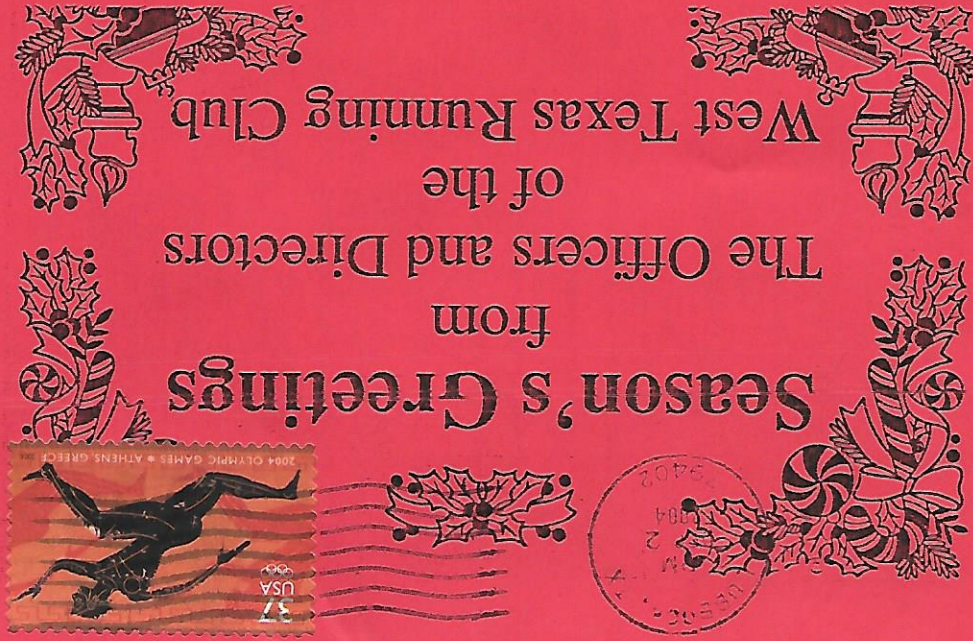


# CALENDAR

- \* Indicates **W.T.R.C.** Monthly Race and CHALLENGE SERIES EVENT
- DEC. 7 **W.T.R.C.** Business meeting, Tuesday, December 7, 2004 7pm, WEST TEXAS PETERBILT, 45th and Ave. "A"
- \* 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](http://www.runtherock.com)
- \* JAN. 8 **LOOP THE LAKE 5 MILE:** Buddy Holly Park, 10am, Race Director Jim Beck, 720-7659 (d), 784-0056 (n)
- JAN. 16 **HP/HOUSTON MARATHON:** (713) 957-3453, [www.hphoustonmarathon.com](http://www.hphoustonmarathon.com)
- JAN. 30 **3M HALF MARATHON:** Austin, (512)984-7223 ([www.3m.com/races](http://www.3m.com/races))
- \* FEB. 12 **COTTON PATCH RUNS:** FRENSHIP HIGH, Wolfforth, **10am, 4 & 8 Miles**, David Higgins, Race Director, 795-5823(w), 785-8562(h)
- FEB. 13 **MOTOROLA/AUSTIN MARATHON:** Austin, FMI, Call (877) 601-6686 [www.motorolamarathon.com](http://www.motorolamarathon.com)
- FEB. 26 **FORT WORTH COWTOWN MARATHON:** FORT WORTH, call (817) 735-2033 [www.cowtownmarathon.org](http://www.cowtownmarathon.org)
- \* MAR. 12 **PRAIRIE DOG TOWN RUN:** Mackenzie Park, Lubbock, 4 Miles, 9am John Trompler, Race Director, 794-1359
- MAR. 27 **THE TEXAS MARATHON:** Dallas, [www.texasmarathon.com](http://www.texasmarathon.com)
- APR. 3 **CAPITOL 10,000:** Austin, [www.statesman.com/cap10k](http://www.statesman.com/cap10k)
- \* APR. 9 **FLIGHT LINE RACES:** Reese Center, Lubbock, 8am, 2 Mi, 10K, Half Marathon, Jim Harris, Race Director, (505) 392-8945
- \* MAY 14 **HORSESHOE BEND SPRING FROLIC:** 8am, N. of Stalon, 11, 6 and 2 Mile Races, Race Director, Randy Holloway 794-7512(h), 789-1547(c) e-mail [randy.holloway@sbcglobal.net](mailto:randy.holloway@sbcglobal.net)
- JUNE 4 **GIRLSTOWN GALLOP:** 5K, 10:00 AM, Whiteface, Steve Reynolds, 806-229-6361
- \* JUNE 11 **BOBBY BIRDSONG MEMORIAL LEVELLAND LOPE:** Levelland, 8am 10K and 2 Mile, Race Director Bill Roger, 894-7911
- JUNE 26 **BSL HALF IRONMAN TRIATHLON:** Greens, 796-8213, [www.greerinc.com](http://www.greerinc.com)
- \* JULY 4 **36th ANNUAL FIRECRACKER RUN:** Brownfield, 8am; 10 Mile and 3 Mile, kids 1 Mile, Tom Weis, RD, 928-0482
- \* AUG. 13 **HOT DAM 5 MILER:** Canyon Lake 6, Lubbock, (also 1 Mile Children's Run) 8:00 am, Etta Mayer, Race Director, 742-2907
- \* SEPT 10 **SHALLOWATER STAMPEDE:** 10K and 2 Mile, 8:00 am, Shallowater High School, Dwayne Oakeley, Race Director, 799-4473



Season's Greetings  
from  
The Officers and Directors  
of the  
West Texas Running Club

David Higgins  
3401 Alcove  
Lubbock, TX 79407

Red Line XC 4 Mile Race  
10 am, Saturday, December 8, 2004  
Mae Simmons Park, Lubbock, TX  
Details inside back cover

John Trompler, Newsletter  
5406 86<sup>th</sup> Street  
Lubbock, TX 79424  
December 2004



# WEST TEXAS RUNNING CLUB

## OFFICERS

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

Internal Vice-President - Madame Miner  
(H) 797-7383  
E-mail: mininer@ttu.edu

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

Secretary - Tom Weis  
(H) 928-0482  
E-mail: tweis@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.tmpod.com>

**W. T. R. C. RACES ARE USUALLY HELD THE 2ND SATURDAY OF EACH MONTH.**  
The WTRC monthly business meeting is on Tuesday, December 7, 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

Many of you are probably aware that the venue for the Flight Line Races (our April Club race) has been very unstable since the base closure at Reese. This past year we came nervously close to having to hold the event outside the gate and mostly on dirt roads due to heavy traffic on the paved ones. To compound things, the continued expansion of the golf course, together with a somewhat hostile course owner/manager, will probably cause further modification of the traditional routes we have used.

The Board recently admitted to the administrative burdens and safety issues of continuing with the Flight Line Races and voted to accept an offer from the organizers of the Lubbock Arts Festival to bring back the Run For The Arts. (For those of you who were not around when this event was dropped from the Arts Festivals in the mid-90s, the Run For The Arts was on a par with the Red Raider Road Race in terms of support and regional participation.) However, this time around we are being given more freedom in organizing the event and will receive quite a bit of publicity to boot. Our mutual intent is that this will be a win-win relationship for the Festival and the WTRC. And for you shirt collectors, the artwork on the race jerseys has always been awesome.

So once again I come to you for your feedback, both in regards to dropping the Flight Line Races and also on getting back in the saddle with the Arts Festival. Please let us hear your thoughts, arguments and encouragements. Your Board simply wants what it believes will be best for the Club.

SYOTR, Ron

## THE 32nd ANNUAL BUFFALO WALLOW RACES

NOVEMBER 13, 2004  
HALF MARATHON USAT&F CERTIFIED, #TX93087ETM  
BUFFALO SPRINGS LAKE, LUBBOCK, TEXAS

## HALF MARATHON OVERALL RESULTS

PLACE NAME	TOWN	ST	AG	S	DIV	PLACE	TIME	PACE
1 RYAN CAVENDER	ODESSA	TX	19	M	1	M1619	1:25:41	6:33
2 BOB JACKSON	HOBBS	NM	45	M	1	M4549	1:27:20	6:40
3 MATTHEW GORDILLO	PORTALES	NM	31	M	1	M3034	1:29:22	6:49
4 TYLER CAVENDER	ODESSA	TX	19	M	2	M1619	1:30:01	6:52
5 JERRY DWYER	LUBBOCK	TX	45	M	2	M4549	1:33:21	7:08
6 JERRED HURST	LUBBOCK	TX	25	M	1	M2529	1:36:21	7:21
7 BRENT LOWREY	LUBBOCK	TX	44	M	1	M4044	1:37:21	7:26
8 JOSHUA SMITH	LUBBOCK	TX	21	M	1	CLYDE	1:40:04	7:38
9 RICHARD LOMBARDINI	LUBBOCK	TX	28	M	2	M2529	1:41:33	7:45
10 DAVID STEADMAN	LUBBOCK	TX	35	M	1	M3539	1:42:37	7:50
11 RANDY HOLLOWAY	LUBBOCK	TX	48	M	3	M4549	1:47:38	8:13
12 PAMELA GRAY	MIDLAND	TX	43	F	1	F4044	1:47:41	8:13
13 BOB BLAKE	LUBBOCK	TX	40	M	2	M4044	1:47:58	8:15
14 MARY BRANSCOME	LUBBOCK	TX	44	F	2	F4044	1:56:49	8:55
15 MARIELLE GASTON	ODESSA	TX	19	F	1	F1619	1:56:57	8:56
16 TRAE MATTISON	LUBBOCK	TX	34	M	2	CLYDE	2:01:18	9:16
17 JUDY LAWLEY	LUBBOCK	TX	39	F	1	F3539	2:04:00	9:28
18 TOBY ROGERS	LUBBOCK	TX	32	M	3	M3034	2:05:37	9:35
19 JARED MASOOD	LUBBOCK	TX	25	M	3	M2529	2:06:35	9:40
20 BENNETT FERRIS	LUBBOCK	TX	26	M	4	M2529	2:07:00	9:42
21 JEFF WISE	LUBBOCK	TX	41	M	3	CLYDE	2:11:16	10:01
22 IRIS RIVERO	LUBBOCK	TX	29	F	1	F2529	2:14:57	10:18
23 JIM WILHELM	LUBBOCK	TX	53	M	1	M5054	2:16:54	10:27
24 MARSHA BENNETT	LUBBOCK	TX	40	F	3	F4044	2:26:57	11:13
25 KAMMY PHILBRICK	LUBBOCK	TX	43	F	1	ATHEN	2:31:09	11:32
26 ETTA MAYER	LUBBOCK	TX	55	F	1	F5559	2:36:16	11:56

\* = DIVISION RECORD

## RACE DIRECTOR'S REPORT

A very rainy morning caused a lot of the entrants to stay home in bed. As a result, we had the lowest number of finishers since 1987. Seventy one registered, 53 started and 51 finished, 25 in the 2 mile and 26 in the Half Marathon. Included among the entrants were the overall female winner in the half, Pamela Gray, the coach of the new running program at the UNIVERSITY OF TEXAS at PERMIAN BASIN (UTPB), who logged a soggy 1:47:41. The overall male winner was one of her athletes, Ryan Cavender who ran a 1:25:41.

continued on page 4





### Core Strength Training and Running, Part Two

John Trompler

In the October newsletter issue, I tried to establish the case for runners placing an emphasis on core strength training as a supplement to their routine training. Improved core strength (the strength of muscles in the hips, stomach, and upper torso) translates into additional power and flexibility and, hopefully, better running. Cardiovascular fitness as well as specific strength in the leg muscles is vital to quality running, but these are attributes that are highly developed by the act of running itself. Running, however, does not by itself adequately develop core strength. Some additional training is necessary to optimally develop the muscles of the body's core.

So how do you develop core strength? There are many ways, but some are certainly better than others. For years I went to a local gym to use machines to develop strength in the legs, arms, and core. Machines offer the "advantage" of isolating the muscles to be worked. The same is true of doing abdominal crunches rather than the old style military sit-ups. But isolating muscle groups really the best way for runners to develop strength and power? Many, if not most, current experts are suggesting it is not. The act of running involves the dynamic effort of many muscles working together to propel the body forward. Shouldn't supplemental exercises also involve elements of balance, flexibility, and range of motion not offered by circuit training using machines?

Fortunately core body strength can be developed without expensive gym equipment. Simple floor exercises, including sit-ups, push-ups, supine back raises, etc. can go a long way to developing core strength. Incorporating light free weights (primarily dumb bells) to the exercise routine can be highly effective. Another simple low cost piece of equipment that can be used at home is the stability ball (a large inflatable vinyl ball). Abdominal exercises, body arches, and pushups are all done while balancing on the ball. The advantages come in the form of enhanced core strength, balance, flexibility, and coordination. I know you may have seen pictures of people using stability balls and find it difficult to believe it has much to offer. My simple response is ---give it a try! The ball generally can be purchased for \$30 or less. I was surprised at how ill prepared my body was to adequately perform some of the exercises that looked so easy. That is because incorporating the ball into exercise, forces the recruitment of small muscles groups that are largely ignored by working with machines or by running. For articles on using the stability ball, go to [www.runnersworld.com](http://www.runnersworld.com) and use their website's search engine to find past articles on stability ball training. You should find an excellent article by Budd Coates entitled "Get on the Ball". The article includes photos and descriptions of various stability ball exercises. Give it a try. I think you will find the results are well worth the small investment required, and you just might become a better runner.

### WEST TEXAS RUNNING CLUB'S ANNUAL THANKSGIVING TURKEY TROT

Begun 1993

12K

#### EVENT RECORDS

Since 1999

USA T&amp;F CERTIFIED, #TX01099ETM

#### MEN

AGE	NAME	TOWN	AGE	TIME	YEAR
13-15	Jared Davis	Bledsoe	15	49:13	2001
16-19	Rocky Reyes	Floydada	19	44:40	2003
20-24	Chris Truitt	Lubbock	24	42:55	1999
25-29	Quent Bearden	Lubbock	25	42:19	2000
30-34	Dave Smith	Lubbock	31	40:20	2000
35-39	Bill Schroeder	Kingwood	38	44:58	2000
40-44	Bob Jackson	Hobbs	43	41:48	2001
45-49	Al Gardner	Leveland	45	51:24	2001
50-54	James Leser	Lubbock	54	50:30	2000
55-59	John Trompler	Lubbock	55	53:48	2002
60-64	Jim Burleson	Lubbock	60	1:04:17	2002
65-69	Ralph Wolf	Abernathy	66	1:03:59	2003
70+	Don Sanderson	Tulia	72	1:01:46	2001
Clyde	Farrell Martin	Lubbock	37	49:26	2003

#### WOMEN

AGE	NAME	TOWN	AGE	TIME	YEAR
13-15	Allyssa Preston	Lubbock	15	1:03:38	2003
16-19	Suzanne Cooney	Lubbock	19	53:10	2002
20-24	Leigh Daniel	Lubbock	21	44:35	1999
25-29	Linda Northrup	Lubbock	26	52:53	2000
30-34	Janda Ibbetson	Lubbock	32	53:00	2001
35-39	Denise Bray	Lubbock	39	55:03	2000
40-44	Marjory Stewart	Lubbock	40	53:18	1999
45-49	Mindy Schroeder	Kingwood	47	1:01:06	2002
50-54	Madonne Miner	Lubbock	51	59:34	2003
55-59	P. J. Mitchell	Lubbock	55	1:08:28	2001

\* OVERALL COURSE RECORDS

WEST TEXAS RUNNING CLUB'S ANNUAL NOVEMBER RACE  
 BUFFALO WALLOW RACES, SINCE 1973  
 COURSE RECORDS 2 MILE

MEN

NAME	TOWN	AGE	TIME	YEAR
< 15	John Rodriguez	15	11:13	1992
16-19	Marc Johnson	19	9:52	1975
20-29	Simon Lei	22	9:28 *	1995
30-34	Martin Leodgard	31	9:41	1995
35-39	Brent Tidwell	38	11:22	1995
40-44	Bobby Cunningham	43	11:02	1983
45-49	Jim Leser	48	11:17	1994
50-54	George Jury	53	11:33	1989
55-59	Ed Craighead	55	12:04	1998
60-64	Jim Harris	61	13:33	2003
65-69	David Lard	66	13:44	2003
70+	Don Sanderoson	73	16:03	2003
Clydes	Milt Brownfield	43	13:31	2001

WOMEN

< 15	Angela Welsh	15	13:04	1994
16-19	Isabel Navarro	17	12:06 *	1975
20-29	Rebecca Graf	20	12:22	1996
30-34	Sherril Easterling	32	12:27	1982
35-39	Sandra Grice	38	13:53	1990
40-44	Ann Gordhammer	40	14:03	1984
45-49	Cheryl Weber	45	14:44	1998
50+	Estella Galvan	59	18:46	2001
Athena	Suzan Caudle	51	21:22	2004

HALF MARATHON (SINCE 1982)

MEN

0-19	Ricardo Gonzalez	19	1:17:34	1997
20-29	John Ruiz	21	1:11:06	1985
30-34	Tim Key	30	1:20:13	1997
35-39	Corky Fritch	36	1:17:59	1982
40-44	Bobby Cunningham	42	1:16:55	1982
45-49	Bobby Cunningham	46	1:23:19	1986
50-54	George Jury	50	1:23:58	1986
55-59	David Lard	57	1:34:39	1994
60-64	Ed Craighead	60	1:34:43	2003
65-69	Don Sanderson	66	1:44:34	1996
70 +	Don Sanderson	71	1:48:15	2001
Clydes	Farrell Martin	37	1:29:51	2003

WOMEN

<19	Donna Pruitt	16	1:41:52	1983
20-29	Sue Houle/Spitz	27	1:34:55	1988
30-34	Marjory Stewart	34	1:27:14	1993
35-39	Marjory Stewart	38	1:37:15	1997
40-44	Aja James	41	1:38:47	2000
45-49	Pam Galbraith	49	1:48:20	1995
50+	Madonne Miner	51	1:43:49	2003
Athena	Karmy Philbrick	43	2:31:09	2004

WEST TEXAS RUNNING CLUB'S 19th Annual  
 RED LINE FOUR MILE CROSS COUNTRY RUN

WHEN: SATURDAY, DECEMBER 11, 2004

REGISTRATION: 9:00-9:45 A.M.

RACE START AT 10:00 A.M.

WHERE: MAE SIMMONS PARK, East 24th St. & MARTIN LUTHER KING AVE. Register in Mae Simmons Center North of Canyon Lake Drive

COURSE: RUGGED, HILLY, FOUR MILE CROSS COUNTRY

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

Non Members = \$6.00 Race Day, \$10 for all

Phone PRE REGISTRATION AVAILABLE: WTRC

Members only call George at 792-3291(d) or 792-1237(n) before 6pm, Friday, December 10th e-mail registration before 3pm, rungwj@aol.com

AWARDS: Will be given to the first Three or up to 5% of the participants in the Divisions Maximum of 5

AGE DIVISIONS:

MEN: 0-12; 13-15; 16-19; 20-29; 30-34; 35-39; 40-44; 45-49; 50-54; 55-59; 60-64; 65-69; 70+

WOMEN: 0-12; 13-15; 16-19; 20-29; 30-34; 35-39; 40-44; 45-49; 50-54; 55-59; 60 and Over

RACE DIRECTOR: Tom Griffin, 745-3955 (d) 787-4295(c) 698-1503 (n)

\*\*\*\*\*MEMBERSHIP RENEWAL\*\*\*\*\*

MEMBERSHIP RENEWAL

Membership renewal forms are inserted in this issue as our new year begins with January. Please fill out the forms completely. The membership fee is \$15 + \$3 for each additional family member at the same address.

PRE-PAID RACE REGISTRATION

Members may pre-pay for 11 of the regular WTRC races for a \$50 fee, payable with the membership renewal prior to the January race. Excepted are the RED RAIDER ROAD RACE AND the TURKEY TROT

Date     
 MM DD YY

# WEST TEXAS RUNNING CLUB

\$15<sup>00</sup> First member, \$3<sup>00</sup> each additional Family member at the same address (\$10<sup>00</sup> Students)

Make Check Payable and mail to:  
 WEST TEXAS RUNNING CLUB  
 P.O Box 2921  
 Lubbock, Texas 79408

January is the start of a new W.T.R.C year; all Memberships expire and payment of dues is required to continue receiving the Newsletter and have reduced club race fees. New members joining after July 1<sup>st</sup> may pay \$8<sup>00</sup> plus \$3<sup>00</sup> for each additional family member.

(Please Print)

FAMILY ADDRESS (NEWSLETTER WILL BE MAILED TO THIS ADDRESS)			
ADDRESS	CITY	STATE	ZIP

### BENEFITS

Annual dues for the West Texa Running Club are \$15. \$1.25 of this amount is for a subscription to the Road Runner Club of America's quarterly magazine, "Footnotes" for one year. Portions of the remainder fund insurance through RRCA, the monthly club newsletter, race expenses, and other costs.

FIRST NAME	MI	LAST NAME	sex	DOB (MMDDYY)	HOME PH# (###-###-####)	WORK PH# (###-###-####)	E-MAIL	volunteer*

\*W.T.R.C is a volunteer non-profit organization. If you would like to be a part of sustaining the principles of the club put the following corresponding letter in the above column labeled volunteer:

[A]Membership; [B]Race Result/Computer; [C]Club Socials; [D]Club Races; [E]Non-Club Races; [F]Club Equipment; [G]Newsletter; [H]Scholarship; [I]Historical; [J]Race and Course Standards

(PLEASE ALL MEMBERS READ AND SIGN THE WAIVER ON THE REVERSE SIDE.)

## BALLOT FOR 2005 WTRC OFFICERS

The following have been nominated and have agreed to serve as Officers/Directors for 2005. If you wish to vote for the entire slate as presented, place an "X" in the box below.

If you wish to write in a candidate, and that person has agreed to serve, please mark through the presented name and write in a name in the space below each office.

One ballot per WTRC member, no extra ballots will be provided on count day.

Ballot must be returned to the secretary by mail not later than December 17, or brought to the REDLINE RUN on December 11, 2004.

WTRC Secretary  
 PO Box 2921  
 Lubbock, Texas 79408

President  
 Ron Lubowicz

Treasurer  
 David Higgins

Internal Race Director  
 Tom Griffin

Internal Vice President  
 Madonne Miner

Membership Director  
 Sam Prose

Equipment Director  
 Dwayne Oakeley

External Vice President  
 Randy Holloway

Newsletter Director  
 Bill Felton

Calendar Director  
 Suzan Caudle

Secretary  
 Tom Weiss

External Race Director  
 Jay Keith