

CALENDAR

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

- FEB. 2 W.T.R.C. Business meeting, Monday, February 2, 1004 7 pm, WEST TEXAS PETERBILT, 45th and Ave. A
- * FEB. 14 COTTON PATCH RUNS: FRENSHIP HIGH, Wolfforth, 9 am, 4& 8 miles, David Higgins, Race Director, 795-5823 (w), 785-8562 (h)
- FEB. 15 MOTOROLA/AUSTIN MARATHON: FMI, call (877) 601-6686 e-mail, info@motorolamarathon.com
- FEB. 28 FORTH WORTH COWTOWN MARATHON: FORT WORTH, call (817) 735-2033 e-mail, cowntownmarathon@hsc.unl.edu
- * MAR. 13 PRARIE DOG TOWN RUN: MacKenzie Park, Lubbock, 4 miles, 9am John Trompler, Race Director, 794-1359
- MAR. 27 NUTRITION ON THE RUN 5K: Also 1 mile fun run/walk, Lubbock Dietetic Association, Mackenzie Park, 9am, FMI, call Chelsea Finch, 775-9198 (d), 786-8076(c) or cfinch@teamunc.com
- APR. 3 COURTNEY NOLEN MEMORIAL 5K: TTU Frazier Pavilion jesse.williams@brooksracing.com more details next month
- APR. 10 FLIGHT LINE RACES: Reese Center, Lubbock, 8 am, 2 Mi, 10K, Half Marathon, Jim Harris, Race Director, (505) 392-8945
- * MAY 8 BORSHOE BEND SPRING FROLIC: 8 am, N. of Slaton, 11, 6, and 2 mile races, Race Director, Randy Holloway, 794-7512 (h), 789-1547 (c) e-mail randy.holloway@sbegetball.net
- JUNE 5 GIRLSTOWN GALLOP: 5K, 10:00 am, Whiteface, Steve Reynolds, (806) 229-6361
- * JUNE 12 BOBBY BIRDSONG MEMORIAL LEVELLEND LOPE: Levelland, 8am 10K and 2 mile, Race Director Bill Roger, 894-7911
- JUNE 20 BSL HALF IRONMAN TRIATHLON: FMI, Marti Greer, 796-8213 e-mail, martigreer1@aol.com
- * JULY 3 35th ANNUAL FIRECRACKER RUN: Brownfield, 8 am; 10 mile and 3 mile, kids 1 mile, Adam Puckett, RD, 535-1747 (c), 775-1236 (d)
- * AUG 14 HOT DAM 5 MILER: Canyon Lake 6, Lubbock, 8 am
- * SEPT. 11 SHALLOWATER STAMPEDE: 10k and 2 mile, 8:00 am, Shallowater High School, Dwayne Oakeley, Race Director, 799-4473
- * 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)

<http://wtre.tripod.com>

For Membership, Calendar, Race Results, etc.



John E. Trompler, Newsletter
5406 86th
LUBBOCK TX 79424
February 2004

WEST TEXAS
Running Club



February W.T.R.C RACE
COTTON PATCH RUNS
9am, Saturday, February 14, 2004
Frenship HS, Wolfforth TX
Details Inside Back Cover

David Higgins
3401 Alcové
Lubbock, TX 79407



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: mminer@ttu.edu

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

Secretary - Tom Weiss
(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 Monday, February 2, 7:00 p.m. at West Texas Peterbilt, 4515 Ave. A, Sales & Leasing Office (closest to Ave A)
All members are welcome.

NOTES FROM THE PRESIDENT

Over the past months I had taken the time to steal your time by writing about my in-the-body experiments conducted in my laboratory of life. I will now update those few of you who did not throw this newsletter in the fire after reading my opening sentence.

My earliest experiment, Pilates as a pain reliever for an aging back, has worked so well that my limited practice of it has achieved the status of "habit." I perform my regimen about twice a week for a total time commitment of about 5 or 6 minutes.

My blood-type diet has worked wonders in many areas (digestion, cholesterol, weight, family ridicule) but I have failed to measure any effect on my running other than not feeling spent on my longer runs.

Stretching-to-excess is still in the early stages of discovery, but the current results seem to say that it is possible for the tightening-that-comes-with-aging to be reversed to some degree. I'll update you again in six months or so.

By this time next month I will be in the beginnings of my PT experiment with Tim Key who has generously offered to work with me in exchange for my donating my body and training time to his science. Of course I plan to journal this experience and share it with you. This should be a bit more interesting than my other ramblings since it will focus on what we are all about ... running.

SYOTR, Ron

W.T.R.C. COTTONPATCH RUNS

8 MILE and 4 MILE RUNS

USA T&F Certified, #'s TX97109ETM and TX97110ETM

WHEN: SATURDAY, FEBRUARY 14, 2004
REGISTRATION: 8:00 to 8:45 A.M.
RACE START: 9:00 A.M.

WHERE: WOLFFORTH; FRENSHIP HIGH SCHOOL, From Lubbock, take US highway 62/82 to 82nd Street, turn right across RR tracks, west to Highway 179 and turn left

COURSE: ASPHALT ROAD, 4 Mile; OUT and BACK, Flat 8 Mile; OUT and BACK, Mostly Flat WATER and SPLITS at 2, 4, and 6 Miles

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

Race Day Registration \$10.00 everyone

Pre-Registration Available: Return form in Newsletter or call George Jury before 6pm, Friday, Feb. 13th. 792-3291(d) 792-1237(n)

AGE DIVISIONS, AWARDS: Custom Medals;

3 deep & up to 50 Percent deep in each age division, (Maximum of 5 awards)

MEN, 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, 13-15, 16-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, & 60+

(6-12, 13-15 and 16-19 Age Groups in the 4 Mile)

RACE DIRECTOR: David Higgins, 795-5823 (d), 785-8562 (n)

We will have access to the High School cafeteria and rest-rooms for registration and the awards ceremony. Volunteers are needed, please call David at one of the numbers above.

DOOR PRIZES

The COTTON PATCH RESTAURANT will provide some items for a drawing after the race. Please stay around for the awards and the drawing.

Challenge Series awards will be available for those who did not make the January social.

Member News

HP Houston Marathon

A record-setting 14,103 athletes signed up to run in the HP Houston Marathon, Halliburton International Half Marathon and Houston Press/METRO 5K- blowing past last year's 11,980 previous record. Marek Jaroszewski of Poland won the men's marathon title with a time of 2:18:51, and Margarita Tapia of Mexico won the women's title with a course and personal best time of 2:28:36. Both runners were rewarded with a \$5,000 check and Margarita also qualified for the Mexican Olympic team. Not a bad day's work.

The West Texas Running Club was indeed represented at these races. Among the marathon finishers were Connie Berlinger, 4:49:22 (chip time); Robert Broselow, 5:47:55; as well as area runners Kyle Ashley, 3:32:48; and James Baumann, 3:33:42. In the Half, club members finishing included Mike Trevino, 2:03:07; Lynn Lee, 2:03:06; and new member Noel Cleveland, 2:16:52. Congratulations to each of these runners on their accomplishments.

Las Vegas International Marathon

There was only one WTRC member at this January 25 race, but she had a very noteworthy result. Madame Miner ran a personal best marathon time of 3:30:54. The course is reputed to be a fast one, but brutal head winds beginning at mile 15 undoubtedly slowed the runners' pace down. Madame averaged 8:03 per mile and won the women's 50-54 age division by a comfortable 10 minute margin over the next woman in an age grouping of 43 runners. Way to go Madame!

Got Marathon Madness and time to burn?

If you want a wealth of online marathon information and you haven't visited www.marathonguide.com you will want to head over there soon. It has marathon news, calendars, results, a nifty results search engine, bulletin boards, links, and many other features. Yes, there are many other excellent sites devoted to running, but if you are particularly crazy about marathon running this is a website you will want to bookmark and visit regularly.

Membership Renewal Reminder

Many of you have already renewed, but many have not. All memberships run on a calendar year basis. This month's newsletter will include membership forms for those who are not shown as paid at the time of mailing. If you have sent your renewal in, but receive a membership renewal form, don't worry. Your payment has simply not been posted yet.

THE 13th ANNUAL LOOP THE LAKE 5 MILE ROAD RACE
 ***** EVENT NUMBER 1 OF THE 2004 WTRC CHALLENGE SERIES *****
 Lubbock, Texas January 10, 2004

PLACE	NAME	AG	S	DIV	PLACE	TOWN	ST	TIME	PACE
1	GARY LACKEY	16	M	1	M1619	BROWNFIELD	TX	27:46	5:34
2	CHASE SNOWDEN	19	M	2	M1619	LUBBOCK	TX	28:21	5:41
3	TIM KEY	36	M	1	M3539	LUBBOCK	TX	29:48	5:58
4	ANTHONY HERR	17	M	3	M1619	LUBBOCK	TX	31:01	6:13
5	KEVIN SWEENEY	34	M	1	M3034	CLOVIS	NM	31:18	6:16
6	DANIEL HERMAN	40	M	1	M4044	HOBBS	NM	32:16	6:28
7	LARRY LOVATO	17	M	4	M1619	LUBBOCK	TX	33:15	6:39
8	ZAC VALDEZ	19	M	5	M1619	AMARILLO	TX	33:20	6:40
9	RYAN LACKEY	16	M	6	M1619	BROWNFIELD	TX	33:30	6:42
10	MARIO PINON	42	M	2	M4044	FLOYDADA	TX	33:40	6:44
11	BECKY ROWLEY	39	F	1	F3539	CLOVIS	NM	33:57	6:48
12	EPI AGUIRRE	45	M	1	M4549	LUBBOCK	TX	34:30	6:54
13	JULIE WALL	21	F	1	F2024	LUBBOCK	TX	34:42	6:57
14	KYLE ASHLEY	41	M	3	M4044	RANSOM CANYON	TX	35:09	7:02
15	JOHN DEORTE	40	M	4	M4044	AMARILLO	TX	35:21	7:05
16	JOHN TROMPLER	56	M	1	M5559	LUBBOCK	TX	35:33	7:07
17	RON LUBOWICZ	61	M	1	M6064	LUBBOCK	TX	35:34	7:07
18	JOHN KEITH	14	M	1	M1315	LUBBOCK	TX	35:40	7:08
19	JAMES BAUMANN	35	M	2	M3539	LUBBOCK	TX	36:03	7:13
20	JAY KEITH	45	M	2	M4549	LUBBOCK	TX	36:16	7:16
21	LAWRENCE SCHOVANEC	51	M	1	M5054	LUBBOCK	TX	37:01	7:25
22	BOB BLAKE	39	M	3	M3539	LUBBOCK	TX	37:27	7:30
23	SCOTT BARKER	52	M	2	M5054	HOBBS	NM	37:30	7:30
24	DAVID LARD	66	M	1	M6569	AMARILLO	TX	37:37	7:32
25	RANDY HOLLOWAY	47	M	3	M4549	LUBBOCK	TX	37:50	7:34
26	RICK SYPERT	48	M	4	M4549	LUBBOCK	TX	38:02	7:37
27	MADONNE MINER	51	F	1	F5054	LUBBOCK	TX	38:33	7:43
28	MARY BRANSCOME	44	F	1	F4044	LUBBOCK	TX	38:40	7:44
29	GARY METCALF	25	M	1	M2529	LUBBOCK	TX	38:46	7:46
30	STEVE ODORIZZI	41	M	1	MCLYD	LUBBOCK	TX	40:04	8:01
31	RONNIE PRIGG	52	M	3	M5054	LUBBOCK	TX	40:21	8:05
32	JUDY LAWLEY	38	F	2	F3539	LUBBOCK	TX	40:26	8:06
33	GORDEN JENKINS	63	M	2	M6064	AMARILLO	TX	40:48	8:10
34	RALPH WOLF	66	M	2	M6569	ABERNATHY	TX	41:05	8:13
35	IRIS RIVERO	28	F	1	F2529	LUBBOCK	TX	41:43	8:21
36	MELISSA DOSS	19	F	1	F1619	LUBBOCK	TX	42:12	8:27
37	ADAM PUCKETT	32	M	3	MCLYD	LUBBOCK	TX	42:16	8:28
38	STACY CONNER	41	M	6	M4044	MULESHOE	TX	42:24	8:29
39	STEPHEN YARRA	29	M	2	M2529	LUBBOCK	TX	42:52	8:35
40	MIKE KELLEY	55	M	2	M5559	LUBBOCK	TX	42:54	8:35
41	AMBER BARHAM	28	F	2	F2529	LUBBOCK	TX	42:56	8:36
42	JAY JACOBUS	30	M	4	MCLYD	LUBBOCK	TX	43:24	8:41
43	SHIRLEY WIGLEY	50	F	2	F5054	LUBBOCK	TX	43:31	8:43
44	KODY LACKEY	9	M	1	M0112	BROWNFIELD	TX	43:37	8:44
45	CEN MATTHEWS	54	M	4	M5054	LUBBOCK	TX	43:43	8:45
46	AUBREY THOMAS	17	M	7	M1619	LUBBOCK	TX	43:44	8:45
47	KIRK THOMAS	45	M	5	M4549	LUBBOCK	TX	43:46	8:46
48	DANIEL GONZALES	38	M	4	M3539	LUBBOCK	TX	43:53	8:47
49	JEFF WISE	40	M	2	MCLYD	LUBBOCK	TX	44:17	8:52
50	CARLA MORAN	36	F	3	F3539	LUBBOCK	TX	44:36	8:56

51	BILL ROGER	64	M	3	M6064	LEVELLAND	TX	44:46	8:58
52	BETH GERKEN	49	F	1	F4549	AMARILLO	TX	44:53	8:59
53	JILL JACOBUS	30	F	1	F3034	LUBBOCK	TX	44:54	8:59
54	JIM BURLESON	61	M	4	M6064	LUBBOCK	TX	44:59	9:00
55	KELLY RODGERS	30	F	2	F3034	LUBBOCK	TX	45:01	9:01
56	CATHY PADEN	33	F	3	F3034	SLATON	TX	45:13	9:03
57	ARLAN PATTON	49	M	6	M4549	LUBBOCK	TX	45:21	9:05
58	CODY SCOTT	37	M	5	M3539	LUBBOCK	TX	45:52	9:11
59	MARSHA BENNETT	40	F	2	F4044	LUBBOCK	TX	45:55	9:11
60	DWAYNE OAKELEY	47	M	7	M4549	LUBBOCK	TX	46:20	9:16
61	JAMES LIVERMORE	56	M	3	M5559	LUBBOCK	TX	47:11	9:27
62	MIKE GREER	65	M	3	M6569	LUBBOCK	TX	47:22	9:29
63	ANGELA FRANCO	26	F	3	F2529	MIDLAND	TX	47:28	9:30
64	CONNIE BERLINGERI	49	F	2	F4549	LUBBOCK	TX	47:29	9:30
65	JOEY CRIADO	42	M	6	MCLYD	LUBBOCK	TX	48:03	9:37
66	SAM PROSE	55	M	4	M5559	LUBBOCK	TX	49:30	9:54
67	ETTA MAYER	53	F	3	F5054	LUBBOCK	TX	49:53	9:59
68	SUSAN WASS	34	F	4	F3034	LUBBOCK	TX	51:07	10:14
69	LISA GARNER-SANTA	35	F	4	F3539	LUBBOCK	TX	51:08	10:14
70	DICK BAKER	58	M	5	M5559	LUBBOCK	TX	52:20	10:28
71	DION CLEMENTS	38	M	7	MCLYD	LUBBOCK	TX	52:34	10:31
72	HANNAH LAYMAN	11	F	1	F0112	HEREFORD	TX	53:28	10:42
73	JAMES LAYMAN	38	M	8	MCLYD	HEREFORD	TX	53:29	10:42
74	RICK LAMPE	59	M	5	MCLYD	LUBBOCK	TX	54:19	10:52
75	ANN HODGES	46	F	3	F4549	WOLFFORTH	TX	55:31	11:07
76	SUSIE COBOS	38	F	5	F3539	LUBBOCK	TX	1:01:26	12:18
77	GREG PARROTT	38	M	9	MCLYD	LUBBOCK	TX	1:01:49	12:22

LOOP THE LAKE RACE DIRECTORS REPORT

It was a great day for a short run in the park. The sun was shining, the wind was light and the geese had been kind on the east side of University. We had a good turn out for the Loop the Lake 5 mile, and everyone seemed to enjoy the run and the fellowship with other runners in the area. There were some fast times run and several age group records set on this great day for running. Congratulations to our male overall winner Gary Lackey who logged an impressive time of 27:46, and to our women's overall winner, Becky Rowley who lead the way in 33:57. Setting an age group record in the 35-39 group was Tim Key with a time of 29:48. Age group records were also set by Julie Wall (20-24) in 34:42, Iris Rivero (25-29) in 41:43 and of course, who else, Madonna Miner (50-54) with a time of 38:33.

Thanks go to all those who helped put this race on. Caleb and Jenny Beck, Josie and Tony Aleman, Tom Weis, Jim Wilhelm, Bill Felton, Ronnie Nugent and especially Tom Griffin and George Jury for all the work they do to make these races easier to direct.

See you next month in Wolfforth.
Jim Beck

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

The WTRC CHALLENGE SERIES continues, 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 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 Challenge Series features these categories:

- 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.
- 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.
- 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.
- 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:

- 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 & 55-59 and 60 Plus
(Those less than 13 must run in the shortest races offered)
CLYDESDALE CATEGORY: Men over 190 pounds, Age Graded Scoring

The overall winners in each race are awarded 11 points. 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.

Cotton Patch Runs

February 14, 2004

Mail Registration thru Feb 12th \$5.00 WTRC members, \$6.00 non members, Pre-Reg., \$10 Race Day
Telephone registration by 6:00 P.M. on February 13th
792-3291(d), 792-1237 (n) E-Mail **rungwj@aol.com**
Make checks payable to the West Texas Running Club
Mail checks & entry forms to: George W. Jury
5212 44 th Street
Lubbock, Texas 79414

Race starts at 9:00 A.M.
at Frenship HS, Wolfforth
David Higgins, Race Director
795-5823 (o), 785-8562 (h)

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 or 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 Cotton Patch 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) E-Mail _____ Male _____ Clydesdale (190 lbs or more)

Name _____ Female _____ Athena (150 lbs or more)

Street Address _____ Race Distance _____ 4 miles _____ 8 miles

City _____ State _____ Zip _____ Phone Number _____