

CALENDAR

- * Indicates W.T.R.C. Monthly Race and CHALLENGE SERIES EVENT
- FEB. 7 W.T.R.C. Business meeting, Monday, February 7, 2005
7pm, WEST TEXAS PETERBILI, 45th and Ave. "A"
- * FEB. 12 COTTON PATCH RUNS: FRENSHIP HIGH, Wolfforth, 10am, 4 & 8
Miles, David Higgins, Race Director, 795-5823(w), 785-8562(h)
- FEB. 13 FREESCALE/AUSTIN MARATHON: Austin, FMI, Call (877) 601-6686
www.freescalaustinmarathon.com
- FEB. 26 FORT WORTH COWTOWN MARATHON: FORT WORTH, Call (817) 735-2033
www.cowtownmarathon.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. 16 RUN FOR THE ARTS: Lubbock, 15K and 2 Mile, details to follow
Race Director Tom Weis, RD, 928-0482, tweis@unitextexas.com
- * 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
- JUNE 4 GIRLSTOWN GALLOP: 5K, 10:00 AM, Whiteface, Steve Reynolds,
806-229-6361
- * JUNE 11 BOBBY BIRDSONG MEMORIAL LEVELLAND LOPE: Levelland, 8am
10K and 2 Mile, Race Director Bill Roger, 894-7911
- JUNE 26 BSL HALF IRONMAN TRIATHLON: Greers, 796-8213, 829-2153
www.buffalospringslaketriathlon.com
- * JULY 4 36th ANNUAL FIRECRACKER RUN: Brownfield, 8am; 10 Mile and 3
Mile, kids 1 Mile, Jim Harris, Race Director, (505) 392-8945
- * AUG. 13 HOT DAM 5 MILER: Canyon Lake 6, Lubbock, (also 1 Mile Child-
ren's Run) 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
- 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, 8:00 am, 10K and 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, 9:00 am, 12K
and 2 Mile, FMI call Ron Lubowicz, 745-3955 (d), 748-1855 (n)



David Higgins
3401 Alcov
Lubbock, TX 79407
JAN 27 2005
PM
LUBBOCK, TX 79407



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



Cotton Patch Runs
9am, Saturday, February 12, 2005
Frenship HS, Wolfforth, TX
Details Inside Back Cover

WEST TEXAS RUNNING CLUB

OFFICERS

President - Ron Lubowicz
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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: mkelleyrun@yahoo.com

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, February 7, 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

Once again I will take on the identity of pollster. This time, to allow you to support or to gun down another of my ibuprofen-induced ideas.

Now that I am among the chronically injured, my thoughts about running have shifted towards prevention of and properly dealing with injuries. In reviewing my own history and upon reflecting on past conversations with others who had been injured, I feel safe in saying that too many of us are too cheap (or too proud) to go to a doctor, therapist, or professional trainer/coach for advice. (Besides, because in most cases these people aren't even real runners, we might feel like they have little to offer.) Instead, we clip out a magazine article which seems to address our particular injury, or talk to some fellow-runners who might have overcome similar symptoms, and we proceed to try to fix ourselves. I am living (and suffering) proof that these might not be the best of ideas.

I am not trying to plug any particular trainer, therapist, doctor or clinic; but I want the members of this Club to have access to the very best of such so that our millions of collective steps are as painless as possible. My idea is to ask those of you who have been successfully nursed through injuries to come forward and briefly describe your injuries and make yourselves available to others in the Club with similar problems who might need to get the name of your doctor/therapist/trainer or simply to talk with you about the healing process you'd experienced with the help of your caregiver.

Please send me your thoughts and comments by e-mail and perhaps we can incorporate this compassionate sufferer program into our newsletter or website.

SYOTR, Ron

THE 14th ANNUAL LOOP THE LAKE 5 MILE ROAD RACE

***** EVENT NUMBER 1 OF THE 2005 WTRC CHALLENGE SERIES *****
January 8, 2005
Lubbock, Texas

PLACE	NAME	AG	S	DIV	PLACE	TOWN	ST	TIME	PACE
1	NICK RODINA	23	M	1	M2024	PLAINVIEW	TX	29:22	5:53
2	JOSE ZUBIA	18	M	1	M1619	MIDLAND	TX	29:43	5:57
3	BLAINE THOMPSON	16	M	2	M1619	SAN ANGELO	TX	29:48	5:58
4	BOB JACKSON	46	M	1	M4549	HOBS	NM	30:17	6:04
5	GLEN POKLIKUHA	33	M	1	M3034	LUBBOCK	TX	31:31	6:19
6	JOSE ALVARADO	18	M	3	M1619	MIDLAND	TX	32:14	6:27
7	JERRED HURST	25	M	1	M2529	LUBBOCK	TX	33:36	6:44
8	JARED MASOOD	25	M	2	M2529	LUBBOCK	TX	34:18	6:52
9	JOHN KEITH	15	M	1	M1315	LUBBOCK	TX	34:39	6:56
10	JACKIE CANNON	49	M	2	M4549	AMARILLO	TX	34:42	6:57
11	RICHARD AKERS	50	M	1	M5054	LUBBOCK	TX	34:49	6:58
12	WADE WILSON	46	M	3	M4549	LUBBOCK	TX	35:31	7:07
13	AL GARDNER	48	M	4	M4549	LEVELLAND	TX	36:27	7:18
14	JULIE WALL	22	F	1	F2024	LUBBOCK	TX	36:40	7:20
15	JAY KEITH	46	M	5	M4549	LUBBOCK	TX	36:49	7:22
16	RANDY HOLLOWAY	48	M	6	M4549	LUBBOCK	TX	36:53	7:23
17	SUZANNE COONEY	21	F	2	F2024	LUBBOCK	TX	36:55	7:23
18	RUDY RAMIREZ	40	M	1	M4044	LUBBOCK	TX	36:58	7:24
19	COLLEEN ADAMS	11	F	1	F0112	SAN ANGELO	TX	36:59	7:24
20	KENDRA GLASS	14	F	1	F1315	SAN ANGELO	TX	37:04	7:25
21	JOSHUA SAVAGE	29	M	3	M2529	LUBBOCK	TX	37:15	7:27
22	ADAM BARRON	42	M	2	M4044	LUBBOCK	TX	37:24	7:29
23	MICHAEL HUMPHREY	38	M	1	M3539	LUBBOCK	TX	38:01	7:37
24	ANGIE SEIBOLD	25	F	1	F2529	SAN ANGELO	TX	38:19	7:40
25	JENNY BECK	24	F	3	F2024	LUBBOCK	TX	38:23	7:41
26	AIMEE GESCH	15	F	2	F1315	SAN ANGELO	TX	38:26	7:42
27	BEN HAYES	19	M	4	M1619	LUBBOCK	TX	39:02	7:49
28	FRED WEBER	53	M	2	M5054	LUBBOCK	TX	39:17	7:52
29	RUSSEL MARTIN	46	M	7	M4549	SHALLOWATER	TX	39:57	8:00
30	JIMMY SAWARRON	50	M	3	M5054	LEVELLAND	TX	40:12	8:03
31	IRIS RIVERO	29	F	2	F2529	LUBBOCK	TX	40:19	8:04
32	STEVE NIEMAN	50	M	4	M5054	SHALLOWATER	TX	40:34	8:07
33	JESSICA GLASS	14	F	3	F1315	SAN ANGELO	TX	40:38	8:08
34	SHERILL EASTERLING	55	F	1	F5559	SNYDER	TX	40:39	8:08
35	AARON SELF	25	M	4	M2529	LUBBOCK	TX	41:33	8:19
36	HAROLD TERRY	45	M	8	M4549	PORTALES	NM	41:44	8:21
37	DANIEL GONZALES	39	M	2	M3539	LUBBOCK	TX	41:54	8:23
38	RALPH WOLF	67	M	1	M6569	LUBBOCK	TX	42:37	8:32
39	DAVID HIGGINS	52	M	5	M5054	LUBBOCK	TX	42:52	8:35
40	BILL ROGERS	58	M	1	M5559	SAN ANGELO	TX	43:10	8:38
41	TURNER ADAMS	9	F	2	F0112	SAN ANGELO	TX	43:40	8:44
42	JOE POST	56	M	2	M5559	LUBBOCK	TX	43:45	8:45
43	JEFF WISE	41	M	1	CLYDE	LUBBOCK	TX	43:47	8:46
44	WALKER ADAMS	7	M	1	M0112	SAN ANGELO	TX	43:56	8:48
45	GENE ADAMS	47	M	9	M4549	SAN ANGELO	TX	43:58	8:48
46	TOM WEIS	53	M	6	M5054	LUBBOCK	TX	44:10	8:50
47	HEATHER SALINAS	31	F	1	F3034	LUBBOCK	TX	44:15	8:51
48	MIKE KELLEY	56	M	3	M5559	LUBBOCK	TX	44:45	8:57
49	LEESA PRIE	48	F	1	F4549	LUBBOCK	TX	44:48	8:58
50	JIM HARRIS	62	M	1	M6064	HOBS	NM	44:57	9:00
51	KAMMY PHILBRICK	44	F	1	ATHEN	LUBBOCK	TX	45:24	9:05

* = New Division Standard

THE 14th ANNUAL LOOP THE LAKE 5 MILE ROAD RACE
 ***** EVENT NUMBER 1 OF THE 2005 WTRC CHALLENGE SERIES *****
 Lubbock, Texas January 8, 2005

PLACE NAME	AG	S	DIV	PLACE	TOWN	ST	TIME	PACE
52 MARSHA BENNETT	41	F	2	F4044	LUBBOCK	TX	45:38	9:08
53 BILL ROGER	65	M	2	M6369	LEVELLAND	TX	45:41	9:09
54 JIM BURLESON	62	M	2	M6064	LUBBOCK	TX	46:00	9:12
55 SHIRLEY WIGLEY	51	F	1	F5054	LUBBOCK	TX	46:29	9:18
56 CHARLES REYNOLDS	61	M	3	M6064	LUBBOCK	TX	48:00	9:36
57 ALONZO MENDOZA	47	M	3	CLYDE	LEVELLAND	TX	48:33	9:43
58 KELLY RODGERS	32	F	2	F3034	LUBBOCK	TX	48:38	9:44
59 WENDY GILLEY	29	F	3	F2929	LUBBOCK	TX	48:39	9:44
60 PAGE TUMLINSON	27	F	4	F2529	LUBBOCK	TX	48:40	9:44
61 MIKE MORRIS	49	M	11	M4549	LUBBOCK	TX	48:40	9:44
62 LOU ANNE ARTERBURN	35	F	1	F3539	LUBBOCK	TX	50:14	10:03
63 LUKE SAMARRON	11	M	2	M0112	LEVELLAND	TX	50:22	10:05
64 JAMES LIVERMORE	57	M	4	M5559	LUBBOCK	TX	50:38	10:08
65 KAREN JACKSON	47	F	2	F4549	HOBBS	NM	50:42	10:09
66 ETTA MAYER	55	F	2	F5559	LUBBOCK	TX	52:32	10:31
67 LISA GARNER-SANTA	36	F	2	F3539	LUBBOCK	TX	52:35	10:31
68 DWAYNE OAKELEY	48	M	12	M4549	LUBBOCK	TX	52:55	10:35
69 PRESTON SMITH	58	M	2	CLYDE	LUBBOCK	TX	52:59	10:36
70 HANNAH LAYMAN	12	F	3	F0112	HEREFORD	TX	53:02	10:37
71 JAMES LAYMAN	38	M	3	M3539	HEREFORD	TX	53:02	10:37
72 KIM COLLINS	38	F	3	F3539	PORTALES	NM	53:32	10:43
73 RICHARD LAMPE	60	M	4	M6064	LUBBOCK	TX	55:24	11:05
74 SUZAN CAUDLE	52	F	2	F5054	LUBBOCK	TX	57:11	11:27
75 JOHN STALCUP	71	M	1	M7099	LUBBOCK	TX	57:54	11:35

RACE DIRECTOR'S REPORT

It was another great day for a run at the Loop the lake 5 miler. The weather was near perfect and the runners were eager to go. As usual the geese had been very busy as had the construction workers around the lake which made for some challenging course alterations and preparations. I apologize for any inconvenience of the new course and the undealt with mud or goose poo. We did have great volunteers working hard to make the race safe and simple.

Ronnie Nugent and David Moya worked the east side of University with a broom to make the path clear. Frank Sumpter and Caleb Beck moved mud and directed traffic. Larry Bird, Jim Wilhelm and Ed Dabrowski directed traffic. Madonne Miner and David Malone helped with water and awards. P.J. Mitchell, Tony and Josie Aleman did a great job with registration and the finish. John Trompler was there to help with the finish. And of course George was there on the computer and Tom Griffin was working hard to help in more ways than can be mentioned. Thanks to Ron Lubowicz for bringing out the refreshments. Thanks to you all.

Overall winners were Nick Rodina in a time of 29:22 and Julie Wall in a time of 36:40. Several set new "event" records; Bob Jackson (M45-49 age group, 30:17), Colleen Adams (F1-12 age group, 36:59), Angie Seibold (F25-29 age group, 38:19), Sherill Easterling (F55-59 age group, 40:39) and Kammy Philbrick (Athena, 45:24).

Thanks to all who came out and we will see you at the races. Jim Beck

*** The West Texas Running Club's Challenge Series ***
 The WTRC CHALLENGE SERIES continues, as a 12 month series of 13 races culminating in year-end awards for performance, endurance and participation by club members in our monthly club races. The schedule of events is listed in the calendar of each newsletter, and each designated race will be detailed in the W.T.R.C. Newsletter prior to that race. Additional categories this year will again recognize non running volunteers.

All members desiring to participate in the Challenge Series must volunteer to serve as a non-running worker at one Challenge Series event as an entry requirement. (There will be no duplication of awards)

The Challenge Series features these categories:

1. 66 Mile Club ** All members completing 66 miles in qualifying events will receive an award denoting that achievement. There will be a total of approximately 101 qualifying miles available. Any member serving as RACE DIRECTOR will be credited with double mileage for the most miles in that event. Any member who serves as a volunteer will be credited for the most miles at those races with more than one distance.
2. MILEAGE AWARD ** An award will be presented to the male and female members who accumulate the most miles for the year in qualifying events. All provisions for Race Directors and volunteers listed above apply to this category.
3. PARTICIPATION AWARD *** An award will be presented to the female and male members who participate in the greatest number of qualifying events. All provisions for Race Directors and volunteers apply to this category.

4. VOLUNTEER OF THE YEAR ** Up to three awards will be given to those non runners who help the most at club sanctioned events. These selections will be made by the Race Directors.

5. VICTOR'S RANKINGS **** Points will be earned at each qualifying event in the following Age and Sex groupings:

- A. Divisions will include: MALE AGE GROUPS; 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+ FEMALE AGE GROUPS; 0-12, 13-15, 16-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59 & 60 Plus.

(those less than 13 must run in the shortest races offered)
 Clydesdale/Athena category: Men over 190 pounds, Women over 150 pounds

Age Graded Scoring.
 B. The overall winners in each race are awarded 11 points, then the 1st place finisher in each division at each distance at each qualifying event will earn 10 points, the 2nd place, 9 points, 3rd place, 8 points, and so on down to 1 point for 10th place finisher. This rewards both performance and participation, i.e., if a runner finishes last in their division, but only 3 other runners in that division attend that race, the last place finisher would still earn 7 points for a 4th place finish. This allows slower runners who attend more races to accumulate additional points over their faster competitors who do not participate as often. For example, a runner who attends 10 events and earns 6 points at each would have more points than a competitor who won each of 5 events he entered, thus rewarding participation and performance. Also, runners may enter any distance available at a qualifying event and still earn points. (Except those under 13 years of age must run in the shortest race)

C. Awards will be presented to a minimum of 3 and up to 5 of the top point scorers in each division. Awards will be presented at a year end membership meeting.

D. To win a "Points" award a member must have run in at least 3 events and volunteered for at least one other.

E. Monthly Challenge Series Statistical Updates will appear in the Newsletter.

Why Do I Run?

I am Bill Roger, Sr. I run every day and average 2000+ miles a year. On the morning of December 29th, 2004, I was on the roof of my home taking down the last of the Christmas decorations. I was almost finished and had to make one more trip down the ladder to get some caulking material. I stepped onto the ladder and immediately it skidded down and I followed right behind it. I fell approximately 10 feet and landed on top of the ladder. I managed to get up and walk around, but was in quite a bit of pain, especially my left side. My wife came out and asked if I needed to go to the hospital. Being stubborn, I refused although I had a bad spot on upper left leg. Later in the day I did try to run some and went through a weight lifting session. It was also very painful. After much pain and Advil, I went to the doctor to get checked up. They x-rayed me and found no broken bones, but a large bone bruise on my upper left leg. I also had a sore right ankle along with some cuts and scrapes.

The doctor, who knows that I run, stated that my running probably saved me from some real serious injury. My bones were strong and I was in good shape to take such a fall. He was amazed that I had no more injuries and none too serious.

I continued my running the next morning, and I'm still going strong.

WHY DO I RUN?—ENOUGH SAID!!

William (Bill) Roger

66 Mile Club

The following individuals qualified for inclusion in last year's 66 mile club: George Jury, Randy Holloway, Tony Aleman, Etta Mayer, Tom Griffin, Gordon Jenkins, Jim Wilhelm, Marsha Bennett, Jeff Wise, Jim Burlison, Mike Morris, David Higgins, Madame Miner, Jerry Dwyer, Lawrence Schovenac, Ralph Wolf, and Dwayne Oakeley. A commemorative T-shirt for each of these runners was purchased and most were distributed at the annual club award dinner. If you are listed, but have not yet received your T-shirt, please call Tom Griffin at 698-1503.

Jim Leser has Running Book Collection for Sale

Former WTRC president, Jim Leser, will be at the Cotton Patch Races to sell his collection of books on running, duathlons, and triathlons. Jim suffered a running career ending knee injury some time ago, and presently must restrict himself to cycling. Jim promises bargains, and added discounts for multiple purchases of these books.

Club Members at the Races

At the Houston Marathon: Etta Mayer (5:14:47), Judy Lawley (4:26:48), Mary Branscome (3:57:01), and Don Sanderson (4:12:54) were among the finishers. Bob Broselow was also there, completing the Half in 2:31:40. Brent Lowrey traveled to Seattle for its marathon on November 28 and just missed a Boston qualifying time as he finished frustratingly close in 3:21:32 (the standard for men ages 40-44 is 3:20).

W.T.R.C. COTTONPATCH RUNS

8 MILE and 4 MILE RUNS

USA T&F Certified, #'s TX97109ETM and TX97110ETM

WHEN: SATURDAY, FEBRUARY 12, 2005
REGISTRATION: 9:00 to 9:45 A.M.
RACE START: 10:00 A.M.

WHERE: WOLFFORTH: FRENSHIP HIGH SCHOOL, From Lubbock, take US highway 62/82 to 82nd Street, turn right across RR tracks, west to Highway 179 and turn left

COURSE: ASPHALT ROAD, 4 Mile; OUT and BACK, Flat 8 Mile; OUT and BACK, Mostly Flat WATER and SPLITS at 2, 4, and 6 Miles

ENTRY FEE: W.T.R.C. MEMBERS \$5.00 OTHERS \$6.00

Race Day Registration \$10.00 everyone

Team Registration \$10, 2 person or 4 person pre-registration
Pre-Registration Available: Return form in Newsletter or call George Jury before 6pm, Friday, Feb. 11th.
792-3291(d) 792-1237(n) E-mail before 3pm rungwj@aol.com

AGE DIVISIONS, AWARDS: Custom Medals;

3 deep or up to 50 Percent deep in each age division,
(Maximum of 5 awards)

MEN, 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, 13-15, 16-19, 20-24, 25-29, 30-34, 35-39, 40-44,
45-49, 50-54, 55-59, & 60+

Athena and Clydesdale division in both races
(6-12, 13-15 and 16-19 Age Groups in the 4 Mile)

RACE DIRECTOR: David Higgins, 795-5823 (d), 785-8562 (n)

Special team relay races are being offered for the first time this year, see entry form

DOOR PRIZES

The COTTON PATCH RESTAURANT will provide some items for a drawing after the race. Please stay around for the awards and the drawing.
Challenge Series awards will be available for those who did not make the January social.

Cotton Patch Runs

February 12, 2005

Mail Registration thru Feb 10th
Telephone registration
By 6:00 P.M. on February 11th
792-3291 (d) 792-1237 (n) e-mail before 3pm runqwi@aol.com

\$5.00 WTRC members, \$6.00 non members, Pre-Reg., \$10 Race Day
Make checks payable to the West Texas Running Club
Mail checks & entry forms to: George W. Jury
4808 50th Street
Lubbock, Texas 79414

Race starts at 10:00 A.M.
Frenship HS, Wolfforth
David Higgins, Race Director
785-8562 (h), 535-7788 (m)

Relay Team Registration Prior to race day is \$10 total

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 participate in the Cotton Patch Runs. 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) Distance: _____ 4 miles _____ 8 miles _____ Male _____ Clydesdale (190 lbs or more)

Name _____ _____ Female _____ Athena (150 lbs or more)

City _____ State _____ Zip _____ Phone Number _____

Relay (4 Mile Only) Team Name _____ 2 Person _____ 4 Person _____ Email: _____

Relay Team Registration Prior to race day is \$10 total