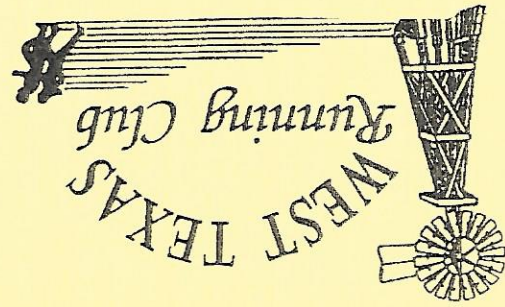


CALENDAR

- * indicates W.T.R.C Monthly Race and CHALLENGE SERIES EVENT
- APR 6 WTRC Business meeting—time and location of May meeting not determined as we go to press. WTRC President will notify Board member later.
- * MAY 8 **HORSESHOE 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@sbeGLOBAL.net
- May 22 **LONE STAR PAPER CHASE:** Marathon, marathon relays, 5K, start 6:30 marathon, 9:30 5K. Details (806) 345-3451 or www.amarillo.com/paperchase/
- 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, 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. 2 **RACE FOR THE CURE:** Tentative date, details to be announced later.
- * 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)
- * NOV. 13 **BUFFALO WALLOW RACES:** Buffalo Springs Lake, Half Marathon & 2 Mile, 9:00 am, FMI call George Jury, 792-3291 (d), 792-4237 (n)
- NOV. 14 **SAN ANTONIO MARATHON:** (210) 246-9652, www.samarathon.org.
- * NOV. 25 **WTRC TURKEY TROT:** Mackenzie Park, Lubbock, 9:00 am, 12K and 2 Mile, FMI call Ron Lubowicz, 745-3955(d), 748-1855 (n)

<http://wtrc.tripod.com>

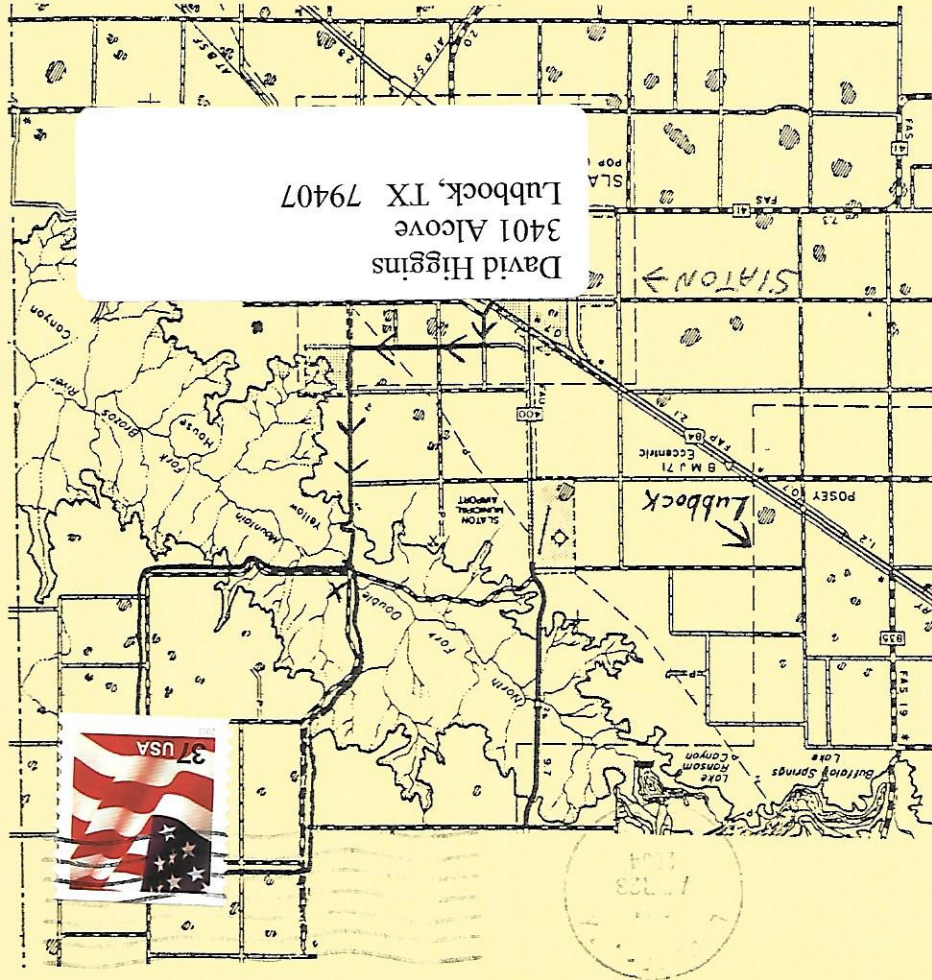
For Membership, Calendar, Race Results, etc.



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



HORSESHOE BEND CANYON
8am, May 8, 2004
11, 6 and 2 Miles
Details inside back cover



WEST TEXAS RUNNING CLUB

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W. T. R. C. RACES ARE USUALLY HELD THE 2ND SATURDAY OF EACH MONTH.
The WTRC monthly business meeting time and location for May have not been set as we go to press. The WTRC President will notify Board members at a later date.
All members are welcome.

NOTES FROM THE PRESIDENT

Bravo to Jim Wilhelm for his spirited effort to wake the AJ up to the fact that runners are athletes that deserve at least a polite amount of recognition. (In case you had not noticed, the AJ did not publish the results of our last three races. Yet, as Jim pointed out in his very blunt e-mail to them, they found the ski conditions in Maine and Utah worthy of reporting to Lubbock readers.)

Let's face it gang, we do some pretty amazing things ... individually, and as a club. We run for a couple of hours at a clip, something 99% of our peers could never do. We promote or assist fundraisers and awareness groups with their events. We fund tens of thousands of dollars worth of scholarships for kids. It would not only be polite of the AJ to give us a little press, it would be darn good business. With more and more people getting into endurance sports, keeping a small spotlight on the vitality of an organization such as ours just might add one more checkmark on the relocation decision list for a family or business on the move.

Point made, I hope. Now for the challenge. Do we have anyone who wants to take on the job of liaison with the AJ? A well-contacted person would be great, but someone who is a good suckup will do. As always, all ideas are welcome ... so please feel free to offer any you might have. And if we need a title (since the salary is quite low) I suppose "Press Secretary" would do.

SYOTR, Ron

THE FLIGHT LINE RACES
2 MILE, 10K AND HALF MARATHON
April 10, 2004 REESE CENTER, LUBBOCK, TEXAS

OVERALL RESULTS HALF MARATHON

PLACE	NAME	TOWN	ST	AG	S	DIV	PLACE	TIME	PACE
1	GUENT BEARDEN	LUBBOCK	TX	28	M	1	M2529	1:22:29	6:18
2	TIM KEY	LUBBOCK	TX	36	M	1	M3539	1:28:35	6:46
3	DANIEL KAATZ	LUBBOCK	TX	35	M	2	M3539	1:33:24	7:08
4	FARRELL MARTIN	LUBBOCK	TX	37	M	1	CLYDE	1:34:30	7:13
5	RICHARD LOMBARDINI	LUBBOCK	TX	27	M	2	M2529	1:39:59	7:38
6	NICK CLAIR	CLOVIS	NM	24	M	1	M2024	1:44:02	7:57
7	EPI AGUIRRE	LUBBOCK	TX	45	M	1	M4549	1:45:16	8:02
8	MATTHEW JORDAN	LUBBOCK	TX	25	M	3	M2529	1:47:25	8:12
9	BOB BLAKE	LUBBOCK	TX	39	M	4	M3539	1:47:39	8:13
10	RANDY HOLLOWAY	LUBBOCK	TX	47	M	3	M4549	1:51:38	8:31
11	RICHARD AKERS	LUBBOCK	TX	49	M	3	M4549	1:51:50	8:32
12	TOM WEST	LUBBOCK	TX	46	M	4	M4549	1:52:36	8:36
13	RON PRITCHARD	SAN ANTONIO	TX	58	M	1	M5559	1:52:45	8:37
14	PAUL JONES	TASCOCA	TX	41	M	2	CLYDE	1:55:47	8:50
15	GARY COMSTOCK	MIDLAND	TX	40	M	2	M4044	1:56:35	8:54
16	DANNY SLOAN	CROSBYTON	TX	39	M	5	M3539	1:58:41	9:04
17	GORDEN JENKINS	AMARILLO	TX	63	M	1	M6064	1:59:43	9:08
18	SONNY ROBERSON	LUBBOCK	TX	55	M	2	M5559	2:01:24	9:16
19	KEVIN WASS	LUBBOCK	TX	32	M	1	M3034	2:02:25	9:21
20	SUZANNE RODRIGUEZ	LUBBOCK	TX	28	F	1	F2529	2:02:44	9:22
21	HEATHER SZOSTAK	WOLFFORTH	TX	32	F	1	F3034	2:04:46	9:32
22	SHAUNA PAULK	LUBBOCK	TX	22	F	1	F2024	2:05:56	9:37
23	DON SANDERSON	TULIA	TX	74	M	1	M7099	2:06:39	9:40
24	JIM WILHELM	LUBBOCK	TX	53	M	1	M5054	2:07:24	9:44
25	DANIEL ARLITT	LUBBOCK	TX	24	M	2	M2024	2:08:03	9:47
26	BRITTANY ARLITT	LUBBOCK	TX	24	F	2	F2024	2:08:04	9:47
27	ARLAN PATTON	LUBBOCK	TX	49	M	5	M4549	2:09:30	9:53
28	MARSHA BENNETT	LUBBOCK	TX	40	F	1	F4044	2:09:58	9:55
29	ETTA MAYER	LUBBOCK	TX	54	F	1	F5054	2:18:33	10:35
30	MIKE KELLEY	LUBBOCK	TX	55	M	3	M5559	2:20:48	10:45
31	JENNIFER SUNSERI	LUBBOCK	TX	45	F	1	F4549	2:20:49	10:45
32	SUSAN JONES	TASCOCA	TX	39	F	1	F3539	2:25:47	11:08
33	SAM PROSE	LUBBOCK	TX	55	M	4	M5559	2:25:48	11:08
34	JIM BECK	LUBBOCK	TX	44	M	3	CLYDE	2:25:49	11:08
35	RONNIE NUGENT	LUBBOCK	TX	57	M	5	M5559	2:26:03	11:09

* = New Age Group Record

OVERALL RESULTS 10K RACE

PLACE	NAME	TOWN	ST	AG	S	DIV	PLACE	TIME	PACE
1	CHANCE PAYTON	LAMESA	TX	29	M	1	M2529	38:25	6:11
2	JERRY DWYER	LUBBOCK	TX	44	M	1	M4044	40:35	6:32
3	JAY KEITH	LUBBOCK	TX	46	M	1	M4549	45:33	7:20
4	CRAIG JACKSON	RANSOM CANYON	TX	39	M	1	M3539	46:20	7:28
5	LAWRENCE SCHOVANEC	LUBBOCK	TX	51	M	1	M5054	47:36	7:40
6	SHAE BEARDEN	LUBBOCK	TX	27	F	1	F2529	48:56	7:53
7	RUSSELL MARTIN	SHALLOWATER	TX	46	M	2	M4549	49:09	7:55
8	PAUL PARE	LUBBOCK	TX	42	M	2	M4044	49:57	8:03
9	DREW JONES	SHALLOWATER	TX	13	M	1	M1315	50:30	8:08
10	RICK SYPERT	LUBBOCK	TX	48	M	3	M4549	50:33	8:09
11	KRISTEN DILL	LUBBOCK	TX	23	F	1	F2024	50:39	8:10
12	IRIS RIVERO	LUBBOCK	TX	29	F	2	F2529	51:06	8:14

THE FLIGHT LINE RACES
2 MILE, 10K AND HALF MARATHON
April 10, 2004 REESE CENTER, LUBBOCK, TEXAS

OVERALL RESULTS 10K RACE

Table with columns: PLACE NAME, TOWN, ST, AG, S, DIV, PLACE, TIME, PACE. Lists race results for 10K race including names like Ralph Wolf, Madonne Miner, Steve Nieman, Amber Barham, Stacy Conner, etc.

* = New Age Group Record

OVERALL RESULTS 2 MILE

Table with columns: PLACE NAME, TOWN, ST, AG, S, DIV, PLACE, TIME, PACE. Lists race results for 2 mile race including names like John Keith, Rene Gonzales, Russ Wilson, etc.

W.R.T.C. 2004 CHALLENGE SERIES
STANDINGS AFTER 4 EVENTS

MALE

Large table showing standings for Male participants. Columns include YTD TOTALS (AGE, PTS, MILES, EVT, VOL), 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, and YTD TOTALS (AGE, PTS, MILES, EVT, VOL).

** = RACE DIRECTOR
* = VOLUNTEER

W.R.T.C. 2004 CHALLENGE SERIES
STANDINGS AFTER 4 EVENTS

MALE (continued)

60 - 64 MALE		65 - 69 MALE		70 - 99 MALE	
AGE	PTS	MILES	EVT	MILES	EVT
Gorden Jenkins	63	28	26.1	3	
Jim Burleson	61	25	19.2	3	*
Ron Lubowicz	61	20	17	3	*
Jim Harris	61	10	4	1	*
Larry Byrd	62	0	13.1	1	*
James Bone	64	0	0	0	0
Bob Bernero	62	0	0	0	0
Bob Broselow	63	0	0	0	0
CLYDESDALE - age graded					
Adam Puckett	32	28	11	3	
Jeff Wise	40	27	17	3	
Jim Beck	44	25	35.1	4	**
James Layman	38	18	26.1	4	*
Jay Jacobus	30	17	11.2	2	
Farrell Martin	37	10	13.1	1	
Jason Heiton	32	7	4	1	
Rock Lampe	59	6	5	1	

FEMALE

0 - 12 FEMALE		13 - 15 FEMALE		16 - 19 FEMALE		20 - 24 FEMALE		25 - 29 FEMALE		30 - 34 FEMALE		35 - 39 FEMALE	
AGE	PTS	MILES	EVT	AGE	PTS	MILES	EVT	AGE	PTS	MILES	EVT	AGE	PTS
Hanna Layman	11	39	15	4									
Jessye Raye Rodriguez	11	10	2	1									
Colleen Adams	10	0	0	0									
Turner Adams	8	0	0	0									
Devin DeLoe	14	0	0	0									
Melissa Doss	19	20	9	2									
Meagan Mills	19	10	2	1									
Alyssa McMennamy	18	0	0	0									
Jamie Slaybaugh	16	0	0	0									
Jenny Beck	23	10	4	1									
Iris Rivero	28	40	13.2	4									
Angela Franco	26	24	15.2	3									
Mandy Cleavinger	25	6	4	1									
Carrie Badillo	26	0	0	0									
Heather Szostak	33	20	21.1	2									
Mallinda Colwell	30	18	10.2	2									
Marianne Miller	30	16	12	2									
Brandy Key	31	16	12	2									
Jill Jacobus	30	10	6.2	1									
Cathy Padon	33	8	5	1									
Rebecca Puckett	33	0	5	1									
Louanna Arterburn	34	0	0	0									
Louises Juan	37	18	14.2	2									
Becky Rowley	39	11	5	1									
Judy Lawley	38	10	5	1									
Vanessa Reasoner	35	9	4	1									
Lisa Garner-Santa	35	8	5	1									
Jill Hauko	39	8	4	1									
Natalie Steadman	35	0	0	0									

** = RACE DIRECTOR
* = VOLUNTEER

18th Annual Flight Line Race Report

This year's Flight Line Race should have been no disappointment for those who have come to expect "challenging" conditions for our April event. We are on a year-by-year basis with having access to the perimeter road at Reese, and this year we had to modify our course due to the expansion of the golf course. Forty-degree temps and 20-25 MPH wind out of the North made for a tough run, especially for those hearty souls who signed up for the Half Marathon. I had the privilege of filling in as Race Director for a temporarily absent Jim Harris - who I will be ecstatic to see return next year! Let's just say I have a new appreciation for the work Jim does to pull off this 3-event race. This race just couldn't happen without a great crew of volunteers, which this year included George Jury, Debbie Wilson, Larry Byrd, Tony Aleman, P J Mitchell, Kevin Sweeny, Tom Weis, Dwayne Oakeley, Ann Hodges, Jimmie Key, Jim Layman, Mike Morris, and a good crew from Girls Town helping with the water stops. Many thanks to all of you! With wind chill in the twenties, these workers really earned their pay! Even with 20 no-shows from the 95 pre-registered (don't suppose the weather had anything to do with that!), we still had a total of 96 finishers in the 3 events - 35 in the Half Marathon! George tells me that ties the attendance record for this race. Don Sanderson set a new age-group record in the Half, and Ralph Wolf set a new record in the 10K - check the results list for their times. Tom Griffin

BOSTON MARATHON

It was the hottest Boston Marathon since 1987 with temperatures this year rising to 85 before the day was done. With a noon start time it was way too hot from the very beginning. Over 1100 participants ended up in the medical tents with mostly heat related ailments (that would be about 5% of the starting field of 20,000 plus runners). Needless to say, finishing times were greatly influenced by these conditions. What is amazing is that overall winners Catherine Nderba (2:24:27) and Timothy Cherigat (2:10:37) ran as well as they did. Several WTRC members suffered through this year's Boston. All ran considerably slower than they had in their qualifying races. With that in mind, let's just list the finishers without times: Mary Branscome, Denise Bray, Judy Lawley, Becky Rowley, and Kevin Sweeny. This was one of those days when just finishing was indeed all that mattered.

"Satisfaction lies in the effort, not in the attainment. Full effort is full victory."
Mahatma Gandhi

BSLT VOLUNTEERS NEEDED

Each year the West Texas Running Club has provided volunteer support for the Buffalo Springs Lake Triathlon. That time of year is once again approaching. In May team captain assignments will be made and then the process of staffing each of the seven aid stations on the half marathon run portion will begin. Please think about providing your assistance at this June 20th event. You will see some outstanding elite athletes as well as many everyday folks like ourselves struggling to complete a very challenging event. The club also receives compensation for this work which help us to provide scholarships, equipment enhancements, etc. Detailed contact information for volunteering will be provided in our next newsletter(s). If you want to commit early contact John Trompler, (806) 794-1359, or e-mail: trompler@eudoramail.com.

WHY DO I RUN?

John Trompler

In the March newsletter, WTRC President Ron Lubowicz posed this question to himself, provided some brief insights into his running psyche, and asked to hear our thoughts on this fundamental issue about why we choose, or feel compelled, to run. I usually save all my running history, motivations, and general tall tales for the long run. For the past several years, however, I've done all my long runs solo. That has given me lots of time to reflect on running, life, the past, and also time to project what the future may bring (that imagined future basically consists of fantasies about running faster than logic would determine is feasible). I have lots of time to run, lots of time to think, but nobody to bore with my endless running stories.

One thing is certain about my running. I began running (not once, but twice) to get in shape. I turned 30 in August, 1977. At the time, I was a sedentary, pack a day smoker, who was also 30 to 40 pounds overweight. I had just gone on my first backpacking trip to the mountains of New Mexico where I failed miserably at hauling my own carcass plus a 30 pound or so pack over steep inclines at 8,000 feet altitude and higher. Yes, the pack did include my cigarettes. The result was mild altitude sickness and a fairly short hike. The need to get in shape was clear if I hoped to really enjoy the undeniable beauty and majesty of the mountains.

I quit smoking. I started a walking program and actually lost weight after cessation of smoking. I read James Fixx's big bestseller of that year, *The Complete Book of Running*, and started running secretly under the cover of night at a school soccer field. I didn't run far at first, but I was inspired. Then fortune conspired to make running

into something much bigger than I had imagined. One of my fellow librarians at the Lubbock City County Library, John Elsweller, had also read the Fixx book and begun a running program. He convinced me to go on "training runs" in the early morning or evening after work. It was winter and our gear often consisted of gray sweats with a blue watch cap (yeah, we got a lot of people yelling *Go Rocky!* as they sped by in their cars). We attended our first "fun run" shortly afterwards, and although I was one of the slowest runners there, I was impressed by my fellow runners and the social/competitive aspect of running. Soon afterwards things began to get way out of hand.

It was the running boom, and running the marathon was, or so I thought, the way to gain credibility as a runner. Before I actually ran my first WTRC race (Horseshoe Bend Canyon, May 1978), I was already training and planning for my first marathon. Woefully under prepared, I ran my first marathon in late May at the old Amarillo FunFest Marathon just seven months after I started running. I survived the event in 3:38 with a resolve to make sure I was better prepared for the next one. Training mileage went up and my times came down. In December of 1978, I ran my first White Rock in a time of 2:54. One year later I surprised even myself with a time of 2:40 (my training partner Elsweller finished in 2:57). That came just two years after I began running. It seemed the sky was the limit. Soon, however, things took a change for the worse.

Just months after I ran my PR marathon I developed my first serious problem with plantar fasciitis. It persisted and then reoccurred. Other injury problems followed: Achilles tendonitis, low back pain and sciatica all kept my running from getting where I thought it needed to go. I did manage a 2:41 at White Rock in December, 1982 and then ran my first Boston Marathon in April, 1983. After that, running just gradually faded away for me. The competitive side had come to totally dominate my approach to running and my experiences were largely those of pain and disappointment. My expectations were, of course, unrealistic and misguided. After 1984 I quit running completely for over ten years.

Some of you know what happened next. I got fat again. My back continued to hurt. My blood pressure also became a problem and then I recalled there was a solution to this problem. Yes, I started to run again to get in shape! After a while I eased back into competition, found that I enjoyed the old friendships as well as the opportunity to meet new runners. There have been some injury problems, but I have discovered the benefits of physical therapy, modern anti-inflammatory drugs, and I must say, of greatly improved running shoes. I'm still trying to be competitive in my age group, but things really are different this time around. I have learned to focus more on the pure enjoyment of running. Yes it is absolute joy to run almost effortlessly for many miles at a time. It may not last forever, but I now plan on running as long as I am able.

HORSESHOE BEND CANYON SPRING FROLIC RUNS
SINCE 1973
EVENT RECORDS
2 MILE

NAME	TOWN	AGE	TIME	YEAR
0-19 Carlos Ybarra	Lamesa	17	9:59	1980
20-24 Quinn Smith	Lovington	21	9:50	1981
25-29 Cliff McCurdy	Lubbock	25	9:33	1979
30-34 John Bednarski	Odessa	30	9:32 *	1979
35-39 Brent Tidwell	Lubbock	38	11:14	1986
40-44 Bobby Cunningham	Abernathy	43	10:32	1983
45-49 Jim Leser	Lubbock	49	11:46	1996
50-54 George Jury	Lubbock	51	11:25	1988
55-59 Jim Harris	Hobbs	57	13:24	2000
60 + Jim Harris	Hobbs	60	14:03	2003
Clydes Alonzo Mendoza	Levelland	41	14:28	1999
0-19 Mindy Mayfield	Lubbock	17	12:29 *	1979
20-29 Judy Partin	Lubbock	25	13:13	1987
30-34 Pat Dolan	Lubbock	30	14:09	1980
35-39 Josie Aleman	Lubbock	37	13:58	1989
40-44 Ann Gordhammer	Lubbock	41	14:03	1984
45-49 Cheryl Weber	Lubbock	46	14:49	1999
50-59 Estella Galvan	Brownfield	59	20:17	2002
60+ Estella Galvan	Brownfield	60	19:10	2003
<u>11 MILE (1985) (12 Mile Originally)</u>				
0-19 Brian Brashears	Lubbock	18	1:08:15	1989
20-24 Rodney Hendrix	Lubbock	23	1:00:49 *	1989
25-29 Case Shay	Lubbock	26	1:02:09	2001
30-34 Tim Key	Lubbock	30	1:07:38	1998
35-39 Joe Post	Lubbock	38	1:09:29	1987
40-44 Joe Post	Lubbock	40	1:12:22	1989
45-49 Bobby Cunningham	Abernathy	47	1:11:59	1987
50-54 George Jury	Lubbock	52	1:10:10	1989
55-59 George Jury	Lubbock	58	1:20:25	1995
60 + Tom Bowser	Abilene	62	1:29:59	1989
Clydes Farrell Martin	Lubbock	35	1:16:47	2001
0-29 Leigh Daniel	Lubbock	22	1:11:04 *	2001
30-34 Marjory Stewart	Lubbock	34	1:12:22	1993
35-39 Marjory Stewart	Lubbock	35	1:13:16	1994
40-44 Denise Bray	Lubbock	41	1:25:20	2003
45-49 P.J. Mitchell	Lubbock	47	1:37:30	1992
50-54 Madame Miner	Lubbock	50	1:33:49	2003
55+ P.J. Mitchell	Lubbock	58	1:43:38	2003
<u>5 MILE (1989)</u>				
0-19 Danny Hernandez	Lubbock	16	35:40	1993
20-29 Theo Kurgat (LCU)	Lubbock	20	34:19 *	1993
30-34 David Sumrell	Lubbock	30	34:36	1993
35-39 Brent Tidwell	Lubbock	39	36:11	1997
40-44 Jimmy Samarron	Levelland	42	37:53	1997
45-49 Bobby Cunningham	Abernathy	49	37:00	1989
50-54 Jim Leser	Lubbock	51	37:49	1998
55-59 Ed Craighead	Dalhart	56	40:13	1999
60 + John Stalcup	Lubbock	62	49:25	1995
Clydes Steven Thomas	Morton	22	48:51	2001
0-19 Hope Jimenez	Lamesa	13	44:39 *	1997
20-29 Laurie Welch	Lubbock	29	46:46	1992
30-34 Janda Ibbetson	Lubbock	30	44:22	2000
35-39 Denise Bray	Lubbock	38	45:15	2000
40-44 Melanie McVey	Sundown	41	49:29	2003
45-49 Shirley Wigley	Lubbock	48	55:29	2002
50+ Josie Aleman	Lubbock	51	1:11:10	2003

* Overall Event Records

WEST TEXAS RUNNING CLUB'S

32nd Annual HORSESHOE BEND CANYON SPRING FROLIC
11 MILE, 6 MILE and 2 MILE RACES

EVENT # 5 OF THE W.T.R.C. CHALLENGE SERIES

WHEN:

SATURDAY, May 8, 2004

REGISTRATION: 7:00 to 7:45 A.M., On Site

RACE START: 8:00 A.M.

PRE REGISTRATION: Available, fill out and return entry form or call George Jury at 792-3291 (d) or 792-1237 by 7pm, Friday the 9th, then pay fee race day
Please have exact change if paying race day

WHERE:

HORSESHOE BEND CANYON; North of Slaton, TX,
From Lubbock, take US 84 to the first Slaton exit; turn left at Slaton Gas & Equip. on Golf Course Road, follow the pavement north, 2 miles past the Golf course to the crossroads at the bottom of the canyon

COURSE: 11 Mile; Loop, One long hill between mile 1 & 2
6 Mile; Out & Back, long hill about mile 1 to 2
2 Mile; Out & Back,

AID STATIONS: At least, every 2.5 Miles

AGE DIVISIONS: 11 Mile

MEN: 16-19; 20-24; 25-29; 30-34; 35-39; 40-44;
45-49; 50-54; 55-59; 60-64; 65-69; 70 Plus

WOMEN: 16-19; 20-24; 25-29; 30-34; 35-39; 40-44;
45-49; 50-54; 55-59; 60 Plus

(Special 6-12, 13-15 & 16-19 age groups in the 2 Mile)
(13-15 and 16 to 19 Age Groups in the 6 Mile)

Clydesdales and Athena, 1st Three, Age Graded

AWARDS: Engraved Medallions to the overall winners & medals
to first three finishers in THE AGE GROUP DIVISIONS
DESCRIBED ABOVE and up to 50% of each group (5 max)

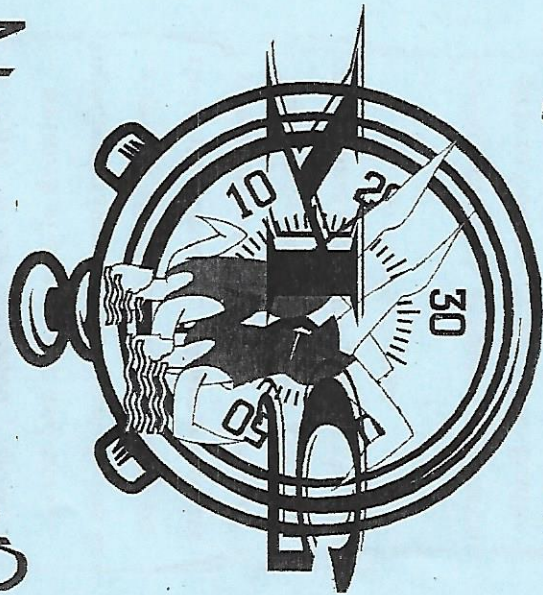
ENTRY FEE: W.T.R.C. MEMBERS \$5.00

OTHERS \$6.00 Race Day, \$10.00 for everyone

RACE DIRECTOR: Randy Holloway, 794-7512 (h) 789-1547 (c)
e-mail, randyholloway@sbcglobal.net

SIXTH ANNUAL

GIRLSTOWN



GALLOP

June 5, 2004

Free BBQ Follows

All proceeds benefit Girlstown, U.S.A.



P.O. Box 135
Whiteface, Texas

REGISTRATION FORM

LAST NAME: _____

FIRST _____

NAME: _____

AGE _____

ADDRESS: _____

CITY/ST: _____

ZIP: _____

In signing this statement I signify that I understand the inherent dangers associated with running and further state that Girlstown, officers, members, or any other persons associated with the promotion of this event, including the sponsors, are not liable for any injury I might incur while participating in the Girlstown Gallop. I agree to run safely at all times. By signing below I acknowledge that I am participating at my own risk and that I or my heirs have no claim for any damages resulting from any injury I might sustain while participating.

DATE: _____ SIGNATURE: _____

PARENT: _____

(if participant is a minor)

Girlstown Gallop 5K Run

Girlstown, U.S.A., with help from WTRC, is hosting the 6TH annual Girlstown Gallop on June 5th. The 5K run will be routed through the Girlstown campus.

There will be age groups for both female and male contestants. The age groups are as follows:

1-12	40-44
13-15	45-49
16-19	50-54
20-29	55-59
30-39	60-99

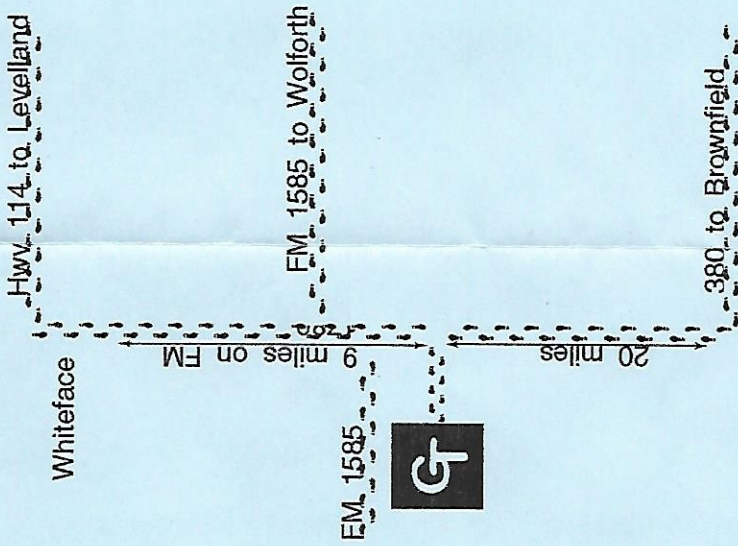
The entry fee for the run is only \$10.00, which includes a free T-shirt for the first 60 entries. Medals will be awarded to the top three winners in each category

Registration for the race is from 8 to 9 am and the race will begin at 9 am. You can also pre-register. A

registration form can be found on the back of this brochure. Be sure to fill it out completely to ensure proper placement in the race, the right size of T-shirt and your correct address is in our database for future events. If you pre-register, be sure to check in at the registration table from 8 to 9 am.

Good luck to all who participate and thank you for your participation. Free Bas-B-Q to follow the race.

To Girlstown



FOCUS ON THE FUTUREAt Girlstown, U.S.A.

Girlstown, U.S.A. was founded in 1949 by Amelia Anthony and became affiliated with Cal Farley's Boys Ranch in 1987. In true community spirit, a network of people live and work together to improve the lives of girls in a setting where girls can develop to their full potential. All programs are designed to bring about a sense of balance to each girl's life. There is continuous readjusting along the way as needs change.

Girlstown, U.S.A. prepares adolescent girls to become responsible family members and successful adults. Our commitment is to support the total development of girls who come to live with us by providing a rural family-styled, Christian environment. Surrounded by loving and caring

**This race is designed to
promote community
involvement in the
Girlstown program.**