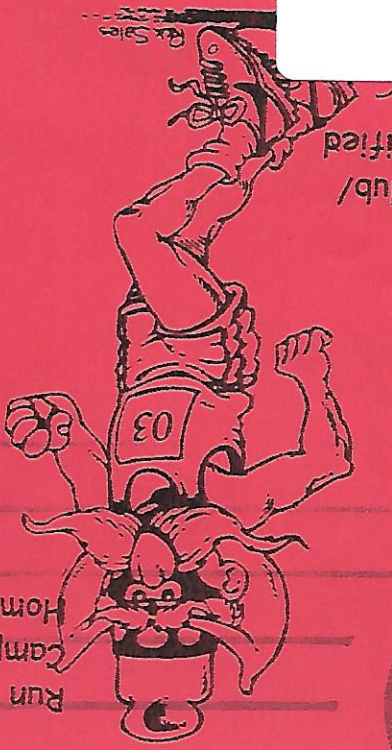


CALENDAR

- * Indicates W.T.R.C. Monthly Race and CHALLENGE SERIES EVENT
- OCT. 2 **RACE FOR THE CURE:** 5K, TTU Campus, Lubbock, 8am, FMI 698-1900
www.koman-lubbock.org
- Oct. 5 **W.T.R.C. Business meeting,** Tuesday, October 5, 2004
7pm, WEST TEXAS PETERBILT, 45th and Ave. "A"
- * OCT. 9 **RED RAIDER ROAD RACE:** TTU Campus, Lubbock, 8:00 am, 10K and 5K
Race Director, Kink Thomas, 797-7734 (n), 749-1850 (d)
- OCT. 16 **PALO DURO TRAIL RUN:** 50 Mile, 50K, 20K, 7am. wbross@arn.net
- OCT. 16 **RED RIBBON RUN:** 5K, MAE SIMMONS PARK, Rose Hoeve, 725-6074
- OCT. 16 **MARATHON 2 MARATHON:** 7am, Alpine, www.RUNTEX.com, 800-959-7863
- OCT. 24 **DUKE CITY MARATHON:** Albuquerque, John Bennett, (505)880-1414
www.dukecitymarathon.com
- OCT. 31 **RIO GRANDE MARATHON:** 7am, Las Cruces, NM, (505) 524-7824
- NOV. 7 **SAN ANTONIO MARATHON:** (210)246-9652, www.samarathon.org
- * NOV. 13 **BUFFALO WALLOW RACES:** Buffalo Springs Lake, Half Marathon & 2
Mile, 9:00 am, FMI call George Jury, 792-3291 (d) 792-1237 (n)
- * NOV. 25 **W.T.R.C. TURKEY TROT:** Mackenzie Park, Lubbock, 9:00 am, 12K
and 2 Mile, FMI call Ron Lubowicz, 745-3955 (d), 748-1855 (n)
- DEC. 5 **TUSCON MARATHON:** Tuscon, AZ, www.tusconmarathon.com
- * DEC. 11 **REDLINE 4 MILE CROSS COUNTRY:** MAE SIMMONS PARK, Lubbock, 10 am
FMI, call Tom Griffin, 698-1503 (h) 747-2579 (w)
- DEC. 12 **WHITEROCK MARATHON:** Dallas, www.runtherock.com
- * JAN. 8 **LOOP THE LAKE 5 MILE:** Buddy Holly Park, 10am, Race Director
Jim Beck, 720-7659 (d), 784-0056 (n)
- JAN. 16 **HP/HOUSTON MARATHON:** (713) 957-3453, www.hphoustonmarathon.com
- JAN. 30 **3M HALF MARATHON:** Austin, (512)984-7223 (www.3M.com/races)
- * FEB. 12 **COTTON PATCH RUNS:** FRENSHIP HIGH, Wolfforth, 9am, 4 & 8 Miles,
David Higgins, Race Director, 795-5823(w), 785-8562(h)
- FEB. 13 **MOTOROLA/AUSTIN MARATHON:** Austin, FMI, call (877) 601-6666
www.motorolamarathon.com
- FEB. 26 **FORT WORTH COWTOWN MARATHON:** FORT WORTH, Call (817) 735-2033
www.cowntownmarathon.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
- APR. 3 **CAPITOL 10,000:** Austin, www.statesman.com/cap10k
- * APR. 10 **FLIGHT LINE RACES:** Reese Center, Lubbock, 8am, 2 M, 10K,
Half Marathon, Jim Harris, Race Director, (505) 392-8945



Run the Texas Tech
Campus as part of Tech's
Homecoming Weekendl



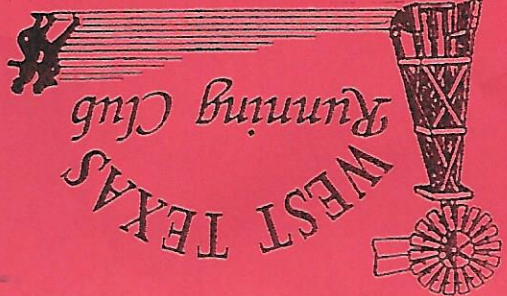
Sanctioned by the
West Texas Running Club/
Course USA T&F Certified

5K & 10K
Road Race



22nd
Annual
Red
Raider
Road
Race

David Higgins
3401 Alcove
Lubbock, TX 79407



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



Red Raider Road Race
8am, October 9, 2004
Lubbock, TX 10K & 5K
Details inside back cover

WEST TEXAS RUNNING CLUB

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Club Historian - James Livermore
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E-mail: jlmore@nts-online.net

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, October 5, 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

I need help finding myself ... or at least my running identity. Not having run a step from mid-February until early September (almost 7 months), I wonder whether I am an ex-runner, or simply a runner who is patiently abstaining until his body heals itself? Up until a few weeks ago, I believed the latter to be true. But now that I have begun trying a mile or two a couple of times a week (with the doctors' permissions), I have to admit that I feel more like a therapy patient than a runner.

My last "real" run was on Ash Wednesday. Within a few days I was literally unable to walk (got to use the wheelchair at the airports tho) and was experiencing pain beyond what I thought pain could feel like. The sciatic nerve to my right leg had been damaged to the point that I effectively lost the use of this leg. My doctor (and WTRC member), Cheryl Weber, said that my case pointed to surgery and this prognosis was confirmed by a pain specialist who administered spinal steroids to reduce the nerve's inflammation. Not wanting to totally lose my conditioning, I took up spinning, kept up my condensed Pilates workouts, and began a limited routine with weights.

Then a good thing happened, my schedule got so busy that I was not able to keep appointments Cheryl had made for me with a couple of surgeons she wanted me to interview. By the time I actually made my first interview, I had a few extra months of "therapy" under my belt: much of my muscle was coming back, and only a slight tingling remained in my foot and toes. I had disqualified myself as a candidate for surgery.

So what's my point? When you have an injury, get a clear understanding of your medical options, figure out your best way to stay tuned and to compensate for your new limitations, and learn to be patient ... let your body try fixing itself first.

SYOTR, Ron

THE SHALLOWATER STAMPEDE 2 MILE & 10 KILOMETER RUNS Shallowater, Texas SEPTEMBER 11, 2004

10K OVERALL RESULTS

PLACE	NAME	TOWN	ST	AG	S	DIV	PLACE	TIME	PACE
1	CHRIS LAYMAN	LAMESA	TX	20	M	1	M2024	36:27	5:53
2	NELL RAFALOVICH	LUBBOCK	TX	24	F	1	F2024	43:23	7:00
3	LAWRENCE SCHOVANEC	LUBBOCK	TX	51	M	1	M5054	43:47	7:03
4	JERRY DWYER	LUBBOCK	TX	44	M	1	M4044	43:49	7:04
5	BILLY WHITEHEAD	LUBBOCK	TX	29	M	1	M2529	43:52	7:04
6	EPI AGUIRRE	LUBBOCK	TX	45	M	1	M4549	44:33	7:11
7	BOB BLAKE	LUBBOCK	TX	40	M	2	M4044	44:43	7:12
8	STEVE NIEMAN	SHALLOWATER	TX	49	M	2	M4549	44:49	7:13
9	JASON MENDOZA	LUBBOCK	TX	19	M	1	M1619	45:00	7:15
10	RUSSEL MARTIN	SHALLOWATER	TX	46	M	3	M4549	45:03	7:16
11	DENISE BRAY	LUBBOCK	TX	42	F	1	F4044	45:27	7:19
12	RANDY HOLLOWAY	LUBBOCK	TX	48	M	4	M4549	45:38	7:21
13	GREG LAYTON	LUBBOCK	TX	26	M	2	M2529	45:56	7:24
14	PAUL PARE	LUBBOCK	TX	42	M	3	M4044	46:39	7:31
15	RONNIE PRIGG	LUBBOCK	TX	53	M	2	M5054	48:05	7:45
16	JEFF BAKER	LUBBOCK	TX	30	M	1	M3034	48:13	7:46
17	MARY BRANSCOME	LUBBOCK	TX	44	F	2	F4044	48:27	7:48
18	DAVID HIGGINS	LUBBOCK	TX	52	M	3	M5054	49:31	7:59
19	RONNIE TROLLINGER	LUBBOCK	TX	44	M	4	M4044	49:51	8:02
20	RALPH WOLF	ABERNATHY	TX	67	M	1	M6569	50:24	8:07
21	DON SANDERSON	TULIA	TX	74	M	1	M7039	51:01	8:13
22	GORDEN JENKINS	AMARILLO	TX	64	M	1	M6064	51:10	8:15
23	SUZANNE RODRIGUEZ	LUBBOCK	TX	29	F	1	F2529	51:12	8:15
24	WARNER ALEXANDER	LUBBOCK	TX	44	M	5	M4044	51:14	8:15
25	RODNEY FRANKLIN	LUBBOCK	TX	44	M	6	M4044	51:57	8:22
26	JIM BURLESON	LUBBOCK	TX	62	M	2	M6064	53:06	8:33
27	JEFF WISE	LUBBOCK	TX	41	M	1	CLYDE	55:03	8:52
28	SANDY PETERS	SHALLOWATER	TX	44	M	2	CLYDE	56:24	9:05
29	YECENIA De AVILA	LUBBOCK	TX	25	F	2	F2529	56:26	9:06
30	JIM WILHELM	LUBBOCK	TX	53	M	4	M5054	58:34	9:26
31	KAMMY PHILBRICK	LUBBOCK	TX	43	F	3	F4044	59:43	9:37
32	MALINDA COLWELL	LUBBOCK	TX	31	F	1	F3034	1:00:28	9:45
33	MIKE HARRIS	LUBBOCK	TX	21	M	2	M2024	1:00:55	9:49
34	SAM PROSE	LUBBOCK	TX	55	M	1	M5559	1:01:11	9:52
35	AUTUMN MOORE	GLOVIS	NM	23	F	2	F2024	1:10:41	11:23
36	MADELEINE TAYLOR	RANSOM CANYON	TX	52	F	1	F5054	1:12:29	11:41
37	PRESTON SMITH	LUBBOCK	TX	58	M	3	CLYDE	1:20:55	13:02

2 MILE OVERALL RESULTS

PLACE	NAME	TOWN	ST	AG	S	DIV	PLACE	TIME	PACE
1	KEN MAYO	MIDLAND	TX	30	M	1	M3034	11:08	5:34
2	J.D. MARTINEZ	SHALLOWATER	TX	17	M	1	M1619	11:42	5:51
3	RENE GONZALES	LEVELLAND	TX	39	M	1	M3539	11:51	5:56
4	SARAH de los SANTOS	SHALLOWATER	TX	15	F	1	F1315	12:46	6:23
5	AL GARDNER	LEVELLAND	TX	48	M	1	M4549	12:55	6:28
6	HOPE JIMENEZ	LAMESA	TX	20	F	1	F2024	13:17	6:39
7	CRAIG JACKSON	LUBBOCK	TX	39	M	2	M3539	13:18	6:39
8	LONDON TERRY	LUBBOCK	TX	25	M	1	M2529	13:34	6:47
9	DREW JONES	SHALLOWATER	TX	14	M	1	M1315	13:34	6:47
10	BRAD EWING	LUBBOCK	TX	40	M	1	M4044	13:35	6:48
11	KIMBERLY HARRISON	SHALLOWATER	TX	16	F	1	F1619	14:00	7:00
12	JENNA BURTON	SHALLOWATER	TX	15	F	2	F1315	14:00	7:00

THE SHALLOWATER STAMPEDE
2 MILE OVERALL RESULTS (Continued)

PLACE	NAME	TOWN	ST	AG	S	DIV	PLACE	TIME	PACE
13	IRIS RIVERO	LUBBOCK	TX	29	F	1	F2529	14:10	7:05
14	KAYCEE GORMAN	SHALLOWATER	TX	17	F	2	F1619	14:17	7:09
15	AARON DIAZ	LUBBOCK	TX	29	M	2	M2529	14:25	7:13
16	DAVID MOYA	LUBBOCK	TX	31	M	2	M3034	14:30	7:15
17	DARCY JONES	SHALLOWATER	TX	14	F	3	F1315	14:36	7:18
18	ARTURO REYES	WOLFFORTH	TX	43	M	2	M4044	14:39	7:20
19	KALLI KITCHENS	SHALLOWATER	TX	15	F	4	F1315	14:46	7:23
20	SAMANTHA MARTINEZ	SHALLOWATER	TX	17	F	3	F1619	14:54	7:27
21	TROY COURVILLE	SHALLOWATER	TX	15	M	2	M1315	14:55	7:28
22	KEELI BOYLES	SHALLOWATER	TX	14	F	5	F1315	14:56	7:28
23	ALLEN FRANCO	MIDLAND	TX	32	M	3	M3034	14:59	7:30
24	ROBERT HARRIS	LUBBOCK	TX	24	M	1	M2024	15:00	7:30
25	ROD BURGETT	SHALLOWATER	TX	39	M	3	M3539	15:08	7:34
26	CODY MILLER	LUBBOCK	TX	38	M	4	M3539	15:24	7:42
27	SCOTTY ELSTON	SHALLOWATER	TX	43	M	3	M4044	15:24	7:42
28	CARRIE BADILLO	LUBBOCK	TX	27	F	2	F2529	15:28	7:44
29	TONY RODRIGUEZ	BROWNFIELD	TX	14	M	3	M1315	15:33	7:47
30	BRITTNEY BIXLER	SHALLOWATER	TX	16	F	4	F1619	15:41	7:51
31	TOM GRIFFIN	LUBBOCK	TX	55	M	1	M5559	15:55	7:58
32	ADAM SMITH	SHALLOWATER	TX	14	M	4	M1315	15:58	7:59
33	ALBERT PADILLA	SHALLOWATER	TX	15	M	5	M1315	16:06	8:03
34	ELIZABETH MARBURGER	SHALLOWATER	TX	16	F	5	F1619	16:15	8:08
35	ASHLEY GARCIA	SHALLOWATER	TX	17	F	6	F1619	16:23	8:12
36	BARBIE MARTINEZ	SHALLOWATER	TX	14	F	6	F1315	16:27	8:14
37	SARA WARREN	SHALLOWATER	TX	11	F	1	F0112	16:42	8:21
38	STAN WARREN	SHALLOWATER	TX	46	M	2	M4549	16:46	8:23
39	KIMMY GARCIA	SHALLOWATER	TX	14	F	8	F1315	16:50	8:25
40	JONAH SCHULTZ	SHALLOWATER	TX	14	F	8	F1315	16:55	8:28
41	KRISTIN WARREN	SHALLOWATER	TX	23	F	2	F2024	17:42	8:51
42	ANGELA FRANCO	MIDLAND	TX	27	F	3	F2529	17:43	8:52
43	KAITLIN LEE	SHALLOWATER	TX	16	F	7	F1619	18:00	9:00
44	RODRIGO GARCIA	LUBBOCK	TX	30	M	4	M3034	18:04	9:02
45	KARA BENTON	SHALLOWATER	TX	14	F	9	F1315	18:06	9:03
46	ESTELA GALVAN	BROWNFIELD	TX	62	F	1	F6099	18:09	9:05
47	SHELBI RICHARDSON	SHALLOWATER	TX	16	F	8	F1619	18:12	9:06
48	SHELLY TARTER	SHALLOWATER	TX	15	F	10	F1315	18:15	9:08
49	TORI VASQUEZ	SHALLOWATER	TX	14	F	11	F1315	18:16	9:08
50	VANESSA REASONER	LUBBOCK	TX	35	F	1	F3539	18:26	9:13
51	MICHELLE TERRY	LUBBOCK	TX	22	F	3	F2024	18:27	9:14
52	DESIREA SAUCEDA	SHALLOWATER	TX	14	F	12	F1315	18:45	9:23
53	KASSIE WRIGHT	SHALLOWATER	TX	15	F	13	F1315	18:54	9:27
54	COURTNEY BELL	SHALLOWATER	TX	15	F	14	F1315	18:54	9:27
55	JORDUN SCOTT	SHALLOWATER	TX	14	F	15	F1315	18:55	9:28
56	EMILY BREEDLOVE	SHALLOWATER	TX	15	F	16	F1315	19:27	9:44
57	KRISTINA KLYBURN	SHALLOWATER	TX	14	F	17	F1315	19:28	9:44
58	JORDAN RITCHIE	SHALLOWATER	TX	14	F	18	F1315	19:28	9:44
59	ASHLEY HOLLAND	SHALLOWATER	TX	14	F	19	F1315	19:33	9:47
60	KAMERON GATES	SHALLOWATER	TX	17	F	9	F1619	19:37	9:49
61	JOSIE ALEMAN	LUBBOCK	TX	53	F	1	F5054	19:44	9:52
62	HANNAH LAYMAN	HEREFORD	TX	11	F	2	F0112	19:48	9:54
63	JOHN STALCUP	LUBBOCK	TX	71	M	1	M7099	20:20	10:10
64	JIM HARRIS	HOBBS	NM	61	M	1	M6064	20:26	10:13
65	ELAINE CODDINGTON	LUBBOCK	TX	46	F	2	F4549	21:00	10:30
66	SCOTT SHANNON	LUBBOCK	TX	56	M	2	M5559	21:01	10:31
67	SUZAN CAUDLE	LUBBOCK	TX	51	F	1	ATHEN	21:53	10:57
68	BARBARA PEREZ	LEVELLAND	TX	42	F	1	F4044	22:50	11:25

W.R.T.C. 2004 CHALLENGE SERIES
STANDINGS AFTER 9 EVENTS

YTD TOTALS		MALE		YTD TOTALS		MALE				
AGE	PTS	MILES	EVT	VOL	AGE	PTS	MILES	EVT	VOL	
0 - 12 MALE	9	9	2	1	45 - 49 MALE	47	57	74.5	8	
Austin Martin	10	9	2	1	Randy Holloway	45	54	35.4	7	
Tyler Schovaneck	9	8	2	1	Jay Keith	45	47	33.3	5	
Cody Schovaneck	AGE	PTS	MILES	EVT	VOL	Epi Aquirre	48	36	26.2	5
13 - 15 MALE	15	51	21	6	*	Richard Akers	49	29	21.2	3
John Keith	14	20	10.2	2	*	Dwayne Oakley	47	28	51.5	7
Drew Jones	13	11	6	2	*	Russel Martin	45	27	16.4	3
Tony Rodriguez	16-19 MALE	17	5	5	1	Atlan Patton	49	26	43.1	6
Aubrey Thomas	20 - 24 MALE	21	9	4	1	Mike Morris	48	21	58.5	7
Brian Doss	25 - 29 MALE	25	35	24.4	4	Wade Wilson	45	20	14	2
Greg Layton	27	30	29.1	3	Lawrence Schovaneck	48	19	6	2	
Richard Lombardini	25	18	24.1	2	Jim Wilhelm	49	16	10.4	2	
Matthew Jordan	25	8	5	1	David Higgins	46	7	13.1	1	
Jerred Hurst	30 - 34 MALE	31	58	16	6	Ronnie Prigg	45	6	13.1	2
David Moya	32	26	7	3	Frank Sumpler, Sr.	51	7	33.1	4	
Kevin Sweeney	29	21	16.2	2	Tom Weis	52	0	68.5	9	
Allen Franco	33	8	12	2	Tony Aleman	55	46	53.3	6	
Chance Payton	38	20	19	2	Mike Kelley	56	40	47.4	7	
Mike Trevino	35	26	16.2	3	John Trompler	55	30	68.4	7	
Pete Torres	37	15	11.2	2	Tom Griffin	55	30	33.3	5	
35 - 39 MALE	36	63	31.1	6	Sam Prose	56	17	26.2	4	
Tim Key	39	54	38.2	7	James Livermore	57	13	29.3	4	
Craig Jackson	38	20	19	2	Ron Nugent	59	6	5	1	
Robert Ortega	35	9	11	1	Dick Baker	** = RACE DIRECTOR				
Mike Dotson	35	9	11	1	* = VOLUNTEER					
Cody Scott	38	7	5	1						
David Steadman	41	56	50.4	7						
Daniel Gonzales	44	50	47.6	6						
40 - 44 MALE	40	44	40.5	5						
Stacy Conner	40	35	18.6	4						
Jerry Dwyer	41	10	6	1						
Bob Blake	44	9	11	1						
Brent Lowrey	44	8	4	1						
Chris Longren										
Alan Payne										

W.R.T.C. 2004 CHALLENGE SERIES
STANDINGS AFTER 9 EVENTS

MALE (continued)

AGE	PTS	MILES	EVT	VOL	AGE	PTS	MILES	EVT	VOL
60 - 64 MALE					65 - 69 MALE				
Gorden Jenkins	63	66	58.3	7	Ralph Wolf	66	79	56.6	9 *
Jim Burleson	61	59	46.6	7	Bill Felton	69	47	27.2	6 *
Jim Harris	61	50	20	6 *	Mike Greer	65	33	23.2	4
Ron Lubowicz	61	20	28.2	6 *	Bill Roger	65	18	21.4	2 **
James Bone	64	18	8	2 *	Jimmie Key	66	17	37.3	4 *
Larry Byrd	62	0	19.3	1 *	James Bone	65	9	3	1
					George Jury	67	0	73.5	9 *
70 - 99 MALE					CLYDESDALE - age graded				
Don Sanderson	74	60	39.3	7	Jeff Wise	40	64	50.4	8 *
John Statcup	70	28	9	3	Farrell Martin	37	40	30.1	4
Tom Bowser	77	10	6.2	1	Jim Beck	44	34	38.1	5 **
John Owens	75	9	2	1	Adam Puckett	32	28	31	4 **
Hugh Haynes	72	0	11	1 *	Rick Lampe	59	27	25.2	5 *
					Jay Jacobus	30	26	17.2	3
					Ed Dabrowski	46	19	5	2
					James Layman	38	18	47.3	6 *
					Jason Helton	32	15	7	2
					Wayne Ivey	35	10	11	1

FEMALE

AGE	PTS	MILES	EVT	VOL	AGE	PTS	MILES	EVT	VOL
0 - 12 FEMALE					40 - 44 FEMALE				
Hanna Layman	11	77	29	3 *	Marsha Bennett	40	66	56.1	7
Jessye Raye Rodriguez	11	20	10	3 *	Mary Branscome	44	48	32.4	5
Allison Martin	7	9	2	1	Melanie McVey	42	30	15	3
					Cynthia Pederson	44	17	8	2
16 - 19 FEMALE					Debbie Wilson	42	0	28.1	3 *
Alyssa Preston	16	31	10	3	Ida Sumpter	44	0	22	3 *
Melissa Doss	19	20	9	2	45 - 49 FEMALE				
Meagan Mills	19	10	2	1	Ann Hodges	46	55	46.3	8 *
					Martha Martinez	48	30	7	3
20 - 24 FEMALE					Marti Greer	45	20	10.2	2
Autumn Moore	23	38	36.6	7 *	Jennifer Sunseri	45	10	13.1	1
					Ernie Dolson	46	9	4	1
25 - 29 FEMALE					50 - 54 FEMALE				
Angela Franco	26	59	32.4	7 *	Madonne Miner	51	71	53.4	8 *
Iris Rivero	28	59	31.4	6	Etta Meyer	54	67	67.3	8 **
Mandy Cleavinger	25	15	7	2	Josie Aleman	52	57	36	9 *
					Shirley Wigley	50	38	28.5	5
30 - 34 FEMALE					Connie Berlingeri	50	9	5	1
Malinda Colwell	30	38	28.4	5 *	65 - 69 FEMALE				
Heather Szostak	33	30	32.1	3	P.J. Mitchell	59	0	13.1	1 *
Jill Jacobus	30	29	17.2	3	Mary Harris	58	0	6.2	1 *
Brandy Key	31	25	15	3	60 - 99 FEMALE				
Kelley Rodgers	30	19	11	2	Estrella Galvan	61	40	11	5 *
Marianne Miller	30	18	6	2	Athens				
Cathy Paden	33	17	21	3 *	Susan Caudle	51	70	28	8 *
Rebecca Puckett	33	0	15	2 *	** = RACE DIRECTOR				
35 - 39 FEMALE					* = VOLUNTEER				
Julie Lawley	39	40	32.4	5 *					
Vanessa Reasoner	35	19	6	2					
Lourdes Juan	37	18	14.2	2					
Becky Rowley	39	11	5	1					
Hermithia Ortega	36	10	2	1					
Lisa Garner-Santa	35	8	8	5					

Shallowater Stampede
Director's Report—Dwayne Oakeley

The 16th Annual Shallowater Stampede took place on Saturday, September 11, 2004. We had 68 2-mile runners and 37 10K runners. This number is up a bit from last year. (very good considering the number of other events being staged this particular weekend). Our overall winners this year were: Chris Layman, 10 K-Male, with a time of 36:27; Nell Rafalovich, 10-K Female, with a time of 43:23; Ken Mayo, 2-Mile Male, with a time of 11:08; and, Sarah DeLosSantos, 2-Mile Female, with a time of 12:46. (Sarah was our 2-mile winner last year and she took almost a minute off of her time - way to go, Sarah!)

I want to give special thanks to the many volunteers who assisted with the race. There is no way this (or any) race could be done without all of the many helpers. Volunteers from the WRTC included: Judy Lawley, George Jury, Tony Aleman, Mike Morris, Mary Harris, John Trompler, Tom Griffin, and Ron Lubowicz. Additional volunteers on the course were senior parents of the Shallowater High School Class of 2004. We are always grateful for their support of our race. The Stampede T-shirts are their biggest fundraiser for the Substance-free Graduation Party, sponsored by these parents each year. Thanks, Ron, for bringing out the bagels and bananas. A new addition to the post-race snack table was Starbucks Coffee. Starbucks was one of the sponsors for the T-shirts and they picked our race to benefit from their quarterly community service project. Thanks also to Sheri Oakeley and Dustin Oakeley. See you next year! - Dwayne

At the Races

Wade Wilson recently had a very successful Ironman Canada. The event held in Penticton, British Columbia on August 29th had over 2100 competitors. Wade finished 199th overall, and 10th of 226 in his age group with a great time of 10 hours 46 minutes. Most importantly, Wade captured a qualifying slot for the Ironman Hawaii Championship to be held October 16th. Congratulations to Wade and also to area athletes Shanna Armstrong (12 hrs 30 min) and Allison Morris Workman (15 hrs 27 min).

Farrell Martin completed the 2004 New Mexico marathon held September 5th in 3:30:06. That was the 12th fastest time overall in a field of 162 athletes. To view complete results go to www.newmexicomarathon.org. A photo gallery is included where you can find a picture of Farrell nearing the finish line.

I have not been able to find any results posted for this year's Amarillo Mayor's Half Marathon posted anywhere on the web. We probably had club members who competed. If anyone can help me find results please send the information to trompler@cox.net.

Members on the Move

Tim and Brandy Key are letting everyone know they are moving to the San Antonio area soon. Brandy has taken a position with Merck Pharmaceuticals and is currently involved in training for her new job. Tim is enrolled at Tech so he plans to stay in Lubbock until December. They have already listed and sold their home. We will all miss Tim and Brandy, but who knows, we may see them somewhere at the races in the future.

George and Pat Jury will also be moving soon. Fortunately, for the Club, they are simply moving to a new home being built here in Lubbock. They hope to be in their new home at 3807 75th Place sometime after October 15. All race entry forms should be mailed to the office address, 4808 50th Street, Lubbock, TX 79414.

Red Raider Road Race Volunteer Opportunities

We provided the following information in last month's newsletter regarding volunteer positions needed for the Red Raider Road Race. For those of you who may have missed it--race Co-director Kirk Thomas is looking for help in the following areas:

Registration and packet pickup from 10 am to 6 PM on Friday, October 8 at RUN TECH's store on Broadway.

Race Day: Registration and packet pickup from 8 AM at the Student Recreation Center
 Course setup early race day morning and course take down following the race
 Finish line workers--timers and tag pullers
 Coordinator for race course volunteers (TTU students)
 Delivery of water and cups to aide stations

To volunteer, or to get further information, please contact Kirk Thomas at 749-1850 (daytime work number), 797-7732 (evenings), or via e-mail at ktthomas@statenationalbank.com.

Odds and Ends

Thanks go to Jimmie Key for once again repairing an important piece of our electronic equipment, the digital display clock.

We also wish to thank Bob Blake and other members of the Scholarship Committee for their work in reviewing this year's applications and referring three candidates to the Board for confirmation at next month's meeting.

70 year old runs 37:31 10K and 2:54 Marathon

Canadian Ed Witlock ran a new master's age group (70-74) record of 37:31 at the Toronto Island 10 K Race held Saturday, September 11. This time eclipsed Whitlock's best earlier time of 38:04. In the Toronto race, Ed finished 10th overall in a field of 645 runners. Whitlock gathered national and international attention when he became the first 70 year old to run the marathon in under three hours (2:59:10). As I write this piece on Whitlock it is Sunday, September 26, and Mr. Whitlock's time has been posted at the Scotiabank Toronto Waterfront Marathon---a remarkable 2:54:48! Ed finished 26th overall in a field of 1756 finishers. No need to check the age group tables on this performance because it is well over 100. The time is a new world age group record by over four minutes! I have found little detail about Ed Whitlock's training methods except that he advises fellow runners to run "as much as you can." I think we can expect to see more stories and interviews forthcoming on this amazing runner.

Core Strength Training and Running

John Trompler

There has always been a good deal of debate about the need for strength training for long distance runners and, even more frequently, the specific type of strength training that will yield the best results. Conventional wisdom says that strength training, in some form or another, is a positive adjunct to long distance running. Some have claimed dramatic performance enhancements with strength training, others tout it primarily to promote muscular balance to prevent injuries. Most experts, however, advocate runners engage in some form of systematic strength training. After that, consensus of opinion begins to break down. Agreement on issues related to frequency of sessions, intensity of workouts, and timing of the training as related to running activities, are hard to find. What type of equipment do you use (free weights, machines, balls, bands, etc)? Or can you use the body itself as resistance? And which muscle groups do you target?

While absolute consensus is impossible to find, it seems clear to me that there has been an emerging emphasis in running and other forms of athletics on core strength training. "Core" strength training is a program designed to improve the power and flexibility of the muscles in the hips, stomach, back, and upper torso. The theory is that these muscles are an anchor point for movement involving the legs and arms that are used in running. A strong core (that area between the shoulders and pelvis) allows a runner to better absorb impact upon foot strike, and serves to enhance power as the hip rotates and the opposite leg swings forward. Furthermore, this is an area of training that is often inadequately addressed by many runners. So, how do you train this group of "core" muscles? Well, there are numerous approaches, but I'm out of space this month, so look for further information in an upcoming newsletter.

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RED RAIDER ROAD RACE
10K EVENT RECORDS
Since 1982

NAME	AGE	TIME	YEAR	TOWN
Veronica Cavazos	18	38:48	1982	Lubbock
Idalia Castano	23	41:22	1991	Lubbock
Beverly Watkins	28	37:52	1983	Amarillo
Marjory Stewart	34	36:43	1993	Lubbock
Marjory Stewart	35	37:41	1994	Lubbock
Bobby Jester	40	44:41	1994	Amarillo
Colleen Isdale	45	46:45	1996	Belton
Madonne Miner	50	45:42	2003	Lubbock
Rebekah Lee	23	1:02:34	2000	Lubbock
WOMEN				
TOWN				
Richard Oropeza	19	33:04	1988	Lubbock
Red Cloud	23	31:29	1984	Lubbock
Michael Njenga	26	30:57	1998	Lubbock
James Mays	32	33:01	1991	Lubbock
Scott Brickerd	35	32:19	1988	Lubbock
Bobby Cunningham	42	34:52	1982	Abernathy
Ron Lubowicz	45	35:33	1988	Lubbock
George W. Jury	50	37:23	1986	Lubbock
George W. Jury	56	39:15	1992	Lubbock
Don Sanderson	64	43:46	1994	Tulia
Ralph Wolf	66	51:04	2003	Abernathy
Don Sanderson	71	48:26	2001	Tulia
Farrell Martin	37	39:53	2003	Lubbock
MEN				
TOWN				

5K EVENT RECORDS
(Since 1988)

NAME	AGE	TIME	YEAR	TOWN
Hope Jimenez	12	20:40	1996	Lamesa
Brionne Yosten	19	18:25	2002	Lubbock
Bridget Tidwell	20	17:44	2002	Lubbock
Brenda Lauten	29	19:52	1994	Houston
Kay Schmidt	34	20:39	1992	Alpine
Brenda Lauten	37	21:09	2002	Houston
Caylene Caddell	43	20:54	1995	Lubbock
Caylene Caddell	45	21:45	1997	Lubbock
Caylene Caddell	50	22:28	2002	Lubbock
Rebecca Zacharias	29	28:19	2001	Lubbock
WOMEN				
TOWN				
Ryan Maney	15	17:21	2001	Tulia
Kyle Atwood	18	16:15	2002	Lubbock
Dwayne Benoit	20	15:52	2002	Lubbock
Tim Green	26	16:20	1991	Lubbock
Martin Leodgard	31	15:44	1995	Lubbock
Bob Finn	39	16:57	1994	Big Spring
Tony Collins	44	17:43	1994	Pittsburg
James Leser	47	17:54	1993	Lubbock
Ed Craighead	52	18:41	1995	Dalhart
Gary Schmidt	55	18:48	1992	Alpine
Don Sanderson	63	21:11	1993	Tulia
David Lard	66	22:23	2003	Amarillo
Don Sanderson	73	25:25	2003	Tulia
Douglas Gardner	30	19:58	1995	Lubbock
MEN				
TOWN				

* Overall Men's and Women's event records

WEST TEXAS RUNNING CLUB'S
23rd ANNUAL RED RAIDER ROAD RACE
10K and 5K RUNS
USA T&F CERTIFIED
10K #TX97071ETM 5K #TX97070ETM

EVENT NUMBER 10 of the WTRC CHALLENGE SERIES

WHEN: SATURDAY, October 9, 2004

RACE START: 8:00 A.M., 10K and 5K

WHERE: TEXAS TECH UNIVERSITY CAMPUS, Lubbock, Tx
University Recreation Center, Main and Hartford

COURSE: 5K, Flat, Single Loop of Campus on Asphalt
10K, Double Loop of Same Route

ENTRY FEE: Pre Registration: by mail or walk in at
Run Tech, 2409 Broadway, 10am-6pm to Oct. 7th, \$15
(WTRC members pre register for \$12 to Oct. 7th)
(May pick up packets/T Shirts Oct. 4th to 8th at
Run Tech, 2409 Broadway also)

Late Reg; Friday, Oct. 8th, also at Run Tech
10am to 6pm, \$20 (everyone)

Raceday; 6:30 to 7:30 A.M. only, \$25
Student Recreation Center, Main and Hartford
AGE DIVISIONS: 10K

MEN: 13-19; 20-24; 25-29; 30-34; 35-39; 40-44;
45-49; 50-54; 55-59; 60-64; 65-69; 70 Plus

WOMEN: 13-19; 20-24; 25-29; 30-34; 35-39; 40-44;
45-49; 50-54; 55-59; 60 Plus
(Additional 6-12, 13-15 & 16-19 age
groups in the 5K)

AWARDS: 1st Place Male and Female as well as 1st
Master(Age Graded) each race receive a special
Plaque. 1st 3 in each Age Group receive medals
Clydesdales/Athena, 1st 3 each race (Age Graded)
Long sleeved T Shirts to all entrants

VOLUNTEERS: Are needed, Call Kirk Thomas

RACE DIRECTOR: Kirk Thomas, 797-7732(n) 749-1850(d)

23rd Annual Red Raider Road Race

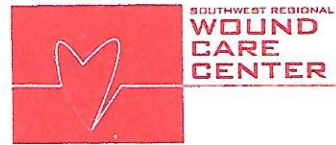
5K & 10K
Road Race

Run the Texas Tech
Campus as part of Tech's
Homecoming Weekend!
October 9, 2004



T-Shirts
Awarded
To All
Registrants.

Sanctioned by the
West Texas Running Club/
Course USA T&F Certified



Sponsored by:



TEXAS TECH ALUMNI
ASSOCIATION



Center for
Orthopedic Surgery



West Texas Running Club

Benefiting the Texas Tech / West Texas Running Club Scholarship Fund

Red Raider Road Race 2004

Texas Tech Alumni Association

W.T.R.C.

% Run Tech

2409 Broadway

Lubbock, TX 79401

23rd Annual Red Raider Road Race

Date: Saturday, October 9, 2004

Starting Time: 8:00 a.m.

Registration: Save \$ - Enter Early! Until October 7, 2004 - \$15* Entry fee payable to the West Texas Running Club.
*Please add \$2 if you want an XXL T-shirt – (for the first 12 entrants) Mail in before Oct. 2nd!

Walk-In Registration & Packet Pick Up: Weekdays and Saturday at **Run Tech, 2409 Broadway** 10:00 am – 6 p.m.
Packet and Tee Shirt pickup for pre-registered entrants also at Run Tech from October 4th through 8th.

Late Registration: \$20 – Friday, October 8, 10 a.m.– 6 p.m. at **Run Tech, 2409 Broadway.**

Race Day Registration & Packet Pick-Up: \$25 – Saturday, October 9, 6:30 a.m.–7:30 a.m. ONLY!
At Race site, inside Student Recreation Center (Main & Hartford)

Divisions:

Men: 19 & Under; 20-24; 25-29; 30-34; 35-39; 40-44; 45-49; 50-54; 55-59; 60-64; 65-69; 70 & over

Women: 19 & Under; 20-24; 25-29; 30-34; 35-39; 40-44; 45-49; 50-54; 55-59; 60 & over

Special Divisions: Clydesdale/Athena, both races: Men 190 lbs. +; Women 150 lbs. +
5K – 12 & under; 13-15; 16-19

Start/Finish: Student Recreation Center

Aid Stations: At 2, 3 & 5 mile marks

Split Times: at 1 mile
(Main and Hartford)

Course: Both the 5K & 10K Road Race will be run on the Tech Campus, with the start and finish at the Student Rec Center. A map of the course will be included in the registration packet. **NOTICE:** In the event that the TTU vs. Nebraska football is scheduled for a noontime kickoff, an off-campus course must be utilized. Call or e-mail the Race Director for updates.

Awards: 1st Place overall Male and Female winners will receive a custom engraved plaque. Also best Master in each race (age graded) will receive a custom engraved plaque. Medallions will be presented to the first three finishers in each age/sex race class. Awards will also be given to the first three, age graded, in each race in the Clydesdales division.

Award Ceremony: Presentation at 9:30 a.m. at the Finish Line

Corporate Sponsors: Brunson Brick & Stone, Cardinal's Sports Centers, Center for Orthopedic Surgery, Pan-Tex Plywood and Lumber Co., State National Bank, Southwest Regional Wound Care Center, Stock Building Supply, Texas Tech Alumni Association.

Please make checks payable to the West Texas Running Club.

For more info call: Kirk Thomas @ 806/749-1850 (d) or 797-7732 (n) e-mail, kthomas@statenationalbank.com

Detach & Return to: RRRR/WTRC, % Run Tech, 2409 Broadway, Lubbock, TX 79401

First Name	MI	Last Name	Age on race day	Sex
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	M F
Address			S M L XL XXL	T-shirt Size (adult) Add \$2 for XXL
<input type="text"/>			Circle Size and Gender	
City	State	Zip code	Make checks payable to: West Texas Running Club	
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	
Area Code	Daytime Phone Number	Entered Event		
<input type="text"/>	<input type="text"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
		5K	10K	Clydesdale/Athena
				FOR OFFICIAL USE ONLY

Warning: Participation in the Red Raider Road Race can be a threat to the health of individuals who are not in proper condition and health.

WAIVER STATEMENT: West Texas Running Club, Texas Tech Ex-Students Assn., Texas Tech University, all corporate sponsors of the event, the employees, 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 damage to or loss of property, arising out of or attributed, directly or indirectly, to participate in the Red Raider Road Race 5K/10K Run. This indemnity shall extend to and shall be binding on my 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. THIS ENTRY IS NOT VALID UNLESS SIGNED BY THE ENTRANT, GUARDIAN, CONSERVATOR, OR PARENT FOR ENTRANTS UNDER 18 YEARS OLD, RRCA rules prohibit skates, strollers, dogs, etc.

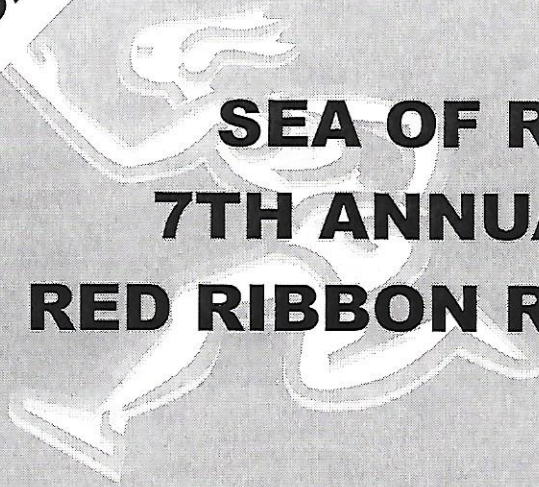
Signature of Entrant _____

Signature of Guardian (minors) _____

NOTICE - CHANGE OF LOCATION

Red Ribbon Run

SEA OF RED 7TH ANNUAL RED RIBBON RUN



**Sponsored by: West Texas Running Club,
Covenant Health System, and the Sea of Red Committee**

Mail Pre-registrations to Safe & Drug Free Schools C/O Sara Wilson 1628 19th Street Lubbock, TX 79401 For questions call Sara Wilson 766-1968	When: Registration: Race Starts: Where:	Saturday, October 16, 2004 8:00-8:45 a.m. 9:00 a.m. Mae Simmons Park 19th & MLK (East Side of MLK)
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Make checks payable to West Texas Institute

Entry Fee: Pre-registration \$10.00 if post marked by October 8, 2004. Late registration \$12.00, \$25.00 for school groups (including 2 sponsors). T-shirts will be given to the first 100 registrants. Age group awards will be given. Traveling tro-



Waiver – All entrants must read and sign

The West Texas Running Club, Sea of Red Committee, agents, or representative of the run, or any volunteer shall not be responsible for, and shall be saved and held harmless by myself, from and against any and all claims and damages of every kind, for injury to, for death of any person or persons and for damages to or loss of property arising out of or attributed to indirectly, to participants in the 2004 Red Ribbon Run. This indemnity shall extend to and shall be binding on their heirs, legatees, administrators, and assigns. My signature hereto verifies that part 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 of age.

Signature of entrant _____

Signature of guardian (if minor) _____

Date of Birth _____ / _____ / _____ Male _____ Female _____ T-shirt Size _____

Name _____ Address _____ City _____ ZIP _____

Home Phone _____ Race Distance _____ 5K _____ 1ML _____ Fun Run/Walk _____