

CALENDAR

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

APR 2 THE RACE FOR LIFE: LAMESA, 10K & 5K, Richard Winford 806-759-8775 or Jerry Stuart 806-759-8245

APR 4 W.T.R.C. Business meeting, Monday, April 4, 2005 7pm, WEST TEXAS PETERBILT, 45th and Ave. "A"

* APR 16 RUN FOR THE ARTS: Lubbock, 15K and 2 Mile, 8am, Lubbock Mem Civic Ctr. Race Director Tom Weis, 928-0482, tweis@unitedtexas.com

APR 23 Prairiedogpatooza: 5k run/walk, 8am, Clovis Community College. Call Autumn Moore at 505.769.4007 for more information.

APR 24 OKLAHOMA CITY MEMORIAL MARATHON: www.okmarathon.com

MAY 7 BUFFALO SPRINGS LAKE TRAIL RUNS: 10K & 5K, 9:00am, David Preston, 806-798-3008

* MAY 14 HORSESHOE BEND SPRING FROLIC: 8am, N. of Slaton, 11, 6 and 2 Mile Races, Race Director, Randy Holloway, 794-7512(h), 789-1547(c) e-mail randyholloway@sbcglobal.net

MAY 28 LONE STAR PAPER CHASE MARATHON: Amarillo, (806) 345-3451

JUNE 4 GIRLSTOWN GALLOP: 5K, 9AM, Whiteface, Steve Reynolds, 806-229-6361

* JUNE 11 BOBBY BIRDSON MEMORIAL LEVELLAND LOPE: Levelland, 8am 10K and 2 Mile, Race Director Bill Roger, 894-7911

JUNE 26 BSL HALF IRONMAN TRIATHLON: Greers, 796-8213, 829-2163 www.buffalospingslaketriathlon.com

* JULY 4 36th ANNUAL FIRECRACKER RUN: Brownfield, 8am; 10 Mile and 3 Mile, kids 1 Mile, Jfm Hamis, Race Director, (505) 392-8945

* AUG. 13 HOT DAM 5 MILLER: Canyon Lake 6, Lubbock, (also 1 Mile Children's Run) 8:00 am, Etta Mayer, Race Director, 742-2907

* SEPT 10 SHALLOWATER STAMPEDE: 10K and 2 Mile, 6:00 am, Shallowater High School, Dwayne Oakeley, Race Director, 799-4473

OCT. 8 RACE FOR THE CURE: 5K, TTU Campus, Lubbock, 8am, FMI 698-1900 www.komen-lubbock.org

* OCT. 15 RED RAIDER ROAD RACE: TTU Campus, Lubbock, 8am, 10K/5K

* NOV. 12 BUFFALO WALLOW RACES: Buffalo Springs Lake, Half Marathon & 2 Mile, 9:00 am, FMI call Mike Morris, 787-6837

NOV. 13 SAN ANTONIO MARATHON: (210)246-9652, www.samarathon.org

* NOV. 24 W.T.R.C. TURKEY TROT: Mackenzie Park, Lubbock, 9am, 12K & 2 Mile, FMI call Ron Lubowicz, 745-3955(d), 748-1855(n)

* DEC. 10 REDLINE 4 MILE CROSS COUNTRY: MAE SIMMONS PARK, Lubbock, 10am. FMI, call Tom Griffin, 698-1503 (h) 747-2579 (w)

<http://wttrc.tripod.com>

For Membership, Calendar, Race Results, etc.

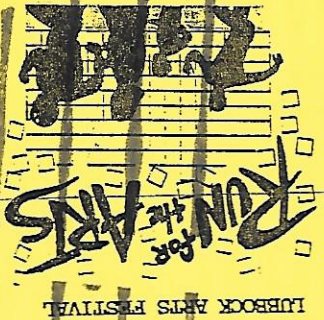


John Trompler, Newsletter
5406 86th Street
Lubbock, TX 79424
April 2005



Run for the Arts
Saturday, April 16, 2005
Civic Center, Lubbock, TX
Details Inside Back Cover

David Higgins
3401 Alcoce
Lubbock, TX 79407



WEST TEXAS RUNNING CLUB

OFFICERS

President - Ron Lubowicz
748-1855
Email: ronlubo@aol.com

Internal Vice-President - Madonna Miner
797-7383
Email: m.miner@ttu.edu

External Vice-President - Randy Holloway
794-7512 (O) 771-0329
Email: randyholloway@sbcglobal.net

Secretary - Tom Weis
928-0482
Email: tweis@unitedtexas.com

Treasurer - David Higgins
785-8562 (O) 795-5823
Email: d_higgins69@hotmail.com

Immediate Past President - Mike Kelley
765-0441
Email: mkellynrun@yahoo.com

RC Web Address:
http://wtrc.tripod.com

DIRECTORS

Newsletter Director - Bill Felton
(H) 866-9300
E-mail: bicafelton@hotmail.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: dsoakeley@nts-online.net

Race Calendar Director - Suzan Caudle
(H) 799-3813
E-mail: suzieq5279407@yahoo.com

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

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

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

W.T.R.C. RACES ARE USUALLY HELD THE 2ND SATURDAY OF EACH MONTH.

The WTRC monthly business meeting is on Monday, April 4, 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

More I learn about other running clubs, how they operate, what they provide their membership and their local running communities, and why some of them have failed, the more I am with the vision and energy of my predecessors. The West Texas Running Club has grown, in such an unusually healthy way, into one of the finest examples of a truly successful group effort to promote and preserve our sport. The various leaderships of our club have tackled so many key issues ... they have created a solid base of a wide variety of events, most of which enjoy UST&F certification, that evenly cover the entire calendar and put on by a very broad-based volunteer effort ... they have allowed us to maintain a solid membership and a high degree of solvency while keeping both our dues and our race entry fees amazingly low ... and the WTRC has been able to accumulate, maintain and upgrade an available store of equipment necessary to put on such top-notch events PLUS provide scholarship assistance from our excess revenues.

Sure, it's nice to be able to brag about the past and about the good shape we are in today ... but what about our future? What should we be doing in the present to not only insure our survival but also to make things even better for tomorrow's West Texas runners? In answer to this question, this year's Board will be focusing on (1) expanding and retaining memberships, and (2) developing a stronger volunteer base to use the new technologies available for race management (or, if such a volunteer base does not emerge, to look into alternative technologies and staffing.)----(Continued on page 7)

WEST TEXAS RUNNING CLUB'S 23rd ANNUAL PRAIRIE DOG TOWN 4 MILE RUN

USA T&F CERTIFIED, #TX97108ETM
Lubbock, Texas March 12, 2005

| PLACE | NAME | AG | S | DIV | PLACE | TOWN | ST | TIME | PACE |
|-------|-----------------------|----|---|-----|-------|--------------|----|-------|------|
| 1 | CHANCE PAYTON | 30 | M | 1 | M3034 | LAMESA | TX | 23:32 | 5:53 |
| 2 | STEVEN MORALES | 19 | M | 1 | M1619 | LUBBOCK | TX | 24:43 | 6:11 |
| 3 | RICHARD AKERS | 50 | M | 1 | M5054 | LUBBOCK | TX | 26:59 | 6:45 |
| 4 | FARRELL MARTIN | 38 | M | 1 | CLYDE | LUBBOCK | TX | 27:09 | 6:48 |
| 5 | JACKIE CANNON | 49 | M | 1 | M4549 | AMARILLO | TX | 27:20 | 6:50 |
| 6 | LAWRENCE SCHOVANEC | 52 | M | 2 | M5054 | LUBBOCK | TX | 27:47 | 6:57 |
| 7 | JERRY DWYER | 45 | M | 2 | M4549 | LUBBOCK | TX | 27:47 | 6:57 |
| 8 | JULIE WALL | 22 | F | 1 | F2024 | LUBBOCK | TX | 28:09 | 7:03 |
| 9 | ADAM BARRON | 42 | M | 1 | M4044 | LUBBOCK | TX | 28:40 | 7:10 |
| 10 | ANNETTE NICHOLS-BOLES | 30 | F | 1 | F3034 | LUBBOCK | TX | 28:57 | 7:15 |
| 11 | FRANK SUMPTER | 51 | M | 3 | M5054 | LAMESA | TX | 29:15 | 7:19 |
| 12 | AL GARDNER | 48 | M | 3 | M4549 | LEVELLAND | TX | 29:28 | 7:22 |
| 13 | JARED MASOOD | 25 | M | 1 | M2529 | LUBBOCK | TX | 29:29 | 7:23 |
| 14 | LUIS NEVAREZ | 39 | M | 2 | M3539 | LUBBOCK | TX | 29:31 | 7:23 |
| 15 | PAUL PARE | 42 | M | 2 | M4044 | LUBBOCK | TX | 29:51 | 7:28 |
| 16 | RANDY HOLLOWAY | 48 | M | 4 | M4549 | LUBBOCK | TX | 29:56 | 7:29 |
| 17 | JEFF BAKER | 30 | M | 2 | M3034 | LUBBOCK | TX | 29:59 | 7:30 |
| 18 | IRIS RIVERO | 29 | F | 1 | F2529 | LUBBOCK | TX | 30:02 | 7:31 |
| 19 | MICHAEL HUMPHREY | 38 | M | 3 | M3539 | LUBBOCK | TX | 30:19 | 7:35 |
| 20 | BRAD EWING | 41 | M | 3 | M4044 | LUBBOCK | TX | 30:19 | 7:35 |
| 21 | GREG LAYTON | 26 | M | 2 | M2529 | LUBBOCK | TX | 30:25 | 7:37 |
| 22 | CALEB BECK | 21 | M | 1 | M2024 | LUBBOCK | TX | 31:06 | 7:47 |
| 23 | BRETT HART | 25 | M | 3 | M2529 | LUBBOCK | TX | 31:07 | 7:47 |
| 24 | J EDSON P INTO | 43 | M | 4 | M4044 | LUBBOCK | TX | 31:20 | 7:50 |
| 25 | MATTHEW BRINKMAN | 25 | M | 4 | M2529 | LUBBOCK | TX | 31:21 | 7:51 |
| 26 | CHARLIE ELSTON | 42 | M | 5 | M4044 | STEPHENWILLE | TX | 31:28 | 7:52 |
| 27 | TIM RADKEY | 31 | M | 3 | M3034 | LUBBOCK | TX | 32:01 | 8:01 |
| 28 | JENNY BECK | 25 | F | 2 | F2529 | LUBBOCK | TX | 32:08 | 8:02 |
| 29 | AARON SELF | 25 | M | 5 | M2529 | LUBBOCK | TX | 32:23 | 8:06 |
| 30 | RONNIE PRIGG | 54 | M | 4 | M5054 | LUBBOCK | TX | 32:55 | 8:14 |
| 31 | KRYSTAL HUNT | 18 | F | 1 | F1619 | LUBBOCK | TX | 33:03 | 8:16 |
| 32 | HEATHER SALINAS | 31 | F | 2 | F3034 | LUBBOCK | TX | 33:05 | 8:17 |
| 33 | MATTHEW JORDAN | 39 | M | 4 | M3539 | LUBBOCK | TX | 33:10 | 8:18 |
| 34 | MARK ALBUS | 48 | M | 5 | M4549 | LUBBOCK | TX | 33:15 | 8:19 |
| 35 | SCOTTY ELSTON | 44 | M | 6 | M4044 | SHALLOWATER | TX | 33:17 | 8:20 |
| 36 | JEFF WILLIAMS | 20 | M | 2 | M2024 | LUBBOCK | TX | 33:24 | 8:21 |
| 37 | DAVID HIGGINS | 52 | M | 5 | M5054 | LUBBOCK | TX | 33:28 | 8:22 |
| 38 | BILL FELTON | 70 | M | 1 | M7099 | LUBBOCK | TX | 33:32 | 8:23 |
| 39 | MICHELE RICHARDSON | 39 | F | 1 | F3539 | ANDREWS | TX | 33:34 | 8:24 |
| 40 | MELANIE MCVEY | 43 | F | 1 | F4044 | SUNDOWN | TX | 33:41 | 8:26 |
| 41 | CARRIE BADILLO | 27 | F | 3 | F2529 | LUBBOCK | TX | 33:43 | 8:26 |
| 42 | WARNER ALEXANDER | 45 | M | 6 | M4549 | LUBBOCK | TX | 33:47 | 8:27 |
| 43 | RALPH WOLF | 67 | M | 1 | M6569 | LUBBOCK | TX | 33:59 | 8:30 |
| 44 | JEFF WISE | 41 | M | 2 | CLYDE | LUBBOCK | TX | 34:15 | 8:34 |
| 45 | WILL UNDERWOOD | 23 | M | 3 | M2024 | HOUSTON | TX | 34:18 | 8:35 |
| 46 | JIM HARRIS | 62 | M | 1 | M6064 | HOBBS | NM | 34:31 | 8:38 |
| 47 | DOUG JESKO | 32 | M | 4 | M3034 | AMARILLO | TX | 34:51 | 8:43 |
| 48 | STACY CONNER | 42 | M | 8 | M4044 | MULESHOE | TX | 35:05 | 8:47 |
| 49 | JOE POST | 56 | M | 1 | M5559 | LUBBOCK | TX | 35:13 | 8:49 |
| 50 | ELISE HOLLAND | 23 | F | 2 | F2024 | LUBBOCK | TX | 35:21 | 8:51 |

WEST TEXAS RUNNING CLUB'S
 23rd ANNUAL
 PRAIRIE DOG TOWN 4 MILE RUN
 USA T&F CERTIFIED, #TX97108ETM
 Lubbock, Texas March 12, 2005

| PLACE NAME | AG S | DIV | PLACE | TOWN | ST | TIME | PAGE |
|----------------------|------|-----|-------|---------------|----|---------|-------|
| 51 DAVID MOYA | 31 M | 5 | M3034 | LUBBOCK | TX | 35:24 | 8:51 |
| 52 MIKE KELLEY | 56 M | 2 | M5559 | LUBBOCK | TX | 35:34 | 8:54 |
| 53 KAMMY PHILBRICK | 44 F | 2 | F4044 | LUBBOCK | TX | 35:35 | 8:54 |
| 54 JIM BURLESON | 62 M | 2 | M6064 | LUBBOCK | TX | 35:39 | 8:55 |
| 55 AMY HARLIEN | 28 F | 4 | F2529 | LUBBOCK | TX | 35:48 | 8:57 |
| 56 BILL ROGER | 65 M | 2 | M6569 | LEVELLAND | TX | 36:09 | 9:03 |
| 57 BRAD THACKER | 27 M | 6 | M2529 | AMARILLO | TX | 36:10 | 9:03 |
| 58 MARSHA BENNETT | 41 F | 3 | F4044 | LUBBOCK | TX | 36:16 | 9:04 |
| 59 RONNIE NUGENT | 58 M | 3 | M5559 | LUBBOCK | TX | 36:34 | 9:09 |
| 60 JIM DEMBOWSKI | 51 M | 6 | M5054 | LUBBOCK | TX | 36:47 | 9:12 |
| 61 MIKE MORRIS | 49 M | 7 | M4549 | LUBBOCK | TX | 36:49 | 9:13 |
| 62 SHIRLEY WIGLEY | 51 F | 1 | F5054 | LUBBOCK | TX | 37:04 | 9:16 |
| 63 JIM BECK | 45 M | 3 | CLYDE | LUBBOCK | TX | 37:15 | 9:19 |
| 64 JIM WILHELM | 54 M | 7 | M5054 | LUBBOCK | TX | 37:51 | 9:28 |
| 65 VERONICA YOUNG | 45 F | 1 | F4549 | LUBBOCK | TX | 38:01 | 9:31 |
| 66 MARTHA MARTINEZ | 49 F | 2 | F4549 | COLORADO CITY | TX | 38:03 | 9:31 |
| 67 P.J. MITCHELL | 60 F | 1 | F5559 | LUBBOCK | TX | 38:15 | 9:34 |
| 68 JILL HAUROS | 40 F | 4 | F4044 | LUBBOCK | TX | 38:44 | 9:41 |
| 69 BRIAN HINER | 33 M | 6 | M3034 | LUBBOCK | TX | 38:54 | 9:44 |
| 70 MIKE GREER | 66 M | 3 | M6569 | RANSOM CANYON | TX | 39:26 | 9:52 |
| 71 MARTI GREER | 46 F | 3 | F4549 | RANSOM CANYON | TX | 39:40 | 9:55 |
| 72 TRACI PAYNE | 32 F | 3 | F3034 | LUBBOCK | TX | 39:52 | 9:58 |
| 73 JASON LYNCH | 32 M | 7 | M3034 | AMARILLO | TX | 39:56 | 9:59 |
| 74 BILL OATES | 62 M | 3 | M6064 | ROPEVILLE | TX | 39:58 | 10:00 |
| 75 KIMBERLY FRICK | 30 F | 4 | F3034 | LUBBOCK | TX | 40:02 | 10:01 |
| 76 JOROND MORRIS | 34 F | 5 | F3034 | LUBBOCK | TX | 40:02 | 10:01 |
| 77 DAVID BALDNER | 45 M | 5 | CLYDE | LUBBOCK | TX | 40:20 | 10:05 |
| 78 JENNIFER LYNCH | 31 F | 6 | F3034 | AMARILLO | TX | 40:22 | 10:06 |
| 79 DWAYNE OAKELEY | 48 M | 10 | M4549 | LUBBOCK | TX | 41:01 | 10:16 |
| 80 ETTA MAYER | 55 F | 2 | F5559 | LUBBOCK | TX | 41:22 | 10:21 |
| 81 SUSAN WASS | 36 F | 2 | F3539 | LUBBOCK | TX | 41:44 | 10:26 |
| 82 SAM PROSE | 56 M | 4 | M5559 | LUBBOCK | TX | 41:49 | 10:28 |
| 83 KARA POLK | 30 F | 7 | F3034 | LUBBOCK | TX | 42:31 | 10:38 |
| 84 BOB BROSELOW | 64 M | 4 | M6064 | LUBBOCK | TX | 42:34 | 10:39 |
| 85 SHELIA POSTON | 32 F | 8 | F3034 | STEPHENVILLE | TX | 42:42 | 10:41 |
| 86 JASON HELTON | 33 M | 8 | M3034 | LUBBOCK | TX | 42:57 | 10:45 |
| 87 CINDY EBERLE | 48 F | 4 | F4549 | LUBBOCK | TX | 43:01 | 10:46 |
| 88 LISA GARNER-SANTA | 36 F | 3 | F3539 | LUBBOCK | TX | 43:02 | 10:46 |
| 89 PAGE TUWLNINSON | 27 F | 5 | F2529 | LUBBOCK | TX | 43:45 | 10:57 |
| 90 MANDY LAWRENCE | 30 F | 9 | F3034 | LUBBOCK | TX | 43:46 | 10:57 |
| 91 MANDY LAWRENCE | 26 F | 6 | F2529 | LUBBOCK | TX | 44:19 | 11:05 |
| 92 HANNAH LAYMAN | 12 F | 1 | F0112 | HEREFORD | TX | 44:42 | 11:11 |
| 93 JAMES LAYMAN | 39 M | 5 | M3539 | HEREFORD | TX | 44:42 | 11:11 |
| 94 PRESTON SMITH | 59 M | 4 | CLYDE | LUBBOCK | TX | 45:16 | 11:19 |
| 95 SUZAN CAUDLE | 52 F | 2 | F5054 | LUBBOCK | TX | 47:15 | 11:49 |
| 96 DONNA ELSTON | 37 F | 4 | F3539 | STEPHENVILLE | TX | 57:56 | 14:29 |
| 97 JAMES LIVERMORE | 57 M | 6 | M5559 | LUBBOCK | TX | 1:00:26 | 15:07 |

* = New Division Standard

W.R.T.C. 2005 CHALLENGE SERIES
 STANDINGS AFTER 3 EVENTS

| MALE | | | | YTD TOTALS | | | | YTD TOTALS | | | |
|--------------|--------------------|-------|---------|------------|-----|---------------------|---------|------------|-----|-------|---------|
| AGE | PTS | MILES | EVT VOL | AGE | PTS | MILES | EVT VOL | AGE | PTS | MILES | EVT VOL |
| 0 - 12 MALE | Jack Humphrey | 9 | 10 | 4 | 1 | Jackie Cannon | 48 | 29 | 13 | 3 | |
| | Luke Samarron | 11 | 9 | 5 | 1 | Randy Holloway | 46 | 21 | 17 | 3 | |
| | Austin Martin | 9 | | | | Bob Jackson | 46 | 21 | 13 | 2 | |
| | Tyler Schovaneec | 10 | | | | Jerry Dwyer | 45 | 17 | 14 | 2 | |
| | Cody Schovaneec | 9 | | | | Al Gardner | 48 | 15 | 9 | 2 | |
| 13 - 15 MALE | | | | | | Russel Martin | 46 | 11 | 13 | 2 | |
| | John Keith | 15 | 10 | 5 | 1 | Dwayne Oakeley | 46 | 8 | 17 | 3 | |
| | Drew Jones | 14 | | | | Tom West | 46 | 8 | 8 | 1 | |
| | Tony Rodriguez | 13 | | | | Wade Wilson | 46 | 8 | 5 | 1 | |
| 16-19 MALE | | | | | | Jay Keith | 48 | 6 | 5 | 1 | |
| | Ed Roup | 19 | 9 | 4 | 1 | Mike Morris | 46 | 5 | 17 | 3 | |
| | | | | | | Gene Adams | 47 | 2 | 5 | 1 | |
| | | | | | | David Malone | 47 | 0 | 5 | 1 | |
| 20 - 24 MALE | | | | | | Epi Aquirre | 46 | | | | |
| | Nick Rodina | 23 | 11 | 5 | 1 | Rick Syrett | 48 | | | | |
| | Caleb Beck | 20 | 10 | 9 | 2 | Chris Lonngrin | 45 | | | | |
| | Brian Doss | 21 | | | | Steve Nieman | 49 | | | | |
| 25 - 29 MALE | | | | | | Alan Payne | 45 | | | | |
| | Aaron Self | 25 | 23 | 13 | 3 | Kirk Thomas | 45 | | | | |
| | Jared Masood | 25 | 19 | 9 | 2 | | | | | | |
| | Greg Layton | 25 | 18 | 12 | 2 | 50 - 54 MALE | | | | | |
| | Matthew Jordan | 25 | 10 | 8 | 1 | Richard Akers | 50 | 30 | 17 | 3 | |
| | Jerred Hurst | 25 | 10 | 5 | 1 | Lawrence Schovaneec | 52 | 18 | 12 | 2 | |
| | Richard Lombardini | 28 | | | | David Higgins | 52 | 12 | 25 | 3 | |
| | | | | | | Jim Wilhelm | 53 | 11 | 17 | 3 | |
| | | | | | | Fred Weber | 53 | 9 | 5 | 1 | |
| 30 - 34 MALE | | | | | | Frank Sumpler, Sr. | 50 | 8 | 9 | 2 | |
| | Glen Poklikuha | 33 | 20 | 13 | 2 | Jimmy Samarron | 50 | 8 | 5 | 1 | |
| | Tim Redkey | 30 | 18 | 8 | 2 | Steve Nieman | 50 | 7 | 5 | 1 | |
| | Chance Payton | 30 | 11 | 4 | 1 | Ronnie Prigg | 53 | 7 | 4 | 1 | |
| | Jeff Baker | 30 | 10 | 4 | 1 | Tom Weis | 51 | 5 | 5 | 1 | |
| | David Moya | 31 | 7 | 9 | 2 | Tony Aleman | 52 | 0 | 17 | 3 | |
| | Jason Helton | 32 | 4 | 4 | 1 | Arlan Patton | | | | | |
| | Allen Franco | 32 | | | | 55 - 59 MALE | | | | | |
| | Pete Torres | 33 | | | | Mike Kelley | 55 | 27 | 17 | 3 | |
| 35 - 39 MALE | | | | | | Ron Nugent | 57 | 18 | 13 | 3 | |
| | Michael Humphrey | 38 | 27 | 13 | 3 | James Livermore | 57 | 13 | 9 | 2 | |
| | James Layman | 38 | 21 | 17 | 3 | Sam Prose | 56 | 7 | 4 | 1 | |
| | Daniel Gonzales | 39 | 18 | 9 | 2 | John Trompler | 57 | 0 | 21 | 3 | |
| | Greg Hicks | 35 | 7 | 4 | 1 | Tom Griffin | 55 | 0 | 17 | 3 | |
| | David Steadman | 35 | | | | | | | | | |
| | Robert Ortega | 35 | | | | | | | | | |
| | Mike Dotson | 38 | | | | | | | | | |
| | Mike Trevino | 35 | | | | | | | | | |
| | Cody Scott | 37 | | | | | | | | | |
| 40 - 44 MALE | | | | | | | | | | | |
| | Adam Barron | 42 | 29 | 13 | 3 | ** = RACE DIRECTOR | | | | | |
| | Paul Pare | 42 | 19 | 12 | 2 | * = VOLUNTEER | | | | | |
| | Rudy Ramirez | 40 | 19 | 9 | 2 | | | | | | |
| | J. Edson Pinto | 43 | 15 | 12 | 2 | | | | | | |
| | Bob Blake | 40 | 9 | 8 | 1 | | | | | | |
| | Brad Ewing | 41 | 8 | 4 | 1 | | | | | | |
| | Stacy Conner | 41 | 4 | 4 | 1 | | | | | | |
| | Craig Jackson | 40 | | | | | | | | | |
| | Brent Lowrey | 40 | | | | | | | | | |

** = RACE DIRECTOR
 * = VOLUNTEER

Run for the Arts Revival

As most of you probably know, our April race has been changed from the Flight Line Races at the Reese Center to a renewal of the Run for the Arts which was last run in the mid 90's (1996?). Racing at Reese had become increasingly problematic as privatization of the old Air Force base had developed to meet the needs of new enterprises locating there. So, when the Club was approached by representatives of the Lubbock Arts Festival with the concept of reviving the old Run for the Arts we saw it as a fortuitous opportunity. We are now able to resolve our April race problems by substituting a higher profile event with the potential for a much bigger turnout. The RFA races will start on Sixth Street, north of the Lubbock Civic Center, and will include a 15K and 2 mile race starting at 8:30 AM, as well as an elementary school 1 mile starting at 8:00 AM. This will be a T-shirt event with higher race registration fees. It is also an event where your early registration must be mailed in with your payment. **WE WILL NOT BE ABLE TO ACCEPT TELEPHONE REGISTRATION WITH PAYMENT DELAYED UNTIL RACE DAY.** There will be both late and race day registration available at the Civic Center, but fees will be higher on those days. Entry forms and complete event information are included elsewhere in this newsletter. If you can't run, race director Tom Weis (928-0482) still needs volunteers.

Fort Worth Cowtown Marathon

The 2005 Cowtown Marathon had something for everyone. There was a marathon (651 finishers); a half-marathon (1,205 finishers); a 10K (2,141 finishers); an adult 5K (2,167 finishers); a kid's 5K (3,810 finishers); as well as quite a number of athletes in the team relay competition. It sounds like a logistical nightmare, but organizers have had years of experience putting multiple events together for Cowtown. There were a few WTRC members in attendance, and a couple of them came home with awards. In the marathon, Madonne Miner placed third in the 50-54 division (3:53:57). Other marathon finishers included David Malone (4:05:13) and Stephany Crawford (4:48:29). Overall marathon winners were Andres Hernandez of Dallas (2:47:16) and Alicia Parr of Durham (3:12:27). Sherill Easterling was the lone Club member that we could find in the half-marathon results. Sherill was easy to spot as she was first in her age group (55-59) with a time of 1:53:39. I did not find any WTRC members in the 10K, but Ed Craighead

from Dalhart, an occasional participant in our races, won the 60-64 age division with a time of 42:52. In the 5K David Moya was among the finishers with a time of 24:58.

Volunteer Effort for 2005 Buffalo Springs Lake Triathlon Underway

Initial organizational steps to prepare for the WTRC annual volunteer effort have begun already for the June 26th BSL Triathlon directed by Mike and Marti Greer. John Trompler has agreed to coordinate the running club's efforts and many aid station captains have already been confirmed. Those include, Tom Weis and Mike Morris, David Higgins, Theresa and Ron Hewett, PJ Mitchell, and Ron Lubowicz. Complete contact information for all aid station captains will be provided in an upcoming newsletter issue. This volunteer effort is an important component of the overall event and an opportunity for club members to participate in a race that draws athletes from around the country and, in some cases, from around the world. Many of our volunteers have "worked" this race for years and find the effort totally satisfying. Please mark your calendars and plan on helping us support Mike, Marti and the triathlon community on June 26.

The 30 Minute Workout

We live in a society where many people are hard pressed to find the time to workout. Ideally, running should include some long workouts, especially if you have aspirations of completing a marathon or other fairly lengthy events. In the real world, the requirements of work, family, household chores, etc. can make finding time difficult, if not impossible. So there lies the allure of the 30 minute workout, and the challenge of getting as much as possible out of this limited time. Lance Armstrong's fitness coach, Chris Carmichael, recommends in an article in Outside Magazine, incorporating either intervals, short steep hills, or running the entire 30 minutes in a sustained fairly intense tempo run. Exercise physiologist Jack Daniels, Ph.D. has provided the following template for the 30 minute run---start with an easy 6 minute warmup, do eight 30-second pickups with a 60-second jog after each. The pickups should be run at about 5K race pace. After the last jog you will have run about 18 minutes. Next do a 10 minute acceleration run beginning at half-marathon pace and picking up your pace every two minutes until you are running at 5K pace and faster, followed by a two minute cooldown. Variations of the 30 minute run are endless. The concept is simple however. If you have limited time to workout you must keep the intensity high.

WEST TEXAS RUNNING CLUB'S
RUN FOR THE ARTS

EVENT # 4

Of the 2005 W.T.R.C. CHALLENGE SERIES

WHEN: SATURDAY, APRIL 16, 2005
RACE DAY REGISTRATION 7:00-8:00 A.M.

WHERE: SIXTH STREET, NORTH OF THE LUBBOCK CIVIC CENTER

COURSE: 15K runs over slightly hilly terrain through Mackenzie and Mae Simmons Parks. 2 Mile and kid's 1 mile are flat. All races begin on sixth street north of the Civic Center and are out and back courses.

ENTRY FEES: BY MAIL (April 13): \$15 for 15K and 2 mile, \$6 for Elementary 1 Mile. All registrants will receive commemorative T-shirts. LATE REGISTRATION AND PACKET PICK-UP: Friday, April 15 at Civic Center. \$18 for 15K and 2 Mile; \$8 for elementary 1 Mile.

RACE DAY REGISTRATION AND PACKET PICK-UP: Saturday, April 16 at Civic Center parking lot. \$20 for 15K and 2 Mile. No race day registration for elementary 1 Mile.

AWARDS: Medals for at least the top three in each age category in addition to medals for the overall men and women's winners. There will also be medals for competitors in the Clydesdale and Athena divisions.

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;
Clydesdale

WOMEN: 0-12; 13-15; 16-19; 20-24; 25-29; 30-34; 35-39;
40-44; 45-49; 50-54; 55-59; 60 Plus, Athena

RACE DIRECTOR: Tom Weis Phone 928-0482
e-mail tweis@unitedtexas.com

LUBBOCK ARTS FESTIVAL
RUN FOR THE ARTS
SINCE 1982

15K EVENT RECORDS
(Since 1986)

WOMEN

| NAME | TOWN | AGE | TIME | YEAR |
|------------------------|-----------|-----|---------|------|
| 0-15 Mandy Malouf | Levelland | 13 | 1:07:58 | 1987 |
| 16-19 Jennifer McGuire | Lubbock ? | ? | 1:12:03 | 1990 |
| 20-24 Idalia Casiano | Lubbock | 23 | 1:00:58 | 1991 |
| 25-29 Sue Houle | Lubbock | 29 | 1:01:50 | 1991 |
| 30-34 Marjory Stewart | Lubbock | 32 | 56:24 * | 1991 |
| 35-39 Marjory Stewart | Lubbock | 35 | 59:37 | 1994 |
| 40-44 Suzanne Grantham | Lubbock | 40 | 1:11:45 | 1995 |
| 45-49 Sandi Howard | Lubbock | 45 | 1:30:29 | 1992 |
| 50 + Pat Ellerman | Lubbock | 50 | 1:44:16 | 1991 |

MEN

| NAME | TOWN | AGE | TIME | YEAR |
|------------------------|-----------|-----|---------|------|
| 0-15 Danny Hernandez | Lubbock | 14 | 1:01:38 | 1991 |
| 16-19 Mike Cagle | Lubbock | 19 | 53:34 | 1986 |
| 20-24 Victor Heredia | Lubbock | 24 | 48:11 * | 1991 |
| 25-29 Tim Green | Lubbock | 25 | 49:32 | 1991 |
| 30-34 Martin Leodgard | Lubbock | 31 | 50:50 | 1996 |
| 35-39 Scott Brickerd | Lubbock | 36 | 48:36 | 1989 |
| 40-44 Ken Macinnes | Lubbock | 40 | 57:49 | 1996 |
| 45-49 Bobby Cunningham | Abernathy | 47 | 57:31 | 1986 |
| 50-54 George Jury | Lubbock | 52 | 56:39 | 1989 |
| 55-59 George Jury | Lubbock | 55 | 1:02:05 | 1992 |
| 60 + Harold Ritchey | Amarillo | 61 | 1:12:36 | 1988 |

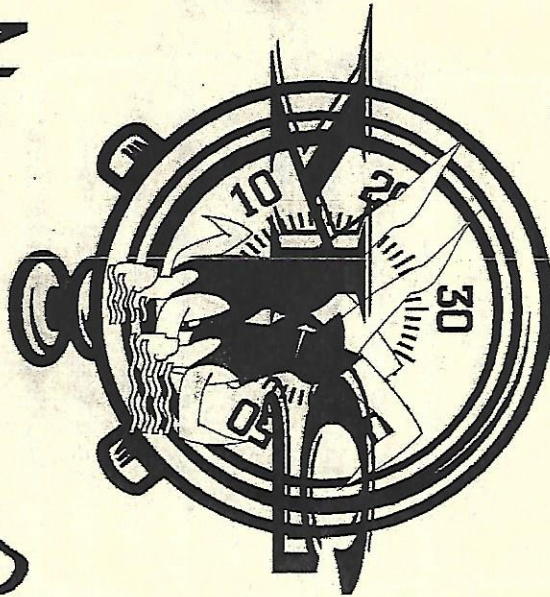
* Overall Men's and Women's course records

"The will to win is not nearly as important as the will to prepare"----
Juma Ikanga, former world marathon record holder

"We used to have field days there. That's where I ran my first race. I beat a boy and he pushed me down. I guessed that's how it all started."----Joan Benoit Samuelson, Olympic Marathon Champion

SEVENTH ANNUAL

GIRLSTOWN



GALLOP

June 4th, 2005

ALL PROCEEDS BENEFIT GIRLSTOWN, U.S.A.



REGISTRATION FORM

LAST NAME: _____

FIRST _____

AGE _____

ADDRESS: _____

CITY/ST: _____

ZIP: _____

In signing this statement I signify that I understand the inherent dangers associated with running and jumper 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 7TH annual Girlstown Gallop on June 4th. 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 two winners in each category

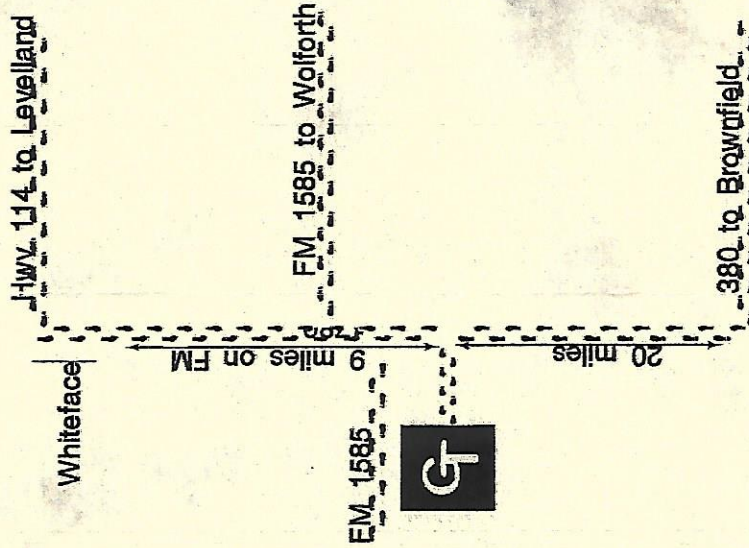
Registration for the race is from 8 to 9 am and the race will begin at 9 am. You can also pre-register. A

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.

For More Information call 806-229-6361

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.