

CALENDAR

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

- OCT. 3 W.T.R.C. Business meeting, 7:00pm, West Texas Peterbilt, 45th & Ave A.
- OCT. 1 LYNDEE'S FUN RUN: Texas Tech Campus, Rec Center, 1m, 2m, & 4m, 8:30 am. Benefits Lyndee Antilley's medical bills. Tamsin Rash, RD: tambo120@hotmail.com or 806-773-8840.
- 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, Sam Prose, Race Director, 794-0429
- OCT. 22 RED RIBBON RUN: 5K, Buddy Holly Rec Area, 9:00am Lubbock, Rose Hoeve, Race Director, 806-766-1968.
- * NOV. 12 BUFFALO WALLOW RACES: Buffalo Springs Lake, Half Marathon & 2 Mile, 9:00am, 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, 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: Frenship High School, Wolfforth, 4M & 8M, 10:00am, RD David Higgins, 785-8562 (h)
- FEB. 19 FREESCALE 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.

<http://wtrc.tripod.com>

For Membership, Calendar, Race Results, etc.

Run the Texas Tech
Campus as part of Tech's
Homecoming Weekend!
October 15, 2005



24th
Annual
Red
Raider
Road
Race
5K & 10K
Road Race

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



Red Raider Road Race
10 K and 5K
Saturday, October 15, 2005
Details Inside Back Cover

David Higgins
3401 Alcove
Lubbock, TX 79407

WEST TEXAS RUNNING CLUB

OFFICERS

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

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

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

Secretary - Tom Weis
(H) 928-0482
E-mail: tweis@unitedtexas.com

Treasurer - David Higgins
(H) 785-8562 (O) 795-5823
E-mail: d_higgins69@hotmail.com

Immediate Past President - Mike Kelley
(H) 765-0441
E-mail: 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, October 3, 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

If you were just sitting back, thinking to yourself "... what could I do for the West Texas Running Club that would be interesting, reasonably easy, and help me get to know the Club and its members better than I do now?" Surprisingly, the answer is ... volunteer to be a race director.

On first reading you might find the idea just a bit intimidating, after all, you've never been a race director before ... and there would be so much to learn. But the facts are that the WTRC has taken all the "hard stuff" out of race directing and left the fun and social stuff intact. Let me explain.

Most of the major technical functions have been more-or-less departmentalized. The registration, computer work, equipment preparedness, race timing, finish line, water & food, and coordination with city agencies require almost none of your energy. Your role is to make sure they are all on the same page, that the race has an adequate supply of volunteers and medals, and that the race results are presented for publication. You will be the charming host/hostess by starting the race and presenting the awards and then provide the traditional RD's report for inclusion in the next newsletter.

Your reward for this will be a very real appreciation from all of us who have done this before you, together with a sense of camaraderie that will give you a strangely warm glow. At the very least, you will gain an appreciation of just how much goes into making our races such professional events ... and at such a great price.

The following events have had the same RD for at least the past 5 years and are "up for grabs" if you want to give it a try (traditionally, the outgoing RD rides shotgun with the new guy): February - Cotton Patch; March - Prairie Dog; August - Hot Dam; September - Shallowater Stampede; November - Turkey Trot.

Call now ... all lines are open and operators are standing by.
SYOTR, Ron

THE SHALLOWATER STAMPEDE
2 MILE & 10 KILOMETER RUNS
Shallowater, Texas

SEPTEMBER 10, 2005

10K OVERALL RESULTS

PLACE NAME	TOWN	ST	AG	S	DIV	PLACE	TIME	PACE
1 MICHAEL NJENGA	LUBBOCK	TX	33	M	1	M3034	36:08	5:49
2 JOHN PRYOR	LUBBOCK	TX	27	M	1	M2024	40:10	6:28
3 THOMAS SANG	LUBBOCK	TX	23	M	1	M2529	40:19	6:30
4 FERRELL MARTIN	LUBBOCK	TX	39	M	1	CLYDE	41:05	6:37
5 DREW JONES	SHALLOWATER	TX	15	M	1	M1315	41:21	6:40
6 RICHARD LOMBARDINI	LUBBOCK	TX	29	M	2	M2529	41:32	6:42
7 JARED MASOOD	LUBBOCK	TX	25	M	3	M2529	42:41	6:53
8 EPI AGUIRRE	LUBBOCK	TX	46	M	1	M4549	42:44	6:53
9 ADAM BARRON	LUBBOCK	TX	42	M	1	M4044	43:09	6:57
10 CHRIS LONNGREN	LUBBOCK	TX	46	M	2	M4549	43:15	6:58
11 KYLE ASHLEY	LUBBOCK	TX	43	M	2	M4044	43:32	7:01
12 LAWRENCE SCHOVANEK	LUBBOCK	TX	52	M	1	M5054	43:47	7:03
13 RICHARD AKERS	LUBBOCK	TX	50	M	2	M5054	44:12	7:07
14 RANDY HOLLOWAY	LUBBOCK	TX	49	M	3	M4549	46:00	7:25
15 BOB BLAKE	LUBBOCK	TX	40	M	3	M4044	46:11	7:27
16 IRIS RIVERO	LUBBOCK	TX	30	F	1	F3034	46:20	7:28
17 BRAD EWING	LUBBOCK	TX	41	M	4	M4044	46:53	7:33
18 REBECCA WARWINSKI	LUBBOCK	TX	21	F	1	F2024	47:37	7:40
19 TIM RADKEY	LUBBOCK	TX	31	F	2	M3034	47:44	7:42
20 JILL SIMPSON	LUBBOCK	TX	27	F	1	F2529	47:47	7:42
21 RONNIE TROLLINGER	LUBBOCK	TX	45	M	4	M4549	48:31	7:49
22 DAVID MALONE	LUBBOCK	TX	48	M	5	M4549	48:59	7:54
23 RONNIE PRIGG	LUBBOCK	TX	54	M	3	M5054	49:10	7:55
24 MIKE HUMPHREY	LUBBOCK	TX	39	M	2	M3539	49:40	8:00
25 HAROLD TERRY	PORTALES	NM	46	M	6	M4549	51:02	8:13
26 MARK ALBUS	LUBBOCK	TX	48	M	7	M4549	51:08	8:14
27 RALPH WOLF	LUBBOCK	TX	58	M	1	M6569	51:28	8:18
28 SERILL EASTERLING	SNYDER	TX	56	F	1	F5559	52:14	8:25
29 GORDEN JENKINS	AMARILLO	TX	65	M	2	M6569	52:25	8:27
30 ADAM SMITH	SHALLOWATER	TX	15	M	2	M1315	52:35	8:28
31 KEVIN WASS	LUBBOCK	TX	34	M	3	M3034	52:35	8:28
32 JOE SCHAUNAM	LUBBOCK	TX	28	M	4	M2529	52:39	8:29
33 DAVID HIGGINS	LUBBOCK	TX	53	M	4	M5054	52:43	8:30
34 ARON SELF	LUBBOCK	TX	26	M	5	M2529	53:28	8:37
35 JEFF WISE	LUBBOCK	TX	42	M	2	CLYDE	53:41	8:39
36 LANCE MORRIS	AUSTIN	TX	45	M	8	M4549	54:23	8:46
37 ARON MORRIS	LUBBOCK	TX	22	M	2	M2024	54:23	8:46
38 KERRY BLANTON	WOLFFORTH	TX	30	F	2	F3034	55:31	8:57
39 RONNIE NUGENT	LUBBOCK	TX	58	M	1	M5559	55:45	8:59
40 LYNN HELMSTETLER	LUBBOCK	TX	24	F	2	F2024	55:49	9:00
41 JIM BURLESON	LUBBOCK	TX	63	M	1	M6064	55:57	9:01
42 MEGAN REHWALD	LUBBOCK	TX	30	F	3	F3034	57:02	9:11
43 AMANDA SMITH	LUBBOCK	TX	29	F	2	F2529	57:03	9:11
44 THERESE HAIDUK	WHITE DEER	TX	18	F	1	F1519	58:04	9:21
45 MALINDA COLWELL	LUBBOCK	TX	32	F	4	F3034	58:04	9:21
46 JAMES BONE	LUBBOCK	TX	66	M	3	M6569	58:18	9:24
47 MARSHA BENNETT	LUBBOCK	TX	42	F	1	F4044	1:00:06	9:41
48 BILL ROGER	LEVELLAND	TX	66	M	4	M6569	1:00:18	9:43
49 TRACI PAYNE	LUBBOCK	TX	32	F	5	F3034	1:00:52	9:48
50 PAGE TUMLINSON	LUBBOCK	TX	27	F	3	F2529	1:00:58	9:49
51 BRANDIE MACKENZIE	LUBBOCK	TX	31	F	6	F3034	1:00:58	9:49
52 EDWINA TOWNSEND	LUBBOCK	TX	43	F	2	F4044	1:02:44	10:06
53 MIKE TREVINO	LUBBOCK	TX	36	M	4	CLYDE	1:04:11	10:20
54 JIM WILHELM	LUBBOCK	TX	54	M	5	M5054	1:04:40	10:25
55 LISA GARNER-SANTA	LUBBOCK	TX	37	F	1	F3539	1:07:24	10:52
56 SUSAN WASS	LUBBOCK	TX	36	F	2	F3539	1:07:25	10:52
57 HEATHER KEISTER	LUBBOCK	TX	27	F	4	F2529	1:08:36	11:03
58 KIM COLLINS	PORTALES	NM	39	F	3	F3539	1:09:16	11:09
59 PRESTON SMITH	LUBBOCK	TX	59	M	3	CLYDE	1:11:06	11:27
60 SUZAN CAULDE	LUBBOCK	TX	52	F	1	F5054	1:14:46	12:03

W.R.T.C. 2005 CHALLENGE SERIES
STANDINGS AFTER 9 EVENTS

MALE (continued)

AGE	PTS	MILES	EVT	VOL	AGE	PTS	MILES	EVT	VOL
60 - 64 MALE	63	85	59.7	9	65 - 69 MALE	66	62	48.6	8
Jim Burlison	62	80	46	9	Bill Roger	68	50	26.2	5
Jim Harris	61	19	31.4	7	Ralph Wolf	65	47	35.5	5
Ron Lubowicz	64	15	6	2	Gorden Jenkins	65	18	15	2
Bob Broselow	61	8	5	1	Mike Greer	66	8	6.2	1
Charles Reynolds	63	0	52.3	7	Jim Bone	69	0	64.7	9
Larry Byrd					George Jury				*
70 - 99 MALE					CLYDESDALE - age graded				
Bill Felton	70	50	21	5	Jeff Wise	42	72	57.7	9
Don Sanderson	74	10	9.3	1	Farrell Martin	39	50	33.7	5
John Stalcup	71	10	5	1	Preston Smith	59	32	23.2	4
Hugh Haynes	72	0	11	1	Jim Beck	44	25	33.3	4
					Hank Ivey	36	19	20.3	2
					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
					FEMALE				
0 - 12 FEMALE	12	73	29	9	40 - 44 FEMALE	42	66	58.5	8
Hanna Layman	12	32	8	3	Marsha Bennett	44	54	33.5	6
Kyra Sloan					Kammy Philbrick	40	40	31.5	4
					Judy Lawley	41	11	9.3	1
16 - 19 FEMALE	17	10	5	1	Becky Rowley	42	10	4	1
Alyssa Preston	18	10	2	1	Melanie McVey				
Krystal Hunt					45 - 49 FEMALE				
					Mary Branscome	45	51	41.5	5
					Cynthia Pederson	45	30	13	4
20 - 24 FEMALE	21	40	22.4	4	Martha Martinez	48	27	8	3
Rebecca Warminski	21	10	3	1	Marti Greer	46	18	15	2
Meagan Mills	20	9	4	1	Dahlia Hood	46	10	6	1
Nichole Wayland	23	8	4	1	Karen Jackson	47	9	5	1
Autumn Moore					Ida Sumpter	49	0	40.5	5
					50 - 54 FEMALE				
25 - 29 FEMALE	29	42	38.3	5	Suzan Caudle	52	72	52.7	9
Wendy Gilley	27	31	17.2	4	Madonne Miner	52	50	38.5	6
Page Turnison	25	29	16.3	3	Shirley Wigley	51	48	23.2	5
Jenny Beck	28	17	6	2	Cheryl Weber	52	27	15.2	4
Amy Hardien	26	12	9	2	Josie Aleman	53	18	42.2	8
Mandy Cleavinger-Helton	25	10	4	1	55 - 59 FEMALE				
Deborah Dakin	27	8	4	1	Elita Mayer	55	56	52.5	7
Carrie Badillo					Sherill Easterling	56	40	25.4	4
					Mary Harris	59	0	16.2	2
					60 - 99 FEMALE				
30 - 34 FEMALE	30	62	38.5	6	P.J. Mitchell	60	20	68.5	8
Iris Rivero	32	25	29.5	4	ATHENA				
Malinda Colwell	30	9	4	1	Elizabeth Linder	51	27	8	3
Heather Salinas	33	7	4	1	** = RACE DIRECTOR				
Sara Silva					* = VOLUNTEER				
					35 - 39 FEMALE	37	57	36.2	7
					Lisa Garner-Santa	35	44	38.3	5
					LouAnna Arterburn	38	18	15.5	2
					Lara Adair	36	10	8	1
					Ruth Mortenson	39	10	6	1
					Annette Burenheide	37	9	4	1
					Lourdes Juan				

1ST ANNUAL PIONEER ROAD RACE 5K
WAYLAND BAPTIST UNIVERSITY
Plainview, Texas Sep 17, 2005

Place	Name	Ag	S	Div	Town	St	Time	Pace
1	Nick Rodina	23	M	1	M2024 Plainview	TX	17:27	5:37
2	Jeff Raines	19	M	1	M1619 Plainview	TX	17:48	5:44
3	Markose Chenthitta	18	M	2	M1619 Plainview	TX	18:22	5:55
4	James Soder	33	M	1	M3034 Hale Center	TX	18:23	5:55
5	Adam Hernandez	18	M	3	M1619 Plainview	TX	19:20	6:14
6	Jackie Cannon	49	M	1	M4549 Amarillo	TX	19:39	6:20
7	Manuel Botello	41	M	1	M4044 Plainview	TX	19:56	6:25
8	Adam Barron	42	M	2	M4044 Lubbock	TX	20:33	6:37
9	Robert Skerick	18	M	4	M1619 Plainview	TX	21:12	6:50
10	James Sanchez	18	M	5	M1619 Plainview	TX	21:13	6:50
11	Brett Hart	26	M	1	M2529 Lubbock	TX	21:46	7:01
12	Lindy Evans	41	F	1	F4044 Kress	TX	21:56	7:04
13	Tom Cunningham	49	M	2	M4549 Plainview	TX	22:07	7:07
14	Buddy Polega	21	M	2	M2024 Plainview	TX	22:39	7:18
15	Tate Criswell	22	M	3	M2024 Tulla	TX	23:30	7:34
16	John Bird	30	M	2	M3034 Matador	TX	23:34	7:35
17	Feda Elyas	46	F	1	F4549 Plainview	TX	24:55	8:02
18	Ralph Wolf	68	M	1	M6569 Lubbock	TX	25:07	8:05
19	Donita Smiley	42	F	2	F4044 Plainview	TX	26:17	8:28
20	Joseph Mares	29	M	2	M2529 Plainview	TX	27:39	8:54
21	Dwayne Oakeley	49	M	3	M4549 Lubbock	TX	27:55	8:59
22	Alan Cox	57	M	1	M5559 Amarillo	TX	28:10	9:04
23	Cris Salinas	43	M	3	M4044 Plainview	TX	29:34	9:31
24	Jerry Goodson	61	M	1	M6064 Amarillo	TX	29:40	9:33
25	Larry Perkins	63	M	2	M6064 Plainview	TX	29:55	9:38
26	Jinna Norman	26	F	1	F2529 Lubbock	TX	30:11	9:43
27	Perry Collins	36	F	1	M3539 Plainview	TX	30:13	9:47
28	Krista Mares	26	F	2	F2529 Plainview	TX	31:23	10:04
29	Alicia Anger	31	F	1	F3034 Lubbock	TX	32:03	10:19
30	Pauline Devos	47	F	2	F4549 Plainview	TX	32:29	10:28
31	Debbie Criswell	42	F	3	F4044 Tulla	TX	32:44	10:32
32	LeeAnn Guerrero	28	F	3	F2529 Lubbock	TX	33:05	10:39
33	Rose Ann Chavez	35	F	1	F3539 Plainview	TX	34:28	11:06
34	Suzan Caudle	52	F	1	F5054 Lubbock	TX	35:06	11:18

Real winners are ordinary people with extraordinary determination - Anonymous

You may be disappointed if you fail, but you are doomed if you don't try - Beverly Sills

"Everyone is an athlete. The only difference is that some of us are in training, and some are not."

-George Sheehan, M.D., physician, philosopher and beloved RUNNER'S WORLD columnist

Shallowater Stampede
Director's Report

The 17th Annual Shallowater Stampede took place on Saturday, September 10, 2005. We had 69 runners in the 2-mile race and 60 runners in the 10 K race. As in the past few years, having the Shallowater Middle School and High School athletes participating helped these numbers. We appreciate their coaches for encouraging the kids to participate in the race. Our overall winners this year were: Michael Njenga, 10 K-Male, with a time of 36:08; Iris Rivero, 10-K Female, with a time of 46:20; Thorn Autrey, 2-Mile Male, with a time of 11:48; and, Brittney Scuff, 2-Mile Female, with a time of 12:22.

I want to give special thanks to the many volunteers who assisted with the race. There is no way this (or any) race could be done without all of the many helpers. Volunteers from the WRTC included: George Jury, Tony Aleman, Mary Harris, PJ Mitchell, Josie Aleman, Tom Griffin, and Ron Lubowicz. I appreciate you all. One of our WRTC Scholarship recipients, Ashley Estes, also volunteered to help with this race. We had more than 15 volunteers on the course who were senior parents of the Shallowater High School Class of 2006. Their support allows more runners to be able to participate in the race. We are always grateful for their support of our race. The Stampede T-shirts are their biggest fundraiser for the Substance-free Graduation Party, sponsored by these parents each year. Thanks, Ron, for bringing out the bagels and bananas as well as helping on the course. Thanks to Tom Wise for getting the water and Gatorade and to Jim Harris for helping me set out the course early that morning. Thanks also to Sheri - I couldn't do it without you!

-- Dwayne

A Runner's Notes
Jim Harris

Following the WRTC races at Shallowater on Saturday, September 10, I spent part of the day taking photographs at the National Cowboy Symposium at the Lubbock Civic Center. When Mary dropped me off on the north side of the center, I heard the heavy beat of a drum and walked to a grassy area where several individuals in Native American dress were slowly dancing around a group of eight or ten men sitting under an awning and beating on a huge drum that must have been six feet in diameter.

To be truthful, the Indian dancers looked a bit awkward, as if they had not performed their traditional dance for some time. But, I thought to myself, they were here following the old paths, however dim those ancient way might be. Watching them dance made me think of the Indian ghost dances on the American Plains in the late 1880s and early 1890s.

The next morning, Sunday, September 11, I ran for an hour north of Hobbs, New Mexico, and just off of State Highway 18, I came upon a group of 200 or 300 people marking the fourth anniversary of the tragedy in New York that took almost 3000 American lives. Several local groups, including Hobbs firefighters, have erected a flag and stone memorial to the 9-11 victims and this was their commemoration of that terrible day.

While I stopped to join them and listen to their prayers for America, I thought of the Native Americans at the Civic Center the day before. I thought of novelist Scott Momaday's Indian character Abel in "House Made of Dawn" who ran past the pain of his own breach with his ancestral past.

In a moment of healing at the end of the story, Momaday writes that Abel "was running, and under his breath he began to sing....And he went running on the rise of the song."

When I'm running good, I'm all heart, lungs, and muscle. When I'm running really good, nothing matters except the running, the moment by moment, step by step journey down the path. Though I have no knowledge of any of my ancestors being runners, the really good running feels like the old ways, the old paths.

Running good this time of year, I'm aware of the fall air I'm inhaling, the clouds stampeding over the horizon, the cottontails scurrying out of my way, and the mesquite thorns scraping my legs.

10K OVERALL RESULTS

Place	Name	Town	St	Div	Div	Ag	S	10k	Pace
1	JERRY ALARCON	HOBBS	NM	1	M4549	48	M	41:56	6:45
2	DANIEL HERMAN	HOBBS	NM	1	M4044	42	M	42:04	6:47
3	AURELIO LOZANO	EUNICE	NM	1	M3034	34	M	42:29	6:51
4	GARY GARCIA	LOVINGTON	NM	1	M3539	39	M	47:34	7:41
5	ALBERT FAIRWEATHER JR	HIGH ROLLS	NM	1	M5054	52	M	47:39	7:41
6	JIMMY WAECHTER	HOBBS	NM	2	M5054	53	M	50:03	8:04
7	ALAN SODERFELT	HOBBS	NM	1	M6064	62	M	50:31	8:08
8	DANNY FAIRWEATHER	HIGH ROLLS	NM	1	M1315	14	M	51:31	8:18
9	MANUEL ESPINOZA	HOBBS	NM	1	M1619	18	M	54:10	8:45
10	CRAIG PETERSON	HOBBS	NM	2	M4549	48	M	54:19	8:45
11	JUAN LUNA	HOBBS	NM	1	M2529	29	M	55:24	8:56
12	HILDA ALDRETE	HOBBS	NM	1	F3034	32	F	55:26	8:56
13	BILL FELTON	LUBBOCK	TX	1	M7099	70	M	55:50	9:00
14	MIKE ALBUS	HOBBS	NM	1	M5559	55	M	56:10	9:03
15	RONNIE NUGENT	LUBBOCK	TX	2	M5559	59	M	56:46	9:09
16	ROBBIE SCHOONOVER	HOBBS	NM	1	F4044	40	F	58:51	9:29
17	GLENDA BERTOIA	HOBBS	NM	2	F4044	42	F	59:41	9:37
18	KERRI FRIZZELL	HOBBS	NM	3	F4044	44	F	1:00:53	9:49
19	DWAYNE OAKELEY	LUBBOCK	TX	3	M4549	49	M	1:01:17	9:52
20	LARRY BYRD	LUBBOCK	TX	2	M6064	64	M	1:08:21	11:01
21	BOB BERNERO	LUBBOCK	TX	3	M6064	63	M	1:08:36	11:03

TWO MILE OVERALL RESULTS

Place	Name	Town	St	Div	Div	Ag	S	2	Pace
1	FRANK HOPKINS	CARLSBAD	NM	1	M6064	62	M	13:46	6:53
2	ALEX JACKSON	HOBBS	NM	1	M1315	13	M	14:40	7:20
3	ABBY GUTIERREZ	LOVINGTON	NM	1	F1315	15	F	15:28	7:44
4	OCTAVIO MORENO	HOBBS	NM	1	M5054	52	M	15:45	7:53
5	BIANCA GUTIERREZ	LOVINGTON	NM	2	F1315	14	F	16:05	8:03
6	ANTONIO RAMIREZ	HOBBS	NM	1	F5054	50	F	17:17	8:39
7	WEI CHANG	HOBBS	NM	2	M1315	15	M	18:25	9:13
8	ALEXIS DELACRUZ	HOBBS	NM	3	F1315	13	F	18:50	9:25
9	JULIO OROZCO	HOBBS	NM	1	M2529	25	M	19:16	9:38
10	JANIS WAECHTER	HOBBS	NM	2	F5054	53	F	20:36	10:18
11	CLAUDIA ANCHONDO	HOBBS	NM	1	F0112	10	F	21:19	10:40
12	SYLVIA CAMACHO	LOVINGTON	NM	1	F4549	48	F	21:21	10:41
13	MIKE FAIRWEATHER	HIGH ROLLS	NM	1	M0112	11	M	21:46	10:53
14	CLAUDIA ANCHONDO	HOBBS	NM	1	F3034	33	F	22:31	11:16
15	MELISSA ANCHONDO	HOBBS	NM	2	F0112	7	F	22:32	11:16
16	KEITHMAN YANG	HOBBS	NM	2	F4549	45	F	25:56	12:58
17	DAHWEI CHANG	HOBBS	NM	2	M5054	53	M	27:47	13:54
18	P J MITCHELL	LUBBOCK	TX	1	F6099	60	F	27:49	13:55
19	ODELL BLACK	LOVINGTON	NM	1	M7099	80	M	29:05	14:33
20	DONNA RYAN	HOBBS	NM	3	F5054	50	F	29:29	14:45
21	WESLYN BROWNING	LOVINGTON	NM	1	F5559	55	F	34:23	17:12
22	HAROLD BROWNING	LOVINGTON	NM	3	M5054	50	M	34:24	17:12
23	BRIGID RYAN	HOBBS	NM	1	F2529	25	F	36:12	18:06

10
RED RAIDER ROAD RACE
10K EVENT RECORDS
Since 1982

NAME	AGE	TOWN	TIME	YEAR
Veronica Cavazos	18	Lubbock	38:48	1982
Idalia Casiano	23	Lubbock	41:22	1991
Beverly Watkins	28	Amarillo	37:52	1983
Marjory Stewart	34	Lubbock	36:43 *	1993
Marjory Stewart	35	Lubbock	37:41	1994
Bobby Jester	40	Amarillo	44:41	1994
Colleen Isdale	45	Belton	46:45	1996
Madonne Miner	50	Lubbock	45:42	2003
Kammy Philbrick	43	Lubbock	56:45	2004
WOMEN				
TOWN				
Richard Oropeza	19	Lubbock	33:04	1988
Red Cloud	23	Lubbock	31:29	1984
Michael Njenga	26	Lubbock	30:57 *	1998
James Mays	32	Lubbock	33:01	1991
Scott Brickerd	35	Lubbock	32:19	1988
Bobby Cunningham	42	Abernathy	34:52	1982
Ron Lubowicz	45	Lubbock	35:33	1988
George W. Jury	50	Lubbock	37:23	1986
George W. Jury	56	Lubbock	39:15	1992
Ed Craighead	60	Dalhart	42:10	2004
Ralph Wolf	66	Abernathy	51:04	2003
Don Sanderson	71	Tulsa	48:26	2001
Farrell Martin	37	Lubbock	39:53	2003
Clyde				

5K EVENT RECORDS
(Since 1988)

NAME	AGE	TOWN	TIME	YEAR
Addison Lemaster	15	Tulsa	19:56	2004
Brionne Yosten	19	Lubbock	18:25	2002
Bridget Tidwell	20	Lubbock	17:44 *	2002
Brenda Lauten	29	Houston	19:52	1994
Kay Schmidt	34	Alpine	20:39	1992
Brenda Lauten	37	Houston	21:09	2002
Caylene Caddell	43	Lubbock	20:54	1995
Caylene Caddell	45	Lubbock	21:45	1997
Caylene Caddell	50	Lubbock	22:28	2002
Rebecca Zacharias	29	Lubbock	28:19	2001
WOMEN				
TOWN				
Ryan Maney	15	Tulsa	17:21	2001
Kyle Atwood	18	Lubbock	16:15	2002
Dwayne Benoit	20	Lubbock	15:52	2002
Tim Green	26	Lubbock	16:20	1991
Martin Leodgard	31	Lubbock	15:44 *	1995
Bob Finn	39	Big Spring	16:57	1994
Tony Collins	44	Pittsburg	17:43	1994
James Leser	47	Lubbock	17:54	1993
Ed Craighead	52	Dalhart	18:41	1995
Gary Schmidt	55	Alpine	18:48	1992
Don Sanderson	63	Tulsa	21:11	1993
David Lard	66	Amarillo	22:23	2003
Don Sanderson	74	Tulsa	24:41	2004
Douglas Gardner	30	Lubbock	19:58	1995
Clyde				

* Overall Men's and Women's event records

WEST TEXAS RUNNING CLUB'S
24th ANNUAL RED RAIDER ROAD RACE
10K and 5K RUNS
USA T&F CERTIFIED
5K #TX97070ETM
10K #TX97071ETM

EVENT NUMBER 10 of the WTRC CHALLENGE SERIES

WHEN: SATURDAY, October 15, 2005
RACE START: 8:00 A.M., 10K and 5K

WHERE: TEXAS TECH UNIVERSITY CAMPUS, Lubbock, TX
University Recreation Center, Main and Hartford

COURSE: 5K, Flat, Single Loop of Campus on Asphalt
10K, Double Loop of Same Route

ENTRY FEE: Pre Registration: by mail or walk in at
Run Tech, 2422 Broadway, 10am-6pm to OCT. 13th, \$15
(WTRC members pre register for \$12 to Oct. 13th)
(May pick up packets/T Shirts Oct. 10th to 14th at Run Tech, 2422 Broadway also)

Late Reg; Friday, Oct. 14th, also at Run Tech
10am to 6pm, \$20 (everyone)

Raceday; 6:30 to 7:30 A.M. only, \$25
Student Recreation Center, Main and Hartford
AGE DIVISIONS: 10K

MEN: 13-19; 20-24; 25-29; 30-34; 35-39; 40-44;
45-49; 50-54; 55-59; 60-64; 65-69; 70 Plus

WOMEN: 13-19; 20-24; 25-29; 30-34; 35-39; 40-44;
45-49, 50-54; 55-59; 60 Plus
(Additional 6-12, 13-15 & 16-19 age groups in the 5K)

AWARDS: 1st Place Male and Female as well as 1st
Master(Age Graded) each race receive a special
Plaque. 1st 3 in each Age Group receive medals
Clydesdales/Athena, 1st 3 each race (Age Graded)
Long sleeved T Shirts to all entrants

VOLUNTEERS: Are needed, Call Sam Prose

RACE DIRECTOR: Sam Prose, 794-0429(n)
e-mail, scprose@hotmail.com



Sea of Red 8th Annual Red Ribbon Run



When: Saturday, October 22, 2005

Registration: 8:00-8:45 a.m.

Race Starts: 9:00 a.m.

*Where: Buddy Holly Park, North University
& Canyon Lake Drive*

Entry Fee: Pre-registration \$12.00 per person if post marked by October 15, 2005. Registrations after October 15, or on site \$15.00, \$30.00 for school groups (including two sponsors). T-shirts will be given to the first 100 registrants. Age group awards will be given. Traveling trophy for Elementary, Junior and Senior High Schools with the most participants.

5K Male & Female age categories

Under 12, 12-15, 16-19, 20-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-Over
1st, 2nd, & 3rd Place medals will be awarded in each age and gender category.

1 Mile Male & Female age categories

5-7, 8-11, 12-14

1st, 2nd, & 3rd Place medals will be awarded in each age and gender category.



*Mail Pre-registrations to
Safe & Drug Free Schools & Communities
c/o Rose Hoeve, 1628 19th Street, Lubbock, TX 79401*

For questions call 766-1968

Make checks payable to West Texas Institute



Waiver – All participants must read and sign

The West Texas Running Club, Sea of Red Committee, agents, or representative of the run, or any volunteer 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, for death of any person or persons and for damages to or loss of property arising out of or attributed to indirectly, to participants in the 2005 Red Ribbon 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 participant, guardian, conservator, or parent for Participant under 18 years of age.

Participant's name (Please Print) _____ Name of School _____

Names of sponsors: (1) _____ (2) _____

Age (Day of the Race) _____ Male _____ Female _____ T-shirt Size _____

Participant's Signature _____ Address _____ City _____ ZIP _____

Signature of Guardian (If minor) _____

Home Phone _____ School/Work Phone # _____ 5K _____ 1Mile Fun Run/Walk _____

Sponsored by: West Texas Running Club, South Plains Food Bank, and the Sea of Red Committee