34:52	1982
45-49	Ron Lubowicz	Lubbock	45	35:33	1988
50-54	George W. Jury	Lubbock	50	37:23	1986
55-59	George W. Jury	Lubbock	56	39:15	1992
60-64	Don Sanderson	Tulia	64	43:46	1994
65-69	Don Sanderson	Tulia	69	51:33	1999
70+	Don Sanderson	Tulia	71	48:26	2001
Clyde	Clyde Whitten	Pampa	41	44:55	1999

5K EVENT RECORDS
(Since 1988)

WOMEN

AGE	NAME	TOWN	AGE	TIME	YEAR
0-15	Hope Jimenez	Lamesa	12	20:40	1996
16-19	Leigh Daniel	Lubbock	19	19:01	1997 *
20-24	Julianne Campbell	Lubbock	23	20:18	1994
25-29	Brenda Lauten	Houston	29	19:52	1994
30-34	Kay Schmidt	Alpine	34	20:39	1992
35-39	Jennifer Ezell	Lubbock	39	21:40	1996
40-44	Caylene Caddell	Lubbock	43	20:54	1995
45-49	Caylene Caddell	Lubbock	45	21:45	1997
50 +	P.J. Mitchell	Lubbock	50	24:15	1995
Athleta	Rebecca Zacharias	Lubbock	29	28:19	2001

MEN

AGE	NAME	TOWN	AGE	TIME	YEAR
0-15	Ryan Maney	Tulia	15	17:21	2001
16-19	Jason Smith	Levelland	18	17:21	1992
20-24	James Garner	Lubbock	20	16:21	1991
25-29	Tim Green	Lubbock	26	15:20	1991
30-34	Martin Leodgard	Lubbock	31	16:44	1995 *
35-39	Bob Finn	Big Spring	39	16:57	1994
40-44	Tony Collins	Pittsburg	44	17:43	1994
45-49	James Leser	Lubbock	47	17:54	1993
50-54	Ed Craighhead	Dalhart	52	18:41	1995
55-59	Gary Schmidt	Alpine	55	18:48	1992
60-64	Don Sanderson	Tulia	63	21:11	1993
65-69	Don Sanderson	Tulia	68	23:06	1998
Clyde	Douglas Gardner	Lubbock	30	19:58	1995

* Overall Men's and Women's event records

THE SHALLOWATER STAMPEDE
2 MILE & 10 KILOMETER RUNS

SEPTEMBER 14, 2002 Shallowater, Texas

10K OVERALL RESULTS

PLACE	NAME	TOWN	ST	AG	S	DIV	PLACE	TIME	PACE
1	QUENT BEARDEN	LUBBOCK	TX	27	M	1	M2529	35:14	5:41
2	FARRELL MARTIN	LUBBOCK	TX	36	M	1	M3539	42:44	6:53
3	EPI AGUIRRE	LUBBOCK	TX	44	M	1	M4044	43:49	7:04
4	RICHARD LOMBARDINI	LUBBOCK	TX	26	M	2	M2529	44:06	7:06
5	JAY KEITH	LUBBOCK	TX	44	M	2	M4044	44:42	7:12
6	HENRY SANTOS	LUBBOCK	TX	31	M	1	M3034	44:50	7:13
7	AL GARDNER	LEVELLAND	TX	46	M	1	M4549	45:28	7:20
8	JOHN TROMPLER	LUBBOCK	TX	55	M	1	M5559	45:35	7:21
9	RUSS WILSON	PLAINVIEW	TX	21	M	1	M2024	45:56	7:24
10	JANDA IBBETTSON	LUBBOCK	TX	32	F	1	F3034	46:04	7:25
11	RON LUBOWICZ	LUBBOCK	TX	59	M	2	M5559	46:23	7:28
12	RUSSEL MARTIN	SHALLOWATER	TX	44	M	3	M4044	46:44	7:32
13	RONNIE PRIGG	LUBBOCK	TX	51	M	1	M5054	47:56	7:43
14	ROBERT FORTNEY	LUBBOCK	TX	49	M	2	M4549	48:15	7:47
15	MARK ALBUS	LUBBOCK	TX	45	M	3	M4549	48:19	7:47
16	MADONNE MINER	LUBBOCK	TX	49	F	1	F4549	49:26	7:58
17	TOM WEIS	LUBBOCK	TX	50	M	2	M5054	50:16	8:06
18	ADAM PUCKETT	LUBBOCK	TX	31	M	2	M3034	50:54	8:12
19	BRAD EWING	LUBBOCK	TX	38	M	2	M3539	51:24	8:17
20	STEVE NIEMAN	SHALLOWATER	TX	47	M	4	M4549	51:51	8:21
21	ROD BURGETT	SHALLOWATER	TX	37	M	3	M3539	52:09	8:24
22	SANDY PETERS	SHALLOWATER	TX	42	M	4	M4044	52:12	8:25
23	MELANIE MCVEY	SUNDOWN	TX	41	F	1	F4044	52:48	8:31
24	TOM GRIFFIN	LUBBOCK	TX	53	M	3	M5054	52:57	8:32
25	BRETT CATE	LUBBOCK	TX	36	M	4	M3539	53:46	8:40
26	BILL ROGER	LEVELLAND	TX	63	M	1	M6064	54:01	8:42
27	TIM RADKE	LUBBOCK	TX	28	M	3	M2529	54:32	8:47
28	RALPH WOLF	ABERNATHY	TX	65	M	1	M6569	55:20	8:55
29	ARLAN PATTON	LUBBOCK	TX	47	M	5	M4549	55:31	8:57
30	MIKE KELLEY	LUBBOCK	TX	53	M	4	M5054	56:06	9:02
31	SHAE BEARDEN	LUBBOCK	TX	25	F	1	F2529	56:31	9:06
32	VANESSA REASONER	LUBBOCK	TX	33	F	2	F3034	56:58	9:11
33	RANDI CUMMINGS	LUBBOCK	TX	24	F	1	F2024	57:25	9:15
34	AMY POST	LUBBOCK	TX	29	F	2	F2529	57:51	9:19
35	MIKE GREER	RANSOM CANYON	TX	63	M	2	M6064	58:10	9:22
36	CHARLES REYNOLDS	LUBBOCK	TX	58	M	3	M5559	58:32	9:26
37	JIM BURLESON	LUBBOCK	TX	60	M	3	M6064	58:44	9:28
38	AARON SELF	HOLLOMAN AFB	NM	23	M	2	M2024	59:11	9:32
39	BRETT WOMBLE	SHALLOWATER	TX	16	M	1	M1619	59:51	9:39
40	MIKE MORRIS	LUBBOCK	TX	47	M	6	M4549	1:00:13	9:42
41	JAMES BONE	LUBBOCK	TX	63	M	4	M6064	1:00:26	9:44
42	DAVID BALDNER	LUBBOCK	TX	42	M	5	M4044	1:01:09	9:51
43	RICHARD THOMAS	LUBBOCK	TX	46	M	7	M4549	1:01:21	9:53
44	DAHLIA HOOD	LUBBOCK	TX	43	F	2	F4044	1:01:50	9:58
45	ETTA MAYER	LUBBOCK	TX	53	F	1	F5054	1:02:19	10:02
46	GRESSINDA SPRINGER	LUBBOCK	TX	28	F	3	F2529	1:02:35	10:05
47	MARSHA BENNETT	LUBBOCK	TX	39	F	1	F3539	1:03:47	10:17
48	ANGELA FRANCO	MIDLAND	TX	25	F	4	F2529	1:03:49	10:17
49	THOMAS WORD	LUBBOCK	TX	65	M	2	M6569	1:04:01	10:19
50	BOB BROSELOW	LUBBOCK	TX	32	M	5	M6064	1:04:33	10:24
51	SCOTT MAYFIELD	LUBBOCK	TX	45	M	8	M4549	1:05:05	10:29
52	DAVID MALONE	LUBBOCK	TX	50	F	2	F5054	1:05:15	10:31
53	MADELEINE TAYLOR	RANSOM CANYON	TX	22	F	2	F2024	1:07:00	10:48
54	TERRA TOWNE	LUBBOCK	TX	44	F	3	F4044	1:08:35	11:03
55	PAULINE DEVOS	PLAINVIEW	TX	44	F	3	F4044	1:11:31	11:31

THE SHALLOWATER STAMPEDE
2 MILE & 10 KILOMETER RUNS
Shallowater, Texas
SEPTEMBER 14, 2002
2 MILE OVERALL RESULTS

PLACE	NAME	TOWN	ST	AG	S	DIV	PLACE	TIME	PACE
1	GARY LACKEY, JR.	BROWNFIELD	TX	15	M	1	M1315	10:33	5:17
2	BOBBY SAIN	LUBBOCK	TX	21	M	1	M2024	11:02	5:31
3	RENE GONZALES	LEVELLAND	TX	37	M	1	M3539	12:24	6:12
4	FRANK SUMPTER	LAMESA	TX	48	M	1	M4549	12:39	6:20
5	J.D. MARTINEZ	SHALLOWATER	TX	16	M	1	M1619	12:46	6:23
6	JIMMY SAMARRON	LEVELLAND	TX	47	M	2	M4549	12:59	6:30
7	CRAIG JACKSON	RANSOM CANYON	TX	37	M	2	M3539	13:42	6:51
8	KIMBERLY HARRISON	SHALLOWATER	TX	14	F	1	F1315	13:49	6:55
9	RAQUEL RODRIGUEZ	SHALLOWATER	TX	14	F	2	F1315	14:07	7:04
10	JIM HARRIS	HOBBS	NM	59	M	1	M5559	14:18	7:09
11	RANDALL WISEMAN	SHALLOWATER	TX	14	M	2	M1315	14:24	7:12
12	JAVIER CARAVEO	SHALLOWATER	TX	16	M	2	M1619	14:27	7:14
13	RAUL MENCHACA, JR.	PLAINVIEW	TX	20	M	2	M2024	14:43	7:22
14	DAVID HIGGINS	LUBBOCK	TX	49	M	3	M4549	14:47	7:24
15	BRITTANI LARA	SHALLOWATER	TX	14	F	3	F1315	14:50	7:25
16	JULIE ELLIS	SHALLOWATER	TX	17	F	1	F1619	14:54	7:27
17	STAN WARREN	SHALLOWATER	TX	44	M	1	M4044	14:55	7:28
18	TYLYNN LACKEY, JR.	BROWNFIELD	TX	16	F	2	F1619	15:02	7:31
19	LORENZO PADILLA	LEVELLAND	TX	48	M	4	M4549	15:08	7:34
20	ALONZO MENDOZA	LEVELLAND	TX	44	M	2	M4044	15:11	7:36
21	CRYSTAL MANN	SHALLOWATER	TX	17	F	3	F1619	15:16	7:38
22	ANNIE COX	SHALLOWATER	TX	16	F	4	F1619	15:20	7:40
23	RAUL MENCHACA	PLAINVIEW	TX	40	M	3	M4044	15:49	7:55
24	DEWAYNE WISEMAN	SHALLOWATER	TX	44	M	4	M4044	16:00	8:00
25	LAURA ELLIS	SHALLOWATER	TX	17	F	5	F1619	16:04	8:02
26	DALTON ORTEGA	SHALLOWATER	TX	14	M	3	M1315	16:10	8:05
27	BRITNEY BIXLER	SHALLOWATER	TX	14	F	4	F1315	16:14	8:07
28	JESSICA PETERS	SHALLOWATER	TX	17	F	6	F1619	16:26	8:13
29	KIMBERLY MARBURGER	SHALLOWATER	TX	14	F	5	F1315	16:28	8:14
30	CATHY PADEN	SLATON	TX	32	F	1	F3034	16:29	8:15
31	BILL FELTON	WOLFFORTH	TX	67	M	1	M6569	16:33	8:17
32	ELLEN BURTON	SHALLOWATER	TX	15	F	6	F1315	16:33	8:17
33	SCOTTY ELSTON	SHALLOWATER	TX	41	M	5	M4044	16:55	8:28
34	T LINDA TAYLOR	SHALLOWATER	TX	41	F	1	F4044	17:03	8:32
35	KRISTA POUNDS	SHALLOWATER	TX	27	F	1	F2529	17:04	8:32
36	PETE TORRES	SHALLOWATER	TX	31	M	1	M3034	17:05	8:33
37	MARTHA MARTINEZ	COLORADO CITY	TX	47	F	1	F4549	17:12	8:36
38	DAKOTA SHARP	SHALLOWATER	TX	10	M	1	M0112	17:31	8:46
39	DEBBIE MARTIN	SHALLOWATER	TX	51	F	1	F5054	17:37	8:49
40	WHITNEY SHARP	SHALLOWATER	TX	15	F	7	F1315	18:40	9:20
41	ESTELLA GALVAN	BROWNFIELD	TX	60	F	1	F6099	18:48	9:24
42	ADAM ANDREWS	LUBBOCK	TX	48	M	5	M4549	19:13	9:37
43	KELSEY HAYNES	SHALLOWATER	TX	14	F	8	F1315	19:30	9:45
44	AMANDA VASEK	SHALLOWATER	TX	16	F	7	F1619	19:30	9:45
45	KAMERON CATES	SHALLOWATER	TX	15	F	9	F1315	19:31	9:46
46	STACEY CATE	SHALLOWATER	TX	17	F	8	F1619	19:34	9:47
47	STEVEN GREEN	LUBBOCK	TX	36	M	3	M3539	19:36	9:48
48	TRACEY CATES	SHALLOWATER	TX	14	F	10	F1315	19:47	9:54
49	MARTIN NOWLIN	SHALLOWATER	TX	42	M	6	M4044	19:51	9:56
50	NATALIE RIOJAS	SHALLOWATER	TX	16	F	9	F1619	19:54	9:57

WILLIE NELSON'S 10K

Several members made the trek to Austin to run in Willie Nelson's 10K Run for Farm Aid. Chris Lonngren says it was hot and humid, but what would you expect on August 25 in Austin. Times were predictably slow for the 1300-1400 runners. Members I spotted in the results included Austin Crawley, 48:56; Chris Lonngren, 48:19; PJ Mitchell, 1:01:12 (2d in age group!); Bob Bernero, 1:05:49; and Larry Byrd, 1:12:40. Sorry, if I missed anyone else.

Bob Bernero offered the following story from his Austin trip: "A group of us old folks met in Austin last weekend for the Willie Nelson 10K and concert. Saturday night, before the race on Sunday, my son David dropped us off at a comedy club located on 6th Street in Austin. This street is notorious for its party atmosphere. Before the race started on Sunday morning David ask me if we had a good time and I commented we did... as the gun sounded, starting the race, he looked at me and said..."Who would have thought there would come a time when I would be dropping my Dad off on 6th St. and I would go home."

30TH ANNUAL BUFFALO WALLOW

November 9th is the 30th running of the races at Buffalo Springs Lake. Because this is an anniversary event, we will have T Shirts. To cover the cost, the entry fees will be \$10 for members and \$12 for non-members for pre-registration. The fee will be \$15 on race day. We have already had a lot of inquiries about the race, so to assure a T Shirt, please register early!

RED RAIDER ROAD RACE

We still need many volunteers for the Friday late registration and early race day morning. If you can't run and would like to help, please call George, Kirk, or Sam at the phone numbers listed on the calendar.

PRE-PAID ANNUAL RACE ENTRY FEES

An item of discussion at our last Board Meeting was a recommendation to offer an annual pre-paid race registration fee for \$50. This would cover entry fees for the 11 Club races normally priced at \$5 each (excluding Red Raider Road Race and Turkey Trot). If you are interested in the convenience of this option please email Ron or any other Board Member with your thoughts.

MEMBER NEWS

IRONMAN WISCONSIN

Wade Wilson and family traveled to Madison, Wisconsin for the inaugural Ironman Wisconsin on September 15. Wade turned in solid 11:12:43 on a course he describes as the hardest he has done so far. Wade captured 33d place out of 243 men in his age category. There were over 1800 competitors from 25 countries in this event won by Americans Chris Lieto in 8:46:30, and Heather Gollnick in 9:54:54. Debbie Wilson and daughters enjoyed the trip and the friendly people of Madison, but the girls thought it a bit chilly. Having visited Madison in December, and endured the harsh winter wind coming off Lake Monona, this editor can only say they have barely touched how cold it can get in Madison. Congratulations, Wade, on another successful Ironman!

TEXAS STATE SENIOR GAMES

The West Texas Running Club put on 5K and 10K Races at the Reese Center for this year's Texas State Senior Games Championship. Volunteers included David Higgins, George Jury, Mike and Marti Greer, Jimmie Key, Etta Mayer, Chris Lonngren (and sons), Ron Lubowicz, and John Trompler.

WTRC participants in the 5K on August 30th included Mike Kelley, 28:38, 2nd 50-54 Age Group; James Bone, 32:48, 4th 60-64 Group; Estella Galvan, 31:02, 1st 60-64 Group; and Ralph Wolf, 27:11, 3d 65-69 Age Group. The fastest runner on the day was 51 year old Miguel Lopez from Houston with a time of 19:07.

Club members in the 10K were John Trompler 43:54, 1st 55-59 Age Group; and Ralph Wolf, 54:55, 2nd 65-69 Age Group. Miguel Lopez again led the field with a time of 38:54. The top two finishers in each age category qualify to participate in the National Senior Games next June in Virginia Beach, Virginia.

KONA IRONMAN

Shanna Armstrong and Greg Hogan will be representing the WTRC at this year's Ironman Triathlon in Kona, Hawaii on October 19th. We wish you both well in your endeavor!

THE SHALLOWATER STAMPEDE
2 MILE & 10 KILOMETER RUNS
Shallowater, Texas
SEPTEMBER 14, 2002
2 MILE OVERALL RESULTS

PLACE	NAME	TOWN	ST	AG	S	DIV	PLACE	TIME	PACE
51	LYNDSI DUDLEY	SHALLOWATER	TX	16	F	10	F1619	19:55	9:58
52	KAITLIN LEE	SHALLOWATER	TX	15	F	11	F1315	19:55	9:58
53	BRITTANY RAY	SHALLOWATER	TX	15	F	12	F1315	19:56	9:58
54	BRITNEY TOWNSEND	SHALLOWATER	TX	16	F	11	F1619	19:57	9:59
55	NICOLE BENTON	SHALLOWATER	TX	15	F	13	F1315	20:03	10:02
56	KYLEN KARR	SHALLOWATER	TX	17	F	12	F1619	20:05	10:03
57	SHERYL SWINNEY	SHALLOWATER	TX	43	F	2	F4044	20:12	10:06
58	AMBER BERRY	SHALLOWATER	TX	17	F	13	F1619	20:30	10:15
59	MELONIE DREASHER	SHALLOWATER	TX	16	F	14	F1619	20:32	10:16
60	ASHLEY WHITT	SHALLOWATER	TX	18	F	15	F1619	20:41	10:21
61	TONY RODRIGUEZ	BROWNFIELD	TX	12	M	2	M0112	21:19	10:40
62	JOHN G. PARE	TAMPA	FL	75	M	1	M7099	21:52	10:56
63	RHONDA NIEMAN	SHALLOWATER	TX	42	F	3	F4044	22:04	11:02
64	MOE DOZIER	SHALLOWATER	TX	49	M	6	M4549	22:05	11:03
65	DINA ARISHENDEZ	SHALLOWATER	TX	14	F	14	F1315	22:05	11:03
66	SHELBI RICHARDSON	SHALLOWATER	TX	14	F	15	F1315	22:06	11:03
67	SARA BROOME	SHALLOWATER	TX	17	F	16	F1619	23:43	11:52

RACE DIRECTOR'S REPORT

Rain during the preceding week threatened the running of the 14th annual Shallowater Stampede. We awoke Saturday morning to cloudy skies and slightly damp dirt roads along the course. This year there were a total of 122 registered runners, down slightly from last year. 55 people ran the 10K and 67 people completed the two-mile course. A large number of participants from the Shallowater Junior High School/High School Girls Cross Country teams, along with a few other Shallowater High School Athletes added to the total for the 2-mile race.

Thanks to the many volunteers who made it possible for all who participated to have a quality race. Those helping during and after the race included: PJ Mitchell, George Jury, Josie Aleman, Tony Aleman, Regina Andrews (new wife of Adam Andrews), Ida Sumpter, Danny Galey, Jasper Devos (son of Pauline Devos) Paul Pare, Tom Cunningham and Sheri Oakeley. Also, special thanks to Larry Byrd for once again for going out before the race and marking off the course; to Etta Mayer for bringing the water; and to Ron Lubowicz for showing up with bagels and bananas.

Also volunteering were several parents of Shallowater High School's Class of 2003. Again this year, our race benefited Shallowater High School's "Project Graduation". Parents sold long-sleeved T-shirts for a donation to the end of school drug-free party. After selling out for the last two years, they ordered a record 125 shirts this year, and again, all shirts were sold. Thanks to all who purchased a shirt. This is a win-win situation for both the school and the race. It off-sets costs of the substance-free graduation party and the race benefits from having extra volunteers so that nearly all intersections along the course are covered. The overall male and female finishers in the 2-mile race were: Gary Lackey, Jr. of Brownfield, with a time of 10:33 and Kimberly Harrison of Shallowater with a time of 13:49. Overall male and female finishers for the 10-K were: Quent Bearden of Lubbock with a time of 35:14 and Janda Ibbettson of Lubbock with a time of 46:04.

Thanks again to all who participated either by running or volunteering. It would not have been possible without all of you.

Dwayne Oakeley, Race Director

21ST Annual Red Raider Road Race

Date: Saturday, October 19, 2002 **Starting Time:** 8:00 a.m.

Registration: Until October 17, 2002 - \$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 Market Alumni Association building

Late Registration & Packet Pick-Up: \$20 - Friday, October 18, 12 p.m.- 7 p.m. North side of the UC Lobby

Race Day Registration & Packet Pick-Up: \$25 - Saturday, October 19, 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; 65-69; 70 & over

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

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

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

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

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

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

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

Corporate Sponsors: Cardinal's Sports Centers, Center for Orthopedic Surgery, Bolinger, Segars, Gilbert & Moss CPA's

Please make checks payable to the West Texas Running Club.

For more info call: Dr. George W. Jury @ 806/792-3291 (d) or 792-1237 (n) e-mail, rungwj@aol.com

Detach & Return to: RRRR/WTRC, % George W. Jury, 5212 44th St., Lubbock, TX 79414

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	
<input type="text"/>			T-shirt Size (adult) Add \$2 for XXL	
City	State	Zipcode	Make checks payable to: West Texas Running Club	
<input type="text"/>	<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"/> 5K <input type="text"/> 10K <input type="text"/> Clydesdale <input type="text"/> Wheelchair		
FOR OFFICIAL USE ONLY				

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

WAIVER STATEMENT: West Texas Running Club, Texas Tech Ex-Students Assn., Texas Tech University, all corporate sponsors of the event, the employees, agents, or representatives of the same, or any volunteers shall not be responsible for, and shall be saved and held harmless by myself from and against any and all claims and damages of every kind, for injury to or death of any person or persons and for damage to or loss of property, arising out of or attributed, directly or indirectly, to participate in the Red Raider Road Race 5K/10K Run. This indemnity shall extend to and shall be binding on my heirs, legatees, administrators and assigns. My signature hereto verifies that participation in this event is inherently dangerous and could result in bodily injury or death, and that proper physical training is necessary prior to such participation. THIS ENTRY IS NOT VALID UNLESS SIGNED BY THE ENTRANT, GUARDIAN, CONSERVATOR, OR PARENT FOR ENTRANTS UNDER 18 YEARS OLD, RRCA rules prohibit skates, strollers, dogs, etc.

Signature of Entrant _____

Signature of Guardian (minors) _____

21st Annual Red Raider Road Race

5K & 10K
Road Race

Sanctioned by the
West Texas Running Club/
Course USA T&F Certified

Sponsored by:



**TEXAS TECH ALUMNI
ASSOCIATION**



Bolinger, Segars, Gilbert & Moss CPAs

**Center for
Orthopedic Surgery**

West Texas Running Club

Benefiting the Texas Tech / West Texas Running Club Scholarship Fund

Red Raider Road Race 2002

Texas Tech Alumni Association

W.T.R.C.

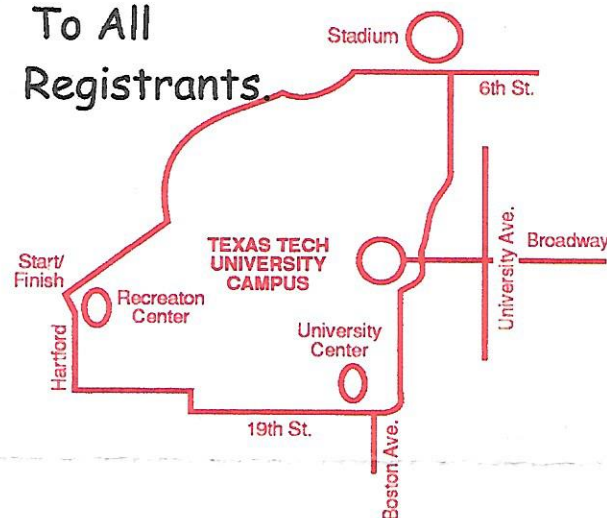
5212 44th Street

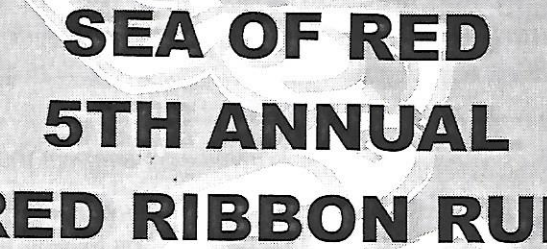
Lubbock, TX 79414

Run the Texas Tech
Campus as part of Tech's
Homecoming Weekend!
October 19, 2002



T-Shirts
Awarded
To All
Registrants





**SEA OF RED
5TH ANNUAL
RED RIBBON RUN**

**Sponsored by: West Texas Running Club,
Covenant Health System, and the Sea of Red Committee**

**Mail Pre-registrations to
Sara Wilson
6612 Huron Ave.
Lubbock, TX 79424
For questions call
Rose Hoeve @ 725-6074**

**When: Saturday, October 12, 2002
Registration: 8:00-8:45 a.m.
Race Starts: 9:00 a.m.
Where: Buddy Holly Park
N. University &
Canyon Lake Dr**

Make checks payable to West Texas Institute

Entry Fee: Pre-registration \$10.00 if post marked by October 04, 2002. Late registration \$12.00, \$25.00 for school groups (including 2 sponsors). T-shirts will be given to the first 100 registrants. Age group awards will be given. Traveling trophy for the Elementary, Junior and Senior High Schools with the most entrants.



Waiver – All entrants must read and sign

The West Texas Running Club, Sea of Red Committee, agents, or representative of the run, or any volunteer 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 participants in the 2002 Red Ribbon Run. This indemnity shall extend to and shall be binding on their heirs, legatees, administrators, and assigns. My signature hereto verifies that part 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 (if minor) _____

Date of Birth _____ / _____ / _____ Male _____ Female _____ T-shirt Size _____

Name _____ Address _____ City _____ ZIP _____

Home Phone _____ Race Distance _____ 5K _____ 1ML _____ Fun Run/Walk