

CALENDAR

- * Indicates W.T.R.C. Monthly Race and CHALLENGE SERIES EVENT
- AUG. 1 **PRUDE RANCH RACES:** Ft. Davis, 5K, 10K, Half Marathon, FMI Glenn Beck, (512)252-9057 www.fitnesscamp.org
- AUG. 3 W.T.R.C. Business meeting, Tuesday, August 3, 2004 7pm, WEST TEXAS PETERBILT, 45th and Ave. "A"
- AUG. 7 **XIT RODEO RUN:** 5K, Dalhart, Synthia Howell, (806) 244-8521
- AUG. 7 **CANYON LAKES 5K & 10K TRAIL RUNS:** 8am, Jay Keith, 798-3909
- AUG. 7 **AUGUST NITES 5K:** Hobbs, 7:30am, Dan Herman, (505)392-9049
- * AUG. 14 **HOT DAM 5 MILLER:** Canyon Lake 6, Lubbock, 8:00 am, Etta Mayer, Race Director, 742-6000,x230
- SEPT 5 **NEW MEXICO MARATHON:** Albuquerque, Charlie Otero, (505)345-4274 www.newmexicomarathon.org
- * SEPT 11 **SHALLOWATER STAMPEDE:** 10K and 2 Mile, 8:00 am, Shallowater High School, Dwayne Oakeley, Race Director, 799-4473
- SEPT 11 **MAYOR'S HALF MARATHON:** Amarillo, Jan Edwards, (806)378-9301 jan.edwards@ci.amarillo.tx.us
- OCT. 2 **RACE FOR THE CURE:** 5K, TTU Campus, Lubbock, 8am, FMI 698-1900 www.komen-lubbock.org
- * OCT. 9 **RED RAIDER ROAD RACE:** TTU Campus, Lubbock, 8:00 am, 10K and 5K Race Director, Kirk Thomas, 797-7734 (n), 749-1850 (d)
- OCT. 16 **PALO DURO TRAIL RUN:** 50 Mile, 50K, 20K, 7am, wbross@arn.net
- OCT. 16 **RED RIBBON RUN:** 5K, BUDDY HOLLY PARK, Rose Hoeve, 725-6074
- OCT. 16 **MARATHON 2 MARATHON:** 7am, Alpine, www.RUNTEX.com, 800-959-7868
- OCT. 24 **DUKE CITY MARATHON:** Albuquerque, John Bennett, (505)880-1414 www.dukecitymarathon.com
- OCT. 31 **RIO GRANDE MARATHON:** 7am, Las Cruces, NM, (505) 524-7824
- NOV. 7 **SAN ANTONIO MARATHON:** (210)246-8652, www.samarathon.org
- * NOV. 13 **BUFFALO WALLOW RACES:** Buffalo Springs Lake, Half Marathon & 2 Mile, 9:00 am, FMI call George Jury, 792-3291 (d) 792-1237 (n)
- * NOV. 25 **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. 5 **TUSCON MARATHON:** Tuscon, AZ, www.tusconmarathon.com
- * DEC. 11 **REDLINE 4 MILE CROSS COUNTRY:** MAE SIMMONS PARK, Lubbock, 10 am FMI, call Tom Griffin, 698-1503 (h) 747-2579 (w)
- DEC. 12 **WHITEROCK MARATHON:** Dallas, www.runtherock.com
- * JAN. 8 **LOOP THE LAKE 5 MILE:** Buddy Holly Park, 10am, Race Director Jim Beck, 720-7659 (d), 764-0056 (n)

USA Track & Field Certified

8 AM, August 14, 2004

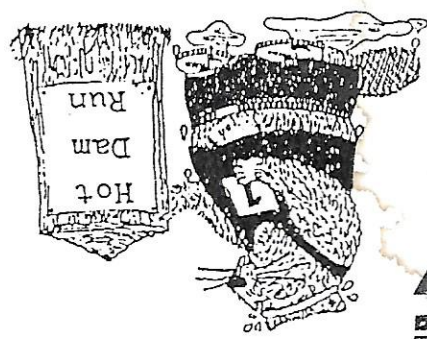
Details inside back cover

David Higgins
3401 Alcove
Lubbock, TX 79407

5 miles



John Trompler, Newsletter
5406 86th Street
Lubbock, TX 79424
August 2004



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WEST TEXAS RUNNING CLUB

OFFICERS

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

Internal Vice-President - Madonne Miner
(H) 797-7383
E-mail: m.miner@ttu.edu

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

Secretary - Tom Weis
(H) 928-0482
E-mail: tweiss@unitedtexas.com

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>

W. T. R. C. RACES ARE USUALLY HELD THE 2ND SATURDAY OF EACH MONTH.
The WTRC monthly business meeting is on Tuesday, August 3, 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

For the past several months I have been playing with my thoughts about our Club and what its place & role is in the West Texas sports and civic communities. I've reached no conclusion that really grabs me, but I think I am safe in saying that it has changed over its many years of existence and will certainly continue to change in the future. We have grown in scope to include directing 13 Club races each year, publishing a monthly calendar and newsletter, making equipment and assistance available to non-Club area races, cooperating with cycling and other endurance athletic groups, hiring out to provide timing and finish line services for special events, plus we fund a sizable endowment at Texas Tech and distribute several scholarships each year. Wow! Not bad for a bunch of road warriors whose charter simply dictates that we support & promote the sport of running.

Are we doing too much? Are we taking the fun out of running, especially for those people who regularly volunteer? Are we spreading our volunteer base too thin? Are the organizational requirements of all this activity creating politics that polarize members and adversely affect our membership and volunteer bases? There's a balance to all of this and I pray that we never lose it.

In most of my monthly ramblings I seldom solicit feedback. However, today I would like your input if you think your strengths, experiences or calling will help us make good decisions concerning the Club's future. Please e-mail or call me with your thoughts, or, better yet, plan on coming to one of our regular monthly meetings and let the entire Board hear your ideas. Remember, it's YOUR club.

SYOTR, Ron

"TEXAS' OLDEST CONTINUOUS ROAD RACE" 35th ANNUAL FIRECRACKER RUNS

Three Mile and Ten Mile Road Races
Brownfield, Texas July 3, 2004

10 MILE OVERALL RESULTS

PLACE	NAME	TOWN	ST	AG	S	DIV	PLACE	TIME	PACE
1	JOSEPHAT KEINO	LUBBOCK	TX	23	M	1	M2024	54:08	5:25
2	MICHAEL SANG	LUBBOCK	TX	27	M	1	M2529	1:03:51	6:24
3	CHRIS LAYMAN	LEVELLAND	TX	20	M	2	M2024	1:05:05	6:31
4	CHANGE PAYTON	LAMESA	TX	30	M	1	M3034	1:06:14	6:38
5	JERRY DWYER	LUBBOCK	TX	44	M	1	M4044	1:08:49	6:53
6	LOLO MERCADO	EL PASO	TX	44	M	2	M4044	1:09:02	6:55
7	CHAD CARVER	LOVINGTON	NM	38	M	1	M3539	1:09:46	6:59
8	FARRELL MARTIN	LUBBOCK	TX	38	M	1	CLYDE	1:14:28	7:27
9	WADE WILSON	LUBBOCK	TX	45	M	1	M4549	1:14:46	7:29
10	RICHARD AKERS	LUBBOCK	TX	49	M	2	M4549	1:15:19	7:32
11	THOMAS SANG	LUBBOCK	TX	26	M	2	M2529	1:16:19	7:38
12	BOB BLAKE	LUBBOCK	TX	39	M	2	M3539	1:16:23	7:39
13	JOHN TROMPLER	LUBBOCK	TX	56	M	1	M5559	1:19:00	7:54
14	SHANNON JORDAN	LUBBOCK	TX	28	F	1	F2529	1:19:08	7:55
15	ANNABEL LEE	BURLESON	TX	44	F	1	F4044	1:19:42	7:59
16	GAYLORD COE	SEMINOLE	TX	51	M	1	M5054	1:21:35	8:10
17	RANDY HOLLOWAY	LUBBOCK	TX	47	M	3	M4549	1:21:45	8:11
18	GREG LAYTON	LUBBOCK	TX	25	M	3	M2529	1:24:14	8:26
19	PAUL PARE	LUBBOCK	TX	42	M	3	M4044	1:24:56	8:30
20	RONNIE PRIGG	LUBBOCK	TX	53	M	2	M5054	1:26:47	8:41
21	MARY BRANSCOME	LUBBOCK	TX	44	F	2	F4044	1:27:49	8:47
22	TRACY MACK	LUBBOCK	TX	38	M	3	M3539	1:27:57	8:48
23	JOHN DUPRE	LEVELLAND	TX	64	M	1	M6064	1:27:58	8:48
24	JUDY LAWLEY	LUBBOCK	TX	39	F	1	F3539	1:28:43	8:53
25	LOREN PHILLIPS	LUBBOCK	TX	50	M	3	M5054	1:29:25	8:57
26	MARSHA BENNETT	LUBBOCK	TX	40	F	3	F4044	1:32:22	9:15
27	GORDEN JENKINS	AMARILLO	TX	63	M	2	M6064	1:33:00	9:18
28	RALPH WOLF	ABERNATHY	TX	67	M	1	M6569	1:34:59	9:30
29	JIM BURLESON	LUBBOCK	TX	61	M	3	M6064	1:35:24	9:33
30	CODY FAVOR	MULESHOE	TX	26	M	4	M2529	1:35:50	9:35
31	STACY CONNER	MULESHOE	TX	41	M	4	M4044	1:37:12	9:44
32	JEFF WISE	LUBBOCK	TX	41	M	2	CLYDE	1:38:25	9:51
33	CHRISTY GILLESPIE	LUBBOCK	TX	26	F	2	F2529	1:41:19	10:08
34	RICK LILES	BIG SPRING	TX	46	M	4	M4549	1:43:02	10:19
35	JIM WILHELM	LUBBOCK	TX	53	M	4	M5054	1:43:04	10:19
36	MIKE KELLEY	LUBBOCK	TX	55	M	2	M5559	1:44:03	10:25
37	ARLAN PATTON	LUBBOCK	TX	49	M	5	M4549	1:45:48	10:35
38	STEPHANY CRAWFORD	LUBBOCK	TX	28	F	3	F2529	1:47:11	10:44
39	MIKE MORRIS	LUBBOCK	TX	48	M	6	M4549	1:51:32	11:10
40	RUSTY RILEY	LUBBOCK	TX	46	M	7	M4549	1:54:15	11:26
41	ETTA MAYER	LUBBOCK	TX	55	F	1	F5559	1:57:43	11:47

"TEXAS" OLDEST CONTINUOUS ROAD RACE"
35th ANNUAL FIRECRACKER RUNS

3 MILE OVERALL RESULTS

PLACE NAME	TOWN	ST	AG	S	DIV	PLACE	TIME	PACE
1 ANTHONY HERR	LUBBOCK	TX	17	M	1	M1619	17:02	5:41
2 GREG JACKSON	HOBBS	NM	19	M	2	M1619	17:18	5:46
3 TIM KEY	LUBBOCK	TX	36	M	1	M3339	17:24	5:48
4 ADAM ARELLANO	SUNDOWN	TX	17	M	3	M1619	18:42	6:14
5 RENE GONZALEZ	LEVELLAND	TX	39	M	2	M3339	19:00	6:20
6 FRANK SUMPTER, JR.	LAMESA	TX	29	M	1	M2529	19:24	6:28
7 RYAN LACKY	BROWNFIELD	TX	16	M	4	M1619	19:49	6:37
8 FRANK SUMPTER, SR.	LAMESA	TX	50	M	1	M5054	20:07	6:43
9 JIMMY SAWARRON	LEVELLAND	TX	49	M	1	M4549	20:40	6:54
10 CRAIG JACKSON	RANSOM CANYON	TX	39	M	3	M3539	20:56	6:59
11 AL GARDNER	LEVELLAND	TX	48	M	2	M4549	21:05	7:02
12 JOHN KEITH	LUBBOCK	TX	15	M	1	M1315	21:33	7:11
13 NICK ESPINOZA	FLOYDADA	TX	15	M	2	M1315	21:37	7:13
14 JAY KEITH	CROSBYTON	TX	46	M	3	M4549	21:40	7:14
15 KYRA SLOAN	CROSBYTON	TX	12	F	1	F0112	21:45	7:15
16 DANNY SLOAN	CROSBYTON	TX	39	M	4	M3539	22:06	7:22
17 CALEB BECK	LUBBOCK	TX	20	M	1	M2024	22:16	7:26
18 DAVID HIGGINS	LUBBOCK	TX	51	M	2	M5054	22:23	7:28
19 JIM HARRIS	HOBBS	NM	61	M	1	M6064	22:33	7:31
20 RACHEL HOOD	LUBBOCK	TX	36	F	1	F3539	22:41	7:34
21 ELISEO RAMIREZ	ROPEVILLE	TX	38	M	5	M3539	23:04	7:42
22 CAROL HISE	SWEETWATER	TX	32	F	1	F3034	23:15	7:45
23 ALLYSSA PRESTON	LUBBOCK	TX	16	F	1	F1619	23:27	7:49
24 CODY LACKY	BROWNFIELD	TX	10	M	1	M0112	23:36	7:52
25 DAVID MOYA	LUBBOCK	TX	31	M	1	M3034	23:47	7:56
26 JACK SCOLARO	LUBBOCK	TX	13	M	3	M1315	23:49	7:57
27 JENNY BECK	LUBBOCK	TX	24	F	1	F2024	23:51	7:57
28 TIM RADKEY	LUBBOCK	TX	30	M	2	M3034	24:29	8:10
29 ALLEN FRANCO	MIDLAND	TX	32	M	3	M3034	24:33	8:11
30 DON SANDERSON	TULIA	TX	74	M	1	M7099	24:35	8:12
31 PHIL SCOLLARO	LUBBOCK	TX	45	M	4	M4549	24:56	8:19
32 LARRY DELEON	LUBBOCK	TX	43	M	1	M4044	25:00	8:20
33 BILL FELTON	WOLFFORTH	TX	69	M	1	M6369	25:08	8:23
34 CARLOS LOZOYA	LUBBOCK	TX	13	M	4	M1315	25:13	8:25
35 PAT MARBAS	LUBBOCK	TX	34	M	4	M3034	25:44	8:35
36 ED DABROWSKI	LITTLEFIELD	TX	46	M	1	CLYDE	25:49	8:37
37 ANGELA FRANCO	MIDLAND	TX	27	F	1	F2529	26:02	8:41
38 BRANDY KEY	LUBBOCK	TX	32	F	2	F3034	26:15	8:45
39 JIM BECK	LUBBOCK	TX	44	M	2	CLYDE	26:19	8:47
40 DWAYNE OAKELEY	LUBBOCK	TX	47	M	5	M4549	26:26	8:49
41 JASON HELTON	LUBBOCK	TX	32	M	3	CLYDE	26:27	8:49
42 MARTHA MARTINEZ	COLORADO CITY	TX	48	F	1	F4549	26:28	8:50
43 JOE LACKY	BROWNFIELD	TX	13	M	5	M1315	26:31	8:51
44 NICK RAMIREZ	ROPEVILLE	TX	15	M	6	M1315	26:42	8:54
45 BRAD JORDAN	LUBBOCK	TX	49	M	6	M4549	26:47	8:56
46 JAMES BONE	LUBBOCK	TX	65	M	2	M6569	27:01	9:01
47 RALPH TORRES	BROWNFIELD	TX	32	M	5	M3034	27:04	9:02
48 GREG HICKS	SEMINOLE	TX	34	M	6	M3034	27:21	9:07
49 SHAWN MARTIN	LAMESA	TX	39	F	2	F3539	27:24	9:08
50 JOHNNY LACKY	BROWNFIELD	TX	14	M	7	M1315	27:44	9:15
51 FRANK RODRIGUEZ	BROWNFIELD	TX	36	M	4	CLYDE	27:48	9:17
52 MICHELLE MOYA	SUNDOWN	TX	44	F	1	F1315	27:49	9:17
53 CYNTHIA PEDERSEN	CLOVIS	NM	44	F	1	F4044	28:11	9:24
54 JESSY RAYE RODRIGUEZ	BROWNFIELD	TX	12	F	2	F0112	28:21	9:27

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3 MILE OVERALL RESULTS (cont. inued)

PLACE NAME	TOWN	ST	AG	S	DIV	PLACE	TIME	PACE
55 DAVID BALDNER	LUBBOCK	TX	44	M	5	CLYDE	28:31	9:31
56 JESSICA JENKINS	LUBBOCK	TX	23	F	2	F2024	28:44	9:35
57 TONY RODRIGUEZ	BROWNFIELD	TX	13	M	8	M1315	29:04	9:42
58 KIMBER GURSS	LUBBOCK	TX	14	F	2	F1315	29:16	9:46
59 NEAL BURT	LUBBOCK	TX	39	M	7	M3539	29:19	9:47
60 RODRIGO GARCIA	LUBBOCK	TX	30	M	6	M3034	29:21	9:47
61 JAY BINGHAM	LUBBOCK	TX	29	M	2	M2529	29:39	9:53
62 IRMA SANCHEZ	LUBBOCK	TX	33	F	3	F3034	29:59	10:00
63 MICHELLE HARVEY	LUBBOCK	TX	39	F	3	F3539	30:01	10:01
64 JIMMIE KEY	LUBBOCK	TX	67	M	3	M6569	30:05	10:02
65 HANNAH LAYMAN	HEREFORD	TX	11	F	3	F0112	30:43	10:15
66 ESTELA GALVAN	BROWNFIELD	TX	62	F	1	F6099	31:01	10:21
67 MANDY CLEAVINGER	LUBBOCK	TX	25	F	2	F2529	31:13	10:25
68 SHAY TIMPPE	LUBBOCK	TX	36	F	4	F3539	32:07	10:43
69 RICK LAMORE	LUBBOCK	TX	59	M	6	CLYDE	33:18	11:06
70 JOHN STALCUP	LUBBOCK	TX	71	M	2	M7099	33:19	11:07
71 KAYCEE PETERS	LUBBOCK	TX	25	F	3	F2529	33:55	11:19
72 AUTUMN MOORE	LUBBOCK	NM	22	F	3	F2024	34:27	11:29
73 SUZAN CAUDLE	CLOVIS	TX	51	F	1	ATHEN	35:41	11:54
74 JAMIE BOHLER	LUBBOCK	TX	25	F	4	F2529	36:12	12:04
75 ANN HODGES	WOLFFORTH	TX	46	F	2	F4549	36:28	12:10
76 RAMON GALLEGOS	BROWNFIELD	TX	48	M	8	M4549	37:45	12:35
77 RACHEL RODRIGUEZ	BROWNFIELD	TX	36	F	5	F3539	40:58	13:40
78 NANCY MACK	LUBBOCK	TX	39	F	6	F3539	41:04	13:42
79 MATTHEW ZHINE	FLAGSTAFF	AZ	81	M	3	M7099	42:35	14:12
80 ALMA RODRIGUEZ	BROWNFIELD	TX	40	F	2	ATHEN	45:01	15:01
81 CAROL FELTON	WOLFFORTH	TX	61	F	2	F6099	45:02	15:01

FIRECRACKER RUN
ELEMENTARY ONE MILE RUN

PLACE NAME	AGE	SEX	GRADE	TOWN	TIME
1 DAVID SENTELL	9	M	4	LAMESA	6:55
2 JESSE GONZALEZ	10	M	5	LEVELLAND	7:13
3 LUCAS SAMAPRON	10	M	6	LEVELLAND	7:30
4 ANDREW SENTELL	10	M	5	LAMESA	8:03
5 OLIVIA WISE	11	F	6	LUBBOCK	8:10
6 BRODY SUMPTER	8	M	3	LAMESA	8:16
7 MORGAN HOOD	9	F	4	LUBBOCK	8:17
8 VICTORIA HOOD	8	F	3	LUBBOCK	8:39
9 HAYDEN HOOD	6	M	1	LUBBOCK	9:03
10 AUBRIE HOOD	10	F	6	LUBBOCK	9:09
11 JULIANNE HOOD	6	F	1	LUBBOCK	9:11
12 SABRINA MOYA	10	F	5	LUBBOCK	9:32
13 HOLLYE PEDERSEN	9	F	5	CLOVIS	9:33
14 PARKER WISE	9	M	4	LUBBOCK	9:36
15 KORI HOLT	10	F	5	BROWNFIELD	9:40
16 GABRIEL MARBAS	5	M	K	LUBBOCK	9:54
17 TRAVIS MACK	6	M	1	LUBBOCK	9:57
18 KATELYN KEY	8	F	3	WEATHERFORD	11:30
19 ANNA MACK	9	F	4	LUBBOCK	11:33
20 EMMA MACK	8	F	3	LUBBOCK	11:38
21 LYNDIA ORTIZ	8	F	3	BROWNFIELD	11:52
22 ANGELA RODRIGUEZ	4	F	K	BROWNFIELD	12:04
23 SLOANE HOLT	7	F	2	BROWNFIELD	12:18
24 MATEO GONZALEZ	6	M	1	LEVELLAND	13:45
25 ALEX RODRIGUEZ	8	M	3	BROWNFIELD	15:04

W.R.T.C. 2004 CHALLENGE SERIES STANDINGS AFTER 7 EVENTS

Table with columns: AGE, PTS, MILES, EVT, VOL. Sub-sections: 60-64 MALE, 70-99 MALE, 0-12 FEMALE, 13-15 FEMALE, 16-19 FEMALE, 20-24 FEMALE, 25-29 FEMALE, 30-34 FEMALE, 35-39 FEMALE, 40-44 FEMALE, 45-49 FEMALE, 50-54 FEMALE, 55-59 FEMALE, 60-99 FEMALE.

W.R.T.C. 2004 CHALLENGE SERIES STANDINGS AFTER 7 EVENTS

Table with columns: AGE, PTS, MILES, EVT, VOL. Sub-sections: 0-12 MALE, 13-15 MALE, 16-19 MALE, 20-24 MALE, 25-29 MALE, 30-34 MALE, 35-39 MALE, 40-44 MALE, 45-49 MALE, 50-54 MALE, 55-59 MALE.

Letter From David Preston, President, Caprock Multi-Sport Club
(from an e-mail to Ron Lubowicz dated April 25)

Ron and WTRC,

I just got home from one of our club events. Today we put on Lubbock's only off road Duathlon. I was assigned the timing of the event. As you know, timing events, especially a Duathlon, can be a bit stressful. But, this morning's event was surprisingly enjoyable because of the help from one of your club members. George Jury made my day! He saved the day by showing up with WTRC's Chronomix. It wasn't just the accurate results that made the event enjoyable, but I really enjoyed George's company. I can't wait to return the favor by helping George with a WTRC event.

I was once a very active WTRC member, and am remembering why. Your club is full of "good people". I am not able to run any more because of a bad back. That doesn't matter! You will soon be receiving my membership application.

I also want to invite all WTRC members to get involved with our club. We too are just real people who love endurance sports. Our club consists of Triathletes, Duathletes, Adventure Racers, Runners, and Cyclists. We all know the benefits of cross training. We just take it a step further and compete in a multi-sport event.

How many of WTRC's members have gotten really serious about their training and followed a training schedule based on periodization? How many of you can continue running while keeping your heart down on scheduled days? Most athletes must regress to a walk. Why not replace that easy run with a bike ride? If you choose to do that, guess what, you're a Duathlete. Now that you're a Duathlete, wouldn't it be fun to do a Duathlon or maybe a Triathlon. By the way, swimming improves upper body strength and increases lung capacity. I can almost guarantee this will improve your running.

If any of your members are interested in training for a multi-sport event, we are here to assist.

Caprock Multi-Sport Club will continue to support the West Texas Running Club. We rarely put on a running event. We would never attempt to replicate what WTRC has already perfected. Thank you WTRC for providing our community with quality running events!

For the love of the sport!

David Preston (Club President)
www.caprockmultisport.com

Interested in forming a Marathon Training Group?

This is a trial balloon--an attempt at determining how much interest there is locally in forming a group long run session on Saturday mornings which are not in conflict with WTRC races. We have quite a few people who are currently preparing for late Fall or Winter marathons, with Dallas White Rock probably the most commonly planned event. Many of us are training alone. You can get good results without having training partners, but the effect of group dynamics in the form of mutual support and sometimes pushing your effort can be a powerful force in improving performance. If you are interested in this concept please e-mail John Trompler (Trompler@eudoramail.com or Trompler@cox.net.) Please indicate your average pace on long runs, your past marathon experience, and longest run completed in the last two months. I would recommend an early morning start, but please let me know your thoughts on that issue. If there is enough interest, I could formally announce a starting date (probably sometime in September) in our next newsletter. I know that many of us will not be compatible in pace, but if there are enough interested parties, surely most of us will find someone we can enjoy a long run with. I would favor running over a rolling course with a starting point at the outdoor center in Mackenzie Park, or perhaps somewhere at Canyon Lakes #6. Let me know your thoughts.
John Trompler

WTRC/TTU SCHOLARSHIP NOMINATIONS DUE

The WTRC scholarship committee, headed by Bob Blake, will accept nominations of qualified candidates until August 15, 2004. Candidates must have a letter of recommendation from a WTRC member, submit a standardized form, and be a resident of 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. Candidates must be full-time students at TTU, or planning to begin-full time study during the coming academic year. Stipends of \$500 per semester will be awarded based on three weighted criteria: extracurricular activities, school activities, and leadership positions held. Inquiries should be e-mailed to bob.blake@ttu.edu, or via regular mail to Bob Blake, 2607 20th Street, Lubbock, TX 79410.

RACE RESULTS

Since the Lubbock Avalanche Journal will not give us publicity nor reliably print our race results, there are websites that usually have our results posted by the day after the race. The quickest is usually coolrunning.com, then runningusa.org or insidetexasrunning.com.

THE "HOT DAM RUN" 5 MILE
WEST TEXAS RUNNING CLUB'S
ANNUAL AUGUST RACE
EVENT RECORDS (Since 1988)

USA T&F CERTIFIED, #TX93059ETM
MEN

AGE	NAME	TOWN	AGE	TIME	YEAR
0-12	Drew Soucy	Lubbock	12	37:27	2000
13-15	Gary Lackey, Jr.	Brownfield	15	28:51	2002
16-19	Chris Truitt	Lovington	19	27:09	1994
20-29	James Bungei	Lubbock	22	24:13 *	1991
30-34	Wilson Kigen	Plainveiw	30	26:38	1988
35-39	Bob Jackson	Hobbs	37	27:20	1996
40-44	Bob Jackson	Hobbs	43	27:57	2002
45-49	Jim Leser	Lubbock	46	29:55	1993
50-54	George W. Jury	Lubbock	53	30:18	1989
55-59	George W. Jury	Lubbock	55	31:37	1991
60-64	George W. Jury	Lubbock	60	34:00	1996
65-69	Don Sanderson	Tulia	66	36:04	1996
70+	Don Sanderson	Tulia	71	39:55	2001
	Clydes Farrell Martin	Lubbock	37	32:48	2003

WOMEN

AGE	NAME	TOWN	AGE	TIME	YEAR
0-12	Hope Jimenez	Lamesa	12	35:58	1996
13-15	Christina Vasquez	Lubbock	15	34:37	1989
16-19	Josie Martinez	Petersburg	19	32:53	1996
20-29	Rosa Ibarra	Plainview	22	30:08 *	1993
30-34	Marjory Stewart	Lubbock	32	30:12	1991
35-39	Marjory Stewart	Lubbock	35	30:30	1994
40-44	Diane Calhoun	Idalou	41	37:38	2000
45-49	P.J. Mitchell	Lubbock	49	41:08	1994
50-54	P.J. Mitchell	Lubbock	50	40:55	1995
55-59	P.J. Mitchell	Lubbock	55	44:58	2001

* OVERALL COURSE RECORDS

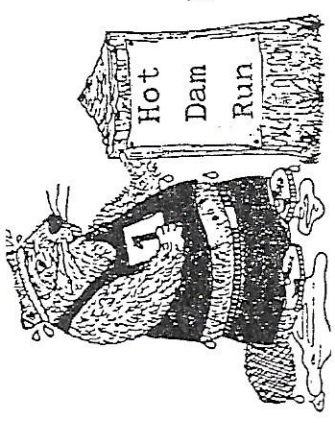
FIRECRACKER RUN REPORT

Don Sanderson reset his 3 mile record from last year to 24:35 for the only new record. Attendance; Lowest since 1999 when it was also July 3rd. Looking back July 3rd has always had lower numbers, I guess because a lot of people get the 5th off and do something else.
3 mile, 81
10 mile, 41,
Kid's, 25, Total 147

Thank goodness for Adam's friends help! Even with a pretty good number of club members and the "trustees" we really needed that much more. Club volunteers were Adam Puckett, George Jury, Tom Griffin, Madonne Miner, Malinda Colwell, Rebecca Puckett, Tony Aleman, Josie Aleman, Ida Sumpter, Pete Torres, Tom Weis, Debbie Wilson, James Layman and Pat Jury who has worked 19 of the last 20 years arriving at 6:30am and being the last to leave with George.

WEST TEXAS RUNNING CLUB'S
17th ANNUAL "HOT DAM RUN"
5 MILES

USA TRACK & FIELD CERTIFIED
TX93059ETM



WHEN: SATURDAY, AUGUST 14, 2004

PRE-REGISTRATION by mail til AUGUST 12, 2004
by phone til 7 P.M. Friday, August 13th
792-3291 (d), 792-1237 (n)

REGISTRATION: 7:00 A.M. to 7:45 on RACE DAY

RACE START: 8 A.M.

WHERE: MARTIN LUTHER KING, JR. MEMORIAL AREA
(near waterfall on Canyon Lake 6) East of
MLK Blvd. at E. 22nd Street, LUBBOCK, TEXAS

COURSE: FIVE MILES OUT and BACK ON ASPHALT, TWO
SHORT STEEP HILLS, SEVERAL SMALLER HILLS

ENTRY FEE: Pre-Registration
WTRC MEMBERS \$5; NON-MEMBERS \$6
Race Day Entry: \$10

AGE DIVISIONS: (5 MILE)

MEN: 6-12; 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+

WOMEN: 6-12; 13-15; 16-19; 20-24; 25-29; 30-34;
35-39; 40-44; 45-49; 50-54; 55-59 and 60+

AWARDS: Medallions will be awarded to the first 3
and up to 50 percent in each the age groups
5 maximum

RACE DIRECTOR: Etta Mayer, 742-6000, ext 230 (d),
E-Mail, etta.mayer@ttu.edu

Volunteers Needed: call Etta above!

HOT DAM 5 Mile Run

August 14, 2004

Mail Pre-Registration, \$5.00 WTRC members, \$6.00 non members, Race Day, \$10
Registration thru Aug 12th
Telephone registration
by 7:00 P.M. on August 13
792-1237 (night)
792-3291 (day) e-mail, [runggwj@aol.com](mailto:rungwj@aol.com) by 3pm

Make checks payable to the West Texas Running Club
Mail checks & entry forms to:
George Jury
5212 44th Street
Lubbock, Texas 79414

Race Starts at 8:00 A.M.
at MLK MEMORIAL AREA
Race Director, Etta Mayer
742—6000, ext 230
etta.mayer@ttu.edu

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 HOT DAM 5 Mile Race. 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, running with pets, and strollers are not allowed and earphones are strongly discouraged because of the probability of increased injuries.

Entry is not valid unless signed by the entrant, guardian, conservator, or parent for entrants under 18 years of age.

Signature of entrant _____ Signature of guardian(minors) _____

Age _____ (on race day) 5 Mi _____ Male _____ Clydesdale(190+)

Name _____ Female _____ Athena(150+)

Address _____ Phone Number _____ e-mail _____

City _____ State _____ Zip _____