

CALENDAR

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

- SEPT. 6 W.T.R.C. Business meeting, 7:00pm, West Texas Peterbilt, 45th & Ave A.
- * SEPT. 10 SHALLOWATER STAMPEDE: 10K and 2 Mile, 8:00 am, Shallowater High School, Wayne Oakeley, Race Director, 799-4473
- SEPT. 17 Wayland Pioneer Road Race: WBU Campus-Hutcherson Ctr., Plainview, 5k, 8:30 am. Greg Ferris, 806-291-1137 or gferis@wbv.edu
- SEPT. 17 White Buffalo 5K Stampede: 5k run, 1k Fun Run/Walk, 8:15am 1K & 8:30am 5k; DOWNTOWN SNYDER COURTHOUSE SQ. vicki@snyderchamber.org or 325-573-3558.
- SEPT. 24 RUN FOR THE MUSEUM: Lea County Museum, Lovington, NM 10K, 2MI, & 1MI walk/run 9:00 AM(MST) Jim Harris 505-396-4805.
- 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: tambol20@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, Lubbock, Rose Hoeve, Race Director, 806-766-1968.
- * 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, 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

<http://wtro.tripod.com>

For Membership, Calendar, Race Results, etc.



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



Shallowater Stampede
10 K and 2 Mile
Saturday, September 10, 2005
Details inside back cover

Suzan Caudle
PO Box 16075
Lubbock, TX 79490



WEST TEXAS RUNNING CLUB

OFFICERS

President - Ron Lubowicz

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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 Tuesday, September 6, 7:00 p.m. at West Texas Peterbilt, 4515 Ave. A, Sales & Leasing Office (closest to Ave A)

All members are welcome

DIRECTORS

Newsletter Director - Bill Felton

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External Race Director - Jay Keith

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Equipment Director - Dwayne Oakeley

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Race Calendar Director - Suzan Caudle

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Club Historian - James Livermore

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TRAGEDY AT THE HOT DAM RUN

Because there are some unfounded rumors concerning the terrible event that happened at our August 13, 2005 HOT DAM 5 MILE RACE, the following has been developed from eyewitness accounts of runners and volunteers on the scene.

At about 44 minutes into the race, Dr. Larry Mills, a 53 year old veterinarian from Post, was observed to have slowed down considerably, then staggered and fell about 150 to 200 yards from the finish line. Stacy Conner was the first one on the scene and had noticed that he was making up a lot of time on Larry in the last mile. Stacy helped Larry to the side of the road and encouraged him to sit there while he ran on down through the finish, informing the volunteers and getting gatorade to take back. Other volunteers had meanwhile run down to help. Larry was partly responsive to a command to breathe deeply, as he was hyperventilating and was turning cyanotic. At this time there were about 6 people ministering to him, but no one called 911. At this time one of our members, a volunteer, got help to put Larry in his car and proceeded to COVENANT MEDICAL CENTER ER.

In interviewing runners who came past, it has been determined that when a runner who finished in 53:36 came by the scene, the car was already on the way to the hospital. So, it was only approximately 10 minutes from the time he went down until he was on the way to the hospital.

Unfortunately, his condition deteriorated rapidly to such a point that he passed away Sunday evening, August 14, 2005.

At this writing, the family has only been told that he had a massive muscle degeneration leading to multiple organ failure. Here is a more specific and technical description: "Fulminant exertional rhabdomyolysis" which is just a complete muscle deterioration leading to massive release of myoglobin (muscle protein) into the blood stream, then all major organs shut down, kidneys first. Larry's best friend, another veterinarian, is certain that he had an ordinary exertional heat stroke which is brought on by dehydration and the victim loses the ability to sweat, internal body temperature goes up over 104 and multiple organ damage can occur rapidly including the rhabdomyolysis. Unfortunately, apparently the ER personnel did not record a "core (rectal) body temperature to confirm this."

There is at least two known precursors to this condition. One is the so called "statin" drugs used to lower cholesterol. "Statin myopathy." Statins may cause muscle pain and tenderness (statin myopathy). In severe cases, muscle cells can break down (rhabdomyolysis) and release a protein called myoglobin into the bloodstream. Myoglobin can impair kidney function and lead to kidney failure. Certain drugs when taken with statins can increase the risk of rhabdomyolysis. If you take statins and have new muscle aching or tenderness, consult with your doctor.

Club member, Dr. Cheryl Weber did some research and found that "such a thing can also happen in people with sickle cell trait. That is only present in 1 in 10,000 white people. It is usually covert and benign and he may not have known that he had it. It is inherited. It makes dehydration more likely, but it can cause a fulminant exertional rhabdomyolysis which is the worse complication of sickle cell trait."

In visiting with Larry's wife, I learned that his usual runs were 2 to 3 miles 2 or 3 times a week. This was his 3rd race of the year, having previously run the HSB 2 mile and the Firecracker 3 mile. His daughter, Megan has frequently run with him and helped pace him, but was not here for this 5 mile race which was his longest. For a look at a really nice picture of this father/daughter, see the website "FIRECRACKER" pictures.

NOTES FROM THE PRESIDENT

In case the news has not reached you, Club member Larry Mills of Post died shortly after collapsing near the end of this year's Hot Dam run. As of this writing the cause of death has not been confirmed.

My emotions as I write this month's blurb are definitely bittersweet. On the one hand, I am saturated with the sorrow of the Larry Mills tragedy. Yet on the other hand, I am so very proud to be associated with such a wonderful group of truly compassionate, caring athletes.

Everyone's behavior, from the small group who first tended to Larry and took immediate action to get him professional care, to those countless Club members who took the time to monitor and report his condition and minister to his loved ones when circumstances permitted, to the many members who found a way to attend his funeral on such short notice, and to the board and medical professionals who met in a special meeting to consider ways to further minimize such risks in the future, was simply impressive. I feel very humbled.

Over the next few months we will be combining our ideas with those of medical and EMS staffers and other running clubs. If there's a "best" set of policies and procedures to deal with racecourse medical emergencies, the WTRC will have it, and every member will be a part of it.

SYOTR, Ron

Ps: The Club has donated \$500 to Larry's scholarship fund and will donate the net proceeds of the Hot Dam race in the years to come. Personal donations are invited and will be combined with each year's gift.

THE 18th ANNUAL WTRC HOT DAM 5 MILE RUN
 USA T&F CERTIFIED #TX93059ETM
 Lubbock, Texas August 13, 2005

| PLACE NAME | AG S | DIV | PLACE | TOWN | ST | TIME | PAGE |
|---------------------|------|-----|-------|---------------|----|-------|------|
| 1 BOB JACKSON | 46 M | 1 | M4549 | HOBBS | NM | 30:12 | 6:03 |
| 2 JOHN KEITH | 16 M | 1 | M1619 | LUBBOCK | TX | 31:58 | 6:24 |
| 3 JENNIFER STICKSEL | 33 F | 1 | F3034 | AMARILLO | TX | 31:59 | 6:24 |
| 4 JOHN PRYOR | 23 M | 1 | M2024 | LUBBOCK | TX | 32:38 | 6:32 |
| 5 JERRY DWYER | 45 M | 2 | M4549 | LUBBOCK | TX | 33:53 | 6:47 |
| 6 JACKIE CANNON | 49 M | 3 | M4549 | AMARILLO | TX | 34:15 | 6:51 |
| 7 BRYAN CONYERS | 31 M | 1 | M3034 | SAN ANGELO | TX | 34:42 | 6:57 |
| 8 EPI AGUIRRE | 46 M | 4 | M4549 | LUBBOCK | TX | 34:52 | 6:59 |
| 9 JAMES BAUMANN | 37 M | 1 | M3539 | LUBBOCK | TX | 34:56 | 7:00 |
| 10 KYLE ASHLEY | 43 M | 1 | M4044 | RANSOM CANYON | TX | 35:16 | 7:04 |
| 11 RICHARD AKERS | 50 M | 1 | M5054 | LUBBOCK | TX | 35:20 | 7:04 |
| 12 JARED MASOOD | 25 M | 1 | M2529 | LUBBOCK | TX | 36:17 | 7:16 |
| 13 ERIC ABERCROMBIE | 23 M | 2 | M2024 | LUBBOCK | TX | 36:40 | 7:20 |
| 14 AARON DIAZ | 30 M | 2 | M3034 | LUBBOCK | TX | 36:46 | 7:22 |
| 15 ALLYSSA PRESTON | 17 F | 1 | F1619 | LUBBOCK | TX | 37:55 | 7:35 |
| 16 BRETT HART | 26 M | 2 | M2529 | LUBBOCK | TX | 38:09 | 7:38 |
| 17 RANDY HOLLOWAY | 48 M | 5 | M4549 | LUBBOCK | TX | 38:13 | 7:39 |
| 18 ZIGGY DIAZ | 50 M | 2 | M5054 | DALLAS | TX | 38:32 | 7:43 |
| 19 CRAIG JACKSON | 40 M | 2 | M4044 | LUBBOCK | TX | 38:33 | 7:43 |
| 20 MARY BRANSCOME | 45 F | 1 | F4549 | LUBBOCK | TX | 38:46 | 7:46 |
| 21 TOM CUNNINGHAM | 49 M | 6 | M4549 | PLAINVIEW | TX | 38:51 | 7:47 |
| 22 BRAD EWING | 41 M | 3 | M4044 | LUBBOCK | TX | 39:32 | 7:55 |
| 23 TOMMIE FARRELL | 34 M | 3 | M3034 | LUBBOCK | TX | 39:51 | 7:58 |
| 24 JEFFREY HAAG | 36 M | 2 | M3539 | LUBBOCK | TX | 39:51 | 7:59 |
| 25 TIM RADKEY | 31 M | 4 | M3034 | LUBBOCK | TX | 40:34 | 8:07 |
| 26 LORENZO PADILLA | 51 M | 3 | M5054 | LUBBOCK | TX | 41:07 | 8:14 |
| 27 CY CRIBBS | 22 M | 3 | M2024 | WHITEFACE | TX | 41:13 | 8:15 |
| 28 JAZZ NICHOLS | 24 M | 4 | M2024 | CLOVIS | NM | 41:24 | 8:17 |
| 29 JIM HARRIS | 62 M | 1 | M6064 | HOBBS | NM | 41:28 | 8:18 |
| 30 HAROLD TERRY | 46 M | 7 | M4549 | PORTALES | NM | 41:29 | 8:18 |
| 31 STEVE ODORIZZI | 43 M | 1 | CLYDE | LUBBOCK | TX | 41:32 | 8:19 |
| 32 RALPH WOLF | 68 M | 1 | M6569 | LUBBOCK | TX | 41:49 | 8:22 |
| 33 JUDY LAWLEY | 40 F | 1 | F4044 | LUBBOCK | TX | 41:54 | 8:23 |
| 34 RONNIE NUGENT | 58 M | 1 | M5559 | LUBBOCK | TX | 42:07 | 8:26 |
| 35 DAVID HIGGINS | 53 M | 4 | M5054 | LUBBOCK | TX | 42:19 | 8:28 |
| 36 BOYD FINCH | 36 M | 3 | M3539 | LUBBOCK | TX | 42:24 | 8:29 |
| 37 NICK WARGO | 14 M | 1 | M1315 | LUBBOCK | TX | 42:30 | 8:30 |
| 38 WARNER ALEXANDER | 45 M | 8 | M4549 | LUBBOCK | TX | 42:36 | 8:32 |
| 39 MELISSA BAILEY | 28 F | 1 | F2529 | CLOVIS | NM | 42:59 | 8:36 |
| 40 GORDEN JENKINS | 64 M | 2 | M6064 | AMARILLO | TX | 43:22 | 8:41 |
| 41 GONZALO RAMIREZ | 49 M | 9 | M4549 | DALLAS | TX | 43:42 | 8:45 |
| 42 MIKE KELLEY | 56 M | 2 | M5559 | LUBBOCK | TX | 44:04 | 8:49 |
| 43 BILL FELTON | 70 M | 1 | M7099 | LUBBOCK | TX | 44:28 | 8:54 |
| 44 KEVIN WASS | 34 M | 5 | M3034 | LUBBOCK | TX | 44:44 | 8:57 |
| 45 STACY CONNER | 42 M | 5 | M4044 | MULESHOE | TX | 44:58 | 9:00 |
| 46 TOM CRIBBS | 46 M | 10 | M4549 | WHITEFACE | TX | 45:32 | 9:07 |
| 47 TOM WEIS | 53 M | 5 | M5054 | LUBBOCK | TX | 45:35 | 9:07 |
| 48 KAREN MARSALIS | 29 F | 2 | F2529 | CLOVIS | NM | 45:39 | 9:08 |
| 49 LYNN HELMSTETLER | 24 F | 1 | F2024 | LUBBOCK | TX | 45:45 | 9:09 |
| 50 ELISE HOLLAND | 23 F | 2 | F2024 | LUBBOCK | TX | 45:55 | 9:11 |
| 51 LANDON TERRY | 25 M | 2 | CLYDE | LUBBOCK | TX | 45:59 | 9:12 |
| 52 KAMMY PHILBRICK | 44 F | 2 | F4044 | LUBBOCK | TX | 46:24 | 9:17 |

THE 18th ANNUAL WTRC HOT DAM 5 MILE RUN
 USA T&F CERTIFIED #TX93059ETM
 Lubbock, Texas August 13, 2005

| PLACE NAME | AG S | DIV | PLACE | TOWN | ST | TIME | PAGE |
|----------------------|------|-----|-------|-----------|----|---------|-------|
| 53 JEFF WISE | 42 M | 3 | CLYDE | LUBBOCK | TX | 46:52 | 9:23 |
| 54 JIM BURLESON | 63 M | 3 | M6064 | LUBBOCK | TX | 47:26 | 9:30 |
| 55 BILL ROGER | 66 M | 2 | M6569 | LEVELLAND | TX | 47:42 | 9:35 |
| 56 ISACC MUNOZ | 50 M | 4 | CLYDE | LUBBOCK | TX | 47:51 | 9:35 |
| 57 MITCH MONROE | 45 M | 11 | M4549 | LUBBOCK | TX | 48:27 | 9:42 |
| 58 JAMES BONE | 66 M | 3 | M6569 | LUBBOCK | TX | 48:45 | 9:45 |
| 59 STEPHEN CROOKS | 17 M | 2 | M1619 | LUBBOCK | TX | 49:03 | 9:49 |
| 60 DICK BAKER | 60 M | 4 | M6064 | LUBBOCK | TX | 49:37 | 9:56 |
| 61 TERRY DALTON | 50 M | 7 | M5054 | LUBBOCK | TX | 49:50 | 9:58 |
| 62 TRACI PAYNE | 32 F | 2 | F3034 | LUBBOCK | TX | 51:04 | 10:13 |
| 63 MIKE MORRIS | 50 M | 8 | M5054 | COLUMBIA | MO | 51:11 | 10:13 |
| 64 LISA WACHSMANN | 27 F | 3 | F2529 | LUBBOCK | TX | 51:17 | 10:16 |
| 65 DAVID BALDNER | 45 M | 5 | CLYDE | LUBBOCK | TX | 51:40 | 10:20 |
| 66 DWAYNE OAKELEY | 49 M | 13 | M4549 | LUBBOCK | TX | 51:57 | 10:24 |
| 67 MANDY HELTON | 26 F | 4 | F2529 | LUBBOCK | TX | 52:24 | 10:29 |
| 68 JULIE CRIBBS | 46 F | 2 | F4549 | WHITEFACE | TX | 52:43 | 10:33 |
| 69 EDWINA TOWNSEND | 43 F | 3 | F4044 | LUBBOCK | TX | 52:56 | 10:36 |
| 70 LISA GARNER-SANTA | 36 F | 1 | F3539 | LUBBOCK | TX | 53:36 | 10:44 |
| 71 JASON HELTON | 33 M | 6 | CLYDE | LUBBOCK | TX | 53:37 | 10:44 |
| 72 SUSAN WASS | 36 F | 3 | F3539 | LUBBOCK | TX | 53:37 | 10:44 |
| 73 LOUANNA ARTERBURN | 36 F | 2 | F3539 | LUBBOCK | TX | 53:48 | 10:46 |
| 74 WENDY GILLEY | 29 F | 5 | F2529 | LUBBOCK | TX | 53:53 | 10:47 |
| 75 KIM COLLINS | 39 F | 4 | F3539 | PORTALES | NM | 54:04 | 10:49 |
| 76 HEATHER KEISTER | 27 F | 6 | F2529 | LUBBOCK | TX | 56:32 | 11:19 |
| 77 SUZAN CAUDLE | 53 F | 1 | F5054 | LUBBOCK | TX | 1:00:03 | 12:01 |
| 78 JOHN PARE | 78 M | 2 | M7099 | TAMPA | FL | 1:00:35 | 12:07 |

* = New Age Group Standard
 HOT DAM VOLUNTEERS

Volunteers for the HOT DAM RACE were, Paul Pare, Edson Pinto, Fred Weber, Cheryl Weber, Hannah Layman, James Layman, Josie Aleman, Tony Aleman, P.J. Mitchell, Ron Lubowicz, Larry Byrd, Jay Keith, Marsha Bennett, George W. Jury and Tom Griffin.

SAFE RACING

Runners should be aware of the dangers associated with running and prepare themselves for the conditions on any given race day. Know your own limitations and train yourself to be able to go farther than the race distance before attempting any race. The excitement of a race can cause one to overextend oneself putting you at risk for heatstroke or heat exhaustion. Many runners now use a heart monitor to pace themselves, but as a former high mileage runner I was always able to read my body pretty well. Most of my training miles were done from 5 to 7pm, when the weather was the hottest, so a morning race was always easy for me. I was never able to take in fluid on the run very well, so I made it a habit to stop completely and take in a good drink and found I could easily make up the lost time. Later when affected by a chronic intestinal disease, I found it necessary to take in a big drink at least every mile in a race. Be sure to read the section in this newsletter about heatstroke.
 George W. Jury

W.R.T.C. 2005 CHALLENGE SERIES
STANDINGS AFTER 8 EVENTS

MALE

| YTD TOTALS | | 45 - 49 MALE | | | | YTD TOTALS | | | |
|-------------------|-----|--------------|------|-----|-----|------------|-------|-----|-----|
| AGE | PTS | MILES | EVT | VOL | AGE | PTS | MILES | EVT | VOL |
| 0 - 12 MALE | 11 | 29 | 10 | 3 | 49 | 68 | 24 | 7 | |
| uke Samaron | 9 | 10 | 4 | 1 | 48 | 51 | 69.5 | 8 | ** |
| ack Humphrey | 10 | 10 | 2 | 1 | 45 | 49 | 39.3 | 5 | * |
| Joseph Gonzales | 16 | 50 | 21.2 | 5 | 46 | 48 | 21.2 | 5 | * |
| 16-19 MALE | 19 | 9 | 4 | 1 | 46 | 34 | 16.2 | 4 | |
| ohn Keith | 20 | 37 | 21.3 | 4 | 46 | 32 | 18 | 3 | * |
| d Roup | 20 | 36 | 17.2 | 5 | 46 | 25 | 20.3 | 3 | * |
| 20 - 24 MALE | 23 | 21 | 11 | 2 | 48 | 22 | 40.3 | 7 | * |
| aleb Beck | 23 | 18 | 11 | 2 | 46 | 20 | 15 | 3 | * |
| uff Williams | 25 | 36 | 20 | 4 | 47 | 17 | 30.3 | 4 | * |
| aron Self | 25 | 23 | 13 | 3 | 48 | 16 | 21 | 2 | * |
| atthew Jordan | 28 | 20 | 16 | 2 | 46 | 15 | 17.3 | 2 | * |
| ichael Lombardini | 25 | 18 | 11 | 2 | 48 | 15 | 9 | 2 | * |
| eric Abercrombie | 25 | 36 | 20 | 4 | 48 | 13 | 15.3 | 2 | * |
| 25 - 29 MALE | 25 | 32 | 27.3 | 4 | 45 | 9 | 9.3 | 1 | * |
| ared Masood | 25 | 23 | 13 | 3 | 47 | 2 | 5 | 1 | * |
| ireg Layton | 25 | 20 | 27.3 | 2 | 50 | 50 | 39.2 | 6 | * |
| aron Self | 28 | 20 | 16 | 2 | 50 | 48 | 18 | 6 | * |
| ichael Lombardini | 25 | 18 | 11 | 2 | 52 | 43 | 54.5 | 8 | ** |
| arred Hurst | 30 | 55 | 49.5 | 7 | 52 | 37 | 49.2 | 5 | * |
| 30 - 34 MALE | 30 | 31 | 13.2 | 3 | 53 | 37 | 48.5 | 7 | * |
| im Radkey | 33 | 20 | 13 | 2 | 53 | 35 | 20.2 | 5 | * |
| hance Payton | 33 | 20 | 16 | 2 | 50 | 30 | 58.5 | 8 | * |
| len Poklikuha | 30 | 10 | 4 | 1 | 50 | 26 | 10 | 3 | * |
| iff Baker | 33 | 10 | 2 | 1 | 51 | 15 | 55.8 | 6 | ** |
| ete Torres | 32 | 9 | 9 | 2 | 53 | 15 | 7 | 2 | * |
| ason Helton | 31 | 7 | 9 | 2 | 52 | 12 | 5 | 2 | * |
| avid Moya | 38 | 57 | 31 | 8 | 51 | 8 | 2 | 1 | * |
| 35 - 39 MALE | 39 | 38 | 13 | 4 | 50 | 7 | 5 | 1 | * |
| ames Layman | 38 | 27 | 13 | 3 | 50 | 0 | 49.2 | 7 | * |
| aniel Gonzales | 36 | 19 | 11.2 | 2 | 55 | 71 | 58.5 | 8 | * |
| ichael Humphrey | 35 | 16 | 7 | 2 | 57 | 45 | 33.3 | 6 | * |
| ffrey Haag | 42 | 68 | 44.5 | 7 | 57 | 43 | 25.3 | 6 | * |
| reg Hicks | 42 | 54 | 53.5 | 7 | 57 | 40 | 52.5 | 7 | ** |
| 40 - 44 MALE | 43 | 45 | 53.5 | 7 | 56 | 15 | 10 | 2 | * |
| am Barron | 40 | 19 | 9 | 2 | 58 | 10 | 2 | 1 | * |
| aul Pare' | 40 | 18 | 4 | 2 | 55 | 0 | 58.5 | 8 | * |
| Edson Pinto | 41 | 17 | 8 | 2 | 55 | 0 | 58.5 | 8 | ** |
| dy Ramirez | 40 | 16 | 19 | 2 | 55 | 0 | 58.5 | 8 | * |
| anny Sloan | 40 | 17 | 8 | 2 | 55 | 0 | 58.5 | 8 | * |
| acy Conner | 40 | 16 | 19 | 2 | 55 | 0 | 58.5 | 8 | * |
| raig Jackson | 41 | 16 | 9 | 2 | 55 | 0 | 58.5 | 8 | * |
| ob Blake | 41 | 16 | 9 | 2 | 55 | 0 | 58.5 | 8 | * |
| ad Ewing | 41 | 16 | 9 | 2 | 55 | 0 | 58.5 | 8 | * |

** = RACE DIRECTOR
* = VOLUNTEER

W.R.T.C. 2005 CHALLENGE SERIES
STANDINGS AFTER 8 EVENTS

MALE (continued)

| YTD TOTALS | | 60 - 64 MALE | | | | 65 - 69 MALE | | | |
|-------------------------|----------------|--------------|------|-----|-------------------------|--------------|-------|------|-----|
| AGE | PTS | MILES | EVT | VOL | AGE | PTS | MILES | EVT | VOL |
| 60 - 64 MALE | 62 | 75 | 53.5 | 8 | 65 | 55 | 42.4 | 7 | ** |
| Jim Burleson | 62 | 70 | 44 | 8 | 67 | 40 | 20 | 4 | * |
| Jim Harris | 64 | 38 | 26.3 | 4 | 65 | 18 | 15 | 2 | * |
| Gordon Jenkins | 61 | 19 | 25.2 | 6 | 68 | 0 | 58.5 | 8 | * |
| Ron Lubowicz | 64 | 15 | 6 | 2 | CLYDESDALE - age graded | | | | |
| Bob Broselow | 61 | 8 | 5 | 1 | Jeff Wise | 41 | 63 | 51.5 | 8 |
| Charles Reynolds | 63 | 0 | 52.3 | 7 | Farrell Martin | 38 | 40 | 27.5 | 4 |
| Larry Byrd | 70 - 99 MALE | | | | Jim Beck | 44 | 26 | 33.3 | 4 |
| Bill Felton | 70 | 50 | 21 | 5 | Preston Smith | 58 | 24 | 17 | 3 |
| Don Sanderson | 74 | 10 | 9.3 | 1 | Hank Ivey | 36 | 19 | 20.3 | 2 |
| John Stalcup | 71 | 10 | 5 | 1 | David Baldwin | 45 | 18 | 18.3 | 3 |
| Hugh Haynes | 72 | 11 | 1 | 1 | Richard Lampe | 60 | 17 | 9 | 2 |
| Bill Oates | 62 | 10 | 6 | 1 | Ed Dabrowski | 46 | 0 | 5 | 1 |
| FEMALE | | | | | | | | | |
| 0 - 12 FEMALE | 12 | 67 | 27 | 8 | 40 - 44 FEMALE | 41 | 56 | 52.3 | 7 |
| Hanna Layman | 12 | 32 | 8 | 3 | Marsha Bennett | 44 | 54 | 33.5 | 6 |
| Kyra Sloan | 17 | 10 | 5 | 1 | Kammy Philbrick | 40 | 40 | 31.5 | 4 |
| 16 - 19 FEMALE | 18 | 10 | 2 | 1 | Judy Lawley | 41 | 11 | 9.3 | 1 |
| Alyssa Preston | 17 | 10 | 5 | 1 | Becky Rowley | 42 | 10 | 4 | 1 |
| Krystal Hurst | 18 | 10 | 2 | 1 | Melanie McVey | 49 | 0 | 40.5 | 5 |
| 20 - 24 FEMALE | 20 | 40 | 16.2 | 3 | 45 - 49 FEMALE | 45 | 51 | 41.5 | 5 |
| Rebecca Warminski | 21 | 10 | 3 | 1 | Mary Brainscome | 45 | 30 | 13 | 4 |
| Meegan Mills | 20 | 9 | 4 | 1 | Cynthia Pederson | 48 | 27 | 8 | 3 |
| Nichole Wayland | 21 | 9 | 3 | 1 | Martha Martinez | 46 | 18 | 15 | 2 |
| Autumn Moore | 23 | 8 | 4 | 1 | Marli Greer | 46 | 10 | 6 | 1 |
| 25 - 29 FEMALE | 29 | 42 | 38.3 | 5 | Dahlia Hood | 47 | 9 | 5 | 1 |
| Wendy Gilley | 25 | 29 | 16.3 | 3 | Karen Jackson | 49 | 0 | 40.5 | 5 |
| Jenny Beck | 27 | 23 | 11 | 3 | Ida Sumpler | 52 | 62 | 46.5 | 8 |
| Page Tumlinson | 28 | 17 | 6 | 2 | 50 - 54 FEMALE | 51 | 48 | 23.2 | 5 |
| Amy Harlen | 28 | 12 | 9 | 2 | Suzan Caulle | 52 | 40 | 36.5 | 5 |
| Mandy Clearinger-Helton | 25 | 10 | 4 | 1 | Shirley Wigley | 52 | 27 | 15.2 | 4 |
| Deborah Dakin | 27 | 8 | 4 | 1 | Madonne Miner | 53 | 18 | 36 | 7 |
| Carrie Badillo | 30 - 34 FEMALE | | | | Josie Aleman | 55 | 56 | 52.5 | 7 |
| Iris Rivero | 30 | 18 | 23.3 | 3 | Ella Mayer | 55 | 30 | 19.2 | 3 |
| Mallinda Colwell | 30 | 9 | 4 | 1 | Sherill Easterling | 59 | 0 | 10 | 1 |
| Heather Salinas | 33 | 7 | 4 | 1 | Mary Harris | 60 | 20 | 62.3 | 7 |
| Sara Silva | 36 - 39 FEMALE | | | | P.J. Mitchell | 51 | 27 | 8 | 3 |
| Lisa Garner-Santa | 36 | 47 | 30 | 6 | ATHENA | | | | |
| Lou/Anna Atterburn | 35 | 44 | 38.3 | 5 | Elizabeth Linder | | | | |
| Lara Adair | 38 | 18 | 15.5 | 2 | ** = RACE DIRECTOR | | | | |
| Ruth Mortenson | 38 | 10 | 8 | 1 | * = VOLUNTEER | | | | |
| Annette Burenheide | 39 | 10 | 6 | 1 | | | | | |
| Lourdes Juan | 37 | 9 | 4 | 1 | | | | | |

** = RACE DIRECTOR
* = VOLUNTEER

PRAGUE INTERNATIONAL MARATHON

Prague, the capital city of the Czech Republic, is home to 1.5 million people, a castle, lovely buildings dating from the 9th century to the present, and the Prague International Marathon. Sunday, May 22, 2005 marked the 11th running of this marathon. David Malone and I were among the thousands who ran 26.2 miles (42 kilometers) through six different districts that make up the city of Prague.

The marathon course starts on the right bank of the Vltava River, not far from Old Town Square (with its famous clock tower). After making a couple of small loops, runners head south along the river, reaching a turn-around at kilometer 13. Then it's back north and across a bridge to the left bank. By kilometer 17, runners turn south, paralleling the river to kilometer 25.5, where they turn north once more, up to the Charles Bridge (constructed in the 10th century and still functioning). Once across the bridge, the course meanders through Old Town to the finish line at kilometer 42. All 42 kilometers offer breath-taking views of Prague's jewels: monuments, statues, towers, churches, the Vltava. Two important features of this course: 1) Although Prague is a decidedly hilly city, the course itself is not. Staying close to the river, this marathon provides participants with the pleasures of flat terrain. 2) Running surfaces on the course are somewhat hard on the knees, as Old Town portions carry runners over cobble- and small paving stones.

Organization and course support are superior. David and I were able to register on-line, pick up our packets a few days before the run, and take advantage of well-stocked aid stations along the course. We also were grateful for the occasional sponge station; although the temperatures on race-day were forgiving (high 60s), those cold sponges really came in handy.

I have to admit that my time in the Prague Marathon was my slowest yet, but I can't blame the course for that. David and I simply couldn't stay off our feet during days before the race. Instead, we wandered through the neighborhoods of Prague and a couple of outlying cities (one in particular was truly fascinating: Kutna Hora, site of the "bone church").

Anyone interested in a well-organized, professionally-run international marathon should consider Prague. Prices in the Czech Republic are lower than in Western Europe, the food is good, beer is plentiful, and runners from all over the world participate. This year's male and female overall winners were Steven Matebo Cheptot (2:10:42) and Salina Jebet Kosgei (2:28:42), both from Kenya. Their times indicate that Prague *can* be a fast course—as long as one resists the temptation to tour on days before the race.

Madonne Miner

LUBBOCK SENIOR GAMES

The 2005 Lubbock Senior Games, "Senior Olympics," concluded this past Saturday, August 27th with Track & Field competition. For the third straight year the triathlon, 5-K, and 10-K road races were not scheduled. But, both James Bone and Ralph Wolf from our W.T.R.C. participated in the 65-69 age group 400, 800, and 1500 meter races. James wasn't able to enter another of his favorite events, race walking, in which he placed 8th at the Orlando National Sr. Olympics in 1999. Ralph looked very strong winning the 400 in 1:17:38, the 1500 in 6:30:93, while barely losing the 800 in 3:03:83 to the winner's time of 3:03:71 - a real photo finish. James also picked up three medals, thereby qualifying easily with Ralph to run at the next level, the Texas State Games, to be held in Austin Sep 24-Oct 2. Individuals who finish in the top five places in their age group automatically qualify for the state games. This is not a qualifying year, however, for the next National Senior Olympics to be held in Louisville, KY in 2007. Thus, any of you who will be at least 50 in 2006 will have a chance next year to enter local and state competition in order to compete nationally in 2007. And, if you were born no later than 1958, it's not too soon to start training seriously for the 2009 Nationals to be held in the San Francisco area.

NEWS FROM LEIGH DANIEL
(the following is an e-mail Leigh sent to David Higgins)

Hi David,

How are ya? It has been a long time. Things are going well. I have trained with the Hanson's team in Rochester, Mi. for the last two years. I loved the team there, but felt it was time for me to move on this year. So, I have moved to Ashland Ohio to be a volunteer assistant long distance coach for Ashland University. In return the University provides housing & insurance, and I am able to travel to meets with the team. It is a great situation for training. The running is going well. I finished 5th at the US 25k championships a couple of months ago, which was a huge step in the right direction. I am now gearing up for the US championships marathon in October. I hope to qualify for the 2008 trials there. I am aiming to run around 2:40 and be in the top 10. Yes, I would love to make the team in 2008. Luckily, I am still young in terms of distance running. I have the opportunity to make the next couple of teams. I definitely will not stop trying.

I have really been missing West Texas. I haven't been home since Christmas, so I am looking forward to coming home soon. I am so proud of how well Tech's track team is doing. It is so cool to have some bragging rights up here in the north. I am

hoping to get some good coaching experience over the next couple of years, and hopefully come back home to coach somewhere.

How's the WTRC doing? Have ya'll been putting on any new races? It seemed like the running culture in Lubbock was growing right when I was leaving. I hope so! Take care and if I can ever do anything to help ya'll, please let me know.

Leigh

HEATSTROKE FACTS

Heatstroke is similar to heat cramps and heat exhaustion. It's one of the heat-related problems that often result from heavy work in hot environments, usually accompanied by inadequate fluid intake. Older adults, people who are obese and people born with an impaired ability to sweat are at high risk of heatstroke. Other risk factors include dehydration, alcohol use, cardiovascular disease and certain medications.

What makes this syndrome much more severe and potentially life-threatening is the fact that the body's normal mechanisms for dealing with heat stress, such as sweating and temperature control, are lost. The main sign of heatstroke is a markedly elevated body temperature — generally greater than 104 F — with changes in mental status ranging from personality changes to confusion and coma. Skin may be hot and dry, although in heatstroke caused by exertion, the skin is usually moist.

Other signs and symptoms may include: rapid heartbeat, rapid and shallow breathing, elevated or lowered blood pressure, cessation of sweating, irritability, confusion or unconsciousness, fainting, which may be the first sign in older adults.

If you suspect heatstroke: move the person out of the sun and into a shady or air-conditioned space; dial 911 or call for emergency medical assistance; cool the person by covering him or her with damp sheets or by spraying with cool water; direct air onto the person with a fan or newspaper.

SUSAN B KOMEN RACE FOR THE CURE

The West Texas Running Club was only recently advised that this year's Race for the Cure will be timed by a commercial vendor using a Chip timing system. In the past the club has provided timing services and as many as 25 volunteers to work the finish line area pulling race number tags. For the Club, this development will represent a loss of income as we receive remuneration for the services provided.

WEST TEXAS RUNNING CLUB'S 17th ANNUAL "SHALLOWATER STAMPEDE" 10K and TWO MILE RUNS

EVENT NUMBER 9 of the WTRC CHALLENGE SERIES

WHEN: SATURDAY, SEPTEMBER 10, 2005

REGISTRATION; 7:00 to 7:45 A.M., RACE DAY
Pre-Registration is encouraged, please fill out
and return form to get T-Shirt preference
(T-Shirt size guaranteed to Pre-registered,
and paid)

or call George before 6pm, Friday, Sept. 10th
(e-mail registration before 3pm to rungwj@aol.com)

RACE START; 8:00 A.M., 10K and 2 Mile

WHERE: SHALLOWATER HIGH SCHOOL in Shallowater, Tx

COURSE: FLAT, OUT and BACK ON ASPHALT, Some dirt

ENTRY FEE: WTRC MEMBERS \$5; NON-MEMBERS \$6
RACE DAY ENTRY; \$10

Long sleeved T-Shirt available for \$ 10 extra
(for club members pre paid)

Proceeds benefit Shallowater H.S. Senior Safe
Graduation event

AGE DIVISIONS: 10K

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 Plus

WOMEN: 13-15; 16-19, 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 2 Mile)

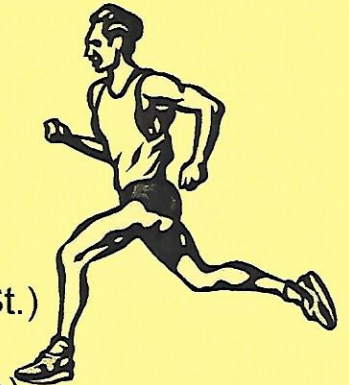
AT LEAST 3 "Stampede" Medallion AWARDS
WILL BE GIVEN IN EACH CATEGORY and up to 50
percent of each division will receive awards
(Maximum of 5)

Volunteers needed; call Dwayne

e-Mail, dsoakeley@nts-online.net
RACE DIRECTOR: Dwayne Cabeler: 700.4472

1ST ANNUAL PIONEER ROAD RACE

Wayland Baptist University



5K Race

Saturday, September 17, 2005

8:30 am

Wayland Baptist University Campus--
Hutcherson Center (Corner of Vernon and 7th St.)

Entry Fee: \$12 (if received by September 12th)

\$15 (after Sept. 12th)

\$10 (WBU student or employee)

All entry fees include t-shirt

Make checks payable to: Wayland Athletic Special

Awards presented to the Overall Male and Female Winners and to top three finishers in 13 age divisions

12 & under, 13-15, 16-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65 & over

Please send registration by mail through September 13, 2005 to:

Wayland Athletics, 1900 W. 7th, Box 321, Plainview, TX 79072

For more information: contact Brian Whitlock at (806) 291-1150

or email whitlockb@wbu.edu

_____ cut here and mail _____

Name _____ Phone (____) _____

Address, City, State, Zip _____

Age: (as of 9/17/05) _____ Gender: M F

Shirt Size: S M L XL XXL

Make checks payable to: Wayland Athletic Special

Mail completed entry forms to: Wayland Athletics, 1900 W. 7th, Box 321, Plainview, TX 79072

Waiver: (Must be signed and submitted with entry). In consideration of this registration entry, I, the undersigned, assume full responsibility for any injury or accident which may occur during my participation in the race, or while I am on the premises of this event from any and all injury or damage, whether it be caused by negligence of the sponsors, promoters, or other persons or entities associated with the event, or otherwise. Further, I hereby grant full permission to any and all the foregoing to use any photographs or any other records of this event.

Signature of participant
or guardian for minor: _____ Date: _____