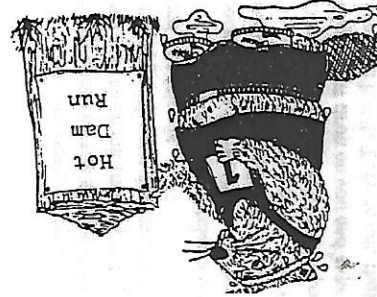


# CALENDAR

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

- AUG. 1 W.T.R.C. Business meeting, 7:00pm, West Texas Peterbilt, 45th & Ave A.
- AUG. 6 Hobbs August Nites: 5K Fun Run & 2M walk, 7:30am, Daniel Herman, 505-392-9049.
- \* AUG. 13 HOT DAM 5 MILLER: Canyon Lake 6, Lubbock, 8:00 am, Etta Mayer, Race Director, 742-2907
- \* SEPT 10 SHALLOWATER STAMPEDE: 10K and 2 Mile, 8:00 am, Shallowater High School, Dwayne Oakeley, Race Director, 799-4473
- SEPT 17 White Buffalo 5K Stampede: 5k run, 1k Fun Run/Walk, 8:15am 1k & 8:30am 5k; Dntown Snyder Courthouse Sq. vicki@snyderchamber.org or 325-573-3558.
- SEPT. 17 WAYLAND PIONEER ROAD RACE: 5k run, 8:30 am, Hutcherson Center, Wayland Baptist University, Plainview, contact Greg Ferris, 291-1137, or gferis@wbu.edu.
- SEPT 24 RUN FOR THE MUSEUM: Lea County Museum, Lovington, NM 10K, 2MI, & 1MI walk/run 9:00 AM(MST). Jim Harris 505-396-4805.
- OCT. 8 RACE FOR THE CURE: 5K, TTU Campus, Lubbock, 8am, FMI 698-1900 [www.komen-lubbock.org](http://www.komen-lubbock.org)
- \* OCT. 15 RED RAIDER ROAD RACE: TTU Campus, Lubbock, 8am, 10K/5K, Sam Prose, Race Director, 794-0429
- OCT. 22 RED RIBBON RUN: 5K, Buddy Holly Rec Area, Lubbock, Rose Hoeve, Race Director, 806-766-1968.
- \* 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](http://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), 748-1853(n)
- \* DEC. 10 REDLINE 4 MILE CROSS COUNTRY: MAE SIMMONS PARK, Lubbock, 10a.m. FMI, call Tom Griffin, 698-1503(h) 747-2579(w)
- \* JAN. 14 LOOP THE LAKE 5M: BUDDY HOLLY REC. AREA, Lubbock, 10:00am, 5 mi., Jim Beck, RD

<http://wtcr.tripod.com>  
For Membership, Calendar, Race Results, etc.



John Trompler, Newsletter  
5406 86<sup>th</sup> Street  
Lubbock, TX 79424  
August 2005



8 A.M., August 13, 2005  
Details Inside Back Cover

David Higgins  
3401 Alcov  
Lubbock, TX 79407

# WEST TEXAS RUNNING CLUB

## OFFICERS

President - Ron Lubowicz  
(H) 748-1855 (O) 745-3955  
E-mail: ronlubo@aol.com

Internal Vice-President - Madame Miner  
(H) 797-7383  
E-mail: m.miner@ttu.edu

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

Secretary - Tom Weis  
(H) 928-0482  
E-mail: tweis@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: mikelleyrun@yahoo.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: doakeley@nts-online.net

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

Membership Director - Sam Prose  
(H) 794-0429 **787-8309**  
E-mail: scprose@hotmail.com

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

Club Historian - James Livermore  
(H) 792-5815  
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 Monday, August 1, 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

As I sit here, staring at the keyboard, I realize that I am totally uninspired. The only sound breaking the silence is the panting of my faithful dog "Spot II"... which miraculously has just given me the inspiration that I needed. The following are some valuable tips on "running with your dog" which I learned in my younger days as a running sidekick to "Spot I" and her friends.

Rule #1 - never take an Irish Setter and a Lab mix running thru an area with 782,466 jackrabbits per acre. They (the rabbits) can tag-team with crossing patterns and literally suck the life out of your dogs.

Rule #2 - never let your friend talk you into taking her frisky, 2-year old, 85 pound Doberman on a 12 mile run on pumping roads off the Caprock. At about 7 miles the big fella might just drop on you and expect to be carried home. There are only a few solutions to this one, and luckily I chose one that allowed the poor puppy to come back to life in about three days.

Rule #3 - avoid running into the wind and toward the howling of coyotes on lonely country roads in Eastern New Mexico near dusk. Your dog might think it's really near to meet new friends, and, thanks to the wind, not be able to hear your desperate commands to return to your side. Fortunately, Spot did not stay for dinner with her distant cousins.

Hope you are all having a great summer. SYOTR, Ron

## "TEXAS' Oldest Continuous Road Race" 36th ANNUAL FIRECRACKER RUNS Three Mile and Ten Mile Road Races Brownfield, Texas July 4, 2005

### 10 MILE OVERALL RESULTS

PLACE	NAME	TOWN	ST	AG	S	DIV	PLACE	TIME	PACE
1	KIRK HESSE	BROWNFIELD	TX	20	M	1	M2024	1:09:41	6:59
2	RICHARD LOMBARDINI	LUBBOCK	TX	42	M	1	M2529	1:09:57	7:00
3	ADAM BARRON	LUBBOCK	TX	29	M	1	M4044	1:12:28	7:15
4	LAWRENCE SCHOVANEC	LUBBOCK	TX	52	M	1	M5054	1:15:39	7:34
5	EPI AGUIRRE	LUBBOCK	TX	46	M	1	M4549	1:16:45	7:41
6	SHAE RILEY	AUSTIN	TX	28	F	1	F2529	1:17:02	7:43
7	JOHN PARE	LUBBOCK	TX	43	M	2	M4044	1:17:52	7:48
8	PAUL TROMPLER	LUBBOCK	TX	57	M	1	M5559	1:18:50	7:53
9	MARY BRANSCOME	LUBBOCK	TX	45	F	1	F4549	1:22:10	8:13
10	J. EDSON PINTO	LUBBOCK	TX	44	M	3	M4044	1:23:33	8:22
11	TARA TIPTON	LUBBOCK	TX	21	F	1	F2024	1:24:40	8:28
12	SHANNON JORDAN	SLATON	TX	29	F	2	F2529	1:24:54	8:30
13	TIM RADKEY	LUBBOCK	TX	31	M	1	M3034	1:25:52	8:36
14	RANDY HOLLOWAY	LUBBOCK	TX	48	M	2	M4549	1:25:57	8:36
15	CHRIS RILEY	AUSTIN	TX	30	M	2	M3034	1:27:49	8:47
16	RICK LILES	BIG SPRINGS	TX	47	M	3	M4549	1:28:19	8:50
17	NICK MOUTOS	LUBBOCK	TX	38	M	1	M3539	1:28:43	8:53
18	LG COE	SEMINOLE	TX	52	M	2	M5054	1:30:04	9:01
19	JASON BURLEY	LUBBOCK	TX	29	M	2	M2529	1:30:46	9:05
20	MADONNE MINER	LUBBOCK	TX	52	F	1	F5054	1:31:14	9:08
21	DAVID MALONE	LUBBOCK	TX	47	M	4	M4549	1:31:15	9:08
22	TYLER GREENFIELD	LUBBOCK	TX	48	M	5	M4549	1:32:33	9:16
23	JIM BURLESON	LUBBOCK	TX	62	M	1	M6064	1:35:48	9:35
24	STEPHANY CRAWFORD	LUBBOCK	TX	29	F	3	F2529	1:36:20	9:38
25	MIKE KELLEY	LUBBOCK	TX	56	M	2	M5559	1:36:39	9:40
26	JIM BECK	LUBBOCK	TX	45	M	1	CLYDE	1:38:17	9:50
27	STEVEN PAYSON	LAMESA	TX	45	M	2	CLYDE	1:39:11	9:56
28	TOM CRIBBS	WHITEFACE	TX	46	M	8	M4549	1:40:18	10:02
29	ISAAC MUNOZ	LUBBOCK	TX	50	M	3	CLYDE	1:43:10	10:19
30	TERRY DALTON	LUBBOCK	TX	50	M	4	M5054	1:43:10	10:19
31	JIM WILHELM	LUBBOCK	TX	54	M	5	M5054	1:45:29	10:33
32	JULIE CRIBBS	WHITEFACE	TX	46	F	2	F4549	1:49:29	10:57
33	MIKE MORRIS	COLUMBIA	MO	50	M	6	M5054	1:52:19	11:14
34	MARSHA BENNETT	LUBBOCK	TX	41	F	1	F4044	1:59:23	11:57
35	ETTA MAYER	LUBBOCK	TX	56	F	1	F5559	2:01:39	12:10

\* = New Age Group Record

### 3 MILE OVERALL RESULTS

PLACE	NAME	TOWN	ST	AG	S	DIV	PLACE	TIME	PACE
1	GARY LACKEY	DENTON	TX	18	M	1	M1619	15:45	5:15
2	CHANCE PAYTON	LAMESA	TX	31	M	1	M3034	16:52	5:38
3	ADAM ARELLANO	SUNDOWN	TX	18	M	2	M1619	18:16	6:06
4	JOHN KEITH	LUBBOCK	TX	16	M	3	M1619	18:57	6:19
5	TRENT GARY	LUBBOCK	TX	20	M	1	M2024	19:22	6:28
6	FRANK SUMPTER	LAMESA	TX	51	M	1	M5054	19:49	6:37
7	RENE GONZALES	LEVELLAND	TX	40	M	1	M4044	19:56	6:39
8	MICHAEL GARCIA	BROWNFIELD	TX	19	M	4	M1619	20:01	6:41
9	JASON ANDREWS	LUBBOCK	TX	22	M	2	M2024	20:24	6:48
10	JEFFREY JURY	FOUNTAIN	CO	44	M	2	M4044	20:25	6:49

3 MILE OVERALL RESULTS (Cont inued)

PLACE	NAME	TOWN	ST	AG	S	DIV	PLACE	TIME	PACE
11	JIMMY SAMARRON	LEVELLAND	TX	50	M	2	M5054	20:43	6:55
12	CALEB BECK	LUBBOCK	TX	21	M	3	M2024	21:00	7:00
13	ERIN BRITTON	LEVELLAND	TX	18	F	1	F1619	21:00	7:00
14	JAY KEITH	LUBBOCK	TX	47	M	1	M4549	21:07	7:03
15	BRETT HART	LUBBOCK	TX	26	M	1	M2529	21:10	7:04
16	PAT HISEL	MINERAL WELLS	TX	32	M	2	M3034	21:50	7:17
17	MICHAEL RODRIGUEZ	SLATON	TX	15	M	1	M1315	22:10	7:24
18	ERIC MARTINEZ	WELCH	TX	25	M	2	M2529	22:33	7:31
19	CRAIG JACKSON	LUBBOCK	TX	40	M	3	M4044	22:36	7:32
20	MAG MARTINEZ	BROWNFIELD	TX	26	M	3	M2529	22:39	7:33
21	JENNY BECK	LUBBOCK	TX	25	F	1	F2529	22:46	7:36
22	ELOY SAENZ	LUBBOCK	TX	14	M	2	M1315	23:06	7:42
23	RACHEL HOOD	BROWNFIELD	TX	37	F	1	F3539	23:07	7:43
24	NICK RAMIREZ	ROPEVILLE	TX	16	M	5	M1619	23:28	7:50
25	CHRISTIN MCNEILL	WOLFFORTH	TX	15	F	1	F1315	23:35	7:52
26	JEFF WILLIAMS	LUBBOCK	TX	20	M	4	M2024	23:41	7:54
27	RONNIE PRIGG	LUBBOCK	TX	54	M	3	M5054	23:51	7:57
28	MIKE AGAPOS	MEMPHIS	TN	42	M	4	M4044	23:58	8:00
29	ELISEO RAMIREZ	ROPEVILLE	TX	39	M	1	M3539	24:00	8:00
30	DAVID HIGGINS	LUBBOCK	TX	52	M	4	M5054	24:08	8:03
31	MATTHEW RODRIGUEZ	SLATON	TX	13	M	3	M1315	24:15	8:05
32	GREG HICKS	SEMI NOLE	TX	35	M	2	M3539	24:25	8:09
33	LORENZO PADILLA	LUBBOCK	TX	51	M	5	M5054	24:42	8:14
34	MEAGAN MILLS	POST	TX	21	F	1	F2024	24:52	8:18
35	RALPH WOLF	LUBBOCK	TX	68	M	1	M6569	25:16	8:26
36	LARRY MILLS	POST	TX	53	M	6	M5054	25:20	8:27
37	JEFF WISE	LUBBOCK	TX	42	M	1	CLYDE	25:28	8:30
38	APRIL RICHARDS	NASHVILLE	TN	26	F	2	F2529	25:51	8:37
39	KASEY MARTINEZ	WELCH	TX	24	F	2	F2024	26:03	8:41
40	GABE HISEL	BROWNFIELD	TX	33	M	2	CLYDE	26:04	8:42
41	CHRIS FRET	BROWNFIELD	TX	47	M	2	M4549	26:08	8:43
42	ROYCE RICHARDS	BROWNFIELD	TX	52	M	7	M5054	26:11	8:44
43	KATIE LUBOWICZ	LUBBOCK	TX	21	F	3	F2024	26:36	8:52
44	RON LUBOWICZ	LUBBOCK	TX	62	M	1	M6064	26:37	8:52
45	LUKE SAMARRON	LEVELLAND	TX	12	M	1	M0112	26:39	8:53
46	KYLE BRADSHAW	BROWNFIELD	TX	13	M	4	M1315	26:57	8:59
47	MICHAEL SHANNON	SAN ANTONIO	TX	13	M	5	M1315	27:14	9:05
48	DWAYNE OAKELEY	LUBBOCK	TX	48	M	3	M4549	27:20	9:07
49	STEVEN SAENZ	BROWNFIELD	TX	13	M	6	M1315	28:06	9:22
50	CYNTHIA PEDERSON	CLOVIS	NM	45	F	1	F4549	28:12	9:24
51	HANNAH LAYMAN	HEREFORD	TX	12	F	1	F0112	28:28	9:30
52	JAMES LAYMAN	HEREFORD	TX	39	M	3	M3539	28:28	9:30
53	FRANK RODRIGUEZ	BROWNFIELD	TX	36	M	3	CLYDE	28:35	9:32
54	SARAH BALDNER	LUBBOCK	TX	12	F	2	F0112	28:50	9:37
55	IRMA SANCHEZ	LUBBOCK	TX	34	F	1	F3034	29:26	9:49
56	DAVID BALDNER	LUBBOCK	TX	45	M	4	CLYDE	29:45	9:55
57	KIMBER GURSS	LUBBOCK	TX	15	F	2	F1315	32:04	10:42
58	KYLEE VALENZUELA	LUBBOCK	TX	24	F	4	F2024	32:43	10:52
59	SUZAN CAUDLE	SAN ANTONIO	TX	52	F	4	F2024	32:51	10:57
60	TOSHA BELL	LUBBOCK	TX	29	F	3	F2529	33:15	11:05
61	ESTELA GALVAN	WOLFFORTH	TX	62	F	1	F6099	34:36	11:32
62	JESSE VALENZUELA	BROWNFIELD	TX	30	M	5	M3539	35:09	11:43
63	PETER BUROW	SAN ANTONIO	TX	58	M	5	CLYDE	36:02	12:01
64	JAMES LIVERMORE	LUBBOCK	TX	58	M	1	M5559	42:54	14:18
65	ALMA RODRIGUEZ	BROWNFIELD	TX	41	F	1	ATHEN	44:50	14:57

W.R.T.C. 2005 CHALLENGE SERIES STANDINGS AFTER 7 EVENTS

YTD TOTALS			MALE						YTD TOTALS					
AGE	PTS	MILES	EVT	VOL	AGE	PTS	MILES	EVT	VOL	AGE	PTS	MILES	EVT	V
0 - 12 MALE			45 - 49 MALE						YTD TOTALS					
Luke Samarron	11	29	10	3	Jackie Cannon	49	59	19	6					
Jack Humphrey	9	10	4	1	Randy Holloway	48	44	64.5	7					
D. Joseph Gonzales	10	10	2	1	Epi Aquilre	46	40	31.5	4					
13-15 MALE			50 - 54 MALE						YTD TOTALS					
Drew Jones	15	10	2	1	Jerry Dwyer	45	39	34.3	4					
16-19 MALE			55 - 59 MALE						YTD TOTALS					
John Keith	16	40	16.2	4	Jay Keith	46	34	16.2	4					
Ed Roup	19	9	4	1	Wade Wilson	46	25	20.3	3					
20 - 24 MALE			RACE DIRECTOR						YTD TOTALS					
Caleb Beck	20	37	21.3	4	Dwayne Oakeley	48	22	35.3	6					
Jeff Williams	20	36	17.2	5	Bob Jackson	46	21	13	2					
Nick Rodina	23	21	11	2	Russel Martin	46	20	15	3					
Eric Abercrombie	23	9	6	1	David Malone	47	17	30.3	4					
25 - 29 MALE			VOLUNTEER						YTD TOTALS					
Greg Layton	25	32	27.3	4	Tyler Greenfield	48	16	21	2					
Jared Masood	25	26	15	3	Tom West	46	15	17.3	2					
Aaron Self	25	23	13	3	Al Gardner	48	15	9	2					
Matthew Jordan	25	20	27.3	2	Rick Sybert	48	13	15.3	2					
Richard Lombardini	28	20	16	2	Chris Lonngrren	45	9	9.3	1					
Jarred Hurst	25	18	11	2										
30 - 34 MALE			50 - 54 MALE						YTD TOTALS					
Tim Radkey	30	48	44.5	6	Frank Sumpter, Sr.	50	48	18	6					
Chance Payton	30	31	13.2	3	Richard Akers	50	40	34.2	5					
Glen Poklikuha	33	20	13	2	Lawrence Schovanec	52	37	49.2	5					
Jeff Baker	30	10	4	1	Jim Wilhelm	53	37	48.5	7					
Pete Torres	33	10	2	1	David Higgins	52	36	49.5	7					
David Moya	31	7	9	2	Fred Weber	53	36	15.2	4					
Jason Helton	32	4	4	1	Mike Morris	50	26	53.5	7					
35 - 39 MALE			55 - 59 MALE						YTD TOTALS					
James Layman	38	57	26	7	Jimmy Samarron	55	62	53.5	7					
Daniel Gonzales	39	38	13	4	Ronnie Prigg	53	15	7	2					
Michael Humphrey	38	27	13	3	Larry Mills	52	12	5	2					
Greg Hicks	35	16	7	2	Tom Weis	51	9	50.8	5					
Jeffrey Haag	36	10	6.2	1	Lorenzo Padillo	51	8	2	1					
40 - 44 MALE			RACE DIRECTOR						YTD TOTALS					
Adam Barron	42	68	44.5	7	Steve Nieman	50	7	5	1					
Paul Pare'	42	54	48.5	6	Tony Aleman	52	0	44.2	6					
J. Edison Pinto	43	45	48.5	6	Mike Kelley	55	62	53.5	7					
Rudy Ramirez	40	19	9	2	James Livermore	57	43	25.3	6					
Danny Sloan	40	18	4	2	John Trompler	57	40	52.5	7					
Bob Blake	40	16	19	2	Ron Nugent	57	35	28.3	5					
Stacy Conner	41	10	15	2	Sam Prose	56	15	10	2					
Brad Ewing	41	8	4	1	Jim Douglass	58	10	2	1					
Craig Jackson	40	8	3	1	Tom Griffin	55	0	53.5	7					

\*\* = RACE DIRECTOR \* = VOLUNTEER

### "TEXAS" Oldest Continuous Road Race" 36th ANNUAL FIRECRACKER RUNS

ELEMENTARY ONE MILE RUN  
JULY 4, 2005 Brownfield, Texas  
OVERALL RESULTS

PLACE	NAME	AGE	SEX	GRADE	TOWN	TIME
1	DANIEL RAMIREZ	12	M	6	BROWNFIELD	6:42
2	AVERY NUNEZ	10	M	5	PLAINVIEW	6:56
3	DAVID SENTELL	10	M	5	LAMESA	7:14
4	ANDREW SENTELL	11	M	6	LAMESA	7:24
5	VICTORIA HOOD	9	F	4	LUBBOCK	7:30
6	PARKER HUTTO	9	M	4	LEVELLAND	7:34
7	LUKE HICKS	9	M	4	SEMINOLE	7:46
8	JULIANNE HOOD	7	F	2	LUBBOCK	7:48
9	JESSEE VALENZUELA	6	M	1	BROWNFIELD	8:19
10	MATTHEW GARZA	9	M	4	BROWNFIELD	9:18
11	PARKER WISE	10	M	5	LUBBOCK	9:21
12	ALEXA TROUTMAN	9	F	4	LUBBOCK	9:22
13	BRETT HICKS	6	M	1	SEMINOLE	9:38
14	EVAN GOMEZ	7	M	2	LEVELLAND	10:00
15	ALEX RODRIGUEZ	9	M	4	BROWNFIELD	10:28
16	ELIZABETH ARELLANO	6	F	1	SUNDOWN	10:47
17	SLOANE HOLT	8	F	3	BROWNFIELD	11:58
18	ALLISON KASS	10	F	5	FT WORTH	12:12
19	ANGELA RODRIGUEZ	5	F	K	BROWNFIELD	12:16
20	ADRIANA MARTINEZ	5	M	K	WELCH	12:43

#### RACE DIRECTOR REPORT

The 36th Annual Firecracker Runs took place on Monday, July 4. It was a beautiful morning for a run, and with a few exceptions, of some unhappy and tearful kids in the children's race, everyone seemed to enjoy celebrating America's birthday with some good exercise in Brownfield.

We did not have the number of runners that I wanted to see, but there were a few other things happening in West Texas on that day and many families chose to turn the three-day weekend into vacation time on the road.

I spoke on Brownfield talk radio and sent out news releases and photos to area papers the week before the races, both of which I will do again next year. In future Firecracker Runs, there is a good possibility that the City of Brownfield will be more involved. Scott Jackson of the city's recreation department and Willie Herrera of the water department contributed to this year's race and will be more involved in the future.

Much thanks to Scott and Willie and to Judy Besler of "Town Talk" and KLVT, 105.3FM. Thanks also to a group of young men from the Ray D. Anderson substance abuse center who helped with water stops.

And a very special thanks to all the volunteers: Mary Harris, Pat Jury, Malinda Colwell, Lisa Garner-Santa, P.J. Mitchell, Ida Sumpter, Josie and Tony Aleman, Ron Lubowicz, Larry Byrd, Tom Weis, Mike Morris, Tom Griffin and George Jury. Mike did some special double duty this year, and I appreciated it very much. Of course, George and Pat have been getting up early on July 4th for almost a one hundred years now. Thanks Pat and George!

Mary Branscome broke the 10 mile run record for female age group 45-49 with a time of 1:22:10. What will you run next month, Mary?

### W.R.T.C. 2005 CHALLENGE SERIES STANDINGS AFTER 7 EVENTS

MALE (continued)										
60-64 MALE			65-69 MALE							
AGE	PTS	MILES	EVT	VOL	AGE	PTS	MILES	EVT	VOL	
62	67	48.5	7		65	46	37.4	6	**	
62	60	39	7	**	65	30	15	3		
64	29	24.3	3		65	18	15	2		
61	19	20.2	5	*	69	0	53.5	7	*	
64	15	6	2		CLYDESDALE - age graded					
61	8	5	1	*	41	55	46.5	7	*	
63	0	47.3	6	*	38	40	27.5	4	**	
					44	25	33.3	4	**	
					58	24	17	3		
					36	19	20.3	2		
					60	17	9	2		
					45	12	13.3	2		
					62	10	6	1	*	
					46	0	5	1	*	
					FEMALE					
					40-44 FEMALE			45-49 FEMALE		
					41	56	47.3	6		
					44	45	28.5	5	*	
					40	30	26.5	3		
					41	11	9.3	1		
					42	10	4	1		
					50-54 FEMALE			55-59 FEMALE		
					45	41	36.5	4		
					48	27	8	3	*	
					45	30	13	4	*	
					46	18	15	2		
					46	10	6	1		
					47	9	5	1	*	
					49	0	40.5	5	*	
					60-99 FEMALE			ATHENA		
					30	51	32.3	5	*	
					30	18	23.3	3	*	
					30	9	4	1		
					33	7	4	1	*	
					35-39 FEMALE			** = RACE DIRECTOR		
					36	37	25	5	*	
					35	36	33.3	4	*	
					38	18	15.5	2		
					36	10	8	1		
					39	10	6	1	*	
					37	9	4	1	*	
					35	7	9.3	1	*	

\*\* = RACE DIRECTOR  
\* = VOLUNTEER

## BUFFALO SPRINGS LAKE TRIATHLON

This year marked the 15<sup>th</sup> annual Buffalo Springs Lake Triathlon, and thanks to seasonable temperatures, relatively light winds, and the hard work of many dedicated volunteers the race was once again a great success. Congratulations should go first to Mike and Marti Greer for their tireless efforts in producing a major Ironman qualifying event. Thanks must also go to a host of West Texas Running Club members and friends in staffing the seven aid stations on the 13.1 mile run course. Those helping on this June 26<sup>th</sup> event included: Aid station 1: Mike Weis, Cynthia Pedersen, Pee Wee Roberson, Pam Roberson, Patrick Bohn, Brent Greaves, and Jessica (from the lake); Aid station 2: David Higgins, Suzann Caudle, the Girlstown volunteers, Ivania Newport, Mary Mendoza, Ronnie DeLeon, Sierra DeLeon, Paula Contreras, Yegenia Enriquez, Ashley Northrup, Sarah Brown, Tayla Beasley and Samantha Williams; Aid station 3: Teresa Hewett, Jessica Acebedo, Etta Mayer, Jeff Wise, Cody Shannon, Cristy Tate, Melissa Weaver, Tristin Ryan, Colleen Foley, and Bryn Albright; Aid station 4: PJ Miller, Bob Bernero, James Bone, Jim Burleson, Larry Byrd, Jimmy Clark, Susie Cobos, Estella Elizondo, Amy Harlien, Michael Harlien, Gaylen Hinch, Lathe Hinch, Josh Durham, Wally Padgett, Wayne Sullivan, Margie Thomas, Mary Beth Thomas, Chris Watson, and Jeff Watson; Aid Station 5: Ron Lubowicz, Barbara Murphy, Ralph Shelton, Jim Sorley, George Jury, Ralph Wolf, Laura Thomann, Stephanie Colorado, Ryan Shuttlesworth, Jennifer Gray, Amelia Standfer, Kandi Killian, Sara, and Brian; Aid Station 6: Jeff Key, Bob Broselow, Neal Barron, Larry Burlesmith (and family), Liz Linder, Tommy and Star Prumer, Robel Tefelawork, Jack Huggins, Keden Burk, James Ribordy; Aid station 7: Sam Prose, James Livermore, Lawrence Schovenac, Dick Baker, Mike Kelley, Michelle and Alan Becca, and Furmin Romo; also John Trompler for overall direction and race day troubleshooting.

The most meaningful expression of thanks always comes from the athletes themselves. Following is an excerpt from an email to Mike and Marti Greer from Kim Hager of the Woodlands, Texas who was the second overall women's finisher: "Please send my words of appreciation to your awesome volunteers. They were all so enthusiastic and provided motivation when needed. I have volunteered the past two years as the run course coordinator for our local sprint triathlon (CB&I Triathlon in The Woodlands, 2004 was its first year). Needless to say, it has opened my eyes to all the work that goes on behind the scenes and finding enthusiastic volunteers is not always easy!"

## NATIONAL SENIOR GAMES

Over 10,000 competitors from 50 years to 100+ descended on Pittsburgh from June 3 - 18 along with thousands of family and friends to cheer them on in the 10th National Senior Olympics. These ageless (or at least aging) athletes competed in a total of 15 individual sports plus 3 team sports as already described in our June newsletter. As always, there were numerous records broken, in addition to many personal records and individual accomplishments to be proud of. The Celebration of Athletes was impressive with the 50 state delegations bedecked in their state uniforms, though the colorful but unseasonal warm-up outfits for Texas didn't quite fit the muggy, hot weather outside the Civic Center. The entertainment with local Pittsburgh musicians of old was a "blast from the past." The buzz from everyone was talk about the next two biennial get-togethers in Louisville (2007) and San Francisco (2009). Competition was keen at all levels though I must admit that having reached my 4th five year age group (55-59 60-64, 65-69, and now 70-74), the competition is thinning out at least in the running events. In the 5-K road race there were 21 runners 70-74 but only 11 in the 10-K road race. The 70-74 winner of both races was fittingly a local Pennsylvanian, Roger Brockenbrough, who won in 22:57 (7:24 ave.) in the 5-K and 49:09 (7:55) in the 10-K. Both courses were very hilly, however, especially, the 10 which had at least one entire mile totally uphill. Noticeably absent this year were medal winners in these events from past years including several from our Texas delegation. Thus, without any superior Texan teammates to compete with I managed to slip in with a 7th place in the 5-K with a 25:44 (8:18 ave.) and 6th place in the 10-K with a 58:16 (9:23), not a very impressive time by any measure. My greatest satisfaction came from cheering an old high school (Penn Charter in Phila. classmate, Deke Conklin, on to his 2nd consecutive gold medal in the pole vault. He set a new 70-74 record of 9 feet and just missed the 10 foot level when he cleared the bar but accidentally pushed the bar off with his hand on the way down. Incidentally, he will be competing in the World Track & Field Championships to be held in Spain this fall. Earlier in the year he set the national Master's 70-74 age group indoor record with a vault of 10 feet in Boise, Idaho. And, yes, we do have a world champion in our midst, Dr. Paul Johnson, a local Lubbock dentist, who has won many national and world championships in his specialty, the 400 meter dash. He is also 70 and is a wonder to see in action. As an assistant track coach for Texas Tech he has to be a true inspiration to the Red Raider athletes and their up-and-coming track & field program. ---Bill Felton

THE "HOT DAM RUN" 5 MILE  
WEST TEXAS RUNNING CLUB'S  
ANNUAL AUGUST RACE  
EVENT RECORDS (Since 1988)  
USA T&F CERTIFIED, #TX93059ETM

AGE	NAME	TOWN	AGE	TIME	YEAR
12	Drew Soucy	Lubbock	12	37:27	2000
13-15	Gary Lackey, Jr.	Brownfield	15	28:51	2002
16-19	Chris Truitt	Lovington	19	27:09	1994
20-29	James Bungei	Lubbock	22	24:13	1991 *
30-34	Wilson Kigen	Plainveiw	30	26:38	1988
35-39	Bob Jackson	Hobbs	37	27:20	1996
40-44	Bob Jackson	Hobbs	43	27:57	2002
45-49	Jim Leser	Lubbock	46	29:55	1993
50-54	George W. Jury	Lubbock	53	30:18	1989
55-59	George W. Jury	Lubbock	55	31:37	1991
60-64	George W. Jury	Lubbock	60	34:00	1996
65-69	Don Sanderson	Tulia	66	36:04	1996
70+	Don Sanderson	Tulia	71	39:55	2001
	Clydes Farrell Martin	Lubbock	37	32:48	2003

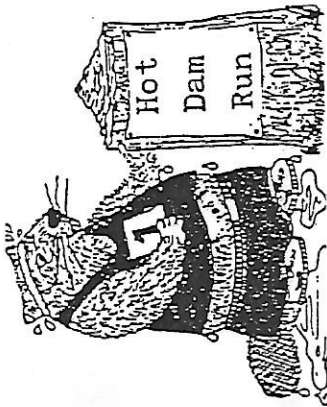
AGE	NAME	TOWN	AGE	TIME	YEAR
12	Colleen Adams	San Angelo	11	35:53	2004
13-15	Christina Vasquez	Lubbock	15	34:37	1989
16-19	Josie Martinez	Petersburg	19	32:53	1996
20-29	Rosa Ibarra	Plainview	22	30:08	1993 *
30-34	Marjory Stewart	Lubbock	32	30:12	1991
35-39	Marjory Stewart	Lubbock	35	30:30	1994
40-44	Diane Calhoun	Idalou	41	37:38	2000
45-49	P.J. Mitchell	Lubbock	49	41:08	1994
50-54	P.J. Mitchell	Lubbock	50	40:55	1995
55-59	P.J. Mitchell	Lubbock	55	44:58	2001
	Athena Suzan Caudie	Lubbock	51	1:00:43	2004

\* OVERALL COURSE RECORDS

9 YEARS

That's how long it's been since I ran my last race, August 1996. Many of you don't know why you don't see me on the road, so a brief explanation. A chronic illness that began in 1992 caused continual muscle and bursitis problems and I missed quite a few races after that and finally a hamstring tear right after the HOT DAM RUN of 1996, I gave up running altogether and began riding a bike. Then in June 1997 while riding out the Brownfield highway, I was struck from behind by a vehicle and thought only soft tissue was damaged. Nearly tore my left achilles tendon and calf muscle off and by the time that had pretty well healed in a couple of months, I discovered that my knee joints were damaged as well. After one surgery on my right knee and 2 on my left, I was still unable to run because of pain in the left knee. After a two and half year span of illness and 6 major surgeries and several "minor" ones that began in September 2000 I once again feel great but still cannot run because of the left knee pain.

George W. Jury



WEST TEXAS RUNNING CLUB'S  
18th ANNUAL "HOT DAM RUN"  
5 MILES

USA TRACK & FIELD CERTIFIED  
# TX93059ETM

WHEN: SATURDAY, AUGUST 13, 2005

PRE-REGISTRATION by mail til AUGUST 11, 2005  
by phone til 6 P.M. Friday, August 12th  
792-3291 (d), 792-1237 (n)

REGISTRATION; 7:00 A.M. to 7:45 on RACE DAY

RACE START; 8 A.M.

WHERE: MARTIN LUTHER KING, JR. MEMORIAL AREA  
(near waterfall on Canyon Lake 6) East of  
MLK Blvd. at E. 22nd Street, LUBBOCK, TEXAS

COURSE: FIVE MILES OUT and BACK ON ASPHALT, TWO  
SHORT STEEP HILLS, SEVERAL SMALLER HILLS

ENTRY FEE: Pre-Registration  
WTRC MEMBERS \$5; NON-MEMBERS \$6

Race Day Entry: \$10

AGE DIVISIONS: (5 MILE)

MEN: 6-12; 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+

WOMEN: 6-12; 13-15; 16-19; 20-24; 25-29; 30-34;  
35-39; 40-44; 45-49; 50-54; 55-59 and 60+

AWARDS: Medallions will be awarded to the first 3  
and up to 50 percent in each the age groups  
5 maximum

RACE DIRECTOR: Etta Mayer, 742-6000, ext 230 (d),  
E-Mail, etta.mayer@ttu.edu

# White Buffalo 5K Stampede Snyder, Texas

**When:** Saturday, September 17<sup>th</sup>  
**Time:** 8:15 a.m. (1K Fun Run/Walk)  
8:30 a.m. (5k Run)  
**Where:** Court House Square  
**Entry:** \$12.00 Early, \$15.00 Late  
(late is After September 12<sup>th</sup>)  
Check to "Snyder Chamber of Commerce"



T-Shirt to all 1K and 5K Entrants  
(Pre-registered have Size Guaranteed)

5K Awards  
\$100 Overall Male and \$100 Overall Female  
Awards to top three finishers in 14 age divisions  
( 9 & under, 10-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70 and over )

1K Awards  
Ribbons to all finishers

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Mail to: Snyder Chamber of Commerce, P.O. Box 840, Snyder, Tx 79550  
Phone: 325-573-3558 E-mail: [vicki@snyderchamber.org](mailto:vicki@snyderchamber.org)  
[www.snyderchamber.org](http://www.snyderchamber.org)

Name \_\_\_\_\_ Age \_\_\_\_\_ Gender: M F  
Address: \_\_\_\_\_ City, State, Zip \_\_\_\_\_  
Phone # \_\_\_\_\_ E-mail \_\_\_\_\_ Size: XS S M L XL

**Waiver Statement:** (Must be signed and submitted with entry). In consideration of this registration entry, I, the undersigned, assume full responsibility for any injury or accident which may occur during my participation in the race, or while I am on the premises of this event from any and all injury and damage, whether it be caused by negligence of the sponsors, promoters, or other persons or entities associated with the event, or otherwise. Further, I hereby grant full permission to any and all the foregoing to use any photographs or any other records of this event.

Signature of participant  
or Guardian for minor \_\_\_\_\_ Date: \_\_\_\_\_