

# CALENDAR

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

- MAR. 2 W.T.R.C. Business meeting, Tuesday, March 2, 7 pm, WEST TEXAS PETERBILT, 45<sup>th</sup> and Ave. A
- \* MAR. 13 PRAIRIE 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@teamume.com
- APR. 3 COURTNEY NOLEN MEMORIAL 5K: TTU Frazier Pavillion  
Jesse.williams@brooksrunning.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 HORSEHOE 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 randyholloway@sbeqlobal.net
- JUNE 5 GIRLSTOWN GALLOP: 5K, 10:00 am, Whiteface, Steve Reynolds, (806) 229-6361
- \* JUNE 12 BOBBY BIRDSONG MEMORIAL LEVELLAND 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, martigreen1@aol.com
- \* JULY 3 35<sup>th</sup> 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 MILLER: 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 (m), 749-1850 (d)
- \* NOV. 13 BUFFALO WALLOW RACES: Buffalo Springs Lake, Half Marathon & 2 Mile, 9:00 am, FMI call George Juy, 792-3291 (d), 792-1237 (m)
- NOV. 14 SAN ANTONIO MARATHON: (210) 246-9652, www.samarathon.org.

<http://wtfr.tripod.com>

For Membership, Calendar, Race Results, etc.



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



PRAIRIE DOG TOWN RUN  
9am, March 13, 2004  
Mackenzie Park, Lubbock  
Details inside back cover

David Higgins  
3401 Alcove  
Lubbock, TX 79407



# WEST TEXAS RUNNING CLUB

## OFFICERS

President - Ron Lubowicz  
(H) 748-1855 (O) 745-3955  
E-mail: ronluboo@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 Tuesday, March 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

Why do we run? I recently began reflecting on that seemingly simple question and was unable to find a short, simple answer. For one thing, I realized that I would have answered in many different ways over the 25 years or so of my running career. For the first couple of years I ran to release a deep, emotional pain. Then I got caught up in racing. Eventually I worked it into my spiritual practice and used it to escape the busyness of my days, etc., etc., etc. Now I run partly to enjoy the day and partly to prove to myself that I still can make it up that hill or around that lake.

Why do YOU run? How much have YOUR answers changed over the years? Just for fun, why don't we post some of our shifting motivations on the Club's website? You will probably be amazed (as I was) at how many reasons you have had, and still have, for getting out there on a regular basis and doing what feels so bad and good at the same time. Let us hear from you.

SYOTR Ron

## DIRECTORS

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

External Race Director - Jay Keith  
(H) 798-3909 (O) 796-7605  
E-mail: jkeithjr@nts-online.net

Equipment Director - Dwayne Oakeley  
(H) 799-4473  
E-mail: dsaoakeley@nts-online.net

Race Calendar Director - Adam Puckett  
(H) 535-1747 (O) 775-1236  
E-mail: adam.puckett@runtherace.net

Membership Director - Sam Prose  
(H) 794-0429  
E-mail: seprose@hotmail.com

Internal Race Director - Tom Griffin  
(H) 698-1503  
E-mail: tongwtp@hotmail.com

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

WEST TEXAS RUNNING CLUB'S

**PRAIRIE DOG TOWN 4 MILE RUN**  
USA TRF CERTIFIED, #TX97108ETM

EVENT # 3  
OF THE 2004 W.T.R.C CHALLENGE SERIES

WHEN: SATURDAY, MARCH 13, 2004  
REGISTRATION 8:00-8:45 A.M. RACE START AT 9:00 A.M.

WHERE: MACKENZIE STATE PARK  
on Canyon Lake Drive, just off Broadway, North

COURSE: Rolling Terrain, Asphalt  
4 Miles, Out and Back

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

PRE-REGISTRATION: Is available, return the entry form or call George Jury before 7pm, Friday, March 12th at 792-1237 (h), 792-3291 (w), (e-mail: rungwj@aol.com)

AWARDS: Unique "Prairie Dog" Medals will be given to the Overall Winners and the first 3 in the following Divisions and to at least 50 percent of the participants in each age group (maximum of 5)

## AGE DIVISIONS:

**MEN** 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 Plus, Clydes

**WOMEN** 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, Athena

RACE DIRECTOR: John Trompler Home: 794-1359  
e-mail: trompler@eudoramail.com

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PRAIRIE DOG RUN 4 MILE  
EVENT RECORDS (since 1983)  
USA T&F Certified, #TX97108ETM

AGE	NAME	TOWN	AGE	TIME	YEAR
0-12	Ben Stewart	Lubbock	12	28:56	1999
13-15	Robert Jackson	Lubbock	15	24:01	1983
16-19	Si Reid	Tucumcari, NM	18	21:20	1997
20-29	Bob Jackson	Portales, NM	24	20:53	1983 *
	Larry Millard	Lubbock	22	21:03	1990
30-34	Cliff McCurdy	Canadian	30	21:20	1984
35-39	Bob Jackson	Hobbs, NM	38	21:34	1997
40-44	George Chaves	Tucumcari, NM	40	21:27	1994
	Bobby Cunningham	Abernathy	43	21:58	1983
45-49	Robert Guajardo	Levelland	48	23:55	1991
50-54	Jim Leser	Lubbock	51	24:01	1998
	George W. Jury	Lubbock	53	24:18	1990
55-59	George W. Jury	Lubbock	55	24:22	1992
60-64	Bill Roger	Levelland	61	31:11	2001
65-69	Don Sanderson	Tulia	66	28:47	1996
70+	Tom Bowser	Abilene	76	42:14	2003
	Clydes Kevin Lair	Lubbock	38	26:13	2000

  

AGE	NAME	TOWN	AGE	TIME	YEAR
0-12	Sara Aragon	Tucumcari, NM	12	29:41	1997
13-15	Laci Jackson	Hobbs, NM	15	26:33	1997
16-19	Anne Plachetka	Lubbock	18	32:26	1996
20-29	Sue Houle	Lubbock	28	26:19	1990
30-34	Marjory Stewart	Lubbock	32	23:58	1991
35-39	Marjory Stewart	Lubbock	36	25:24	1995
40-44	Marjory Stewart	Lubbock	40	28:57	1999
45-49	Martha Martinez	Colorado Cty	45	30:58	2001
50-54	Madonne Miner	Lubbock	50	31:26	2003
55-59	P.J. Mitchell	Lubbock	57	36:13	2003
60+	Estella Galvan	Brownfield	60	40:33	2003

+ = Noteworthy Times  
\* OVERALL COURSE RECORDS

WEST TEXAS RUNNING CLUB  
FOUR MILE COTTON PATCH RUN  
USA T&F CERTIFIED, # 97110ETM  
February 14, 2004

OVERALL RESULTS

PLACE NAME	TOWN	ST	DIV	PLACE	AG	S	TIME	PACE
1 TIM KEY	LUBBOCK	TX	1	M3539	36	M	23:48	5:57
2 RUSS WILSON	PLAINVIEW	TX	1	M2024	22	M	30:07	7:32
3 DREW JONES	SHALLOWATER	TX	1	M1315	14	M	30:13	7:34
4 MELANIE McVEY	SUNDDOWN	TX	1	F4044	42	F	31:25	7:52
5 MADONNE MINER	LUBBOCK	TX	1	F5054	51	F	32:37	8:10
6 RUSSEL MARTIN	SHALLOWATER	TX	1	M4549	45	M	32:44	8:11
7 CAROL HISE	SWEETWATER	TX	1	F3034	32	F	32:49	8:13
8 MELISSA DOSS	LUBBOCK	TX	1	F1619	19	F	33:15	8:19
9 BILL FELTON	WOLFFORTH	TX	1	M6569	69	M	34:02	8:31
10 MIKE CAPT	BORGER	TX	1	M5054	50	M	34:16	8:34
11 ADAM PUCKETT	LUBBOCK	TX	1	MCLYD	33	M	34:55	8:44
12 BRIAN DOSS	LUBBOCK	TX	2	M2024	21	M	36:15	9:04
13 CHARLIE LONGANECKER	WOLFFORTH	TX	2	M4549	48	M	37:04	9:16
14 HANNAH LAYMAN	HEREFORD	TX	1	F0112	11	F	39:42	9:56
15 JAMES LAYMAN	HEREFORD	TX	2	MCLYD	38	M	39:43	9:56
16 JIMMIE KEY	LUBBOCK	TX	2	M6569	66	M	39:44	9:56
17 SANDRA TORRES	LUBBOCK	TX	1	F3539	36	F	41:43	10:26
18 ANDREW GARCIA	LUBBOCK	TX	3	M3539	36	M	41:49	10:28
19 MALINDA COLWELL	LUBBOCK	TX	2	F3034	30	F	41:53	10:29
20 MARIANNE MILLER	LUBBOCK	TX	3	F3034	30	F	42:41	10:41
21 ANN HODGES	LUBBOCK	TX	1	F4549	46	F	44:39	11:10
22 JOSIE ALEMAN	LUBBOCK	TX	2	F5054	52	F	46:16	11:34
23 ERNIE DOTSON	SAN ANGELO	TX	2	F4549	46	F	58:11	14:33

\* = NEW AGE GROUP RECORD

Cotton Patch 2004

This year's Cotton Patch was especially cold with the wind, snow and ice but that didn't stop 55 runners and 18 volunteers from braving the elements. Most had fun and a couple even broke age group records! Ralph Wolf, age 66, broke his own 8 mile record from last year (1:08:38) and Madonne Miner, age 51, broke the 4 mile record at 32:37. Records are made to be broken but I would like to commend all the runners for putting forth their best effort. And of course we could not have these races without the generous efforts of volunteers. The crew consisted of: George Jury, Tom Griffin, Kirk Thomas, Frank & Ida Sumpter, Suzan Caudle, Mike Morris, Zane McVey, Tony Aleman, Ron Lubowicz and The seven young ladies from Girlstown. All did a great job! Thank you very much. We also had a few awards and door prizes, courtesy of the Cotton Patch Café (still, a great place to eat). Don't let those gift cards go to waste now, ya hear? In closing, I think the 10:00am start is a good time anyway so that is what I will propose for next year. See you at the next WTRC finish line!

David Higgins, RD

WEST TEXAS RUNNING CLUB  
EIGHT MILE COTTON PATCH RUN  
USA T&F CERTIFIED, # 97110ETM  
February 14, 2004

OVERALL RESULTS

PLACE NAME	TOWN	ST	DIV	PLACE	AG	S	TIME	PACE
1 JERRY DWYER	LUBBOCK	TX	1	M4044	44	M	54:19	6:48
2 MIKE DOTSON	SAN ANGELO	TX	1	M3539	38	M	55:16	6:55
3 NICK CHAIR	CLOVIS	NM	1	M2024	24	M	58:39	7:20
4 RANDY HOLLOWAY	LUBBOCK	TX	1	M4549	47	M	1:04:32	8:04
5 RON LUBOWICZ	LUBBOCK	TX	1	M6064	61	M	1:04:44	8:06
6 ARRON PRESTON	LUBBOCK	TX	1	M3034	30	M	1:07:04	8:23
* 7 RALPH WOLF	ABERNATHY	TX	1	M6569	66	M	1:08:38	8:35
8 GORDEN JENKINS	AMARILLO	TX	2	M6064	63	M	1:09:02	8:38
9 ISELA GALLINDO	LUBBOCK	TX	1	F2529	29	F	1:09:48	8:44
10 JIM BURLESON	LUBBOCK	TX	3	M6064	61	M	1:10:55	8:52
11 KRISTEN DILL	LUBBOCK	TX	1	F2024	23	F	1:11:02	8:52
12 JIM WILHELM	LUBBOCK	TX	1	M5054	53	M	1:15:14	9:25
13 MIKE KELLEY	LUBBOCK	TX	1	M5559	55	M	1:16:02	9:31
14 STACY CONNOR	MULESHOE	TX	2	M4044	41	M	1:18:14	9:47
15 JEFF WISE	LUBBOCK	TX	1	MCLYD	40	M	1:19:43	9:58
16 MARSHA BENNETT	LUBBOCK	TX	1	F4044	40	F	1:22:11	10:17
17 DWAYNE OAKELEY	LUBBOCK	TX	2	M4549	47	M	1:24:52	10:37
18 HEATHER SZOSTAK	WOLFFORTH	TX	1	F3034	33	F	1:25:17	10:40
19 ALLISON MORRIS	LUBBOCK	TX	2	F3034	31	F	1:25:19	10:40
20 ETTA MAYER	LUBBOCK	TX	1	F5054	54	F	1:25:49	10:44
21 IRIS RIVERO	LUBBOCK	TX	2	F2529	28	F	1:25:49	10:44
22 LOURDES JUAN	LUBBOCK	TX	1	F3539	37	F	1:26:01	10:46
23 BRANDY KEY	LUBBOCK	TX	3	F3034	31	F	1:26:17	10:48
24 JIM BECK	LUBBOCK	TX	2	MCLYD	44	M	1:26:31	10:49
25 MIKE GREER	RANSOM CANYON	TX	2	M6569	65	M	1:29:49	11:14

\* = NEW AGE GROUP RECORD

AUSTIN MOTOROLA MARATHON

The ice and snow which plagued our Cotton Patch Runs had no effect on this year's Motorola Marathon and Half Marathon. Yes, it snowed in Austin on Friday night, in fact it was the heaviest snowfall in Austin since 1985, but with the race on Sunday and warming temperatures on Saturday there were no signs of ice or snow on the roads when about 6,500 runners toed the line for the 13th running of the event. Conditions were just about ideal with starting temperatures in the low 30's warming to 50's as the day progressed. Several WTRC members were there to enjoy a great day of running. Congratulations to Jay Keith on completing his first marathon in 3:29:47 (a Boston qualifying time); Lawrence Schovenec, 3:38:43; Denise Bray, 3:40:12; Arlan Patton, 4:44:42; Richard Thomas, 4:55:24; Barbara Slaton, 4:15:20; David Mangold, 4:10:20; and John Trompler, 3:13:03. Finishers in the Half included Jill Jacobus, 2:06:13; Jay Jacobus, 2:04:47; and PJ Mitchell, 2:09:10. The overall men's winner was Poland's Andrzej Kryscin in 2:14:17, and the women's division winner was Tatiana Borisova of Kyrgyzstan in a women's record time of 2:30:39.

A LETTER OF APPRECIATION FROM DAN ADAMS:

Dear Friends at West Texas Running Club,

Thank you for your gift of \$1,000 to the scholarship fund benefiting a graduate of Girlstown, U.S.A. Friends like you make it possible for us to provide the boys and girls at Cal Farley's Boys Ranch, Cal Farley's Girlstown, U.S.A. and Cal Farley's Borger Campus a variety of educational and extracurricular activities.

In 1999, David Higgins, Steve Reynolds, and I conceived the idea of the Girlstown Gallop as one of the events we held to recognize Girlstown's 50<sup>th</sup> anniversary. Since that time, David, Ron Lubowicz, Mike Kelly, Jim and Hawk Harris, Bob Bernero, John Trompler, Ralph Wolf, P.J Mitchell, and Martha Martinez just to name a few of your members, have all been faithful in helping to keep that initiative alive.

The mission of our organization is to "provide professional services, in a Christ-centered atmosphere, to strengthen families, and support the overall development of children." I agree wholeheartedly with Robert Marshall, the Girlstown administrator, who considers your club to be an invaluable asset to our girls in terms of the role you all play in their continued growth and development.

Every May and January, I chair a committee that meets with candidates for scholarships funding post high school education. Through this medium, Girlstown graduates will have the opportunity to apply for these funds to help support their educational goals. Thank you all for your continued support, and we hope to see you at more running events in the future.

Sincerely,  
Dan Adams  
Executive Vice President

PRAIRIE DOG TOWN RUN UPDATE

Some of you may have noticed the chain fence that is currently blocking the road to Prairie Dog Town, and our turn around point for our four mile races on March 13<sup>th</sup>. We have had some contact with the City of Lubbock Parks and Recreation Department about unlocking the gate for our event, but at this point in time it looks doubtful the private contractor who erected the fence will allow that to happen. There is also some question about safety conditions arising from the current condition of that stretch of the road. An alternate course has been measured utilizing a road circling the ball fields adjacent to Prairie Dog Town. It will not be certified, but the course was measured with a calibrated bike wheel. This course will still allow runners to "enjoy" the little hill leading up to the turn around point. If you would prefer to sit this one out, John Trompler still needs volunteers and he can be reached at (806) 794-1359, or at trompler@udoramarail.com.

W.R.T.C. 2004 CHALLENGE SERIES  
STANDINGS AFTER 2 EVENTS

## MALE

YTD TOTALS				YTD TOTALS			
AGE	PTS	MILES	EVT	AGE	PTS	MILES	EVT
0 - 12 MALE	9	10	5	45 - 49 MALE	47	18	2
Cody Lackey			1	Randy Holloway	47	13	2
13 - 15 MALE	14	10	5	Dwayne Oakeley	47	13	2
John Keith			1	Epi Aquirre	45	10	5
Tony Rodriguez	13	0	0	Russel Martin	45	10	4
Drew Jones	14	10	4	Jay Keith	45	9	4
John Lackey	0	0	0	Charlie Longanecker	48	9	4
Jasper DeVos	14	0	0	Rick Sybert	48	7	5
16-19 MALE	17	11	5	Kirk Thomas	45	6	13
Gary Lackey			1	Al Gardner	47	0	0
Ryan Lackey	16	6	5	Wade Wilson	45	0	0
Aubrey Thomas	17	5	5	Gene Adams	46	0	0
Nathan Beck	16	0	0	Jackie Cannon	47	0	0
20 - 24 MALE	21	9	4	David Malone	46	0	0
Brian Doss			1	Jon McMenamy	48	0	0
Jerred Hurst	24	0	0	Mike Morris	48	0	8
Caleb Beck	20	0	5	Todd Hegstrom	47	0	0
25 - 29 MALE	26	0	0	Tom Cunningham	47	0	0
Richard Lombardini			0	John Cagle	47	0	0
Hawk Harris	26	0	0	Nate Wilson	48	0	0
Chance Payton	29	0	0	John DeVos	48	0	0
Richard Thomas	47	0	0	50 - 54 MALE	53	10	13
30 - 34 MALE	34	10	5	Jim Wilhelm	50	10	5
Kevin Sweeny			1	Lawrence Schovanec	52	8	5
Pete Torres	33	0	0	Ronnie Prigg	51	7	5
Mike Trevino	34	0	0	Ken Matthews	54	0	16
Scott Mayfield	33	0	0	David Higgins	51	0	5
David Steadman	34	0	0	Tom Weis	51	0	5
35 - 39 MALE	36	21	9	Joe Post	54	0	0
Tim Key			2	Tom Griffin	54	0	13
Mike Dotson	38	10	8	Tony Aleman	52	0	13
Bob Blake	39	8	5	Larry Mills	50	0	0
Daniel Gonzales	38	7	5	Ken Jernigan	51	0	0
Cody Scott	37	6	5	55 - 59 MALE	55	19	13
Craig Jackson	39	0	0	Mike Kelley	56	10	5
Rod Burgett	38	0	0	John Trompler	56	8	5
Andrew Broselow	35	0	0	James Livermore	55	7	5
40 - 44 MALE	41	16	13	Sam Prose	58	6	5
Stacy Conner			2	Dick Baker	57	0	0
Chris Longren	44	0	0	Ron Nugent	58	0	0
Paul Pare'	40	0	0	Ron Hillis	55	0	0
Don Hood	40	0	0	David Mangold	56	0	0
Brent Lowrey	41	0	0	Darrel McMillen	55	0	0
Edson Pinto	41	0	0	Danny Galey	57	0	0
Ron Hewett	40	0	0	** = RACE DIRECTOR			
				* = VOLUNTEER			

still counting and striving for that gold. During the holidays I took the time to clean some closets out and try to throw away some junk. What I found was literally years of accumulation of buck fifty medals (235 finisher or 1, 2, 3 medals, from running/duathlons/triathlons, etc.), 51 dust covered trophies (mostly handball), 43 plaques (mostly 3<sup>rd</sup> place but some 1<sup>st</sup>) 7 Ironman finisher medals with plaques, and 11 ribbons from my ole grade school swimming days. (Get the title, yeah, who's counting?) So, all this mess represents a grand total of competing in some form of athletics since I was 12 years old or 53 years. Of course you can see there are two stories here, I do count the awards and I do keep them. While there are total meaningless to anyone else I can look at some of these very special finishes and feel the story behind them, i.e. my second place finish at the Palo Duro marathon, my first, and it was 40 degrees below zero chill factor. I do remember it was cold and there were only two in my age group, but hey, who is counting. There is also another insight here that I feel is probably the most important; after all of these years I have always had a chance and a place to express my athletic desires. When I lived and breathed football there was a coach, a team, a field and always an opponent. Then when I entered adult athletics, to keep myself in shape so that I could live to at least 65(whoops I'm there now what?), I had the gloves, the ball, the handball court and of course always an opponent. Then the runners high popped into my head after my first 4 mile run, while just trying to keep in shape to slap the old handball around. Now I am thankful that so many people have given of their time to present me with a venue to fulfill my endurance athletic dreams and goals. My first encounter with this was at the 1977, 5 mile road race in Brownfield, TX put on by the West Texas Running Club. What a day it was for me and my son. He was 16 and I was 38(yep 27 years ago) and we entered our first "distance" race. Please remember I was a sprinter in college and anything over 220 yards was out of the question. As the rest of the entrants took off like there was no tomorrow I assured my son Mike not to worry, they would run themselves out of energy and we would catch them all. Well, of course that did not happen and we finished our first race in 43:15 for Mike and 43:21 for me. We were way out of the awards section, but did come away feeling as though we had accomplished something and resolved to work harder and get faster.

Now as the years have passed and my personal bests have been set, never to be approached again, I am very thankful to all of those who have made it possible to accumulate all of this hardware. The WTRC is a rock within the running community and the strong succession of quality leadership has solidified their position and excellent reputation. I could mention names, but it would take up so much space I would never get this published. So, thanks again to all who have supported and worked within the club and made these events possible. As athletes we should always take the time to thank those who have given of their time so that we might collect our gold.

So, I am looking forward to starting my 28th year of this thing called endurance athletics and challenge everyone out there to understand one simple thing.....IF I CAN DO IT, ANYONE CAN!!!!

Now falling out of an airplane at 9:00 minute per mile pace.....Mike Greer

MALE (continued)

	AGE	PTS	MILES	EVT	VOL	AGE	PTS	MILES	EVT	VOL
<b>60 - 64 MALE</b>						<b>65 - 69 MALE</b>				
Ron Lubowicz	61	20	13	2	0	Ralph Wolf	66	19	13	2
Gorden Jenkins	63	18	13	2	0	Mike Greer	65	17	13	2
Jim Burlinson	61	15	13	2	0	Bill Felton	69	10	9	2
Bill Roger	64	8	5	1	0	Jimmie Key	66	9	4	1
Jim Harris	61	0	0	0	0	Thomas Word	66	0	0	0
James Bone	64	0	0	0	0	George Jury	67	0	13	2
Larry Byrd	62	0	0	0	0					
Bob Bernero	62	0	0	0	0					
Bob Broselow	63	0	0	0	0					

CLYDESDALE - age graded

Adam Puckett	32	18	9	2	0
Jeff Wise	40	18	13	2	0
James Layman	38	12	9	2	0
Steve Odonizzi	41	10	5	1	0
Jim Beck	44	9	18	2	**
Jay Jacobus	30	7	5	1	0
Rick Lampe	59	6	5	1	0
Joey Criado	42	6	5	1	0
Farrell Martin	37	0	0	0	0
Wayne Ivey	34	0	0	0	0

FEMALE

	AGE	PTS	MILES	EVT	VOL	AGE	PTS	MILES	EVT	VOL
<b>0 - 12 FEMALE</b>						<b>40 - 44 FEMALE</b>				
Hanna Layman	11	20	9	2	0	Marsha Bennett	40	19	13	2
Colleen Adams	10	0	0	0	0	Mary Branscome	44	10	5	1
Turner Adams	0	0	0	0	0	Ida Sumpter	44	0	8	1
Tamra Jernigan	12	0	0	0	0	Denise Bray	41	0	0	0
						Barbara Slaton	44	0	0	0
<b>13 - 16 FEMALE</b>						Marti Greer	44	0	0	0
Jessica Tedford	13	0	0	0	0	Debbie Wilson	42	0	0	0
Devin DeLoe	14	0	0	0	0					

45-49 FEMALE

Ann Hodges	46	18	9	2	0
Ernie Dolson	46	9	4	1	0
Martha Martinez	48	0	0	0	0
Karen Jackson	46	0	0	0	0
Pauline Devos	45	0	0	0	0

50-54 FEMALE

Madonne Miner	51	20	9	2	0
Elta Mayer	54	18	13	2	0
Josie Aleman	52	9	9	2	0
Shirley Wigley	50	9	5	1	0
Connie Berlingen	50	9	5	1	0
Susan Caudle	50	0	8	1	0
Madeline Taylor	51	0	0	0	0
Mary Harris	54	0	0	0	0

55-59 FEMALE

P.J. Mitchell	59	0	0	0	0
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60-99 FEMALE

Estella Galvan	61	0	0	0	0
Delores Key	81	0	0	0	0

\*\* = RACE DIRECTOR  
\* = VOLUNTEER

Yeah, who's counting.....?!

Some wise guy once said that it doesn't matter whether you win or lose, but how you play the game. Or said another way, it really doesn't matter if I take home the gold, silver, bronze or whatever it is, the sense of accomplishment is what really matters. Well excuse me but after all these years being around athletes from various sports I have found this really is a bunch of bull. If this were the case then why have I observed people going nuts over a little buck fifty medal or a cheap trophy that will do nothing but gather dust. In some extreme cases there are even athletes sick enough and wanting that "gold" so bad to actually cheat (Imagine that?). One year we had a guy actually hide in the reeds at Buffalo Springs, hitch a ride to the transition area instead of swimming, then proceed to finish the race on the bike, cutting the course as he did that. So, as I have pondered all of this during the month (December) of my 65<sup>th</sup> birthday I have come up with some very interesting, enlightening and profound information. Our society lives by and for the numbers and statistics mean everything to us. We come into the world a statistic, one more to the population and go out the same way. We are weighed, measured, burped, slapped on the butt (notice I am in the same language clean up course as Coach Knight), placed in the nursery row (1, 2, 3, etc.) to start to get the feel of our position in life. Yep, ole Greer came in the world on 12.16.38, 8lbs 6 oz, 21 inches long, blue eyes, brown hair, and let the game begin. When I entered into athletics the numbers really started flying around me, i.e. I was raised in a strong West Texas football town that closed its' doors Friday at noon to go watch the team win (notice I didn't say play or compete or have fun). Not only win 10 games but go to the playoffs and win as many games as possible. The town (Littlefield) had won a state championship back in 1949 and from that time forward we were all compared to that team. No matter what we did or how tough our schedule was we were always compared to that team. Now the secret to overcoming that curse would have been to win another state championship in 1956, but low and behold we didn't, we had to settle for advancing to the semi-finals with 11 wins. Sounds good to me, but the city folks thought we should have won state and we didn't, so back to the ole '49 season. You can go there today in the modern world of 2004 and they still talk about the state champions of '49. The only way to erase it is to win the big one. Let me refresh you on the subject, it doesn't matter if we win or lose, BULL....! Then as I entered the competitive world of big time college athletics I was introduced to another flavor of it doesn't matter whether you win or lose, but how you play the game...like hell it doesn't. Now I was introduced to win at all costs and nothing else mattered. This was only 5 years of my life, but it was an eye opener for possibly the rest of my life in what I call real world happenings. For example, after securing a grade point average good enough to earn my degree I had to enter the world of the working. Throw out some statistics here: I was married, with 1 boy, 1 girl, the all-American family. So, I entered this new era of my life that didn't require numbers or whether you win or lose....NOT! Since I decided to enter the sales field I learned about quotas, commissions, sales goals, etc. While I was never good at math I sure learned what 10% of a \$100,000.00 sale meant. Boy, my math got real good all of a sudden. Then as I entered into the world of adult athletics (not to be confused with adult movies) I learned that we are

**2004**

LUBBOCK DIETETIC ASSOCIATION

# *Nutrition on The Run*

5K RACE & 1 MILE FUN RUN/WALK

**Saturday, March 27, 2004 @ 9 a.m.  
Mackenzie Park  
Lubbock, Texas**

**Awards:**

**Medals to 1st, 2nd, & 3rd place finishers in each age group in the 5k  
Door prizes drawn from those registered**

**Cost (includes T-shirt):**

**\$15 before March 15**

**\$20 thereafter**

*All proceeds to benefit Lubbock Independent School District & Lubbock Dietetic Association*

Mail to: University Medical Center, Box 5980 Food & Nutrition, c/o Chelsea Finch, 602 Indiana Ave, Lubbock TX 79417  
For more information contact Chelsea @ (806) 775-9198

Name: \_\_\_\_\_ Age: \_\_\_\_\_ Sex: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Event: 5K 1 mile                      Shirt Size: M L XL

**Liability Waiver**

In consideration of acceptance of the entry, I, the undersigned, my family and heirs do waive and release any and all rights or claims for which I may have against the Lubbock Dietetic Association and the West Texas Running Club and all individuals assisting, arranging, sponsoring and conducting these events and any of their agents, representatives and assignees for any and all injuries, loss or damage suffered by me at or while traveling for the National Nutritional Month Race. I verify that I am physically fit and capable of running/walking in this race and have sufficiently trained for the competition of this event. I realize that there are risks inherent in the sport of running and walking and I am willing to accept the result of those risks.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

# Race Activity Schedule

**Thursday, April 1 & Friday, April 2**

7:30 a.m. — 6:30 p.m.

Registration and packet pick-up\* at RunTech (Broadway location)

\*Packets include race number and t-shirt

**Saturday April 3, 2004**

7 a.m.

Day-of-Race (late) registration begins and pre-registered competitors may also pick up their packets.

9:15 a.m.

Race registration ends.

9:45 a.m.

Race start. Good Luck!!

11:30 a.m.

Awards Ceremony—(age group awards, team competition awards, and prize drawings inside Frazier Alumni Pavilion)

## About Courtney

Courtney Kimbrell Nolen, a proud Red Raider, had a positive impact on everyone she met. She was a 4-year letter-winner in Cross Country and Track at Texas Tech University.

Courtney was successful in the classroom and on the track, earning All-Big XII Academic recognition along with her accomplishments in Cross Country, Indoor, and Outdoor Track. She was selected by her teammates as Co-Captain of the Cross Country team in 1999.

Courtney was in a car accident that took her life just a few days after graduating in December 2000 as she was traveling to The University of Arkansas at Little Rock to begin graduate studies and work as an Assistant Coach.

The Courtney Kimbrell Nolen Scholarship was established in her name to benefit deserving upper-level women Track and Field athletes. This race benefits her scholarship. Thanks for your support of this race and good luck.

# Registration

Name \_\_\_\_\_ Sex M / F

Address \_\_\_\_\_

State \_\_\_\_\_ Zip \_\_\_\_\_

Email \_\_\_\_\_ DOB \_\_\_\_\_

T-Shirt Size: S M L XL

Age Group (circle one): 0-15 16-19 20-24 25-29

30-34 35-39 40-44 45-49 50-54 55-59 60+

*There will prizes awarded to each age group winner for both male and females.*

## Entry Fees\*

- \$20 late registration fee
- t-shirts not guaranteed
- \$16 per participant
- includes t-shirt\*
- \$12 per student
- College or high school, includes t-shirt

## Entry Fee and Payment Information

- A nonrefundable race fee (see fees) must accompany your registration form.
- Make check or money order payable to: Courtney Nolen Memorial Scholarship Fund.
- Mail (by March 20th) registration form with your nonrefundable full payment to: Courtney Nolen Memorial 5K, 2619 25th Street, Lubbock, TX 79410.

• Last day to mail entry is March 20th. All entries after this date must be completed at Run Tech, online, or on the day of race.

## Student Organization Competition

Name of Student Organization: \_\_\_\_\_

A team trophy will be awarded to the fraternity and sorority with the most participants in the race

## Credit Card Payment

Card# \_\_\_\_\_

Name on card: \_\_\_\_\_

Expiration Date: \_\_\_\_\_

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

## Waiver

I hereby apply to participate in the Courtney Nolen Memorial 5K. I understand that by participating in this race/walk I will be exposed to certain risks that accompany an event of this sort. This includes running on uneven surfaces, running in sometimes crowded areas, physical contact with other participants and any ordinary stress that this event will put on your body physically in order to complete the distance. I knowingly and freely assume all such risks, both known and unknown. I agree that I am responsible for my own safety and I willingly agree to comply with the stated and customary terms and conditions for participation. I understand and agree that this release and waiver will be binding upon my heirs, assigns and any personal entity acting upon my behalf, including a parent, guardian or next friend. I have read the above items of the release and waiver, understand them, agree to abide by them, and hereby acknowledge that I have read and understand this release and waiver.

Signature \_\_\_\_\_

Date \_\_\_\_\_

Parent signature \_\_\_\_\_

Date \_\_\_\_\_ (required if under 18)



# Prairie Dog Town Run FOUR MILE

March 13, 2004

Mail  
Registration  
thru March 11th

\$5.00 WTRC members, \$6.00 non members, \$10.00 Race Day  
Make checks payable to the West Texas Running Club  
Mail checks & entry forms to:

George Jury  
5212 44<sup>th</sup> Street  
Lubbock, Texas 79414

Race starts at 9:00 a.m.  
in MacKenzie Park,  
Race Director, John Trompler  
794-1359

Telephone registration  
by 7 p.m. March 12th

792-1237 (n) 792-3291 (d) e-mail, [rungwj@aol.com](mailto:rungwj@aol.com) by noon Friday

## 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 Prairie Dog Town Run. 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)  
Female \_\_\_\_\_ Athena (150 lbs or more)

Name \_\_\_\_\_

Street Address \_\_\_\_\_ Phone Number \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_ E-mail \_\_\_\_\_