

CALENDAR

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

MAY 2 W.T.R.C. Business meeting, Monday, May 2, 2005
7pm, WEST TEXAS PETERBILT, 45th and Ave. "A"

MAY 7 PIED PIPER 5 MILER: 9am, Amarillo, TX. FMI call
Family Life Center (806)373-2831.

MAY 7 Caprock Multi-Sport Club Trail Runs: 10K, 5K, Buffalo Springs Lake
(Bike Trails), (806) 798-3008.

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

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

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

* JUNE 11 BOBBY 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.buffalospingslaketriathlon.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, 8:00 am,
Elita 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, 8am, 10K/5K

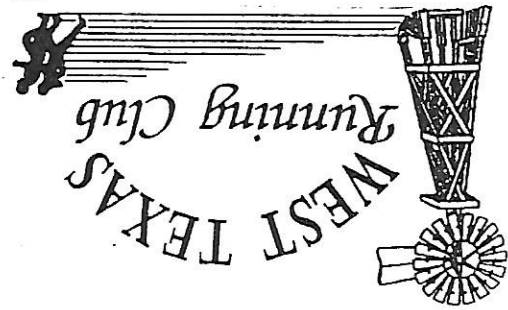
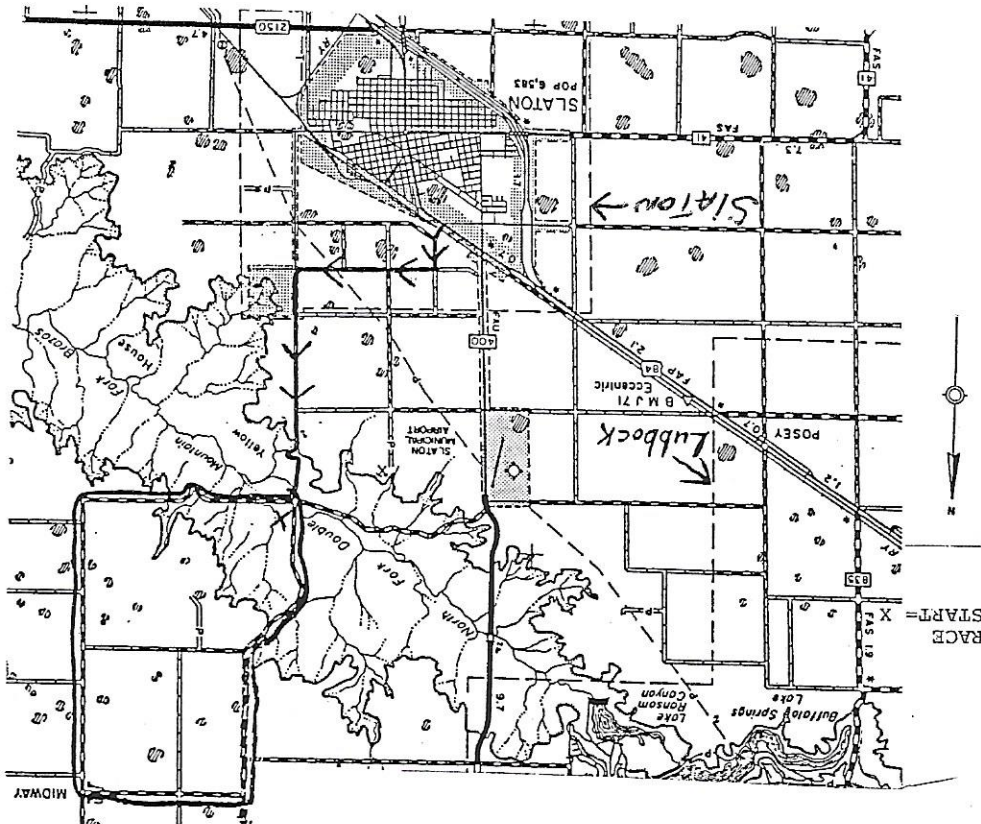
* NOV. 12 BUFFALO WALLOW RACES: Buffalo Springs Lake, Half Marathon
& 2 Mile, 9:00 am, FMI call Mike Morris, 787-6837

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

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

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

<http://wtrec.tripod.com>, for Membership, Calendar, Race Results, etc.



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

David Higgins
3401 Alcove
Lubbock, TX 79407



Horseshoe Bend Canyon Races
8am, Saturday, May 14 2005
11, 6, and 2 Miles
Details inside back cover

WEST TEXAS RUNNING CLUB

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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, May 2, 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

One way to experience success is to tie yourself to someone else's success. From all indications, this year's reinvented Lubbock Arts Festival was a huge success ... and true to prophesy, so was our newly reinstated Run for the Arts.

Thanks to the total effort by RD Tom Weis (and friends and family), Jim Douglass as liaison with the festival promoters, and the full cooperation of the City of Lubbock, especially the Police Department, we had a reasonably smooth maiden voyage of what could easily become our Club's flagship event.

For those of you who remember the Run for the Arts events of a decade and more ago, they were huge regional draws, even more so than the Red Raider Road Race. I can remember what seemed like hundreds of grade school kids running around the Civic Center in the kids' event. I recall the announcer (Mike Greer) mispronouncing my name at the finish line and at the medal ceremony which was held in the fountain courtyard of the Center. My only memories of the couple of times I entered this event are very good ones. Now I see hope that we can make such good memories available to other runners, and I am very, very happy for that.

Again, we need all the input that is out there. Please come forward with your ideas and help us grow this April event into one of the best runs of the year.

SYOTR, Ron

WEST TEXAS RUNNING CLUB'S RUN FOR THE ARTS 2 Mile and 15K Road Races LUBBOCK, TEXAS APRIL 16, 2005

OVERALL 15K RESULTS

PLACE	NAME	TOWN	ST	DIV	PLACE	AG	S	TIME	PAGE
1	JERRY DWYER	LUBBOCK	TX	1	M4549	45	M	59:12	6:22
2	DAVID GUINN	LUBBOCK	TX	1	M3539	38	M	1:04:03	6:53
3	EPI AGUIRRE	LUBBOCK	TX	2	M4549	46	M	1:04:43	6:57
4	FARRELL MARTIN	LUBBOCK	TX	1	CLYDE	38	M	1:05:19	7:01
5	JOHN PRYOR	LUBBOCK	TX	1	M2024	22	M	1:05:27	7:02
6	MATTHEW JORDAN	LUBBOCK	TX	1	M2529	26	M	1:05:33	7:02
7	BECKY ROWLEY	CLOVIS	NM	1	F4044	41	F	1:07:43	7:16
8	HANS STUBBERUD	LUBBOCK	TX	1	M4044	42	M	1:08:23	7:21
9	JAMES BAUMANN	LUBBOCK	TX	3	M3539	36	M	1:08:35	7:22
10	CHRIS LONNGREN	LUBBOCK	TX	3	M4549	45	M	1:08:48	7:23
11	BRUCE WHITTLESEY	LUBBOCK	TX	2	M5054	50	M	1:09:56	7:33
12	ADAM BARRON	LUBBOCK	TX	2	M4044	42	M	1:10:20	7:33
13	KYLE ASHLEY	RANSOM CANYON	TX	3	M4044	42	M	1:10:32	7:34
14	WADE WILSON	LUBBOCK	TX	4	M4549	46	M	1:10:57	7:37
15	JOHN TROMPLER	LUBBOCK	TX	1	M5529	57	M	1:11:49	7:43
16	IRIS RIVERO	LUBBOCK	TX	1	F3034	30	F	1:12:20	7:46
17	TOM WEST	LUBBOCK	TX	5	M4549	47	M	1:12:40	7:48
18	CALEB BECK	LUBBOCK	TX	2	M2024	21	M	1:12:49	7:49
19	RANDY HOLLOWAY	LUBBOCK	TX	6	M4549	48	M	1:12:54	7:50
20	STUART ALLAN	LUBBOCK	TX	3	M2024	24	M	1:12:59	7:50
21	HEIDI BROWN	LUBBOCK	TX	1	F3539	39	F	1:13:55	7:56
22	PAUL PARE	LUBBOCK	TX	4	M4044	43	M	1:14:07	7:58
23	TRACY MACK	LUBBOCK	TX	4	M3539	39	M	1:14:41	8:01
24	RICK SYPERT	LUBBOCK	TX	7	M4549	49	M	1:14:52	8:02
25	JENNY BECK	LUBBOCK	TX	1	F2529	25	F	1:15:47	8:08
26	GREG LAYTON	LUBBOCK	TX	2	M2529	26	M	1:16:12	8:11
27	J. EDSON PINTO	LUBBOCK	TX	5	M4044	43	M	1:16:52	8:15
28	JANDA JACKSON	LUBBOCK	TX	2	F3539	35	F	1:16:57	8:16
29	BOYD FINCH	LUBBOCK	TX	5	M3539	35	M	1:17:02	8:16
30	TIM RADKEY	LUBBOCK	TX	1	M3034	31	M	1:17:05	8:17
31	STEPHEN YBARRA	LUBBOCK	TX	2	M3034	30	M	1:17:10	8:17
32	MATTHEW BRINKMAN	LUBBOCK	TX	3	M2529	25	M	1:17:50	8:21
33	TOM WALTON	LUBBOCK	TX	6	M4044	44	M	1:18:07	8:23
34	MARY BRANSCOME	PLANO	TX	1	F4549	45	F	1:19:15	8:31
35	CHRISTOPHER WHITE	LUBBOCK	TX	3	M3034	33	M	1:19:59	8:35
36	TYLER GREENFIELD	LUBBOCK	TX	8	M4549	47	M	1:19:59	8:35
37	JUDY LAWLEY	LUBBOCK	TX	2	F4044	40	F	1:20:12	8:37
38	JEFFREY HARPER	LUBBOCK	TX	4	M3034	33	M	1:20:34	8:39
39	HANK IVEY	SLATON	TX	2	CLYDE	36	M	1:21:03	8:42
40	MADONNE MINER	LUBBOCK	TX	1	F5054	52	F	1:22:07	8:49
41	DAVID MALONE	LUBBOCK	TX	9	M4549	47	M	1:22:08	8:49
42	SAMANTHA KEEHN	LUBBOCK	TX	1	F2024	22	F	1:22:34	8:52
43	BRANDIE BROWN	LUBBOCK	TX	2	F2024	23	F	1:23:11	8:56
44	GORDEN JENKINS	AMARILLO	TX	1	M6064	64	M	1:23:15	8:56
45	DAWN WEIR	SAN ANGELO	TX	1	F2529	26	F	1:23:58	9:01
46	DON SANDERSON	LUBBOCK	TX	1	M7099	73	M	1:24:29	9:04
47	SHAUNA PAULK	LUBBOCK	TX	3	F2024	23	F	1:24:50	9:07
48	JEFF WISE	LUBBOCK	TX	3	CLYDE	42	M	1:25:03	9:08
49	MARSHA BENNETT	LUBBOCK	TX	3	F4044	41	F	1:25:52	9:13
50	PATRICK ROGERS	LUBBOCK	TX	4	M529	27	M	1:26:01	9:14
51	WILLIAM BALLENGER	LUBBOCK	TX	4	M5054	53	M	1:27:27	9:23
52	CAMI BRATCHER	LAMESA	TX	4	F2024	21	F	1:27:29	9:24
53	M LYN JONES	LUBBOCK	TX	5	F2024	24	F	1:28:23	9:29

WEST TEXAS RUNNING CLUB'S RUN FOR THE ARTS
OVERALL 15K RESULTS

PLACE	NAME	TOWN	ST DIV	PLACE	AG	TIME	PACE
54	JIM BECK	LUBBOCK	TX	4	OLYDE	45	M 1:28:38
55	MIKE KELLEY	LUBBOCK	TX	2	M5559	56	M 1:28:40
56	LAUREL LONG	LUBBOCK	TX	6	F2024	21	F 1:29:24
57	JIM BURLESON	LUBBOCK	TX	2	M6064	62	M 1:30:12
58	DEANNA BIRD	LUBBOCK	TX	7	F2024	21	F 1:31:30
59	AUDRA MOORE	LUBBOCK	TX	8	F2024	21	F 1:31:38
60	KAMMY PHILBRICK	LUBBOCK	TX	4	F4044	44	F 1:31:53
61	JIM WILHELM	LUBBOCK	TX	3	M5054	54	M 1:32:30
62	LARA ADAIR	LUBBOCK	TX	3	F3539	38	F 1:32:51
63	MIKE CATT	BORGER	TX	4	M5054	51	M 1:33:29
64	SUSANNE MOORE	LUBBOCK	TX	2	F3034	30	F 1:34:27
65	MALINDA COLWELL	LUBBOCK	TX	3	F3034	31	F 1:34:28
66	SHAUNDA EADY	LUBBOCK	TX	9	F2024	23	F 1:35:01
67	TERRY DALTON	LUBBOCK	TX	5	M5054	50	M 1:35:05
68	LOU ANN ARTERBURN	LUBBOCK	TX	4	F3539	35	F 1:37:52
69	WENDY GILLEY	LUBBOCK	TX	3	F2529	29	F 1:37:52
70	P. J. MITCHELL	LUBBOCK	TX	3	F6099	60	F 1:38:06
71	RONNIE NUGENT	LUBBOCK	TX	3	M5559	58	M 1:38:07
72	JENNIFER PORTER	LUBBOCK	TX	4	F2529	28	F 1:38:39
73	KIMBERLY FRICK	LUBBOCK	TX	4	F3034	30	F 1:38:51
74	DAVID BALDNER	LUBBOCK	TX	5	OLYDE	45	M 1:39:26
75	ETTA MAYER	LUBBOCK	TX	1	F5559	56	F 1:41:45
76	TIFFANY HOOD	LUBBOCK	TX	5	F2529	25	F 1:44:18
77	SARALYN WADE	LUBBOCK	TX	10	F2024	21	F 1:44:35
78	JEFF DAY	LUBBOCK	TX	8	M4044	40	M 1:45:03
79	RUSTY LADD	LUBBOCK	TX	6	M5054	52	M 1:45:04
80	SUZAN CAUDLE	LUBBOCK	TX	2	F5054	52	F 1:54:17

TWO MILE OVERALL RESULTS

PLACE	NAME	TOWN	ST DIV	PLACE	AG	TIME	PACE
1	VAN GUNNELL	SODA SPRINGS	ID	1	M2529	27	M 10:14
2	JACKIE CANNON	ANARILLO	TX	1	M4549	49	M 12:12
3	FRANK SUMPTER	LAMESA	TX	1	M5054	51	M 12:44
4	ROGER ROBLES	LUBBOCK	TX	1	M4044	43	M 12:54
5	KYRA SLOAN	CROSBYTON	TX	1	F0112	12	F 13:39
6	DANIEL GONZALES	LUBBOCK	TX	1	M3539	39	M 13:54
7	BRETT HART	LUBBOCK	TX	2	M2529	25	M 14:17
8	LARRY DELEON	LUBBOCK	TX	2	M4044	44	M 14:21
9	FRED WEBER	LUBBOCK	TX	2	M5054	53	M 14:34
10	SEAN GRASS	LUBBOCK	TX	3	OLYDE	33	M 14:37
11	DANNY SLOAN	CROSBYTON	TX	1	M4044	40	M 14:38
12	JOHN THOMAS	LUBBOCK	TX	3	M2024	24	M 14:51
13	DEAN DIERSING	LUBBOCK	TX	2	M2024	23	M 14:51
14	STEVE FURLICH	LUBBOCK	TX	3	M2529	28	M 14:54
15	JIM HARRIS	HOBBS	TX	1	M6064	62	M 15:12
16	RON LUBOWICZ	LUBBOCK	TX	2	M6064	62	M 15:15
17	KEVIN WASS	LUBBOCK	TX	2	M3034	34	M 15:44
18	CHRIS SUN	LUBBOCK	TX	1	M1315	13	M 15:54
19	KRYSTAL HUNT	LUBBOCK	TX	1	M1315	13	M 15:57
20	PAM GASCHEN	LUBBOCK	TX	1	F1619	18	F 15:57
21	BILL FELTON	LUBBOCK	TX	1	F4044	40	F 16:00
22	VERONICA YOUNG	LUBBOCK	TX	1	M7099	70	M 16:12
23	SHIRLEY WIGLEY	LUBBOCK	TX	1	F4549	46	F 16:20
24	KYRILEY WEBER	LUBBOCK	TX	1	F5054	51	F 16:24
				2	F5054	52	F 16:30

WEST TEXAS RUNNING CLUB'S RUN FOR THE ARTS
OVERALL 2 MILE RESULTS

PLACE	NAME	TOWN	ST DIV	PLACE	AG	TIME	PACE
25	JIM DEMBOWSKI	LUBBOCK	TX	3	M5054	52	M 16:36
26	TOMMIE FARRELL	LUBBOCK	TX	2	OLYDE	44	M 16:42
27	AMY ANDRUS	LUBBOCK	TX	2	F4044	42	F 16:59
28	TRACI PAYNE	LUBBOCK	TX	1	F3034	32	F 17:06
29	TRACY BROWN	LUBBOCK	TX	4	M4044	44	M 17:30
30	HANNAH LAYMAN	HEREFORD	TX	2	F0112	12	F 17:52
31	AMY PEREZ	HEREFORD	TX	3	F0112	10	F 17:52
32	JAMES LAYMAN	HEREFORD	TX	2	M3539	39	M 17:59
33	ANKER STUBBERUD	LUBBOCK	TX	1	M0112	12	M 18:08
34	EDVARD STUBBERUD	LUBBOCK	TX	2	M0112	10	M 18:19
35	LISA GARNER-SANTA	LUBBOCK	TX	1	F3539	36	F 18:26
36	SUSAN WASS	LUBBOCK	TX	2	F3539	36	F 18:36
37	RUSS DOUGLASS	LUBBOCK	TX	3	M0112	12	M 18:44
38	PAULINE KUMLEY	LUBBOCK	TX	3	F4044	44	F 18:49
39	BOB BROSELOW	LUBBOCK	TX	3	M6064	64	M 18:50
40	BILL ROGER	LEVELLAND	TX	1	M6569	66	M 18:57
41	ANNETTE BURENHEIDE	TAHOKA	TX	3	F3539	39	F 19:05
42	PAGE TUMLINSON	LUBBOCK	TX	1	F2529	27	F 19:22
43	MANDY LAWRENCE	LUBBOCK	TX	2	F3034	31	F 19:22
44	PATTI DOUGLASS	LUBBOCK	TX	4	F4044	42	F 19:34
45	JIM DOUGLASS	LUBBOCK	TX	1	M5559	58	M 19:39
46	GINDY BAKER	LUBBOCK	TX	3	F3034	32	F 20:37
47	RACHELLE MCNEELY	LUBBOCK	TX	1	F2024	22	F 20:46
48	LISA SUN	LUBBOCK	TX	4	F3539	38	F 21:24
49	KATHY DENNIS	LUBBOCK	TX	5	F3034	33	F 21:41
50	COURTNEY BURKHOLDER	LUBBOCK	TX	2	F4549	48	F 24:03
51	LEESA PRICE	LUBBOCK	TX	3	OLYDE	48	M 24:04
52	ED PRICE	LUBBOCK	TX	4	OLYDE	45	M 24:15
53	VERNON RHOADS	LUBBOCK	TX	4	F0112	10	F 26:07
54	ABBY BURAL	LUBBOCK	TX	1	ATHEN	51	F 26:08
55	ELIZABETH LINDER	LUBBOCK	TX	2	F2024	23	F 30:21
56	MARLA BARNARD	LUBBOCK	TX	4	F5054	53	F 33:09
57	CAMILLA BRATCHER	LUBBOCK	TX	5	F4044	44	F 47:07
58	KERRE SERIGHT	LUBBOCK	TX	5	M4044	44	M 47:07
59	JOEL MESSER	LUBBOCK	TX	5	M4044	44	M 47:07

2005 RUN FOR THE ARTS
RACE REPORT

The re-inauguration of the popular "RUN FOR THE ARTS" took place Saturday, April 16 after several years of dormancy. The weather was sunny and comfortable at the start - approaching warm at the conclusion (but no one was complaining). The One-Mile Elementary Race drew 40 registrants that resulted in 32 finishers (all finishers received a commemorative "Run for the Arts" blue ribbon). There were 149 combined registrants for the 2 Mile and 15K of which 139 started and finished one race or the other. The 2 Mile had 59 finishers while the 15K had 80 finishers.

The overall Men's and Women's 2 mile winners were Van Gunnell (10:14) of Soda Springs, Idaho and 12 year old Kyra Sloan (13:39) of Crosbyton. Clydesdale 2 Mile champ was Sean Grass (14:37) while the Athena winner was Elizabeth Linder (26:08).

In the 15K, overall Men's and Women's winners were Jerry Dwyer (59:12) and Becky Rowley (1:07:43) of Clovis; Farrell Martin topped the Clydesdale 15K field with a 1:05:19.

The distance—with a cause, (observations from Mike Greer)

The marathon is a very weird distance, I have always been convinced that when God did the blueprint and design on the human body he made it capable of going 20 miles without any real big deal. But, to go the distance of 26.2 miles it made it a real challenge to that same body, and makes you wonder if Jack the Ripper or Hannibal Lector didn't come up with this painful ordeal called the marathon. Of course we all know that this odd distance came from the desires to please royalty and I believe that may have been what created the whole problem to start with. But, aside from that I have had another opportunity to experience this racing pleasure, my 44th to be exact, and in a very unique circumstance and place. I know you are thinking some exotic thing like the beautiful marathon courses in California such as the Big Sur area, or maybe the Great North West in Oregon or maybe even Washington State. Could be you are thinking the Rocky Mountain West or maybe back to the Southeast in Atlanta or to the Midwest in Minnesota, etc. Well hold on to your seat folks, this little marathon was held just South of Lubbock in the little ole West Texas Cotton town of Lamesa. Yep, all 26.2 miles of it was held for the first time April 2, 2005 and will be held for 2 more years, at least. As we all know there are many reasons to put on races, some for fun, some for serious competition, some just to satisfy the desires of a race director and last but not least to benefit a worthy person or charity. The race in Lamesa fit into the last category and was named the Andy Hogg Benefit Race with a purpose of raising money for his cancer treatments over the next 3 years. The marathon and other events that day were created and directed by Jerry Stewart, Pastor, of the Cornerstone Fellowship Church in Lamesa. So, we had a good reason to register and support this worthy endeavor, even though they did ask us to experience the pain of the 26.2 mile run; however, there were other distances on the slate that one could do and still contribute to the cause.

Now for the race report, the course was a five loop (5.2 mile for each loop) starting at Forrest Park in Lamesa and going South on 137 (towards Midland) for 2 miles, then back East for 1 mile on a farm to market road, then North including the main highway out of Lamesa, then onto some unpaved road to the line (you now have completed one 5.2 mile loop). I mention this course in detail because it has some real significance to the story. Oh yea, I forgot to mention there were only 3 entries in the long one, myself, Etta Mayer, and Pastor Jerry Stewart (his first marathon). Since Etta was nursing a painful knee she decided to make it a day after 10.4 miles, which was very smart on her part. But, Pastor Stewart and I decided to duel it out. If this had been a real duel it would have been real boring for our seconds since he commenced to put distance between us right after the starting gun went off. He became very anti-social at this point and became focused on bringing home the gold. The truth is I didn't really see him after the first loop until he lapped me on the 4th loop and won all the bacon. I still had a lap to go when he passed and of course I finished it, so at that point the dilemma in my mind was whether or not I was second in the race or last. But, since they gave me a medal and called it second I took it graciously and left with only one blister and the pride of finishing again.

(report continued from page 5)

The Master's age groups dominated the record setting in the 15K where 7 new records were set (3 that were re-written and 4 that were established for the first time). In addition to winning the overall, Becky Rowley also set a new women's 40-44 record (1:07:43); joining her as new women's record holders are Mary Branscome (1:19:15 in 45-49), Madame Miner (1:22:07 in 50-54), Etta Mayer (1:41:45 in 55-59) and P.J. Mitchell (1:38:06 in 60+). In the men's divisions, new records were established by Don Sanderson of Tulia (1:24:29 in the 70+) as well as Farrell Martin's winning 1:05:19 in the Clydesdale division.

As with all of our races, this race would not have taken place had it not been for the efforts of outstanding volunteers. Thanks first to Jim Douglass for serving as the liaison to the Arts Festival (and bringing the Arts Festival to us to consider resurrecting the race). My special thanks go out to James Livermore for keeping me focused, remarking the course with George, and coordinating the police and course personnel on race day; George Jury for lending his support and knowledge leading up to the event, remarking the course as well as handling pre-registration along with race day registration with timing and finish line coordination; David Higgins for pre-registration at the Civic Center and race day timing (amongst other things); Tom Griffin for navigating me through the appropriate city permit channels and helping with pre-registration at the Civic Center; Mike Morris for Civic Center pre-registration, course and aid-station set-up and tear down as well as bringing the water and Gatorade; Dwayne Oakeley for assisting with the timing (and being flexible in changing tasks on the spur of the moment); and Susan Caudle for Civic Center pre-registration and packet pick-up. Madame Miner and David Malone deftly handled race day packet pick-up before jumping into the 15K.

Thanks also to the course monitors, aid-station personnel, and tag pullers. Martha Martinez and the girls from Girlstown made the trek to Lubbock to once again manage an aid station (how 'bout we all jump in the car and head out to Whiteface on June 4 for the Girlstown Gallup 5K?) while Robin Carrales (United Supermarkets) and her husband Michael manned the other station. On the course were Joe MacLean, Elizabeth Dorfman and Kathryn Bachman (United U-Crew) and club-member Bill Roger. Pulling tags were United U-Crew members from North University Elena Contreras, Rosa Casillas and Melissa Paniagua. Handling the food and drink at the finish were Milynda Weis, Caryn Clemmons (Arts Festival) and Ron Lubowicz. Thanks also to United Supermarkets for the oranges, bananas, apples, bottles of water and donut-holes and Jerry Shelton of the United Marketing Department for his logo and map assistance.

If I forgot anyone, my apologies and I look forward to an improved and larger race next year.

Tom Weis
Race Director

WEST TEXAS RUNNING CLUB'S
33rd Annual HORSESHOE BEND CANYON SPRING FROLIC
11 MILE, 6 MILE and 2 MILE RACES

EVENT # 5 OF THE W.T.R.C. CHALLENGE SERIES

WHEN: SATURDAY, May 14, 2005

REGISTRATION: 7:00 to 7:45 A.M., On Site

RACE START: 8:00 A.M.

PRE REGISTRATION: Available, fill out and return entry form or call George Jury at 792-3291 (d) or 792-1237 by 6pm, Friday the 13th, then pay fee race day
 Please have exact change if paying race day

WHERE: HORSESHOE BEND CANYON; North of Slaton, TX,

From Lubbock, take US 84 to the first Slaton exit; turn left at Slaton Gas & Equip. on Golf Course Road, follow the pavement north, 2 miles past the Golf course to the crossroads at the bottom of the canyon

COURSE: 11 Mile; Loop, One long hill between mile 1 & 2

6 Mile; Out & Back, long hill about mile 1 to 2

2 Mile; Out & Back,

AID STATIONS: At least, every 2.5 Miles

AGE DIVISIONS: 11 Mile

MEN: 16-19; 20-24; 25-29; 30-34; 35-39; 40-44;

45-49; 50-54; 55-59; 60-64; 65-69; 70 Plus

WOMEN: 16-19; 20-24; 25-29; 30-34; 35-39; 40-44;

45-49; 50-54; 55-59; 60 Plus

(Special 6-12, 13-15 & 16-19 age groups in the 2 Mile)
 (13-15 and 16 to 19 Age Groups in the 6 Mile)

Clydesdales and Athena, 1st Three, Age Graded

AWARDS: Engraved Medallions to the overall winners & medals to first three finishers in THE AGE GROUP DIVISIONS DESCRIBED ABOVE and up to 50% of each group (5 max)

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

OTHERS \$6.00 Race Day, \$10.00 for everyone

RACE DIRECTOR: Randy Holloway, 794-7512 (h) 789-1547 (c)

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A few observations on the course and the body count. Up to this point the smallest entry marathon I had done up to this point was the, first and only Pampa Daily News marathon held what seems like centuries ago up in the Panhandle. There were 7 present that day and I won my age group with a 3:36, even though I must add I was the only one in my age group. Even the infamous Palo Duro marathon one year had 53 entries on a 40 below zero wind chill factor day with 28 finishers(yep I was in that thing to), so I have seen some weird stuff over the years of running. But, I would say the Lamesa course had some interesting scenery along the way and the good or bad news is that you got to see it 5 times, whether you liked it or not. Plus, if you had a challenge on the course you got to experience it 5 times, like the SW head wind going out on 137. But, you say, Greer what a wimp you are it was only 2 miles of head wind, but I say, it was 5 times into that head wind for a grand total of 10 miles of head wind. The other points of interest were the large oil transport trucks on the FM road going West, what a site it was to look down the road and see them coming. It was off the road to the bar ditch or you would join the other road kill already there (saw one skunk and one fox 5 times). Another interesting site that one could only experience on the South Plains of Texas were the large John Deere tractors coming at you with the sand fighter implements on the back of them, looking like giant praying mantis ready to strike. The loops also took you by some livestock barns with horses, cows, and stuff like that. Thrown in with no charge was the organic odor of the livestock. Another site that was amusing and took your mind off of the pain was 6 goats that actually lived in a wrecking yard. Their duty of course was to do the naaaah! thing as you passed and look real silly sitting on top of the wrecked autos. Also along the way on the main highway portion was a couple of antique stores and as I looked at them 5 times I determined that antique must really be synonymous with "junk", just has a higher price tag. All things considered, the entire course was well marked and safe and was put on by a first time race director. Pastor Stewart had done his home work and did an excellent job for his first race. He had great volunteers and it was well stocked with Gatorade and water. It did get a little lonely on the back side where the aid station was a non talking pick up bed loaded with Gatorade and bars, but it was nice to have the nourishment at such a critical point of the course, even though there was no dialogue. One thing nice that did happen though was a 14 year old young woman, who had already run in the earlier races, joined me at mile 2.5 to help pace me in, did I say pace, when I meant drag?

Remember I said earlier that the 5 loops were 5.2 miles, so you say ask, "Thought marathons were 26.2 miles not 26.0 miles"? Well, Pastor Stewart figured that one out to, he added the .2 on the up hill heading back out on 137, even had a finishing clock there for me and some volunteers to root me on since he had already finished an hour a head of me. It was nice to get this one done and drive on back to the big L town.

In conclusion, I would like to thank Pastor Stewart and all his flock who were very helpful and supportive. They had the whole event, remember the shorter races, well planned and had plenty of amenities, including a t-shirt for the entrants. Plus, this was for a very worthy cause and I encourage all of the running community to offer support to the event for the next two years. They are very appreciative folks and I can say, it was an interesting experience.