

CALENDAR

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

- DEC. 5 W.T.R.C. Business meeting, 7:00pm, West Texas Peterbilt, 45th & Ave A.
- * DEC. 10 REDLINE 4 MILE CROSS COUNTRY: MAE SIMMONS PARK, Lubbock, 10a.m. Tom Griffin, RD 698-1503(h) 747-2579(w)
- * JAN. 14 LOOP THE LAKE 5M: BUDDY HOLLY REC. AREA, Lubbock 10:00am, 5 mi., Jim Beck, RD
- JAN. 29 3M Half Marathon and Relay: 6801 River Place Blvd, Austin, Tx 7:00am, RD Rosa Espiricueta 512-984-RACE, email: solutions.3m.com.
- * FEB. 11 COTTON PATCH RUNS: Erenship High School, Wolfforth, 4M & 8K, 10:00am, RD David Higgins, 785-8562 (h)
- FEB. 19 ERESCAIE AUSTIN MARATHON & HALF MARATHON: Austin, Tx, 7:00am, RD Diana Wrightman, 512-478-4265.
- FEB. 25 THE COWTOWN: Marathon, Half Marathon, 10K, 5K, Ft Worth, Tx, website: signmeupsports.com.
- * MAR. 11 PRAIRIE DOG TOWN RUN: 4mi. MacKenzie Park, 10:00am, RD John Trompler, 794-1359.
- APR 2 THE BIG D TEXAS MARATHON: Marathon, Half Marathon, 5K, 8:00 am, Dallas, Tx. 972-235-2513.
- APR 3 STATESMAN CAPITAL 10,000: 10K, 8:30 am, Austin, Tx. 512-445-3598.
- * APR 22 RUN FOR THE ARTS: 15K, 2MT, 8:00 am, Lubbock, Tx, RD Tom Weis, 806-928-0482.

<http://wtrc.tripod.com>

For Membership, Calendar, Race Results, Photos, etc.



Season's Greetings
from
The Officers and Directors
of the
West Texas Running Club

David Higgins
3401 Alcove
Lubbock, TX 79407

Red Line XC 4 Mile Race
Sun, Saturday, December 11, 2005
Mae Simmons Park, Lubbock, TX
Details Inside Back Cover

WEST TEXAS
Running Club

WTRC Newsletter
5406 86th Street
Lubbock, TX 79424
December 2005

WEST TEXAS RUNNING CLUB

OFFICERS

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WTRC Web Address:
<http://wttrc.tripod.com>

W. T. R. C. RACES ARE USUALLY HELD THE 2ND SATURDAY OF EACH MONTH.
The WTRC monthly business meeting is on Monday, December 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 finally figured out why we refer to a person seeking healing as a "patient"... because that's exactly what you have to be to get past a serious running injury ... you must be patient.

For those of you who had taken the time to read my ramblings over the past several years, you might remember my observations of various diets and therapies I was playing with at those times. But my biggest experiment of all has been trying to get my right leg back after suffering massive nerve damage almost two years ago.

In the middle of February, 2004 my severely inflamed sciatic nerve sent tremendous keep-you-in-bed-crying-all-day pains throughout my right leg. This lasted a couple of weeks and gradually was replaced by hip-to-toe tingling and loss of all muscle function in that leg. The doctors agreed that running as I had known it was probably lost to me, and that I would almost certainly need surgery to correct the damaging condition at my spine. I joined a gym and faithfully began a variety of regimens recommended by my doctor (WTRC member Cheryl Weber) just to keep the muscles alive. It seemed hopeless for the first several months, but little signs here and there gave me bits of hope and loads of determination.

Thanks to sluggish insurance rules and a busy personal schedule, I did not get together with the surgeon until seven months later. His refusal to operate on me, on the grounds that I seemed to be healing myself, and his suggestion that I "try running a little" sent my hopes to the moon. Today, over a year later, every day is still a gym day AND I am running about 3 miles every fourth day ... plus only my toes tingle now. By year's end I hope to be up to 4 miles per run, and by early Spring I could be running every third day. I feel that my patience is paying off.

My message, my advice, my wish for all of you who might be really hurt, please, please, please be a patient patient.
SYOTR, Ron

The 33rd ANNUAL BUFFALO WALLOW RACES NOVEMBER 12, 2005 HALF MARATHON USAT&F CERTIFIED, #TX93078FTM BUFFALO SPRINGS LAKE, LUBBOCK, TEXAS

HALF MARATHON OVERALL RESULTS

PLACE	NAME	TOWN	ST	AG	S	DIV	PLACE	TIME	PACE
1	MICHAEL SANG	LUBBOCK	TX	27	M	1	M2529	1:23:27	6:22
2	BRIDGET TIDWELL	LUBBOCK	TX	23	F	1	F2024	1:25:19	6:31
3	JERRY DWYER	LUBBOCK	TX	46	M	1	M4549	1:28:09	6:44
4	FARRELL MARTIN	LUBBOCK	TX	39	M	1	CLYDE	1:35:35	7:18
5	JOHN PRYOR	LUBBOCK	TX	23	M	1	M2024	1:37:28	7:27
6	DAVID STEADMAN	LUBBOCK	TX	36	M	2	M3539	1:38:05	7:29
7	JAMES BAUMAN	LUBBOCK	TX	37	M	3	M3539	1:38:16	7:30
8	RICHARD AKERS	LUBBOCK	TX	50	M	1	M5054	1:40:34	7:41
9	JAY KEITH	LUBBOCK	TX	47	M	2	M4549	1:40:48	7:42
10	ADAM BARRON	LUBBOCK	TX	43	M	1	M4044	1:41:46	7:46
11	LAWRENCE SCHOVANEK	LUBBOCK	TX	52	M	2	M5054	1:43:29	7:54
12	JUSTIN KIME	LUBBOCK	TX	27	M	2	M2529	1:44:49	8:00
13	KYLE ASHLEY	RANSOM CANYON	TX	43	M	2	M4044	1:45:46	8:05
14	JULIE WALL	LUBBOCK	TX	23	F	2	F2024	1:46:41	8:09
15	BOB BLAKE	LUBBOCK	TX	41	M	3	M4044	1:47:11	8:11
16	RANDY HOLLOWAY	LUBBOCK	TX	49	M	3	M4549	1:48:28	8:17
17	IRIS RIVERO	LUBBOCK	TX	30	F	1	F3034	1:48:56	8:19
18	PAUL PARE	LUBBOCK	TX	43	M	4	M4044	1:49:43	8:23
19	MARISA MAMHARAPPALLIL	LUBBOCK	TX	28	F	1	F2529	1:49:51	8:23
20	REBECCA WARMINSKI	LUBBOCK	TX	21	F	3	F2024	1:50:11	8:25
21	MARY BRANSCOME	LUBBOCK	TX	45	F	1	F4549	1:51:06	8:29
22	SCOTT WEBB	LUBBOCK	TX	22	M	2	M2024	1:51:19	8:30
23	ASHLIE STEGEMOLLER	LUBBOCK	TX	31	F	2	F3034	1:51:29	8:31
24	DAVID MALONE	LUBBOCK	TX	48	M	4	M4549	1:51:42	8:32
25	DEAN DIERSING	LUBBOCK	TX	24	M	2	CLYDE	1:51:54	8:33
26	LANDI KIME	LUBBOCK	TX	23	F	2	F2024	1:52:49	8:37
27	BRAD EWING	LUBBOCK	TX	41	M	5	M4044	1:52:51	8:37
28	ABEL PEREZ	LEVELLAND	TX	20	M	4	M2024	1:53:32	8:41
29	MARK ALBUS	LUBBOCK	TX	49	M	5	M4549	1:53:43	8:41
30	DARRELL PRICE	LUBBOCK	TX	57	M	1	M5559	1:54:18	8:44
31	TIM RADKEY	LUBBOCK	TX	31	M	1	M3034	1:55:39	8:50
32	WAYNE IVEY	SLATON	TX	36	M	3	CLYDE	1:56:42	8:55
33	MARK BELCHER	LUBBOCK	TX	32	M	4	CLYDE	1:57:14	8:57
34	STEVE ODORIZI	LUBBOCK	TX	43	M	5	CLYDE	1:58:11	9:01
35	LEESA PRICE	LUBBOCK	TX	49	F	2	F4549	1:59:30	9:07
36	MINDY BILODEAU	AMARILLO	TX	33	F	3	F3034	2:00:28	9:12
37	JEFFREY HAAG	LUBBOCK	TX	36	M	5	M3539	2:01:33	9:17
38	ANN CRUCE-ROBERTS	LUBBOCK	TX	30	F	4	F3034	2:01:34	9:17
39	MIKE KELLEY	LUBBOCK	TX	56	M	2	M5559	2:03:19	9:25
40	JUDY LAWLEY	LUBBOCK	TX	40	F	1	F4044	2:04:28	9:30
41	AARON SELF	LUBBOCK	TX	26	M	3	M2529	2:05:01	9:33
42	KERRY BLANTON	WOLFORTH	TX	30	F	5	F3034	2:05:40	9:36
43	TONYA CROSSLAND	LUBBOCK	TX	34	F	6	F3034	2:06:22	9:39
44	BENNETT FERRIS	LUBBOCK	TX	27	M	4	M2529	2:07:06	9:42
45	ERICA CORONADO	LUBBOCK	TX	25	F	2	F2529	2:07:14	9:42
46	RONNIE NUGENT	LUBBOCK	TX	59	M	3	M5559	2:07:42	9:45
47	EDSON PINTO	LUBBOCK	TX	44	M	7	M4044	2:09:27	9:53
48	JEFF WISE	LUBBOCK	TX	42	M	6	CLYDE	2:10:00	9:55
49	ADRIAN VASQUEZ	LUBBOCK	TX	20	M	5	M2024	2:10:57	10:00
50	LARA ADAIR	LUBBOCK	TX	39	F	1	F3539	2:17:56	10:32
51	BHARAT KAKARALA	LUBBOCK	TX	21	M	6	M2024	2:18:26	10:34
52	VANESSA KELLY	LUBBOCK	TX	20	F	5	F2024	2:18:28	10:34
53	STACEY FERRIS	LUBBOCK	TX	25	F	2	F2529	2:18:45	10:36
54	TOM WALTON	LUBBOCK	TX	44	M	9	M4044	2:20:02	10:41
55	DAHLIA HOOD	LUBBOCK	TX	46	F	3	F4549	2:20:10	10:42
56	DANIEL BILODEAU	AMARILLO	TX	38	M	6	M3539	2:21:40	10:49

The 33rd ANNUAL BUFFALO WALLOW RACES
HALF MARATHON OVERALL RESULTS (Continued)

PLACE NAME	TOWN	ST	AG	S	DIV	PLACE	TIME	PACE
57 MIKE GREER	RAMSON CANYON	TX	66	M	1	M6569	2:23:36	10:58
58 KRISTI LATHAM	LUBBOCK	TX	22	F	6	F2024	2:23:44	10:58
59 GENTRY SMITH	LUBBOCK	TX	23	F	7	F2024	2:25:09	11:05
60 ROSE HOEVE	RAMSON CANYON	TX	38	F	2	F3539	2:25:17	11:05
61 EDWINA TOWNSEND	LUBBOCK	TX	43	F	2	F4044	2:25:28	11:06
62 ARLAN PATTON	LUBBOCK	TX	51	M	3	M5054	2:26:44	11:12
63 AUBIN HALLIDAY	LUBBOCK	TX	17	M	4	M1619	2:30:24	11:29
64 SAM PROSE	LUBBOCK	TX	59	M	4	M5559	2:31:10	11:32
65 ETTA MAYER	LUBBOCK	TX	56	F	1	F5559	2:31:22	11:33
66 MARSHA BENNETT	LUBBOCK	TX	42	F	3	F4044	2:39:00	12:08

* = New Age Group record

2 MILE OVERALL RESULTS

PLACE NAME	TOWN	ST	AG	S	DIV	PLACE	TIME	PACE
1 JOHN KEITH	LUBBOCK	TX	16	M	1	M1619	12:12	6:06
2 JACKIE CANNON	AMARILLO	TX	49	M	1	M4549	12:28	6:14
3 NICK WARGO	LUBBOCK	TX	15	M	1	M1315	12:35	6:18
4 NICK LOPEZ	CROSBYTON	TX	14	M	2	M1315	12:58	6:29
5 KYRA SLOAN	CROSBYTON	TX	13	F	1	F1315	13:18	6:39
6 BRETT HART	LUBBOCK	TX	26	M	1	M2529	13:40	6:50
7 CALEB BECK	LUBBOCK	TX	22	M	1	M2024	13:43	6:52
8 AARON BASS	CROSBYTON	TX	16	M	2	M1619	14:10	7:05
9 DANNY SLOAN	CROSBYTON	TX	40	M	1	M4044	14:12	7:06
10 CHRISTIAN SALINAS	CROSBYTON	TX	13	M	3	M1315	14:26	7:13
11 CRAIG JACKSON	LUBBOCK	TX	41	M	2	M4044	14:28	7:14
12 RONNIE PRIGG	LUBBOCK	TX	54	M	1	M5054	14:38	7:19
13 KELSEY SCHNEIDER	LUBBOCK	TX	17	F	1	F1619	14:38	7:19
14 DANIEL GONZALES	LUBBOCK	TX	40	M	3	M4044	14:43	7:22
15 AJUTIN ZUNDT	CROSBYTON	TX	11	M	1	M0112	14:48	7:24
16 JIM HARRIS	HOBBS	NM	63	M	1	M6064	14:53	7:27
17 SAM LOPEZ	CROSBYTON	TX	15	M	4	M1315	15:12	7:36
18 AVERY NUNEZ	LUBBOCK	TX	10	M	2	M0112	15:17	7:39
19 DAVID HIGGINS	LUBBOCK	TX	53	M	2	M5054	15:22	7:41
20 MEGHAN BASS	CROSBYTON	TX	12	F	1	F0112	15:23	7:42
21 JENNY BECK	LUBBOCK	TX	25	F	1	F2529	15:30	7:45
22 FRAVIS MOORE	LUBBOCK	TX	13	M	5	M1315	15:46	7:53
23 CRAIG HEINTZE	LUBBOCK	TX	22	M	2	M2024	16:02	8:01
24 MIKE GONZALES	LUBBOCK	TX	30	M	1	M3034	16:12	8:06
25 BETH GERKEN	AMARILLO	TX	51	F	1	F5054	16:22	8:11
26 J.R. MORALES	LUBBOCK	TX	41	M	4	M4044	16:33	8:17
27 CHARLIE LONGANECKER	LUBBOCK	TX	50	M	3	M5054	16:45	8:23
28 GILBERT NUNEZ	LUBBOCK	TX	35	M	1	M3539	17:07	8:34
29 LARRY BURELSMITH	LUBBOCK	TX	56	M	1	M5559	17:17	8:39
30 MALINDA COLWELL	LUBBOCK	TX	32	F	1	F3034	17:27	8:44
31 JACK HUMPHREY	LUBBOCK	TX	9	M	3	M0112	17:34	8:47
32 MICHAEL HUMPHREY	LUBBOCK	TX	39	M	2	M3539	17:34	8:47
33 ARCHIE MOORE	LUBBOCK	TX	44	M	1	CLXDE	17:39	8:50
34 JAMES LACKEY	BROWNFIELD	TX	11	M	4	M0112	17:40	8:50
35 TRISH MORRISON	LUBBOCK	TX	33	F	2	F3034	17:40	8:50
36 AMY HARLIEN	LUBBOCK	TX	29	F	2	F2529	17:47	8:54
37 HANNAH LAYMAN	HEREFORD	TX	12	F	2	F0112	17:48	8:54
38 JAMES LAYMAN	HEREFORD	TX	39	M	3	M3539	17:48	8:54
39 DANIEL J. GONZALES	LUBBOCK	TX	10	M	5	M0112	17:49	8:55
40 LISA GARNER-SANTA	LUBBOCK	TX	37	F	1	F3539	18:43	9:22
41 KEVIN PICKRELL	LUBBOCK	TX	46	M	2	M4549	19:15	9:38
42 BECKY GUTIERREZ	LUBBOCK	TX	12	F	3	F0112	20:48	10:24
43 STEPHANIE GRAY	LUBBOCK	TX	37	F	2	F3539	21:15	10:38

* = New Age Group record

W.R.T.C. 2005 CHALLENGE SERIES
STANDINGS AFTER 11 EVENTS

		MALE				YTD TOTALS																		
		0 - 12 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				
AGE	PTS	MILES	EVT	VOL	AGE	PTS	MILES	EVT	VOL	AGE	PTS	MILES	EVT	VOL	AGE	PTS	MILES	EVT	VOL	AGE	PTS	MILES	EVT	VOL
Luke Samarron	11	29	10	3	John Keith	16	71	26.3	7	Jared Masood	25	44	39.3	6	Richard Akers	50	79	64.7	9	Mike Kelley	55	80	77.8	10
Jack Humphrey	9	21	9.1	3	Ed Roup	19	9	4	1	Richard Lombardini	29	39	28.4	4	David Higgins	53	67	65.8	11	Ron Nugent	58	72	58.8	9
D. Joseph Gonzales	10	16	4	2						Matthew Jordon	25	20	27.3	2	Lawrence Schovanec	52	65	74.7	8	James Livermore	57	43	25.3	6
										Jerred Hurst	25	18	11	2	Frank Sumpter, Sr.	50	48	18	6	Jim Wilhelm	55	40	60.9	9
															Fred Weber	53	41	26.4	6	John Trompler	57	40	52.5	7
																				Sam Prose	56	22	35.5	4
																				Jim Douglass	58	10	2	1
																				Tom Griffin	55	0	84	11
																				Tony Aleman	56	0	74.7	10

** = RACE DIRECTOR
* = VOLUNTEER

W.R.T.C. 2005 CHALLENGE SERIES
STANDINGS AFTER 11 EVENTS

MALE (continued)

60 - 64 MALE	AGE	PTS	MILES	EVT	VOL	65 - 69 MALE	AGE	PTS	MILES	EVT	VOL
Jim Harris	62	100	51.1	11	**	Bill Roger	66	71	87.9	10	**
Jim Burleson	63	95	79	11	*	Ralph Wolf	68	60	45.5	7	*
Ron Lubowicz	61	19	49.7	9	*	Gorden Jenkins	65	57	51.7	7	*
Bob Broselow	64	15	6	2		Mike Greer	65	28	28.1	3	
Charles Reynolds	61	8	5	1		Jim Bone	66	8	6.2	1	
Larry Byrd	63	0	58.5	8	*	George Juy	69	0	84	11	*

FEMALE

70 - 99 MALE	AGE	PTS	MILES	EVT	VOL	CLYDESDALE - age graded	AGE	PTS	MILES	EVT	VOL
Bill Felton	70	60	37.2	7	*	Jeff Wise	42	77	70.8	10	*
Don Sanderson	74	10	9.3	1		Farrell Martin	39	60	46.8	6	
John Stalcup	71	10	5	1		Preston Smith	59	32	23.2	4	
Hugh Haynes	72	0	11	1	*	Hank Ivey	36	27	33.4	3	
						Jim Beck	44	25	33.3	4	**
						David Baldwin	45	18	18.3	3	
						Richard Lampe	60	17	9	2	
						Bill Oates	62	10	6	1	
						Ed Dabrowski	46	0	5	1	

0 - 12 FEMALE

0 - 12 FEMALE	AGE	PTS	MILES	EVT	VOL	40 - 44 FEMALE	AGE	PTS	MILES	EVT	VOL
Hanna Layman	12	88	34.1	11	*	Marsha Bennett	42	83	77.8	10	*
Kyra Sloan	12	43	10	4		Kammy Philbrick	44	54	46.6	7	*
						Judy Lawley	40	50	44.6	5	
						Becky Rowley	41	11	9.3	1	
						Melanie McVey	42	10	4	1	

16 - 19 FEMALE

16 - 19 FEMALE	AGE	PTS	MILES	EVT	VOL	45 - 49 FEMALE	AGE	PTS	MILES	EVT	VOL
Alyssa Preston	17	10	5	1		Mary Branscome	45	61	54.6	6	
Krystal Hunt	18	10	2	1		Cynthia Pederson	46	30	13	4	*
						Dahlia Hood	45	28	25.3	3	
						Martha Martinez	48	27	8	3	
						Mart Greer	46	18	15	2	
						Karen Jackson	47	9	5	1	
						Ida Sumpter	49	0	40.5	5	*

20 - 24 FEMALE

20 - 24 FEMALE	AGE	PTS	MILES	EVT	VOL	50 - 54 FEMALE	AGE	PTS	MILES	EVT	VOL
Rebecca Warminski	21	59	41.7	6		Suzan Caudle	52	81	68.9	11	*
Meagan Mills	21	10	3	1		Madonne Miner	52	50	44.7	7	*
Nichole Wayland	20	9	4	1		Shirley Wigley	51	48	23.2	5	
Aultumn Moore	23	8	4	1		Cheryl Weber	52	37	21.4	5	*
						Josie Aleman	53	26	58.4	10	*

25 - 29 FEMALE

25 - 29 FEMALE	AGE	PTS	MILES	EVT	VOL	55 - 59 FEMALE	AGE	PTS	MILES	EVT	VOL
Wendy Gilley	29	42	38.3	5		Elta Mayer	55	76	71.8	9	**
Jenny Beck	25	39	18.3	4		Sherill Easterling	56	40	25.4	4	*
Page Tumlinson	27	31	17.2	4		Mary Harris	59	0	16.2	2	*
Any Harlien	28	26	8	3							
Mandy Cleavinger-Helton	28	12	9	2							
Deborah Dakin	25	10	4	1							
Carrie Badillo	27	8	4	1							

30 - 34 FEMALE

30 - 34 FEMALE	AGE	PTS	MILES	EVT	VOL	60 - 99 FEMALE	AGE	PTS	MILES	EVT	VOL
Iris Rivero	30	82	57.8	8	*	P.J. Mitchell	60	20	74.7	9	*
Mallinda Colwell	32	42	37.7	6	*						
Heather Salinas	30	9	4	1							
Sara Silva	33	7	4	1							

35 - 39 FEMALE

35 - 39 FEMALE	AGE	PTS	MILES	EVT	VOL	ATHENA	AGE	PTS	MILES	EVT	VOL
Lisa Garner-Santa	37	77	41.3	9	*	Elizabeth Linder	51	36	11.1	4	
LouAnna Aterburn	35	44	38.3	5							
Lara Adair	38	28	28.6	3							
Lourdes Juan	37	12	10.2	2							
Ruth Mortenson	36	10	8	1							
Annette Burenheide	39	10	6	1							

** = RACE DIRECTOR
* = VOLUNTEER

THE 24th ANNUAL RED RAIDER ROAD RACE
10K ROAD RACE
MACKENZIE PARK ALTERNATE COURSE, Benefiting the WTRC Scholarship Fund
Lubbock, Texas October 15, 2005

10K AGE GRADED RESULTS FOR MASTERS' WINNERS SELECTION

Place	Name	Town	St	Ag	S	Time	Agegrad
1	DIANNE ANDERSON	LUBBOCK	TX	63	F	55:52	36:54
2	RICHARD AKERS	LUBBOCK	TX	50	M	42:49	37:27
3	LAWRENCE SCHOVANEC	LUBBOCK	TX	52	M	43:34	37:29
4	CHRIS LONNGREN	LUBBOCK	TX	46	M	42:40	38:31
5	RALPH WOLF	ABERNATHY	TX	68	M	51:38	38:37
6	PAUL HERMANN	AMARILLO	TX	57	M	47:04	38:51
7	JERRY DWYER	LUBBOCK	TX	46	M	43:34	39:20
8	ADAM BARRON	LUBBOCK	TX	42	M	42:22	39:27
9	JOSEPH WILSON	LUBBOCK	TX	50	M	45:44	40:00
10	KELLEY LITTSCH	RANSOM CANYON	TX	45	M	44:05	40:06
11	RANDY HOLLOWAY	LUBBOCK	TX	49	M	46:27	40:58
12	RICK LILES	BIG SPRING	TX	48	M	46:35	41:24
13	FRED WEBER	LUBBOCK	TX	54	M	50:11	42:29
14	CHRISTY GENENBACHER	LUBBOCK	TX	60	F	1:01:49	42:39
15	BOB BLAKE	LUBBOCK	TX	41	M	45:38	42:48
16	MARSHALL NELSON	LUBBOCK	TX	52	M	49:45	42:49
17	RUSSEL MARTIN	SHALLOWATER	TX	47	M	48:13	43:18
18	RONNIE NUGENT	LUBBOCK	TX	58	M	52:55	43:18
19	JAMES BURLESON	LUBBOCK	TX	63	M	55:25	43:24
20	ANDY WILSON	LUBBOCK	TX	42	M	46:52	43:38
21	BILL ROGER SR	LEVELLAND	TX	66	M	57:17	43:39
22	MINDY HATCH	LUBBOCK	TX	44	F	52:12	44:00
23	KEVIN HERMANN	MIDLAND	TX	42	M	47:27	44:10
24	PAUL PARE'	LUBBOCK	TX	43	M	47:58	44:20
25	VAN JOSSELET	DALHART	TX	52	M	51:32	44:21
26	DAVID MALONE	LUBBOCK	TX	48	M	50:33	44:56
27	CHERYL WEBER	LUBBOCK	TX	52	F	58:37	45:03
28	LES HATCH	LUBBOCK	TX	42	M	49:41	46:16
29	DAVID MANGOLD	LUBBOCK	TX	57	M	56:33	46:40
30	HAROLD TERRY	FORTALES	NM	46	M	51:45	46:43
31	STEVEN ODORIZZI	LUBBOCK	TX	43	M	50:36	46:46
32	TRACY MACK	LUBBOCK	TX	40	M	49:49	47:05
33	DAHLIA HOOD	LUBBOCK	TX	46	F	58:49	48:36
34	MIKE HATLEY	SWEETWATER	TX	49	M	56:14	49:35
35	JOHN CAGLE	LUBBOCK	TX	49	M	56:14	49:35
36	JAMES HERMANN	OVERLAND PARK	KS	44	M	54:30	49:58
37	MARS BENNETT	LUBBOCK	TX	42	F	58:21	50:01
38	DUG MCALPINE	LUBBOCK	TX	46	M	55:45	50:20
39	SUZIE HARTSFIELD	LUBBOCK	TX	43	F	59:14	50:22
40	EDWINA TOWNSEND	LUBBOCK	TX	43	F	1:00:16	51:15
41	JIM WILHELM	LUBBOCK	TX	54	M	1:00:35	51:17
42	DENNIS BOEDEKER	PEARLAND	TX	47	M	57:49	51:48
43	WAYNE OAKELEY	LUBBOCK	TX	49	M	59:06	52:07
44	MITCH MONROE	LUBBOCK	TX	45	M	57:59	52:46
45	MIKE MORRIS	COLUMBIA	MO	50	M	1:00:19	52:46
46	SANDY PETERS	SHALLOWATER	TX	45	M	58:28	53:12
47	JIMMY CLARK	LUBBOCK	TX	54	M	1:03:07	53:26
48	RICHARD LAMPE	LUBBOCK	TX	61	M	1:08:10	54:21

**"George Jury" Buffalo Wallow
Race Director's Report**

Although there was "some" wind at this year's Buffalo Wallow (the 33rd Annual), the weather was nothing like the cold, rainy and windy sleet of the past two years. Highlight of the day was the surprise provided for George Jury prior to the start of the races.

George was recognized for his contributions to this race over that past 3 decades with the naming of this year's events the "George Jury Buffalo Wallow Races". George was presented with T-shirts commemorating the event. On the back of the T-shirt were the WTRC records that George still holds today. All of the half-marathon finishers also received a T-shirt as they crossed the line. The nice weather brought out a good number of runners (43 finishers in the 2-mile and 66 finishers in the half).

Michael Sang ran a strong 1:23:27 (6:26 pace) to win the half while Bridget Tidwell was less than two minutes back to win the Women's Division (second overall) with a 1:25:19 (6:34 pace). Bridget's time was also a new age-group record for Women's 20-24. Also impressive was the Clydesdale winner, Farrell Martin (fourth overall) with a 1:35:35.

In the 2-Mile, 16 year old John Keith was the overall winner with a 12:12 (6:06 pace) while 13 year old Kyra Sloan topped the women division with a 13:18 (6:39 pace and fifth overall). Beth Gerken set an age-group record for Women 50-54 with a 16:22.

I filled in as Race Director because Mike Morris was detained by his work in Missouri; however this was a great race to direct because of the outstanding volunteers. George Jury coordinated the communication with the Lake personnel, ordered the awards, handled pre-race registration as well as race day registration and scoring. Bill Roger, Bill Felton, Suzan Caudle and Tom Griffin arrived early to help with registration and then worked other areas; Jim Bursleson set out the course markers before serving as a corner marshall at the bottom of the hill; Tony and Josie Aleman and Kami Philbrick worked the finish chute for both races while Gordon Jenkins, Jared Masood, and Dwayne Oakeley manned the aid stations. Ralph Wolf told the two-milers to turn around at the 1-mile split and then helped out with the half finish line. Also assisting prior to the race and running as well were David Higgins and Mike Kelley. The race director burned up a tank of gas driving the course and staying out of the way because of this great team of volunteers. My thanks to all who ran and worked.

Respectfully submitted,
Tom Weis

Mark Your Calendars for Annual Club Social

As in the past, the West Texas Running Club will hold an annual awards and social event. We have reserved the Malton Party house at 29th and Chicago (actually parkland near that address) for January 20th. This will be a time to honor our challenge series award winners and to get to know one another a little better. Further details will be provided in next month's newsletter. Please mark your calendar and plan on attending.

49 ETTA MAYER LUBBOCK TX 56 F 1:14:53 54:37
50 PRESTON SMITH LUBBOCK TX 59 M 1:21:55 1:06:27

**THE 24th ANNUAL RED RAIDER ROAD RACES 5K
MACKENZIE PARK ALTERNATE COURSE, Benefiting the WTRC Scholarship Fund
Lubbock, Texas October 15, 2005**

Place	Name	Town	St	Ag	S	Time	Agegrad
5K AGE GRADED RESULTS FOR MASTERS' WINNERS SELECTION							
1	JACKIE CANNON	AMARILLO	TX	49	M	19:19	17:04
2	JTM HARRIS	HOBBS	NM	63	M	22:50	17:39
3	BILL FELTON	LUBBOCK	TX	71	M	25:30	17:47
4	EPI AGUIRRE	LUBBOCK	TX	47	M	20:20	18:15
5	JAY KEITH	LUBBOCK	TX	47	M	20:38	18:31
6	GORDEN JENKINS	AMARILLO	TX	65	M	24:51	18:46
7	CAYLENE CADDELL	LUBBOCK	TX	53	F	24:24	18:49
8	DALE JONES	LUBBOCK	TX	63	M	23:48	19:10
9	RONNIE PRIGG	LUBBOCK	TX	54	M	23:17	19:42
10	DAVID WEAVER JR	LUBBOCK	TX	54	M	23:42	20:04
11	DAVID HIGGINS	LUBBOCK	TX	53	M	24:13	20:41
12	MIKE LAWSON	LEVELLAND	TX	46	M	23:31	21:17
13	CRAIG JACKSON	LUBBOCK	TX	40	M	22:49	21:34
14	CARLOS GARCIA	LUBBOCK	TX	56	M	26:05	21:41
15	GORDON HAVENS	ABERNATHY	TX	40	M	23:00	21:44
16	LARRY BURELSMITH	LUBBOCK	TX	56	M	26:28	22:00
17	THOMAS WORD	LUBBOCK	TX	68	M	30:50	22:25
18	DANIEL GONZALES	LUBBOCK	TX	40	M	23:44	22:25
19	MILDRED MCGILL	WOLFORTH	TX	44	F	26:40	22:27
20	LARRY DELEON	LUBBOCK	TX	45	M	24:54	22:42
21	JOE WARE	SAN ANTONIO	TX	42	M	25:02	23:19
22	JOHN DELANEY	LUBBOCK	TX	41	M	24:57	23:25
23	BRYAN EVANS	LUBBOCK	TX	42	M	25:29	23:45
24	JTM DEMBOWSKI	LUBBOCK	TX	52	M	27:36	23:47
25	ARCHIE MOORE	LUBBOCK	TX	44	M	26:32	24:22
26	J.R. MORALES	LUBBOCK	TX	41	M	26:01	24:25
27	ISAAC MUNOZ	LUBBOCK	TX	50	M	28:33	25:01
28	JAMES DECKER	LUBBOCK	TX	44	M	27:23	25:09
29	BUDDY HUTTO	LEVELLAND	TX	44	M	27:24	25:10
30	BOB BROSELOW	LUBBOCK	TX	65	M	34:04	25:43
31	CLYDE WHITTEN	PAMPA	TX	47	M	28:48	25:51
32	DALLAS VAUGHN	ODONNELL	TX	52	M	30:01	25:51
33	J. EDSON PINTO	LUBBOCK	TX	43	M	28:07	26:01
34	MARTIN HIGGINS	LUBBOCK	TX	40	M	27:33	26:02
35	DEBBIE CRISWELL	TULIA	TX	42	F	30:59	26:29
36	SUSAN TOMLINSON	LUBBOCK	TX	48	F	33:56	27:34
37	SUZAN CAUDLE	LUBBOCK	TX	52	F	35:35	27:45
38	BONNIE WATTS	LUBBOCK	TX	44	F	33:12	27:57
39	TAMMY JOHNSON	LUBBOCK	TX	41	F	32:35	28:03
40	JOSIE ALEMAN	LUBBOCK	TX	54	F	37:25	28:31
41	CHARLIE NEEDHAM	LUBBOCK	TX	43	M	31:03	28:44
42	FRANK VALLIE	DENVER CITY	TX	52	M	33:45	29:05
43	JILL HAUROS	LUBBOCK	TX	41	F	33:56	29:13
44	SEAN PASMORE	PAMPA	TX	49	F	36:19	29:14
45	RANDY EGENBACHER	LUBBOCK	TX	50	M	34:34	30:17
46	ELIZABETH LINDER	SLATON	TX	51	F	39:48	31:23
47	KEVIN PICKRELL	LUBBOCK	TX	46	M	37:22	33:48
48	KENNETH CALHOUN	LUBBOCK	TX	43	M	38:51	35:56

REDLINE CROSS COUNTRY

4 MILE

EVENT RECORDS (Since 1986)

MEN

AGE	NAME	TOWN	AGE	TIME	YEAR
0-12	Trey Jernigan	Sundown	12	26:08	1990
13-15	Gary Lackey	Brownfield	15	22:46	2002
16-19	Ryan Cruz	Shallowater	17	21:53	1998
20-29	Jackson Makene	Levelland	22	21:00 *	1996
30-34	Mark Manley	Whitharrai	30	22:50	1990
35-39	Bob Jackson	Hobbs, NM	38	21:52	1996
40-44	Bob Jackson	Hobbs, NM	43	22:50	2001
45-49	Robert Guajardo	Levelland	48	24:04	1990
50-54	George W. Jury	Lubbock	51	25:12	1987
55-59	George W. Jury	Lubbock	55	25:59	1991
60-64	Don Sanderson	Tulia	64	29:47	1993
65-69	Don Sanderson	Tulia	67	31:25	1996
70+	Don Sanderson	Tulia	70	35:53	1999
	Clyde Jackson	Ransom Canyon	37	28:47	2001

WOMEN

AGE	NAME	TOWN	AGE	TIME	YEAR
0-12	Hope Jimenez	Lamesa	12	30:08	1996
13-15	Christina Vasquez	Lubbock	15	26:47 *	1989
16-19	Mindy Sullivan	Lubbock	16	27:52	2000
20-29	Sue Houle	Lubbock	28	27:17	1989
30-34	April Stein	Lubbock	31	31:10	1989
35-39	Caylene Caddell	Lubbock	35	28:12	1986
40-44	Diane Calhoun	Idalou	42	29:44	2000
45-49	P.J. Mitchell	Lubbock	48	34:25	1992
50-54	Madonne Miner	Lubbock	51	32:36	2003
55-59	Estela Galvan	Brownfield	59	44:30	2001
60+	Estela Galvan	Brownfield	60	42:15	2002
	Athena Suzan Caudle	Lubbock	51	47:00	2004

* OVERALL COURSE RECORDS

PRE-PAID RACE REGISTRATION

Members may pre-pay for 10 of the regular WTRC races for a \$50 fee, payable with the membership renewal prior to the January race. Excepted are the RUN FOR THE ARTS, RED RAIDER ROAD RACE AND the TURKEY TROT which require additional fee for the T-Shirts. These three races will have \$5.00 credit from the pre-paid fee toward each race entry.

WEST TEXAS RUNNING CLUB'S 20th Annual
RED LINE FOUR MILE CROSS COUNTRY RUN

Benefitting TOYS FOR TOTS

WHEN: SATURDAY, DECEMBER 10, 2005

REGISTRATION: 9:00-9:45 A.M.

RACE START AT 10:00 A.M.

WHERE: MAE SIMMONS PARK, East 24th St. & MARTIN LUTHER KING AVE. Register in Mae Simmons Center North of Canyon Lake Drive

COURSE: RUGGED, HILLY, FOUR MILE CROSS COUNTRY

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

Non Members = \$6.00 Race Day, \$10 for all

Phone PRE REGISTRATION AVAILABLE:

call George at 792-3291(d) or 792-1237(h)

before 6pm, Friday, December 9th e-mail

registration before 3pm, rungwj@aol.com

AWARDS: Will be given to the first Three or up to 50% of the participants in the Divisions
Maximum of 5

AGE DIVISIONS:

MEN: 0-12; 13-15; 16-19; 20-29; 30-34; 35-39;

40-44; 45-49; 50-54; 55-59; 60-64; 65-69; 70+

WOMEN: 0-12; 13-15; 16-19; 20-29; 30-34; 35-39;

40-44; 45-49; 50-54; 55-59; 60 and Over

RACE DIRECTOR: Tom Griffin, 747-2136 (d)

787-4295 (c) 698-1503 (n)

MEMBERSHIP RENEWAL

Membership renewal forms are inserted in this issue as our new year begins with January. Please fill out the forms completely. The membership fee is \$15 + \$3 for each additional family member at the same address.

Please renew early!



REDLINE 4 MILE CROSS COUNTRY Run

Benefiting the United States Marine Corps Reserve Toys For Tots Program

December 10, 2005

Mail \$5.00 WTRC members, \$6.00 non members **\$10 on Race Day** **Race starts at 10:00 a.m.**
Registration thru Dec. 8 **Make checks payable to the West Texas Running Club** **in Mae Simmons Park,**
Telephone registration **Mail checks & entry forms to: George W. Jury** **Race Director, Tom Griffin**
 by 6 p.m. Dec. 9th **4808 50th St.** **698-1503 (n) 787-4295 (d)**
 792-3291 (d) 792-1237 (n) **Lubbock, Texas 79414**

PLEASE BRING A TOY FOR TOYS FOR TOTS !! **Special T-Shirts for the first 75 entrants**

Waiver - all entrants must read and sign

The West Texas Running Club, agents, or representatives of the same, or any volunteers shall not be responsible for, and shall be saved and held harmless by myself, from and against any and all claims and damages of every kind, for injury to or death of any person or persons and for damages to or loss of property arising out of or attributed to indirectly, to participant in the Redline Run. This indemnity shall extend to and shall be binding on their heirs, legatees, administrators and assigns. My signature hereto verifies that participation in this event is inherently dangerous and could result in bodily injury or death, and that proper physical training is necessary prior to such participation. Roller blades, skates, skateboards, strollers, and pets are not permitted on the race course and earphones are strongly discouraged because of the probability of increased injuries.

This entry is not valid unless signed by the entrant, guardian, conservator, or parent for entrants under 18 years old.

Signature of entrant _____ Signature of guardian(minors) _____

Age _____ (on race day) E-Mail _____ Male _____ Clydesdale (190 lbs or more)
Female _____ Athena (150 lbs or more)

Name _____

Street Address _____ Phone Number _____

City _____ State _____ Zip _____

Date
MM DD YY

WEST TEXAS RUNNING CLUB

\$15⁰⁰ First member, \$3⁰⁰ each additional Family member at the same address (\$10⁰⁰ Students)

Make Check Payable and mail to:
WEST TEXAS RUNNING CLUB
P.O Box 2921
Lubbock, Texas 79408

January is the start of a new W.T.R.C year; all Memberships expire and payment of dues is required to continue receiving the Newsletter and have reduced club race fees. New members joining after July 1st may pay \$8⁰⁰ plus \$3⁰⁰ for each additional family member.

(Please Print)

FAMILY ADDRESS (NEWSLETTER WILL BE MAILED TO THIS ADDRESS)			
ADDRESS	CITY	STATE	ZIP

BENEFITS

Annual dues for the West Texas Running Club are \$15.00. Portions fund insurance through RRCA, the monthly club newsletter, race expenses, and other costs.

FIRST NAME	MI	LAST NAME	sex	DOB (MMDDYY)	HOME PH# (###-###-####)	WORK PH# (###-###-####)	E-MAIL	volunteer*

*W.T.R.C is a volunteer non-profit organization. If you would like to be a part of sustaining the principles of the club put the following corresponding letter in the above column labeled volunteer:

[A]Membership; [B]Race Result/Computer; [C]Club Socials; [D]Club Races; [E]Non-Club Races; [F]Club Equipment; [G]Newsletter; [H]Scholarship; [I]Historical; [J]Race and Course Standards

(PLEASE ALL MEMBERS READ AND SIGN THE WAIVER ON THE REVERSE SIDE.)