

CALENDAR

- * Indicates W.T.R.C. Monthly Race and CHALLENGE SERIES EVENT
- DEC. 5 W.T.R.C. Business meeting, TUESDAY, 7pm, WEST TEXAS PETERBILT (Tom's Office), 45th and Ave. A
- * NOV. 23 W.T.R.C. TURKEY TROT: MacKenzie Park, Lubbock, 9:00am, 12K and 2 Mile, contact Ren Lubowicz, 682-4926 (d), 748-1855 (N)
- * DEC. 9 REDLINE 4 MILE CROSS COUNTRY: MAE SIMMONS PARK, Lubbock, 10:00 am., Tom Griffin, RD, 698-1503 (h)
- DEC 10 WHITEROCK MARATHON: Dallas, TX, Marathon, Relay, www.runthereck.com
- * JAN. 13 LOOP THE LAKE: 5Mile, 10:00am, Buddy Holly Rec. Area, (N University) Jim Beck, RD, 806-784-0056 (n)
- JAN 20 CHALLENGE SERIES AWARDS BANQUET: Mahon Party House, 29th Drive-W. of Chicago Ave, Lubbock, 7:00pm, Potluck Dinner.
- FEB. 10 COTTON PATCH RUNS: 8mile, 4Mile, relay, 10:00am, Erenship High School, WolfForth; David Higgins, RD, 806-785-8582
- FEB 24 COWTOWN MARATHON: Ft Worth, 7:30am, Marathon, (Race Festival), www.cowntownmarathon.org
- MAR. 10 PRAIRIE DOG TOWN: 4Mile, 9:00am, MacKenzie Park, Lubbock, Mike Greer, RD, 806-796-8213.
- MAR 31 THE GREAT HOGG RACE: Marathon, Half Mara, 10K, 5K, 1Mile, track events, Cornerstone Fellowship- 806-872-0733 or Jerry Stewart 806-759-8245. (Benefit Race)
- * APR 21 RUN FOR THE ARTS: 15K OR 2Mile, 8:00am, Lubbock Civic Ctr, Tom Weis, RD, 806-928-0482
- APR 28 SPEAK UP FOR KIDS CASA 5K: 9:00am, Frazier Alumni Pavilion- TTU Campus, www.southplains.speakupforkids5k.org
- * MAY 12 HORSESHOE BEND CANYON SPRING FROLIC: 11MI, 6MI & 2MI., 8:00am, Horseshoe Bend Canyon-North of Slaton, Randy Holloway, RD, 806-794-7512
- * JUN 9 BOBBY BURDSONG MEMORIAL LEVELLAND LOPE: 2M & 10K, 8:00AM, South Plains College-Texan Dome, Levelland. Bill Roger, RD,

http://wtrc.triipod.com
 Calendar, Photos, Online registration, Membership, etc.



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



Redline XC 4 Mile Race
 10am, Saturday, December 9, 1006
 Mae Simmons Park, Lubbock, TX
 Details inside back cover

Season's Greetings
 from
 The Officers and Directors
 of the
 West Texas Running Club

David and Kendall Higgins
 3401 Alcove
 Lubbock TX 79407



WEST TEXAS RUNNING CLUB

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T.R.C. RACES ARE USUALLY HELD THE 2ND SATURDAY OF EACH MONTH.
 WTTRC monthly business meeting is on Monday, December 4, 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

The more I'm around this club, the better I get to know many of its members, and I'm impressed I am with soul and spirit that you breathe into it, mile after mile.

This recent gush comes from what I witnessed, and was privileged to become a part of, during the final hours of the preparation for this year's Red Raider Road Race. Sam Prose, the RRRR race director, was called away to a family tragedy in the week before the race. Within half a day Sam assembled a group of experienced RDs, deputized them, and flew to be with his NY family. It followed was inspiring. Volunteers came out of the woodwork. Packet pickup, registration, all of the natty details dealing with the campus, the course, the facilities, equipment, and the race itself, all went off beautifully. In today's jargon, the "team" from Sam to the group was seamless.

An excerpt from one of my favorite passages is "...when you do not appreciate what you have ... its good is not part of your experience." I want to thank the WTTRC for making its good a big part of my experience. I really appreciate you guys.

SYOTR, Ron

The 34th Annual BUFFALO WALLOW RACES

NOVEMBER 11, 2006
 HALF MARATHON USAT&F CERTIFIED, #TX93078ETM
 BUFFALO SPRINGS LAKE, LUBBOCK, TEXAS

HALF MARATHON OVERALL RESULTS

* = New Division Standard

Place	Name	Town	ST	AG	S	DIV	PLACE	TIME	PACE
1	BOB JACKSON	HOBBS	NM	47	M	1	M4549	1:26:28	6:36
2	RANDY WARD	MONUMENT	CO	44	M	1	M4044	1:29:15	6:49
3	CLARK SMITH	LUBBOCK	TX	20	M	1	M2024	1:30:59	6:57
4	JERRY DRYER	LUBBOCK	TX	47	M	2	M4549	1:31:27	6:59
5	JOHN DRYER	LUBBOCK	TX	24	M	2	M2024	1:34:36	7:13
6	JASON FELLERS	LUBBOCK	TX	26	M	1	M2529	1:34:47	7:14
7	LEE COHEN	LUBBOCK	TX	34	M	1	M3034	1:35:08	7:16
8	MATT McCLEAN	LUBBOCK	TX	21	M	3	M2024	1:36:33	7:22
9	ADAM BARRON	LUBBOCK	TX	44	M	2	M4044	1:38:10	7:30
10	EPI AGUIRRE	LUBBOCK	TX	48	M	3	M4549	1:38:56	7:33
11	DENISE BRAY	LUBBOCK	TX	45	F	1	F4549	1:39:16	7:35
12	FARRELL MARTIN	LUBBOCK	TX	40	M	1	CLYDE	1:39:54	7:38
13	SARAH SPILMAN	LUBBOCK	TX	23	F	1	F2024	1:40:53	7:42
14	IRIS RIVERO	LUBBOCK	TX	31	F	1	F3034	1:43:06	7:52
15	ROBERT LEE	MIDLAND	TX	49	M	4	M4549	1:43:32	7:54
16	RUDY GARCIA	LUBBOCK	TX	43	M	4	M4044	1:43:53	7:56
17	RUSSEL MARTIN	SHALLOWATER	TX	48	M	5	M4549	1:45:04	8:01
18	JESSICA CHAVEZ	LUBBOCK	TX	31	F	2	F3034	1:46:24	8:07
19	BLAINE BOOHER	LUBBOCK	TX	22	M	4	M2024	1:47:40	8:13
20	MICHAEL BARBER	LUBBOCK	TX	22	M	5	M2024	1:47:45	8:14
21	CAROLINE SMITH	LUBBOCK	TX	21	F	2	F2024	1:48:08	8:15
22	RONALD TROLLINGER	LUBBOCK	TX	46	M	6	M4549	1:48:25	8:17
23	MARY BRANSCOME	LUBBOCK	TX	46	F	2	F4549	1:49:50	8:23
24	ANN CRUCE-ROBERTS	LUBBOCK	TX	31	F	3	F3034	1:50:22	8:26
25	BRENT LOWERY	LUBBOCK	TX	45	M	7	M4549	1:50:40	8:27
26	ANGIE SONNENBERG	LUBBOCK	TX	27	F	1	F2529	1:50:47	8:28
27	RANDY HOLLOWAY	LUBBOCK	TX	50	M	1	M5054	1:51:05	8:29
28	FREDRIK BALDIN	SAN ANTONIO	TX	23	M	2	CLYDE	1:51:33	8:31
29	ADRIANNE SLOAN	LUBBOCK	TX	25	F	2	F2529	1:51:54	8:33
30	JOEL HERNANDEZ	IDALOU	TX	28	M	2	M2529	1:52:17	8:34
31	PAUL PARE	LUBBOCK	TX	44	M	5	M4044	1:53:26	8:40
32	LAWRENCE SCHOVANEC	LUBBOCK	TX	53	M	2	M5054	1:53:26	8:40
33	VALERIE WOOFAN	TAHOKA	TX	24	F	3	F2024	1:53:52	8:43
34	ERIN SHACKELFORD	LUBBOCK	TX	28	F	3	F2529	1:54:12	8:43
35	MARK SMITH	LUBBOCK	TX	53	M	1	M3539	1:54:29	8:44
36	AUBREY BRIDGES	LUBBOCK	TX	35	M	3	CLYDE	1:54:32	8:45
37	JON DAVID BRUEGEL	LUBBOCK	TX	14	M	1	M1315	1:54:44	8:46
38	GENEVIEVE DURHAM	LUBBOCK	TX	31	F	4	F3034	1:54:47	8:46
39	MADONNE MINER	LUBBOCK	TX	54	F	1	F5054	1:55:07	8:47
40	DAVID MALONE	LUBBOCK	TX	49	M	8	M4549	1:55:07	8:47
41	LAUREN MURPHY	LUBBOCK	TX	23	F	4	F2024	1:56:04	8:52
42	ANNETTE BOLES	LUBBOCK	TX	31	F	5	F3034	1:56:13	8:52
43	DARREL PHILLIPS	LUBBOCK	TX	58	M	1	M5559	1:56:47	8:55
44	BRADY ROBINETTE	LUBBOCK	TX	29	M	3	M2529	1:57:16	8:57
45	DEAN SMITH	RANSON CANYON	TX	62	M	1	M6064	1:57:17	8:57
46	CALEB BECK	LUBBOCK	TX	23	M	7	M2024	1:59:33	9:08
47	BEN HAYS	LUBBOCK	TX	21	M	8	M2024	1:59:33	9:08
48	MATTHEW MCKENNAN	LUBBOCK	TX	23	M	9	M2024	1:59:57	9:09
49	LEESA PRICE	LUBBOCK	TX	50	F	2	F5054	1:59:57	9:09
50	DICK BAKER	LUBBOCK	TX	61	M	2	M6064	2:00:25	9:12
51	JENNY BECK	LUBBOCK	TX	26	F	4	F2529	2:00:36	9:12
52	CHRISTOPHER WHITE	LUBBOCK	TX	34	M	4	CLYDE	2:00:47	9:13
53	CAROL HISE	LUBBOCK	TX	34	F	6	F3034	2:01:07	9:15
54	READ FOWLER	LUBBOCK	TX	49	M	9	M4549	2:02:07	9:19
55	CHRIS MILFORD	LUBBOCK	TX	33	M	3	M3034	2:02:55	9:23
56	PAUL OWEN	AMARILLO	TX	54	M	4	M5054	2:04:33	9:31
57	CHRIS GARDNER	LUBBOCK	TX	29	M	4	M2529	2:04:45	9:31
58	MALINDA COLWELL	LUBBOCK	TX	33	F	7	F3034	2:05:11	9:33
59	DEE DURHAM	AMARILLO	TX	34	F	8	F3034	2:05:41	9:36
60	P. J. MITCHELL	LUBBOCK	TX	61	F	1	F6099	2:05:46	9:36

The 34th Annual BUFFALO WALLOW RACES

HALF MARATHON OVERALL RESULTS

Place NAME	TOWN	ST	AG	S	DIV	PLACE	TIME	PACE
61. ISAC MUNOZ	LUBBOCK	TX	51	M	5	CLYDE	2:06:26	9:39
62 AMT HARLIEN	LUBBOCK	TX	30	F	9	F3034	2:07:11	9:43
63 BRUCE FELLERS	LUBBOCK	TX	53	M	6	M5054	2:07:13	9:43
64 EDWIN YOUNG	LUBBOCK	TX	43	M	6	M4044	2:07:29	9:44
65 JANET LEWIS	LUBBOCK	TX	51	F	3	F5054	2:07:48	9:45
66 JEREMIAH NORTHERN	LUBBOCK	TX	19	M	1	M1619	2:07:51	9:46
67 BOBBIE BLACK	MULESHOE	TX	34	F	5	F2529	2:07:52	9:46
68 CINDY CHAMPLIN	LUBBOCK	TX	34	M	10	F3034	2:08:13	9:47
69 RICK FOURNIER	ABILENE	TX	30	M	4	M3034	2:08:30	9:53
70 MEGAN McDONOUGH	LUBBOCK	TX	21	F	5	F2024	2:09:33	9:53
71 GARRETT MCKINNON	LUBBOCK	TX	34	M	5	M3034	2:14:02	10:14
72 MATTHEW JORDAN	LUBBOCK	TX	41	M	7	M4044	2:14:21	10:15
73 ANDREW AZAB	LUBBOCK	TX	41	M	8	M4044	2:14:24	10:16
74 BRYAN BEAVER	LUBBOCK	TX	27	M	6	CLYDE	2:16:02	10:23
75 ETTA MAYER	LUBBOCK	TX	57	F	1	F5559	2:18:25	10:34
76 KYLE EDGINGTON	LUBBOCK	TX	29	M	6	M2529	2:19:04	10:37
77 CRAIG HEINTZE	LUBBOCK	TX	23	M	10	M2024	2:19:18	10:38
78 ARLAN PATTON	LUBBOCK	TX	52	M	7	M5054	2:19:20	10:38
79 JILL HAUROS	LUBBOCK	TX	42	F	1	F4044	2:21:54	10:50
80 AMY KIKER	LUBBOCK	TX	59	F	1	ATHEN	2:23:50	10:59
81 JAMES LIVERMORE	LUBBOCK	TX	59	M	2	M5559	2:25:31	11:06
82 WALLACE DEAN	AMARILLO	TX	66	M	1	M5569	2:25:45	11:08
83 ROBERT BLOODWORTH	LUBBOCK	TX	42	M	9	M4044	2:28:49	11:22
84 JAMES BONE	LUBBOCK	TX	67	M	2	M5569	2:30:54	11:31
85 REY TREVINO	CROSBYTON	TX	44	M	10	M4044	2:31:24	11:33
86 MALLEY WHITE	LUBBOCK	TX	30	F	11	F3034	2:32:32	11:39
87 MARSHA BENNETT	LUBBOCK	TX	43	F	2	F4044	2:32:52	11:40
88 LACEY GIBSON	LUBBOCK	TX	21	F	6	F2024	2:33:07	11:41
89 MEGAN CRITTENDEN	LUBBOCK	TX	19	F	1	F1619	2:33:20	11:42
90 PETE ESQUEDA	LUBBOCK	TX	29	M	7	M2529	2:33:50	11:45
91 SARADA NARENDHAN	LUBBOCK	TX	57	F	2	F5559	3:29:15	15:58
92 KUMAR NARENDHAN	LUBBOCK	TX	60	M	3	M6064	3:29:15	15:58

RACE DIRECTOR REPORT

Crisp, clear weather greeted a record 147 participants in this year's 34th Annual Buffalo Wallow Races. Early registration meant the last-minute jam was in the preregistered line rather than late registration - a good thing!

Topping the field as overall finisher for the Half Marathon (though he ran an extra mile off course!) was Bob Jackson of Hobbs, posting a 1:26:28. Denise Bray won the female overall title in 1:39:16 and set a new F45-49 standard. F.J. Mitchell is probably the first female over 60 to have run the half and thus established a new F60+ record of 2:05:46. In the 2 Mile, Jacob Lozano, a 15 year old from Hobbs, also, won overall and set a new age group record in 10:46. Larissa True bested the females in 14:03. Milt Brownfield reset his Clydesdale mark with a 13:15.

I think the record number of volunteers helped stage the race, too, with most of them sacrificing(1) the half marathon to help out. Going out of their way to help make the race a success were:

George W. Jury, Tom Griffin, Tara Madrigal, Larry Byrd, Tony Aleman, Dwayne Oakeley, Gorden Jenkins, Ralph Wolf, Ron Lubowicz, Aaron Self, Mark Albus, Jimmy Clark, Victor Magri, Lynn Helmstetler, Suzan Caudle, Jim Wilhelm, Tom Weis, and Randy Holloway.

In addition, Velvet Keys, an EMT with the BSL Volunteer Fire Dept. remained on hand for any emergencies.

Also, I want to thank Greg Thornton of Buffalo Springs Lake for donating 2 annual passes to the lake. Winners J.R. Morales and Brady Robinete can now run hills year round and stay in shape for next year's Buffalo Wallow.

Mike Kelley, Race Director

The 34th Annual BUFFALO WALLOW RACES
 NOVEMBER 11, 2006
 HALF MARATHON USAT&F CERTIFIED, #TX93078ETM
 BUFFALO SPRINGS LAKE, LUBBOCK, TEXAS

TWO MILE OVERALL RESULTS

* = New Division Standard

Place NAME	TOWN	ST	AG	S	DIV	PLACE	TIME	PACE
1 JACOB LOZANO	HOBBS	NM	15	M	1	M1315	10:46	5:23
2 TIM KEY	LUBBOCK	TX	39	M	1	M3539	11:24	5:42
3 TYLER LIVERMORE	LUBBOCK	TX	16	M	1	M1619	11:38	5:49
4 STEVEN MORALES	LUBBOCK	TX	21	M	1	M2024	11:51	5:56
5 NICK WARGO	LUBBOCK	TX	16	M	2	M1619	12:00	6:00
6 JACKIE CANNON	AMARILLO	TX	50	M	1	M5054	12:01	6:01
7 JOHN KEITH	LUBBOCK	TX	17	M	3	M1619	12:04	6:02
8 LUCAS MORRIS	LUBBOCK	TX	14	M	2	M1315	12:26	6:13
9 RENE GONZALEZ	LEVELLAND	TX	41	M	1	M4044	12:33	6:17
10 MILT BROWNFIELD	LUBBOCK	TX	48	M	1	M4549	13:15	6:38
11 JIMMY SAMARRON	LEVELLAND	TX	51	M	2	M5054	13:18	6:39
12 LUKE SAMARRON	LEVELLAND	TX	13	M	3	M1315	13:29	6:45
13 JAY KEITH	LUBBOCK	TX	48	M	2	M4549	13:39	6:50
14 ROBERT DURAN	LUBBOCK	TX	14	M	4	M1315	13:57	6:59
15 LORENZO PADILLA	LUBBOCK	TX	52	M	3	M5054	13:58	6:59
16 CARTER TATE	MIDLAND	TX	9	M	1	M0112	14:03	7:02
17 LARISSA TRUE	LUBBOCK	TX	22	F	1	F2024	14:03	7:02
18 BRETT HART	LUBBOCK	TX	27	M	1	M2529	14:04	7:02
19 TOM WEIS	LUBBOCK	TX	55	M	1	M5559	14:12	7:06
20 JARED MASOOD	LUBBOCK	TX	27	M	1	M5559	14:16	7:08
21 DANIEL GONZALES	LUBBOCK	TX	41	M	2	M4044	14:24	7:12
22 JOSHUA CARROLL	LUBBOCK	TX	16	M	4	M1619	14:26	7:13
23 MIKE GONZALEZ	LUBBOCK	TX	31	M	1	M3034	14:31	7:16
24 RONNIE PRIGG	LUBBOCK	TX	55	M	2	M5559	14:43	7:22
25 JESSE RODRIGUEZ	LUBBOCK	TX	19	M	5	M1619	14:45	7:23
26 DAVID HIGGINS	LUBBOCK	TX	54	M	4	M5054	14:51	7:26
27 SUZANNE RODRIGUEZ	LUBBOCK	TX	31	F	1	F3034	14:56	7:28
28 MIKE BARRIENTOS	LUBBOCK	TX	31	M	2	M3034	15:05	7:33
29 TAMMY MORTEARTY	WOLFORTH	TX	33	F	2	F3034	15:10	7:35
30 J.R. MORALES	LUBBOCK	TX	42	M	3	M4044	15:15	7:38
31 JACK HUMPHREY	LUBBOCK	TX	10	M	2	M0112	15:30	7:45
32 DAVID LARD	AMARILLO	TX	69	M	1	M6569	15:33	7:47
33 KEYSTAL HUNT	LUBBOCK	TX	20	F	2	F2024	16:06	8:03
34 JASON BURLEY	BROWNFIELD	TX	30	M	3	M3034	16:28	8:14
35 BETH GERKEN	AMARILLO	TX	52	F	1	F5054	16:36	8:18
36 HUNTER ADAMS	AMARILLO	TX	10	M	3	M0112	16:41	8:21
37 DAN ADAMS	AMARILLO	TX	49	M	3	M4549	16:42	8:21
38 STEVEN HENDERSON	LUBBOCK	TX	53	M	5	M5054	16:45	8:23
39 HANNAH LAYMAN	HEREFORD	TX	13	F	1	F1315	17:06	8:33
40 JAMES LAYMAN	HEREFORD	TX	40	M	4	M4044	17:06	8:33
41 EMILY PARKER	LUBBOCK	TX	22	F	3	F2024	18:19	9:10
42 JULIE ROSENHEIMER	RANSOM CANYON	TX	55	F	1	F5559	18:38	9:19
43 D.J. GONZALES	LUBBOCK	TX	11	M	4	M0112	18:43	9:22
44 JIM WILHELM	LUBBOCK	TX	56	M	3	M5559	18:56	9:28
45 ZACHARY SMITH	LUBBOCK	TX	9	M	5	M0112	19:17	9:39
46 RANDY EGENBACHER	LUBBOCK	TX	51	M	6	M5054	19:30	9:45
47 LAUREL MCCALLON	LUBBOCK	TX	18	F	1	F1619	19:54	9:57
48 VALERIE HOBSON	LUBBOCK	TX	23	F	4	F2024	20:34	10:17
49 DANI STEPHENS	LUBBOCK	TX	23	F	5	F2024	20:37	10:19
50 MARY EGENBACHER	LUBBOCK	TX	17	F	2	F1619	20:38	10:19
51 CHARLOTTE ADAMS	AMARILLO	TX	54	F	2	F5054	21:03	10:32
52 JON MARTIN BRUEGEL	LUBBOCK	TX	36	M	2	M3539	21:07	10:34
53 KENDALL HIGGINS	LUBBOCK	TX	12	M	6	M0112	21:54	12:27
54 CASSANDRA LOWE	LUBBOCK	TX	22	F	6	F2024	26:02	13:10
55 FAWN MONTOYA	LUBBOCK	TX	29	F	1	F2529	26:02	13:10

W.T.R.C. 2006 CHALLENGE SERIES STANDINGS AFTER 11 EVENTS

MALE

Table with columns: YTD TOTALS, AGE PTS, MILES, EVT, VOL, 0-12 MALE, 13-15 MALE, 16-19 MALE, 20-24 MALE, 25-29 MALE, 30-34 MALE, 35-39 MALE, 40-44 MALE, 45-49 MALE, 50-54 MALE, 55-59 MALE, 60-64 MALE, YTD TOTALS, AGE PTS, MILES, EVT, VOL, 60-64 MALE, 65-69 MALE, 70-99 MALE, YTD TOTALS, AGE PTS, MILES, EVT, VOL.

W.T.R.C. 2006 CHALLENGE SERIES STANDINGS AFTER 11 EVENTS

MALE

Table with columns: YTD TOTALS, AGE PTS, MILES, EVT, VOL, 13-15 FEMALE, 16-19 FEMALE, 20-24 FEMALE, 25-29 FEMALE, 30-34 FEMALE, 35-39 FEMALE, 40-44 FEMALE, 45-49 FEMALE, 50-54 FEMALE, 55-59 FEMALE, YTD TOTALS, AGE PTS, MILES, EVT, VOL.

W.T.R.C. 2006 CHALLENGE SERIES STANDINGS AFTER 11 EVENTS

MALE

Table with columns: YTD TOTALS, AGE PTS, MILES, EVT, VOL, 13-15 FEMALE, 16-19 FEMALE, 20-24 FEMALE, 25-29 FEMALE, 30-34 FEMALE, 35-39 FEMALE, 40-44 FEMALE, 45-49 FEMALE, 50-54 FEMALE, 55-59 FEMALE, YTD TOTALS, AGE PTS, MILES, EVT, VOL.

W.T.R.C. 2006 CHALLENGE SERIES STANDINGS AFTER 11 EVENTS

MALE

Table with columns: YTD TOTALS, AGE PTS, MILES, EVT, VOL, 13-15 FEMALE, 16-19 FEMALE, 20-24 FEMALE, 25-29 FEMALE, 30-34 FEMALE, 35-39 FEMALE, 40-44 FEMALE, 45-49 FEMALE, 50-54 FEMALE, 55-59 FEMALE, YTD TOTALS, AGE PTS, MILES, EVT, VOL.

** = RACE DIRECTOR * = VOLUNTEER

10K AGE GRADED RESULTS FOR MASTERS' WINNERS SELECTION

PLACE NAME	TOWN	ST	AG	S	TIME	GRADED
1 JERRY DWYER	LUBBOCK	TX	47	M	37:53	33:56
2 MADONNE MINER	LUBBOCK	TX	53	F	48:45	36:59
3 ADAM BARRON	LUBBOCK	TX	43	M	41:43	38:33
4 JIM HOFF	CARLSBAD	NM	56	M	47:05	39:12
5 JIM HIGGINS	LUBBOCK	TX	45	M	43:18	39:24
6 LAWRENCE SCHOVANEK	LUBBOCK	TX	53	M	46:15	39:29
7 EPI AGUIRRE	LUBBOCK	TX	48	M	44:51	39:52
8 JOHN WIMBERLEY	CLAUDE	TX	51	M	45:58	39:53
9 RANBY HOLLOWAY	LUBBOCK	TX	50	M	45:44	40:00
10 RONNIE FRIGG	LUBBOCK	TX	55	M	47:54	40:13
11 KELLEY LITTSCH	LUBBOCK	TX	46	F	49:11	40:39
12 MARY BRANSCOME	LUBBOCK	TX	49	F	46:30	41:00
13 DAVID MALONE	LUBBOCK	TX	48	M	46:12	41:04
14 WADE WILSON	LUBBOCK	TX	40	M	43:36	41:12
15 FARRELL MARTIN	LUBBOCK	TX	48	M	46:22	41:13
16 PAUL HERRMANN	AMARILLO	TX	44	M	46:02	41:14
17 CHRIS LONGGREN	LUBBOCK	TX	47	M	45:14	41:28
18 PAUL PARE'	LUBBOCK	TX	44	M	45:14	41:28
19 KYLE ASHLEY	LUBBOCK	TX	44	M	45:29	41:43
20 FRED WEBER	LUBBOCK	TX	55	M	49:52	41:52
21 DAVID BIRNEY	LUBBOCK	TX	50	M	48:51	42:44
22 LEESA PRICE	LUBBOCK	TX	50	F	54:33	43:00
23 RUBY GARCIA	LUBBOCK	TX	43	M	46:47	43:13
24 ETTA MAYER	LUBBOCK	TX	57	F	1:01:48	44:27
25 MARK ALBUS	LUBBOCK	TX	50	M	50:57	44:34
26 CHERYL WEBER	LUBBOCK	TX	53	F	58:49	44:38
27 ERIC FORD	LUBBOCK	TX	41	M	47:41	44:43
28 EDIE ABEL	LUBBOCK	TX	40	F	51:34	44:51
29 SARAH GAXIOLA	LUBBOCK	TX	54	F	1:00:13	45:06
30 STEVEN ODORIZZI	LUBBOCK	TX	44	M	50:04	45:55
31 BRUCE FELLERS	LUBBOCK	TX	53	M	53:50	45:57
32 BARBARA SLAYTON	MIDLAND	TX	47	F	56:19	46:02
33 JAMES BONE	LUBBOCK	TX	67	M	1:01:06	46:08
34 KELLY ROBINSON	LUBBOCK	TX	40	F	53:52	46:51
35 JACKIE SELF	LUBBOCK	TX	53	M	54:56	46:54
36 MITCH MONROE	LUBBOCK	TX	46	M	52:27	47:21
37 COLLEEN BERG	LUBBOCK	TX	42	F	56:09	48:08
38 DAVID MANGOLD	LUBBOCK	TX	58	M	58:51	48:10
39 TERRY DALTON	LUBBOCK	TX	52	M	56:10	48:20
40 BONNIE WATTS	LUBBOCK	TX	45	F	58:00	48:26
41 SUZIE HARTSFIELD	LUBBOCK	TX	44	F	49:05	49:05
42 CINDI FAY	LUBBOCK	TX	40	F	57:21	49:52
43 MIKE HATLEY	SHEEWATER	TX	50	M	57:16	50:06
44 DENNIS BOEDEKER	PEARLAND	TX	48	M	56:28	50:11
45 JOHN CAGLE	LUBBOCK	TX	50	M	57:27	50:15
46 JIM DEMBROWSKI	LUBBOCK	TX	53	M	58:56	50:18
47 EDWIN YOUNG	LUBBOCK	TX	43	M	55:31	51:18
48 MARSHA BENNETT	LUBBOCK	TX	43	F	1:03:06	53:39
49 WALTER JORDAN	LUBBOCK	TX	57	M	1:05:27	54:01
50 DWAYNE OAKLEY	LUBBOCK	TX	50	M	1:02:06	54:19
51 KRISTAL COTTON	MIDLAND	TX	50	F	1:10:12	55:20
52 CHARLES NEEDHAM	LUBBOCK	TX	44	M	1:00:25	55:24
53 GARY HOUSOUER	LUBBOCK	TX	40	M	58:38	55:25
54 RANDALL STENNETT	LUBBOCK	TX	47	M	1:01:55	55:28
55 DARLA PORTER	LUBBOCK	TX	43	F	1:05:25	55:38
56 JIMMY CLARK	LUBBOCK	TX	55	M	1:06:40	55:58
57 MARTIN HIGGINS	LUBBOCK	TX	41	M	1:00:24	56:40
58 MATTHEW JORDAN	LUBBOCK	TX	40	M	1:01:40	58:17
59 JOE LOWE	LUBBOCK	TX	58	M	1:11:39	58:38
60 RUSTY LADD	LUBBOCK	TX	54	M	1:10:07	59:21
61 RANDY COTTON	MIDLAND	TX	51	M	1:09:50	1:00:36
62 JOSE RODRIGUEZ	LITTLEFIELD	TX	44	M	1:08:53	1:03:09
63 JEFF DAY	LUBBOCK	TX	42	M	1:10:09	1:05:19

5K AGE GRADED RESULTS FOR MASTERS' WINNERS SELECTION

PLACE NAME	TOWN	ST	AG	S	TIME	GRADED
1 JACKIE CANNON	AMARILLO	TX	50	M	18:53	16:31
2 BILL FELTON	LUBBOCK	TX	72	M	25:34	18:15
3 RON LUBOWICZ	LUBBOCK	TX	63	M	23:21	18:18
4 RALPH WOLF	LUBBOCK	TX	69	M	24:43	18:18
5 CAYLENE CADDELL	LUBBOCK	TX	54	F	22:54	18:39
6 STEPHEN STALLINGS	STANTON	TX	54	M	22:27	19:00
7 ANDREW MARTIN	LUBBOCK	TX	44	M	20:46	19:03
8 JOSEPH WILSON	LUBBOCK	TX	51	M	22:21	19:24
9 MILT BROWNFIELD	LUBBOCK	TX	48	M	22:24	19:55
10 JIM HARRIS	HOBBS	NM	63	M	25:33	20:00
11 ERK BUZZARD	AMARILLO	TX	45	M	22:03	20:04
12 DARREL McMILLEN	LUBBOCK	TX	59	M	24:45	20:05
13 DAVID HIGGINS	LUBBOCK	TX	54	M	23:51	20:11
14 RONNIE NUGENT	LUBBOCK	TX	59	M	25:22	20:35
15 WAYNE SULLIVAN	LUBBOCK	TX	55	M	24:45	20:47
16 MELANIE McVEY	SUNDOWN	TX	45	F	24:55	20:48
17 SAMUEL AYERS	LUBBOCK	TX	44	M	23:02	21:07
18 LINDA DELEON	LUBBOCK	TX	40	F	25:36	21:22
19 DANIEL GONZALES	LUBBOCK	TX	40	M	22:46	21:31
20 JOE TIPPY	HOBBS	NM	46	M	24:03	21:43
21 RICHARD NATHAN	LUBBOCK	TX	62	M	27:35	21:48
22 LARRY BURELSMITH	LUBBOCK	TX	57	M	26:47	22:07
23 SCOTTY ELSTON	LUBBOCK	TX	45	M	24:30	22:18
24 JOE POST	LUBBOCK	TX	57	M	27:20	22:33
25 ANNA GONZALES	LUBBOCK	TX	40	F	26:03	22:40
26 ISAAC MUNOZ	LUBBOCK	TX	51	M	26:46	23:13
27 DEBBIE TIPPY	HOBBS	NM	45	F	27:49	23:14
28 J. R. MORALES	LUBBOCK	TX	42	M	25:05	23:21
29 THOMAS WORD	LUBBOCK	TX	69	M	31:49	23:33
30 VICTOR MAGRI	LUBBOCK	TX	40	M	25:00	23:37
31 DALLAS VAUGHN	O'DONNELL	TX	53	M	27:46	23:42
32 DAN ADAMS	AMARILLO	TX	49	M	26:59	23:48
33 LARRY DELEON	LUBBOCK	TX	46	M	26:28	23:53
34 LAURIE KELSO	RANSOM CANYON	TX	45	F	29:30	24:38
35 DEBBIE CRISWELL	TULIA	TX	43	F	29:14	24:52
36 CLYDE WHITTEN	PAMEA	TX	48	M	28:11	25:03
37 JAMES LAYMAN	HEREFORD	TX	40	M	26:44	25:16
38 CHRISTY HURST	IDALOU	TX	49	F	31:43	25:18
39 JIM BECK	LUBBOCK	TX	47	M	29:25	26:21
40 JIM WILHELM	LUBBOCK	TX	55	M	31:45	26:40
41 MIKE WARREN	LUBBOCK	TX	48	M	30:09	26:47
42 PAM GASCHEN	LUBBOCK	TX	41	F	31:10	26:56
43 SUZAN CAUDLE	LUBBOCK	TX	53	F	35:42	27:05
44 MIKE LASS	LOCKNEY	TX	43	M	29:20	27:07
45 CLIFF LEWALLEN	LUBBOCK	TX	42	M	29:30	27:28
46 RANDY EGENBACHER	LUBBOCK	TX	51	M	32:11	27:56
47 KARLA KITTEN	LUBBOCK	TX	51	F	35:57	27:59
48 RICK LAMPE	LUBBOCK	TX	62	M	35:40	28:11
49 MARKHA BOEDEKER	PEARLAND	TX	73	F	50:17	28:16
50 CONNI KITTEN	LUBBOCK	TX	45	F	33:56	28:20
51 ALISA OSWALT	ABERNATHY	TX	45	F	34:01	28:24
52 LON FOREE	SUN PRAIRIOE	WI	55	M	33:57	28:30
53 MICHAEL CRAWFORD	LOVINGTON	NM	55	M	34:46	29:11
54 JOE HILLIS	ROWLETT	TX	40	M	31:05	29:22
55 MARY BAIZA	POST	TX	62	F	44:11	29:37

THE 25th ANNUAL RED RAIDER ROAD RACE
OVERALL ATHENA 10K RESULTS

Place Name	Ag	Town	St	Time	Pts
* 1 EDIE ABEL	40	LUBBOCK	TX	51:34	44:51
2 MANDY GALLAGHER	29	LUBBOCK	TX	1:06:33	59:58

Restoring flexibility and preventing injury: stretching and massage

Bob Blake

One of the more significant health issues facing us is repetitive motion injuries. You may be familiar with Carpal Tunnel Syndrome. Repeated mechanical stress on the forearm and wrist cause chronic pain and inflammation in those areas and frequently will limit use of a sufferer's forearm, wrist and hand. Not surprisingly, runners can fall victim to the symptoms of repetitive motion injuries, although not typically in our hands and wrists. Our legs cycle through the same motions thousands, if not tens of thousands of times a week. During the motion of running, we subject muscles and joints to tremendous stresses with each step. My experience with calf strains and plantar fasciitis led me to explore these conditions and possible treatments for them. I learned that plantar fasciitis is the most prevalent cause of foot pain encountered in clinical practice. Plantar fasciitis is a condition of pain and inflammation that affects the plantar fascia, the connective tissue that supports the arch of the foot. The plantar fascia helps to cushion the foot during the impact of running. Plantar fasciitis is often accompanied by pain in the heel or a heel spur. Typically, the pain of plantar fasciitis is worst in the early morning, as the fascia have tightened up during sleep in the evening. Early morning walking will help to stretch the fascia, so pain will initially diminish. Overuse of the foot will then cause pain to increase again during the day. As I explored treatment options for plantar fasciitis, many people told me that regular stretching and massage were likely to restore flexibility to my lower legs and alleviate symptoms. Foot and sole massage were also likely to increase circulation to the area and speed healing. To make a long story short, massage therapy was so effective at relieving my pain and preventing further injury that I gave myself foot and calf massages after every run. Later, I enrolled in a massage therapy class at Oceans Massage Center to further my knowledge and efficacy as a massage therapist for myself and possibly others. As I have worked on numerous clients and been the beneficiary of many massages, my initial belief that massage and stretching could both be effective treatments for restoring flexibility and preventing injury has been reinforced. Regular stretching and massage of the lower leg (gastrocnemius, soleus and tibialis posterior muscles) relieves tension in these muscles and relieves some of the demand for the plantar fasciitis to act as a shock absorber during running. Other measures to be taken to treat or prevent plantar fasciitis include running on softer surfaces, wearing shoes that support the arch of the foot and are properly cushioned, applying ice baths after exercise, losing weight, and the wearing of a "tension night splint" during sleep. The tension night splint holds the "dorsiflexed position" of the foot to prevent the plantar fascia from shortening during sleep. As much as we might dislike this option, running less frequently, more slowly or for shorter duration might be necessary to allow the plantar fascia to recover from injury or strain. Corticosteroid injections, although a common treatment, only provide temporary relief from symptoms. These injections also can leak into the fat pad of the foot, causing its degeneration. Rupture of the plantar fascia is more likely after corticosteroid injection.

My education as a massage therapist is going very well and I am getting close to graduating. I have taken an additional course in "Foot and Sole Massage" and will be taking "Sports Massage I and II" in early December. My class starts its internship on November 20th. I will be offering intern massages at the rate of \$25 per hour from November 20th to December 23rd at Ocean Massage Center, 4920 S Loop 289. If you are interested in scheduling a massage, please call 806-239-8871 to make an appointment. I hope that you all enjoy pain-free running and hope to see you on the road or in the spa.

WEST TEXAS RUNNING CLUB'S 21st Annual RED LINE FOUR MILE CROSS COUNTRY RUN

Benefitting TOYS FOR TOTS

WHEN: SATURDAY, DECEMBER 9, 2006

REGISTRATION: 9:00-9:45 A.M.

RACE START AT 10:00 A.M.

WHERE: MAE SIMMONS PARK, East 24th St. & MARTIN LUTHER KING AVE. Register in Mae Simmons Center North of Canyon Lake Drive

COURSE: RUGGED, HILLY, FOUR MILE CROSS COUNTRY

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

Non Members = \$10.00 Race Day, \$15 for all

Phone PRE REGISTRATION AVAILABLE:

call George at 792-3291(d) or 792-1237(n) before 6pm, Friday, December 8th e-mail registration before 3pm, rungwj@aol.com

AWARDS: Will be given to the first Three or up to 50% of the participants in the Divisions
Maximum of 5

AGE DIVISIONS:

MEN: 0-12; 13-15; 16-19; 20-29; 30-34; 35-39; 40-44; 45-49; 50-54; 55-59; 60-64; 65-69; 70+

WOMEN: 0-12; 13-15; 16-19; 20-29; 30-34; 35-39; 40-44; 45-49; 50-54; 55-59; 60 and Over

RACE DIRECTOR: Tom Griffin, 747-2136 (d)
787-4295 (c) 698-1503 (n)

MEMBERSHIP RENEWAL

Membership renewal forms are inserted in this issue as our new year begins with January. Please fill out the forms completely. The membership fee is \$15 + \$3 for each additional family member at the same address.

Please renew early!

BALLOT FOR 2007 WTRC OFFICERS

The following have been nominated and have agreed to serve as Officers/Directors for 2007. If you wish to vote for the entire slate as presented, place an "X" in the box below.

If you wish to write in a candidate, and that person has agreed to serve, please mark through the presented name and write in a name in the space below each office.

One ballot per WTRC member, no extra ballots will be provided on count day.

Ballot must be returned to the secretary by mail not later than December 16, or brought to the REDLINE RUN on December 9, 2006.

WTRC Secretary
PO Box 2921
Lubbock, Texas 79408

President Ron Lubowicz <hr/> Internal Vice President Eric Ford <hr/> External Vice President Tom Griffin <hr/> Secretary Sam Prose <hr/>	Treasurer David Higgins <hr/> Membership Director Bob Blake <hr/> Newsletter Director Bill Felton <hr/>	Internal Race Director Randy Holloway <hr/> Equipment Director Dwayne Oakeley <hr/> Calendar Director Suzan Caudle <hr/>
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REDLINE 4 MILE CROSS COUNTRY Run

- Benefiting the United States Marine Corps Reserve Toys For Tots Program -

December 9, 2006

Mail Registration thru Dec. 6 Telephone registration by 6 p.m. Dec. 8 th 792-3291 (d) 792-1237 (n)	\$5.00 WTRC members, \$10.00 non members Make checks payable to the Mail checks & entry forms to: E-mail by 3 p.m. Dec. 8 th , rungwj@aol.com	\$15 on Race Day West Texas Running Club George W. Jury 4808 50 th St. Lubbock, Texas 79414	Race starts at 10:00 a.m. in Mae Simmons Park, Race Director, Tom Griffin 698-1503 (n) 787-4295 (d)
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PLEASE BRING A TOY FOR TOYS FOR TOTS !!

Special T-Shirts for the first 75 entrants

Waiver - all entrants must read and sign

The West Texas Running Club, agents, or representatives of the same, or any volunteers 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 or death of any person or persons and for damages to or loss of property arising out of or attributed to indirectly, to participant in the Redline 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 not valid unless signed by the entrant, and guardian, conservator, or parent for entrants under 18 years old.**

Signature of entrant _____ Signature of guardian(minors) _____

Age _____ (on race day) E-Mail _____ Male _____ Clydesdale (190 lbs or more)
 Female _____ Athena (150 lbs or more)

Name _____
 Street Address _____ Phone Number _____
 City _____ State _____ Zip _____

**** 2007 Membership _____ YES ! I will bring an extra \$15 to Redline for my 2007 Club Membership ****