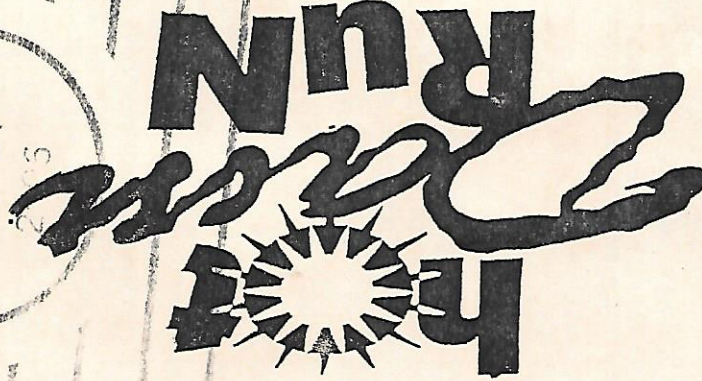


# CALENDAR

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

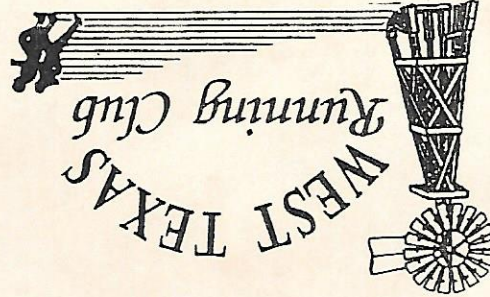
- AUG. 7 W.T.R.C. Business meeting, Monday, 7pm, WEST TEXAS PETERBILT, 45th and Ave. A
- \* AUG. 12 HOT DAM 5 MILER: Canyon Lake 6, MK,Jr Blvd & Canyon Lk, Lubbock, 8:00 am., Etta Mayer, RD 806-742-6000, EXT. 230.
- \* SEPT 9 SHALLOWATER STAMPEDE: 10K and 2 Mile, 8:00 am, Shallowater High School, Dwayne Oakeley, RD, 806-799-4473.
- SEPT 23 RUN FOR THE MUSEUM: 2Mile, 10K, 9:00am MST, Lovington, NM, Jim Harris, Race Dir., 505-392-8945, leacomuseum@leaco.net
- SEPT 23 2nd ANNUAL PIONEER ROAD RACE: WBU Campus, Plainview, Tx., 5K, 9:00am, Brian Whitlock, 806-291-1150, whitlock@wbu.edu
- \* OCT. 7 RED RAIDER ROAD RACE: TTU Campus, Lubbock, 8:00am, 10K, 5K... Sam Prose, RD, 806-794-0429.
- OCT. 14 RACE FOR THE CURE: 5K, TTU Campus, Lubbock, 8am, FMI 698-1900 or [www.komen-lubbock.org](http://www.komen-lubbock.org)
- OCT. 14 M2M Marathon: Marathon, Tx., Marathon/Two-Person Relay/ 10K, 8:00am, [www.marathon2marathon.net](http://www.marathon2marathon.net)
- OCT. 21 21st ANNUAL PAJO DURO TRAIL RUN: Palo Duro Canyon, 50 mi., 50K, 20K, 7:00am, Red Spicer, RD, 806-353-3847.
- OCT. 29 MIRACLE MATCH MARATHON: Marathon & Half-Marathon, 7:30am, Waco, TX, 888-724-2811 or <http://mmm.sw.org>
- \* NOV. 11 BUFFALO WALLOW RACES: Buffalo Springs Lake, Half Marathon, 2 Mile, 9:00 am, Mike Kelley, RD, 806-765-0441.
- NOV. 12 SAN ANTONIO MARATHON: (210)246-9652, [www.samarathon.org](http://www.samarathon.org)
- \* NOV. 23 W.T.R.C. TURKEY TROT: Mackenzie Park, Lubbock, 9:00am, 12K and 2 Mile, contact Ron Lubowicz, 632-4926(d), 748-1855(N)
- \* DEC. 9 REDLINE 4 MILE CROSS COUNTRY: MAE SIMMONS PARK, Lubbock, 10:00 am.. Tom Griffin, RD, 698-1503(h)
- \* JAN. 13 LOOP THE LAKE: 5Mile, 10:00am, Buddy Holly Rec. Area, (N University) Jim Beck, RD, 806-784-0056(n)
- \* FEB. 10 COTTON PATCH RUNS: 8Mile, 4Mile, relay, 10:00am, Frenship High School, Wolfforth; David Higgins, RD, 806-785-8562

<http://wtcr.tripod.com>  
calendar, photos, online registration, ...etc.



5 miles  
USA Track & Field Certified

David Higgins  
3401 Alcove  
Lubbock TX 79407



WTRC Newsletter  
9505 Viola Ave.  
Lubbock, TX 79424-7518  
August, 2006



Hot Dam 5 Mile Run  
8am, August 12, 2006  
Lubbock, Texas  
Details inside back cover

# WEST TEXAS RUNNING CLUB

## OFFICERS

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Immediate Past President - Mike Kelley  
(H) 765-0441  
E-mail: mkkelleyrun@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, August 7, 7:00 p.m. at West Texas Peterbilt, 4515 Ave. A, Sales & Leasing Office (closest to Ave A)  
All members are welcome

## W. T. R. C. Member Makes News off the Road

Club member, Jason Fellers, 26, has distinguished himself outside the field of running. He was featured in The Lubbock Avalanche-Journal's "Around Town" section of the July 7th edition with a cover picture and long article for his July 8th concert at the Cactus Theater, where he sang an array of his favorite Eagles tunes. He credits his father, Bruce, another WTRC member, for getting him hooked on Eagles songs at an early age. "Most Eagles' stuff, I know by heart because of my dad. He's the one who got me started listening to them. He's also the one who got me started singing and playing guitar." Jason, a graduate of Coronado H.S. and Texas Tech, started as a bass, and with training, developed into his more natural range as a tenor. In August he and performer, Donnie Allison, will headline an Everly Brothers tribute concert at the Cactus Theater.

"TEXAS' Oldest Continuous Road Race"  
37th ANNUAL FIRECRACKER RUNS  
Three Mile and Ten Mile Road Races  
Brownfield, Texas  
July 4, 2006

## 10 MILE OVERALL RESULTS

PLACE NAME	TOWN	ST	AG	S	DIV	PLACE	TIME	PACE
1 QUENT BEARDEN	LUBBOCK	TX	31	M	1	M3034	1:01:41	6:11
2 JERRY DWYER	LUBBOCK	TX	46	M	1	M4549	1:05:26	6:33
3 BOB JACKSON	HOBBS	NM	47	M	2	M4549	1:05:50	6:35
4 ADAM ARELLANO	SUN DOWN	TX	19	M	1	M1619	1:06:32	6:40
5 KIRK HESSE	LUBBOCK	TX	21	M	1	M2024	1:09:25	6:57
6 AARON PLAINVIEW	LUBBOCK	TX	30	M	2	M3034	1:10:40	7:04
7 ADAM BARRON	LUBBOCK	TX	43	M	1	M4044	1:12:45	7:17
8 JOHN KEITH	LUBBOCK	TX	17	M	2	M1619	1:13:17	7:20
9 CHAD CARVER	LOVINGTON	NM	40	M	2	M4044	1:13:33	7:22
10 EPI AGUIRRE	LUBBOCK	TX	47	M	3	M4549	1:13:44	7:23
11 MARK SMITH	LUBBOCK	TX	26	M	1	M2529	1:15:52	7:36
12 JOEL HERNANEZ	IDALOU	TX	28	M	2	M2529	1:17:12	7:44
13 RANDY HOLLOWAY	LUBBOCK	TX	49	M	4	M4549	1:17:16	7:44
14 ANN CRUCE-ROBERTS	LUBBOCK	TX	30	F	1	F3034	1:17:24	7:45
15 PAUL PARE	LUBBOCK	TX	44	M	3	M4044	1:18:34	7:52
16 RICK LILIES	BIG SPRING	TX	48	M	5	M4549	1:19:14	7:56
17 IRIS RIVERO	LUBBOCK	TX	31	F	2	F3034	1:19:51	8:00
18 JARED MASOOD	LUBBOCK	TX	26	M	3	M2529	1:20:49	8:05
19 ALEX WALTON	LUBBOCK	TX	33	M	3	M3034	1:21:36	8:10
20 BOB BLAKE	LUBBOCK	TX	41	M	4	M4044	1:22:57	8:18
21 DAVID MALONE	LUBBOCK	TX	48	M	6	M4549	1:23:15	8:20
22 AARON MORRIS	LUBBOCK	TX	23	M	2	M2024	1:23:23	8:21
23 JUSTIN KIME	LUBBOCK	TX	28	M	4	M2529	1:23:24	8:21
24 MARY BRANSCOME	LUBBOCK	TX	46	F	1	F4549	1:23:44	8:23
25 MADONNE MINER	LUBBOCK	TX	53	F	1	F5054	1:23:54	8:24
26 LANDI KIME	LUBBOCK	TX	24	F	1	F2024	1:23:58	8:24
27 TODD CEPICA	LUBBOCK	TX	38	M	1	M3539	1:24:08	8:25
28 MACK MARTINEZ	BROWNFIELD	TX	27	M	5	M2529	1:25:26	8:33
29 ERIC FORD	LUBBOCK	TX	41	M	1	CLYDE	1:25:49	8:35
30 RONNIE PRIGG	LUBBOCK	TX	55	M	1	M5559	1:25:50	8:35
31 AUBREY BRIDGES	LUBBOCK	TX	52	M	2	CLYDE	1:26:26	8:39
32 RALPH WOLF	LUBBOCK	TX	69	M	1	M6569	1:29:01	8:55
33 COURTNEY FAULK	LUBBOCK	TX	23	F	2	F2024	1:29:20	8:56
34 TARA BEARDEN	LUBBOCK	TX	22	F	3	F2024	1:29:55	9:00
35 GORDON JENKINS	AMARILLO	TX	65	M	2	M6569	1:30:50	9:05
36 TAMRA JERNIGAN	SPRINGTOWN	TX	15	F	1	F1315	1:31:50	9:11
37 KEN JERNIGAN	SPRINGTOWN	TX	54	M	2	M5054	1:32:28	9:15
38 MIKE KELLEY	LUBBOCK	TX	57	M	2	M5559	1:33:42	9:23
39 GEOFFREY LYNN	LUBBOCK	TX	22	M	3	M2024	1:34:43	9:29
40 P. J. MITCHELL	LUBBOCK	TX	60	F	1	F6099	1:34:49	9:29
41 MARK SMITH	LUBBOCK	TX	35	M	2	M3339	1:35:30	9:33
42 MALINDA COLWELL	LUBBOCK	TX	32	F	3	F3034	1:35:46	9:35
43 JAMES LIVERMORE	LUBBOCK	TX	59	M	3	M5559	1:36:23	9:39
44 SARAH GAXIOLA	LUBBOCK	TX	53	F	2	F5054	1:37:38	9:46
45 BLAKE DECKER	VAN BUREN	AR	32	M	3	CLYDE	1:37:50	9:47
46 TERRY DALTON	LUBBOCK	TX	51	M	3	M5054	1:39:19	9:56
47 DICK BAKER	LUBBOCK	TX	61	M	1	M6064	1:39:34	9:58
48 ETTA MAYER	LUBBOCK	TX	56	F	1	F5559	1:43:43	10:23
49 ISAAC MUNOZ	LUBBOCK	TX	51	M	4	CLYDE	1:44:38	10:28
50 MIKE GREER	LUBBOCK	TX	67	M	3	M6569	1:45:38	10:34
51 ARLAN PATTON	LUBBOCK	TX	51	M	5	M5054	1:46:42	10:41
52 JIM BECK	LUBBOCK	TX	46	M	6	CLYDE	1:49:41	10:59
53 JIMMY CLARK	LUBBOCK	TX	54	M	1	CLYDE	1:52:32	11:16
54 MARSHA BENNETT	LUBBOCK	TX	42	F	1	F4044	1:54:32	11:28
55 EDWIN YOUNG	LUBBOCK	TX	43	M	6	M4044	1:59:38	11:58
56 CHRIS MILFORD	LUBBOCK	TX	33	M	5	M3034	1:59:40	11:58
57 MARK GARLAND	LUBBOCK	TX	52	M	7	M5054	2:09:27	12:57
58 RICK LAMPE	LUBBOCK	TX	62	M	7	CLYDE	2:14:06	13:25
59 COURTNEY TAYLOR	LUBBOCK	TX	23	F	4	F2024	2:23:22	14:21
60 SHANNA ARMSTRONG	LUBBOCK	TX	31	F	4	F3034	2:23:24	14:21

"TEXAS' Oldest Continuous Road Race"
37th ANNUAL FIRECRACKER RUNS
Three Mile and Ten Mile Road Races
Brownfield, Texas July 4, 2006

3 MILE OVERALL RESULTS

Table with columns: PLACE NAME, TOWN, ST, AG, S, DIV, PLACE, TIME, PACE. Lists race participants and their results.

"TEXAS' Oldest Continuous Road Race"
37th ANNUAL FIRECRACKER RUNS
Three Mile and Ten Mile Road Races
Brownfield, Texas July 4, 2006

3 MILE OVERALL RESULTS

Table with columns: PLACE NAME, TOWN, ST, AG, S, DIV, PLACE, TIME, PACE. Lists race participants and their results.

RACE DIRECTOR REPORT

The 2006 Firecracker Run was a patriotic blast. I had a wonderful time helping to put it on, and everyone seemed to enjoy the good fellowship and the competition. Much thanks to all those who helped. Here are the Firecracker volunteers for 2006, the folks who did the real work on July 4th: J. Edson Pinto, Ida Sumpter, Lawrence Schovanec, Ron Lubowicz, Jason Burley, Larry Byrd, Mike Morris, Tony and Josie Aleman, Tom Weis, Tom Griffin, Randy Holloway, Karen Jackson, David Higgins, Susan Caudle and Mary Harris. In addition, helpers who are non-club members from Brownfield included Robbie Taylor, Daniel Elizardo, Lee Mungia, Billy Ganett, Steven Trevino, Jason Hartline, and Jeremy Gonzales. Kim Arnold, from Lubbock, sang the national anthem. Everett Kidzy and Carl Hulk provided massage therapy for many runners. Finally, City of Brownfield employees, Scott Jackson and Willie Herrera also helped put on this year's run, in addition to several Brownfield Police officers. Thanks to the city for many of the door prizes.

Ralph Wolf lowered his own 65-69 group standard to 1:29:01 in the 10 mile race. P.J. Mitchell became the first woman over 60 to ever run the 10 mile and thus established the F60 Plus standard of 1:34:45. Mandy Gallagher set a new Athena 3 mile record of 30:03.

Looking forward to next year's Firecracker Run. Jim Harris

SPECIAL FEATURE FOR THE HOT DAM RUN

P.J. Mitchell has arranged for a sponsor to provide 60 T Shirts for the participants. These will be given to the first 60 paid entrants, so send in your form with payment.

RACE ENTRY FEES

This is probably mentioned elsewhere in the newsletter, but the WTRC officers have voted to increase non member entry fees to \$10 for early registration and race day entry to \$15.00 for everyone, so register early.

W.T.R.C. 2006 CHALLENGE SERIES  
STANDINGS AFTER 7 EVENTS

MALE

YTD TOTALS		AGE		MILES		EVT		VOL	
AGE	PTS	MILES	EVT	AGE	PTS	MILES	EVT	AGE	PTS
<b>0 - 12 MALE</b>									
Luke Samaron	12	30	9	3	Jerry Dwyer	46	61	48.5	6
Parker Huto	10	9	2	1	Epi/Aquire	47	47	45.5	6
D J Gonzales	11	8	2	1	Jay Keith	48	36	16.2	4
<b>13-16 MALE</b>									
Nick Wargo	15	26	7	3	Dwayne Oakeley	49	34	27.2	5
<b>16-19 MALE</b>									
John Keith	17	49	27.2	5	Russel Martin	48	32	23.4	4
Drew Jones	16	27	12	3	Mark Albus	49	32	23	4
<b>20 - 24 MALE</b>									
Eric Abercrombie	24	20	10.2	2	Ronnie Trollinger	46	32	16.2	4
Abel Perez	20	18	10.2	2	David Malone	48	26	30	4

50 - 54 MALE

Jared Masood	26	64	48.5	7	Jackie Cannon	50	61	19	6
Brett Hart	27	58	18	6	David Higgins	53	40	49.5	7
Aaron Seif	26	31	23	4	Jimmy Samaron	51	28	9	3
Joel Hernandez	28	25	27.2	3	Fred Weber	54	27	30.4	5
Justin Kime	28	18	16	2	Tom Weis	54	25	48.6	7
Richard Lombardini	29	18	13	2	Arian Patton	51	23	33.3	3
Jason Fellars	25	17	14.2	2	Terry Daiton	51	22	26.5	3
Jerred Hurst	27	8	6.2	1	Tom Cunningham	50	19	19	2
<b>30 - 34 MALE</b>									
Quent Bearden	30	66	38.5	6	Richard Akers	51	19	13.3	2
Jason Burley	30	48	44.2	6	Lawrence Schovanec	53	18	31.3	4
Isaac Munoz, Jr.	30	16	5	2	Lorenzo Padilla	52	16	6	2
Chance Payton	32	11	3	1	Kent Spain	52	12	9	2
David Splawn	31	9	4	1	Steve Henderson	52	11	8	2
<b>35 - 39 MALE</b>									
Jeffrey Haag	37	39	39.5	5	Joseph Wilson	50	9	9.3	1
Tommie Farrell	35	37	18.3	4	Randy Egenbacher	50	8	6	1
Michael Humphrey	39	19	13	2	Bruce Fellars	52	7	6.2	1
Mark Smith	35	18	16.2	2	Mike Morris	50	0	16.2	2
Noel Luna	38	18	6	2	Frank Sumpter, Sr.	50	0	8	1
Todd Cepica	35	10	10	1					
James Baumann	37	10	9.3	1					
Hank Ivey	37	9	11	1					

65 - 69 MALE

Adam Barron	43	69	44.5	7	Ron Nugent	59	47	39.5	6
Paul Pare	44	62	44.5	6	Mike Kelley	57	45	36.2	5
James Layman	40	42	20	6	James Livemore	58	32	34.5	5
Bred Ewing	42	23	24.3	3	Ronnie Prigg	55	28	1	3
Danny Sloan	41	18	6	2	Jim Wilhelm	55	20	9	3
Daniel Gonzales	40	16	7	2	Darrel Phillips	57	10	6.2	1
Bob Blake	41	15	19.3	2	Carlos Garcia	58	10	3	1
J. Edson Pinto	44	13	23.3	3	Tom Griffin	56	0	53.5	7
Tracy Mack	40	7	5	1	Tony Aleman	56	0	53.5	7

\*\* = RACE DIRECTOR  
\* = VOLUNTEER

YTD TOTALS

AGE	PTS	MILES	EVT	VOL
60 - 64 MALE	63	50	34	6
65 - 69 MALE	65	67	53.5	7
70 - 99 MALE	71	40	18	5

50 - 54 MALE

30 - 34 MALE	30	48	44.2	6
35 - 39 MALE	37	39	39.5	5
40 - 44 MALE	40	42	20	6
45 - 49 MALE	45	19	17	3
50 - 54 FEMALE	50	0	8	1

65 - 69 MALE

60 - 64 MALE	63	50	34	6
65 - 69 MALE	65	67	53.5	7
70 - 99 MALE	71	40	18	5

\*\* = RACE DIRECTOR  
\* = VOLUNTEER

W.T.R.C. 2006 CHALLENGE SERIES  
STANDINGS AFTER 7 EVENTS

MALE (continued)

YTD TOTALS		AGE		MILES		EVT		VOL	
AGE	PTS	MILES	EVT	AGE	PTS	MILES	EVT	AGE	PTS
<b>60 - 64 MALE</b>									
Jim Harris	63	50	34	6	Isaac Munoz, Sr.	51	41	45.5	6
Dick Baker	61	38	29.5	4	Mit Brownfield	48	40	29.3	5
Jim Burleson	61	36	24.3	5	Richard Lampe	62	35	45.5	6
Dean Smith	62	20	17.2	2	Farrell Martin	39	30	28.3	3
Ron Lubowicz	63	18	31.3	6	Jimmy Clark	54	30	25.2	4
<b>65 - 69 MALE</b>									
Gorden Jenkins	65	67	53.5	7	Jim Beck	46	20	32	4
Ralph Wolf	69	57	49.5	6	Jeff Wise	43	14	4	2
Bill Roger	66	27	45.7	6	Eric Ford	41	10	10	1
Mike Greer	67	26	20	3	Aubrey Bridges	52	10	10	1
Larry Byrd	65	16	48.5	6	Michael Diersing	24	9	2	1
James Bone	66	9	6	1	Warner Alexander	46	7	9	2
George Jury	69	0	43.5	6					
<b>70 - 99 MALE</b>									
Bill Felton	71	40	18	5					
Hugh Haynes	75	0	11	1					

FEMALE

YTD TOTALS		AGE		MILES		EVT		VOL	
AGE	PTS	MILES	EVT	AGE	PTS	MILES	EVT	AGE	PTS
<b>13 - 15 FEMALE</b>									
Hanna Layman	13	52	20	6	Marsha Bennett	42	53	49.1	6
Kyra Sloan	13	22	6	2	Jill Haukos	42	38	14	4
Allison Pyle	14	10	3	1	Judy Lawley	41	19	20.3	2
<b>20 - 24 FEMALE</b>									
Lynn Heinstetler	24	29	26.5	3	Mary Branscombe	46	40	38.3	4
Landi Kime	24	21	16	2	Susan Tomlinson	49	20	5	2
Tara Bearden	22	18	14	2	Kammy Philbrick	45	19	17	3
Autumn Moore	24	9	4	1	Julie Cribbs	47	19	14	2
<b>25 - 29 FEMALE</b>									
Amy Heiflien	29	27	32.3	4	Marti Greer	47	9	3	1
Jill Simpson	28	19	9	2	Dahlia Hood	47	9	3	1
Melissa Bailey	28	14	12	2	Debbie Aguirre	45	8	3	1
Evette Marcelino	29	10	6	1	Karen Jackson	48	0	10	1
Lisa Wachsmann	27	9	2	1	Ida Sumpter	49	0	8	1
<b>50 - 54 FEMALE</b>									
Suzann Caudle	53	52	38.5	7					
Madonne Miner	53	50	45.5	6					
Josie Aleman	55	39	19	6					
Cheryl Weber	53	38	21.2	4					
Sara Gaxiola	53	9	10	1					
<b>55 - 59 FEMALE</b>									
Etta Mayer	56	60	45.5	6					
<b>60 - 99 FEMALE</b>									
P.J. Mitchell	60	39	38.3	5					
Carol Felton	63	10	3	1					
Mary Harris	60	0	10	1					

\*\* = RACE DIRECTOR  
\* = VOLUNTEER

ATHENA  
Shea Payne  
Elizabeth Linder

### Senior Olympics

Will you be at least 50 years old by the end of 2006? If so, it is not too late to qualify for the 2007 National Senior Olympics in Louisville, KY. You must get started immediately, however, by participating at a Texas Regional Games site in order to be invited to advance to the Texas State Championships in Austin, Sep. 9 - Sep. 17, 2006.

If you do well there, you'll be invited to join the Texas team in your winning event(s) June 22 - July 7, 2007, in "Blue Grass Country." All competition is in 5 year age groups from 50-54 to 100+. Most WTRC members are probably more interested in the tri-athlete sports (running, track & field, cycling, and swimming), than the other individual sports offered at the national level, i.e. archery, badminton, bowling, golf, horseshoes, racewalk, racquetball, shuffleboard, table tennis and tennis.

The Lubbock Senior Games coming up shortly (August 16th - 19th) offer 4 cycling events (5K, 10K, 20K & 40K). Swimming Events cover all four strokes (freestyle, backstroke, breaststroke & butterfly), with distances ranging from 50 to 500 yards for a total of 14 events. The bad news is that there hasn't been a 5K or 10K road race since 2001 & 2002 when Lubbock hosted the Texas State Games, with John Trompler as race director. The good news is that negotiations are under way with the Lubbock Parks & Recreation Committee to once again offer qualifying road races in the future for our WTRC members and other serious runners.

In the meantime, at this late date, the only way to qualify for the 2006 Austin 5K road race is to enter the North Texas Senior Games in Wichita Falls, TX (Friday, September 8th at 5:30 P.M.) Unfortunately, the 10K is not being offered. However, the same events as in Lubbock with 4 cycling, 14 swimming, and the 6 track events, plus a 1500 meter racewalk will be offered.

To qualify at the local level for the State Games, individuals must finish in the top five places in their age group in each event. In addition, individuals may qualify in certain track and swimming events by meeting a minimum standard time. Obviously, the competition becomes tougher at the state level. There, one must be in the top three in their event(s), or qualify by time, to make the Texas team for national competition.

For more information on the North Texas Senior Games, contact Rance Gaede, Executive Director: (940) 761-1000, rancegaede@sbcglobal.net. A registration form will be e-mailed, which must be postmarked by August 24th. The registration fee of \$15.00 is very reasonable, with the 5K road race an additional \$5.00. The cycling, swimming & track events cost \$4.00 for each individual event.

To compete in our Lubbock Senior Games, August 16 - 19, time is of the essence in submitting your application. All entries must be postmarked no later than Friday, August 4th. Late entries will not be processed. Entry forms can be picked up at the Senior Center, 2001 19th St. or call: (806) 767-2710 for telephone assistance from 9 - 5, Monday

thru Friday, or, e-mail [pjbrown@mail.ci.lubbock.tx.us](mailto:pjbrown@mail.ci.lubbock.tx.us). The registration fee is \$25.00 with each individual event costing an extra dollar.

In addition to the sports competition, there is the annual Lubbock Senior Sports Banquet on Saturday, August 19th from 6:30 - 10:00 PM, which features a full service dinner & dance with live band, all for \$12.00 a person. Special awards are given to outstanding athletes for their contributions. Club member, John Stalcup, was honored one year and Dr. Paul Johnson, a 400 meters national & world age group champion, was recognized for his induction into the Texas Sports Hall of Fame on another occasion. Sadly, Paul, 71, his wife, and another couple died this past March in a plane crash in Branson, MO.

### 22 Club Members (active & former) Finish at Buffalo Springs Lake

17 <sup>th</sup> Annual B.S.L. Ironman 70.3 Miles			
Active Members	Former Members		
Shanna Armstrong	6:02:30	Kyle Ashley	5:36:24
James Baumann	5:50:33	Steven Odorizzi	6:48:15
Jim Beck	7:19:37	David Steadman	5:18:37
Randy Holloway	6:09:08		
Jerred Hurst	5:20:05		
David Malone	6:36:45		
Russel Martin	5:42:59		
Madonne Miner	6:12:05		
Wade Wilson	5:36:04		

### Tri-Raider Sprint Triathlon

Active Members	Former Member		
LouAnna Arterburn	1:58:23	Chance Payton	1:18:26
Jill Haukos	1:52:16		
Hank Ivey	1:51:36		
Mike Kelley	1:49:56 + a Volunteer		
Farrell Martin	1:43:41		
Jared Masood	1:37:16		
Paul Pare'	1:37:27 + a Volunteer		
Cheryl Weber	1:45:44		
Fred Weber	1:37:38		

### Member News

Quent Bearden married Tara Tipton on May 12, 2006.  
Eric Abercrombie and Lisa Waschmann were just married on July 15, 2006.

David Malone ran the Oklahoma City Memorial Marathon on April 30<sup>th</sup> in 4:12:18.

### New Denver Marathon

Experience Denver. Experience Running. We're inviting you to join us for the new Denver Marathon - a premier marathon, half-marathon, and four-person marathon relay. This world-class event is commanded by legendary Boston Marathon Race Director, Dave McGillivray. Sunday, October 15, 2006 Downtown Denver, Colorado For additional information, please visit [denvermarathon.com](http://denvermarathon.com) or call 1.888.RUN.5280.

**THE "HOT DAM RUN" 5 MILE  
WEST TEXAS RUNNING CLUB'S  
ANNUAL AUGUST RACE  
EVENT RECORDS (Since 1988)**

USA T&F CERTIFIED, #TX93059ETM  
MEN

AGE	NAME	TOWN	AGE	TIME	YEAR
0-12	Drew Soucy	Lubbock	12	37:27	2000
13-15	Gary Lackey Jr.	Brownfield	15	28:51	2002
16-19	Chris Truitt	Lovington	19	27:09	1994
20-29	James Bungei	Lubbock	22	24:13	1991
30-34	Wilson Kigen	Plainveiw	30	26:38	1988
35-39	Bob Jackson	Hobbs	37	27:20	1996
40-44	Bob Jackson	Hobbs	43	27:57	2002
45-49	Jim Leser	Lubbock	46	29:55	1993
50-54	George W. Jury	Lubbock	53	30:18	1989
55-59	George W. Jury	Lubbock	55	31:37	1991
60-64	George W. Jury	Lubbock	60	34:00	1996
65-69	Don Sanderson	Tulia	66	36:04	1996
70+	Don Sanderson	Tulia	71	39:55	2001
	Clydes Farrell Martin	Lubbock	37	32:48	2003

**WOMEN**

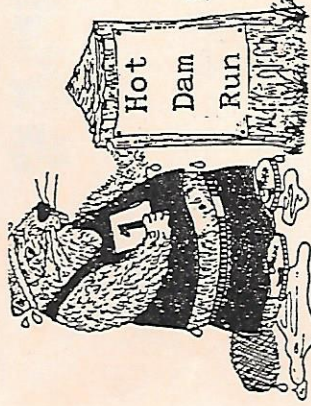
AGE	NAME	TOWN	AGE	TIME	YEAR
0-12	Kathleen Adams	San Angelo	11	35:53	2004
13-15	Christina Vasquez	Lubbock	15	34:37	1989
16-19	Josie Martinez	Petersburg	19	32:53	1996
20-29	Rosa Ibarra	Plainview	22	30:08	1993
30-34	Marjory Stewart	Lubbock	32	30:12	1991
35-39	Marjory Stewart	Lubbock	35	30:30	1994
40-44	Diane Calhoun	Idalou	41	37:38	2000
45-49	Mary Branscome	Lubbock	45	38:46	2005
50-54	P.J. Mitchell	Lubbock	50	40:55	1995
55-59	P.J. Mitchell	Lubbock	55	44:58	2001
60+	Athena Suzan Caudle	Lubbock	51	1:00:43	2004

**\* OVERALL COURSE RECORDS**

The Good Lord blessed us with a great day to run the Leveland Lope. It was overcast and cloudy and the best weather we have had in years for running. We had a record amount of runners with a total of 99. The overall winner of the 2 mile was Daniel Ibarra with a time of 11:27 and the overall winner of the 10K was Quent Bearden with a time of 35:10. The top female in the 2 mile was Amber Brooks with a 15:10 and the top female 10K runner was Ann Gruce-Roberts with a great 45:59.

I would like to thank all of the great help that made this race possible. My wife, Sally Roger, Larry Byrd, Jim Leggett, Tony Aleman, George Jury, Tom Griffin, Epi Aguirre, Isaac Munoz and Mike Morris. A special thanks to Tom Weis for the water and Gator Aid and to Ron Lubowicz for the bagels and bananas. Thanks to the South Plains College for the restrooms and to Taylor Trice for opening the facilities to us.

See you next year,  
Bill Roger



**WEST TEXAS RUNNING CLUB'S  
19th ANNUAL "HOT DAM RUN"  
5 MILES**

USA TRACK & FIELD CERTIFIED  
# TX93059ETM

**WHEN: SATURDAY, AUGUST 12, 2006**  
**PRE-REGISTRATION** by mail til AUGUST 10, 2006  
by phone til 6 P.M. Friday, August 11th  
792-3291 (d), 792-1237 (n)

by e-mail to 3pm, online til noon Aug 11th  
**First 60 paid entries will receive a T shirt**

**REGISTRATION; 7:00 A.M. to 7:45 on RACE DAY**

**RACE START; 8 A.M.**

**WHERE: MARTIN LUTHER KING, JR. MEMORIAL AREA**  
(near waterfall on Canyon Lake 6) East of  
MLK Blvd. at E. 22nd Street, LUBBOCK, TEXAS

**COURSE: FIVE MILES OUT and BACK ON ASPHALT, TWO  
SHORT STEEP HILLS, SEVERAL SMALLER HILLS**

**ENTRY FEE: Pre-Registration  
WTRC MEMBERS \$5; NON-MEMBERS \$10**

**Free T Shirts to the first 60 paid entries**

**AGE DIVISIONS: (5 MILE)**

**MEN:** 6-12; 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+

**WOMEN:** 6-12; 13-15; 16-19; 20-24; 25-29; 30-34;  
35-39; 40-44; 45-49; 50-54; 55-59 and 60+

**AWARDS: Medallions** will be awarded to the first 3  
and up to 50 percent in each the age groups  
5 maximum

**RACE DIRECTOR: Etta Mayer, 742-6000, ext 230 (d),  
E-Mail, etta.mayer@ttu.edu**

**Volunteers Needed: call Etta above!**