

CALENDAR

- * Indicates W.T.R.C. Monthly Race and CHALLENGE SERIES EVENT
- MAR. 7 W.T.R.C. Business meeting, Monday, March 7, 2005
7pm, WEST TEXAS PETERBILT, 45th and Ave.
- * MAR. 12 PRAIRIE DOG TOWN RUN: Mackenzie Park, Lubbock, 4 Miles, 9am
John Trompler, Race Director, 794-1359
- MAR. 26 MARATHON OF THE GREAT SOUTHWEST: Abilene, www.abileneymca.org
- MAR. 26 COURTNEY NOLAN MEMORIAL 5K: TTU campus, 9:45am, GNM5K.com
- APR. 3 THE BIG D 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@unitedtexas.com
- APR. 24 OKLAHOMA CITY MEMORIAL MARATHON: www.okmarathon.com
- * MAY 14 HORSESHOE BEND SPRING FROLIC: 8am, N. of Slaton, 11, 6 and 2
Mile Races, Race Director, Randy Holloway, 794-7512(h),
789-1647(c), e-mail randyholloway@soglobal.net
- * MAY 28 LONE STAR PAPER CHASE MARATHON: Amarillo, (806) 345-3451
- 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: Greens, 796-8213, 829-2153
www.burfa.lospringslake.com/triathlon.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 MILLER: Canyon Lake 6, Lubbock, (also 1 Mile Child-
ren's Run) 8:00 am, Etta Mayer, Race Director, 742-2307
- * 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
- * OCT. 15 RED RAIDER ROAD RACE: TTU Campus, Lubbock, 8:00 am, 10K and 5K
www.komen-lubbock.org
- * 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)246-9852, 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, 745-8955 (d), 748-1855 (n)
- * DEC. 10 REDLINE 4 MILE CROSS COUNTRY: MAE SIMMONS PARK, Lubbock, 10 am
FMI, call Tom Griffin, 698-1503 (h) 747-2579 (w)



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



Prairie Dog Town Run
9am, Saturday, March 12, 2005
Mackenzie Park, Lubbock, TX
Details Inside Back Cover

David Higgins
3401 Alcové
Lubbock, TX 79407



WEST TEXAS RUNNING CLUB

OFFICERS

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WTRC Web Address:
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DIRECTORS

Newsletter Director - Bill Felton
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Internal Race Director - Tom Griffin
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Club Historian - James Livenmore
(H) 792-5815
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W. T. R. C. RACES ARE USUALLY HELD THE 2ND SATURDAY OF EACH MONTH.
The WTRC monthly business meeting is on Monday, March 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 ANOTHER OLD RUNNER

Ron Lubowicz is out of town as I write and asked that I complete the President's message for this month. I'm not certain that was the best of decisions, as I am currently obsessed with injury problems just as Ron has reflected upon in recent months. Guess you will all have to endure another older runner ruminating on his physical ailments. It seems I started with iliotibial band problems that progressed into some bursts in the hip and, eventually, to complete failure of the muscles of my calf. All were on the right side. My right leg is slightly shorter than the left and predisposed to being less flexible. So, what am I doing? Well, reluctantly I am now running far less than before as I wait for an upcoming appointment with my primary care physician with the intention of getting a referral to an appropriate specialist. I am also focusing on stretching the muscles in the affected area. This is hardly my first injury. I have suffered with plantar fasciitis on several occasions as well as with some persistent low back problems. Over the years I have seen physicians, got prescriptions, shots, physical therapy, and custom orthotics. All of the care I received was indeed helpful, yet obviously I still get injured occasionally. So what is the problem here? First, and foremost, my failures have always been in not giving myself enough rest. I run a good race or two and my response is inevitably to train further and, if possible, faster. You can only get away with that so long before your body will start to break down. Currently I have no choice but to rest and recover. Longer term, I hope to develop a more cyclical approach to my running that includes planned rest days during the week, as well as scheduled periods of downtime where I run lightly for weeks/months at a time. I've been called a "runner addict," a running fool, etc. Given the state I'm currently in, and how I got here, I guess "fool" and "addict" are appropriate. I'm guilty as charged. My ambitions overcame my better sense and now I must pay a price. My advice to anyone else who is suffering through an injury problem is, yes, see a physician, and take advantage of any therapeutic modalities they offer, but never forget that you need to routinely incorporate rest into your training schedule or you will eventually be injured once again.

Keep on Running,
John Trompler

WEST TEXAS RUNNING CLUB
EIGHT MILE COTTON PATCH RUN
USA T&F CERTIFIED, # 97110ETM
February 12, 2005

OVERALL RESULTS

PLACE	NAME	TOWN	ST	DIV	PLACE	AG	S	TIME	PACE
1	BOB JACKSON	HOBBS	NM	1	M4549	46	M	49:34	6:12
2	KEVIN SWEENEY	VERO BEACH	FL	1	M3539	35	M	52:29	6:34
3	JERRY DWYER	LUBBOCK	TX	2	M4549	45	M	52:35	6:35
4	GLEN POKLIKUHA	LUBBOCK	TX	1	M3034	33	M	54:00	6:45
5	RICHARD AKERS	LUBBOCK	TX	1	M5054	50	M	57:38	7:13
6	LAWRENCE SCHOVANEC	LUBBOCK	TX	2	M5054	52	M	57:45	7:14
7	FARRELL MARTIN	LUBBOCK	TX	1	CLYDE	38	M	58:12	7:17
8	MATTHEW JORDAN	LUBBOCK	TX	1	M2529	26	M	1:00:59	7:38
9	RANDY HOLLOWAY	LUBBOCK	TX	3	M4549	48	M	1:01:27	7:41
10	PAUL PARE	LUBBOCK	TX	1	M4044	42	M	1:04:17	8:03
11	TOM WEST	LUBBOCK	TX	4	M4549	47	M	1:04:25	8:04
12	IRIS RIVERO	LUBBOCK	TX	1	F2529	29	F	1:04:54	8:07
13	DAVID LARD	AMARILLO	TX	1	M6569	67	M	1:07:13	8:25
14	GREG LAYTON	LUBBOCK	TX	2	M2529	26	M	1:08:06	8:31
15	TRAE MATTISON	LUBBOCK	TX	2	CLYDE	34	M	1:08:10	8:32
16	TYGE PAYNE	ARLINGTON	TX	3	M3034	33	M	1:08:41	8:36
17	BOB BLAKE	LUBBOCK	TX	2	M4044	40	M	1:09:28	8:41
18	RUSSEL MARTIN	SHALLOWATER	TX	5	M4549	46	M	1:09:59	8:45
19	JERRY STEWART	LAMESA	TX	3	M5054	51	M	1:10:46	8:51
20	HAROLD TERRY	PORTALES	NM	6	M4549	45	M	1:11:05	8:54
21	SHERILL EASTERLING	SNYDER	TX	1	F5559	55	F	1:11:18	8:55
22	DANA PARISH	LUBBOCK	TX	1	F1619	19	F	1:13:16	9:10
23	MARY FOLEY	LUBBOCK	TX	1	F2024	20	F	1:15:44	9:28
24	J. EDSON PINTO	LUBBOCK	TX	3	M4044	43	M	1:16:30	9:34
25	JIM WILHELM	LUBBOCK	TX	4	M5054	54	M	1:18:15	9:47
26	MIKE KELLEY	LUBBOCK	TX	1	M5559	56	M	1:19:47	9:59
27	JIM BURLESON	LUBBOCK	TX	1	M6064	62	M	1:21:18	10:10
28	BILL ROGER	LEVELLAND	TX	2	M6569	65	M	1:24:02	10:31
29	RUTH MORTENSEN	LUBBOCK	TX	1	F3539	36	F	1:24:15	10:32
30	LOUANNA ARTERBURN	LUBBOCK	TX	2	F3539	35	F	1:25:14	10:40
31	WENDY GILLEY	LUBBOCK	TX	2	F2529	29	F	1:25:15	10:40
32	ETTA MAYER	LUBBOCK	TX	2	F5559	55	F	1:26:29	10:49
33	DWAYNE OAKELEY	LUBBOCK	TX	7	M4549	48	M	1:29:19	11:10
34	MARSHA BENNETT	LUBBOCK	TX	1	F4044	41	F	1:33:08	11:39
35	PRESTON SMITH	LUBBOCK	TX	3	CLYDE	58	M	1:39:53	12:30

* = New Age Group Record

W.R.T.C. 2004 CHALLENGE SERIES
STANDINGS AFTER 2 EVENTS

60 - 64 MALE		MALE (continued)		65 - 69 MALE		AGE PTS		MILES		EVT VOL	
AGE	PTS	MILES	EVT	MILES	EVT	AGE	PTS	MILES	EVT	AGE	PTS
62	20	9	2	Bill Roger	65	18	13	2			
62	19	13	2	Ralph Wolf	67	10	5	1			
64	8	4	1	George Jury	68	0	13	2			
61	8	5	1	Mike Greer	68						
63	0	13	2	James Bone	85						
61	0	5	1	Jimmie Key	68						
70 - 99 MALE											
71	10	5	1	CLYDESDALE - age graded							
70	10	4	1	Preston Smith	58	17	13	2			
74				Richard Lampe	60	17	9	2			
77				Farell Martin	38	10	8	1			
74				Jeff Wise	41	10	13	2			
75				Jim Beck	44	0	5	1	**		
72				Ed Dabrowski	46	0	5	1	*		
				Jason Helton	32						
				Jay Jacobus	30						
				Wayne Ivey	35						

FEMALE

0 - 12 FEMALE		40 - 44 FEMALE		45 - 49 FEMALE		50 - 54 FEMALE		55 - 59 FEMALE		60 - 99 FEMALE	
AGE	PTS	MILES	EVT	AGE	PTS	MILES	EVT	AGE	PTS	MILES	EVT
11	17	9	2	Marsha Bennett	41	20	13	2			
12	10	4	1	Kammy Philbrick	44	19	9	2			
11				Melanie McVey	42						
7				Debbie Wilson	42						
				Ida Sumpler	44						
16 - 19 FEMALE											
16				Cynthia Pederson	45	10	4	1			
19				Karen Jackson	47	9	5	1			
19				Mary Branscome	45						
20 - 24 FEMALE											
20	10	4	1	Ann Hodges	47						
20	9	4	1	Martha Martinez	48						
20	9	4	1	Marti Greer	48						
23	8	4	1	Jennifer Sumser	45						
				Ernie Dotson	46						
25 - 29 FEMALE											
29	20	13	2	50 - 54 FEMALE							
29	18	13	2	Shirley Wigley	50	10	5	1			
25	10	4	1	Suzen Caudis	51	9	13	2	*		
27	7	5	1	Elizabeth Linder	51	9	4	1			
27				Josie Aleman	53	0	13	2	*		
26				Madonne Miner	52	0	5	1	*		
				Connie Beninger	50						
30 - 34 FEMALE											
30	10	4	1	55 - 59 FEMALE							
33	7	4	1	Sherill Easterling	55	20	13	2			
33				Etta Mayer	55	18	13	2			
30				P.J. Mitchell	59	0	9	2	*		
30				Mary Harris	58						
33				60 - 99 FEMALE							
				Estrella Galvan	61						
35 - 39 FEMALE											
35	19	13	2	** = RACE DIRECTOR							
36	10	8	1	* = VOLUNTEER							
36	10	8	1								
37	9	4	1								
39											
35											
39											
36											

Cotton Patch Race Directors Report

2005 was very good to all you running fanatics who came out in droves to the Cotton Patch runs in Wolfforth. We had big numbers (81) compared to last years snow storm attendees. And we also had a couple of records broken which is always excitin', especially to the ones who broke 'em; 8 milers David Lard from Amarillo(65-69 age group) and Sherrill Easterling from Snyder(55-59 age group) set new standards. I had announced at the awards ceremony that 12 yr old Kyra Sloan had broken her age group record but that was not the case as Hope Jimenez still has that record. My apologies to Kyra. Many thanks go out to the volunteers who were very instrumental in pulling this event off: George Jury, Tom Griffin, Tony & Josie Aleman, P.J. Mitchell, Larry Byrd, Jeff Wise, Suzan Caudle, Rodney Hendrix and Mike Morris (and his neighbor). Girlstown brought 6 residents to take care of the aid stations, their fourth year in a row! Also contributing were 3 Texas Tech students completing an assignment for their sports science class: Jay Buchanan, Chris Decker and Daniel Hilario. Muchas gracias to the Cotton Patch Cafe for providing some really nice door prizes. I'm sure these will be put to good use. We appreciate it very much! Hope everyone had fun and we hope to see you again next year.

David Higgins

Nominations Needed for the West Texas Running Club/Texas Tech University Scholarship

Every year, the West Texas Running Club awards scholarships to Texas Tech University students. With a few of our current award winners graduating, we are in need of new applicants for the award. Applicants must be nominated by current WTRC members. If you know of any hardworking Texas Tech students who meet the criteria for the award, please nominate them. The official announcement follows:

West Texas Running Club is pleased to announce the West Texas Running Club/Texas Tech University Scholarship. Candidates must have a letter of nomination from a WTRC member, submit a standardized form, and be a

resident of West Texas as defined: the area North of Interstate 20 as far west as Pecos and to the West of a line from Abilene to Wichita Falls. Candidates must be full-time students (minimum 12 credit hours) at Texas Tech University who have completed at least one semester. Stipends of up to \$500 per semester will be awarded based on the following criteria: participation in extracurricular activities, participation in school activities, leadership positions held, academic record and financial need. Special consideration is given to candidates who participate in activities that are consistent with the goals of the club. It is expected that recipients of this scholarship either run in or volunteer at West Texas Running Club races, although exceptions can be made in extenuating circumstances. Scholarship applications are due on April 1, 2005.

Here is what some of the current award winners say about their scholarship award. In general, they are very thankful for the support we have provided to them.

Aimee Allred says:

"The WTRC scholarship was incredibly helpful to me. I come from a family that is unable to provide me financial support for school. So, I have maintained a full to part-time job, as well as taking out many loans in order to pay my own way through school, including tuition, books, rent and other living expenses. This made it very difficult to get an internship, since many of them are unpaid or pay very little. With the help of the WTRC scholarship, I was able to get an internship job that pays less, but provides me with something much more valuable, experience. The internship has provided me with the experience I need to get a job and begin my career."

Ashley Johnson says:

"The financial aid that the West Texas Running Club has extended to me has helped to ease the financial burden of college. It has allowed me to work fewer hours at my part time job, while enabling me to participate in extracurricular activities such as Raider Sisters for Christ, intramural sports, and the American Society of Interior Designers. Working fewer hours has also allowed more time for projects and studying. West Texas Running Club's generosity has greatly enhanced my college experience."

Michelle Cowan says:

"My name is Michelle Cowan, and I'm a graduating senior at Texas Tech this semester. I've received the WTRC scholarship for three semesters and cannot express what a gift it has been. Because of your support, I have been able to fund a study abroad trip to Mexico, work fewer hours, and complete two majors, English and Spanish, with honors. I have not had to take out a loan since receiving the scholarship, and that is an incredibly important blessing. Thanks to you, worries about work and tuition don't distract me like they used to. I am so pleased that such generous people are willing to fund scholarships like yours. A special thanks goes out to Madame Miner for inviting me to apply and writing the recommendation. And to all of you, I appreciate your support more than you know. Thanks a million."

As the chairman of the scholarship committee, I would also like to thank the club for providing this money to students. I am proud to be part of an organization that provides financial support to the community and especially supports education.

Bob Blake

WTRC Scholarship Committee Chair

Austin Freescale Marathon and Half Marathon

On a day described as warm and humid, this year's Austin Freescale Marathon featured 4,961 full marathon finishers and 3,798 half marathon competitors. Among the finishers were Governor Rick Perry (4:06 for the full) and quite a number of WTRC members. Identified club members in the marathon included: Epi Aguirre, 3:30:04; David Baldner, 5:50:52; Jim Beck, 5:09:43; Jenny Beck, 4:04:55; Mike Greer, 5:29:51; Dahlia Hood, 5:07:40; Brent Lowrey, 3:50:43; David Malone, 4:18:08; and Jeff Wise, 5:03:02. Completing the half marathon were Tracy Baugh, 2:29:26; Caleb Beck, 1:44:31; Bob Bernero, 2:41:04; Jay Keith, 1:41:30; John Keith, 1:39:28; and Mike Trevino, 2:25:47. Overall winners were Russians Mikhail Khobotov (2:12:38) and Tatiana Borisova (2:31:01). For those interested, new sponsor Freescale Semiconductor of Austin was a corporate spin off of former sponsor Motorola.

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

USA T&F CERTIFIED, #TX97108EEM

EVENT # 3

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

WHEN: SATURDAY, MARCH 12, 2005
REGISTRATION 8:00-8:45 A.M.
RACE START AT 9:00 A.M.

WHERE: MACKENZIE STATE PARK
on Canyon Lake Drive, just
off Broadway, North

COURSE: Rolling Terrain, Asphalt
4 Miles, Out and Back

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

Race Day Entry fee = \$10.00 for everyone

PRE-REGISTRATION: Is available, return the entry form or
call George Jury before 6pm, Friday, March 11th
792-1237 (h), 792-3291 (w) (e-mail rungwj@aol.com)

AWARDS: Unique "Prairie Dog" Medals will be given to the
Overall Winners and the first 3 in the following
Divisions and to at least 50 percent of the
participants in each age group (maximum of 5)

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 and 60 Plus, Athena

RACE DIRECTOR: John Trompler Home 794-1359
e-mail, trompler@cox.net

Last Chance to Renew Membership

All memberships to the West Texas Running Club are due at the beginning of the calendar year. The Club continues to send newsletters to members through the month of March, but after that time those who have not renewed will be dropped from our mailing list. Some of you may be planning on discontinuing your memberships, but there are many others who have simply been busy and overlooked the need to keep their status current. Please send your membership renewal forms now to avoid being deleted from our club roster.

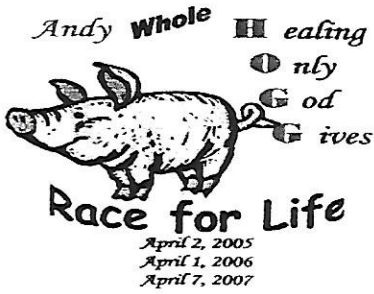
Mike Greer Fills Critical USAT Post

Most of you know long time WTRC member Mike Greer has recently been serving as interim executive director for USA Triathlon (USAT). There have been local articles in the Avalanche-Journal, magazine articles (see the November issue of Runner Triathlete News), and plenty of coverage on several internet websites, but we thought it was important to recognize the important work Mike is performing for the sport of triathlon in our newsletter as well. Mike has served USAT during a time of turmoil, acting with passionate concern about stabilizing and improving the organization as it moves forward. Mike deserves the thanks of all triathletes.

Pete Torres Named Colorado City "Young Citizen of the Year"

Runners excel in many endeavors other their chosen sport. Member Pete Torres is a former Texas Highway Patrol Trooper who has served with the Colorado City Police Department since 1997 being promoted from Patrol Officer to Investigator in 2002. Pete is also a member of the Tri-County Children's Advocacy Center (originally Nolan, Mitchell, and Fisher Counties, now including Scurry and Borden Counties) and is currently serving as president of that organization. Pete was recently recognized for his contributions to his community by being named Young Citizen of the Year. Congratulations, Pete!

No Fooling



Andy Hogg, a vibrant 17-year-old Junior from Lamesa, TX, was diagnosed with Acute Lymphoblastic Leukemia on December 15, 2004. This diagnosis was a devastating blow to his family, school friends, and community. In response to his diagnosis, he has made great strides toward recovery through chemotherapy and other treatments. With the community's encouragement and God's healing, Andy can and will beat this cancer.

REGISTRATION INFORMATION

NAME _____ ADDRESS _____ CITY _____ STATE _____ ZIP _____ PHONE _____ EMAIL _____ AGE _____ M _____ F _____	<u>T-SHIRT SIZE</u> S M L XL XXL	<u>RACE</u> <input type="checkbox"/> Downhill Skate <input type="checkbox"/> Backyard Bike <input type="checkbox"/> 30 ft. Walk <input type="checkbox"/> 100 yd. Stroll <input type="checkbox"/> 220 yd. Jog <input type="checkbox"/> ¼ mile Rush <input type="checkbox"/> 1 mile Walk/Run <input type="checkbox"/> 5 K Run <input type="checkbox"/> 10 K Run <input type="checkbox"/> 26.2 mile Marathon
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The non-refundable and non-transferable entry fee is **\$20** (U.S.) per entrant. Make checks payable to and return registration form to: **Andy Hogg Medical Fund**
c/o Cornerstone Fellowship
P.O. Box 1492
Lamesa, TX 79331

No later than March 25, 2005.

I understand that my participation and presence in this event is totally at my own risk. I personally accept any and all responsibility for personal injury, and I will not seek retribution from the City of Lamesa or any of the event promoters or participants in case of any accident. I recognize that this is a benefit event for the Andy Hogg Medical Fund. I am not competing in any way for any kind of awarded prizes. I will not in any way participate in gambling on this event.

Signed _____ **Date** _____

Parent signature (if minor) _____

Confirmation for 5K, 10K, and Marathon runs will be sent via email unless otherwise specified. An awards ceremony will be held at 1:30 p.m. at Forrest Park. T-shirts will be available at 8:00 a.m. at the Registration booth on Saturday, April 2nd. 5K and 10K start time is 10:00 a.m. Marathon start time is 8:00 a.m. All other race start times to be announced.

Sponsored by Cornerstone Fellowship
PO Box 1492 ~ Lamesa, TX 79331
806-759-8245 ~ 806-872-0733
www.cornerstonelamesa.org