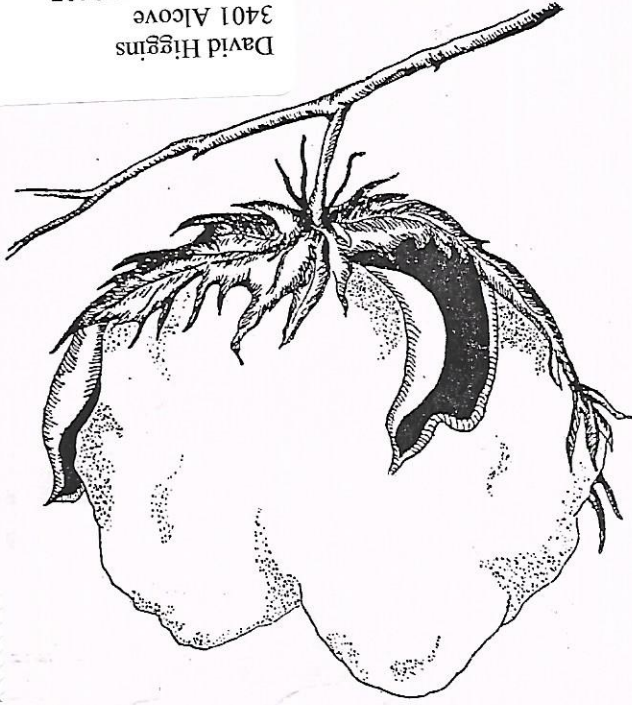


CALENDAR

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

- FEB. 6 W.T.R.C. Business meeting, Monday, 7pm, WEST TEXAS PETERBILT, 45th and Ave. A
- * FEB. 11 COTTON PATCH RUNS: FRENSHIP HIGH, Wolfforth, 10am, 4 & 8 Mile, David Higgins, Race Director, 785-8562(h)
- FEB. 19 FREESCALE/AUSTIN MARATHON: Austin, FMI, Call (877) 601-6686 www.freescaleaustimarathon.com
- FEB. 25 FORT WORTH COWTOWN MARATHON: FORT WORTH, Call (817) 735-2033 www.cowtownmarathon.org
- * MAR. 11 PRAIRIE DOG TOWN RUN: MacKenzie Park, Lubbock, 4 Miles, 9am John Trompler, Race Director, 794-1359
- MAR 18 MARATHON OF THE GREAT SW: Abilene, 325-695-3400, www.abileneywa.org
- APR. 2 CAPITOL 10,000: Austin, www.statesman.com/cap10k
- APR. 12 THE BIG D TEXAS MARATHON: Dallas, www.texasmarathon.com
- * APR. 22 RUN FOR THE ARTS: Lubbock, 15K and 2 Mile, 8:00AM Race Director Tom Weis, 928-0482, tweis@unitedtexas.com
- * MAY 13 HORSESHOE BEND SPRING FROLIC: 8am, N. of Slaton, 11, 6 and 2 Mile Races, Race Director, Randy Holloway, 794-7512(h), 789-1547(c) e-mail randyholloway@sbcglobal.net
- MAY 21 BUFFMAN/SQUEAKY TRIATHLON: BSL, Greers, 796-8213, 829-2153 www.buffalospringslaketriathlon.com
- JUNE 3 GIRLSTOWN GALLOP: 5K, 10:00 AM, Whiteface, Steve Reynolds, 806-229-6361
- * JUNE 10 BOBBY BIRDSONG MEMORIAL LEVELLAND LOPE: Levelland, 8am 10K and 2 Mile, Race Director Bill Roger, 894-7911
- JUNE 25 BSL HALF IRONMAN TRIATHLON: Greers, 796-8213, 829-2153 www.buffalospringslaketriathlon.com
- * JULY 4 36th ANNUAL FIRECRACKER RUN: Brownfield, 8am; 10 Mile and 3 Mile, kids 1 Mile, Jim Harris, Race Director, (505) 392-8945
- * AUG. 12 HOT DAM 5 MILER: Canyon Lake 6, Lubbock, 8:00 am
- * SEPT 9 SHALLOWATER STAMPEDE: 10K and 2 Mile, 8:00 am, Shallowater High School



David Higgins
3401 Alcove
Lubbock, TX 79407

Cotton Patch Runs
10am, Saturday, February 11, 2006
Frenship HS, Wolfforth, TX
Details Inside Back Cover

WTRC Newsletter
5406 86th Street
Lubbock, TX 79424
February 2006



WEST TEXAS RUNNING CLUB

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Club Historian - James Livermore
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E-mail: jlmore@nts-online.net

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, February 6, 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

Call David Higgins! ... E-mail David Higgins! ... Write David Higgins! ... Get your good ideas to him anyway you can.

David and Jarred are looking at adding a few features to our website. In the very near future we hope to have online WTRC membership application, online pre-registration for our races, a page to help visiting runners find some of our better training venues and make contact with groups that train together, an instruction page for groups and causes that would like to put on a run of their own, and an electronic monthly newsletter for those of you who dislike stamps and paper.

We know that there are many other ideas out there. Please let us hear them from you. This would be the perfect time to input your thoughts and add even more shine to our website and our Club's image.

Call David Higgins! ... E-mail David Higgins! ... Write David Higgins! ... Get your good ideas to him anyway you can.
SYOTR, Ron

THE 15th ANNUAL LOOP THE LAKE 5 MILE ROAD RACE

EVENT NUMBER 1 OF THE 2006 WTRC CHALLENGE SERIES *****
January 14, 2006
Lubbock, Texas

PLACE	NAME	AG	S	DIV	PLACE	TOWN	ST	TIME	PACE
1	QUENT BEARDEN	30	M	1	M3034	LUBBOCK	TX	29:52	5:59
2	JOHN KEITH	16	M	1	M1619	LUBBOCK	TX	31:41	6:21
3	DREW JONES	16	M	2	M1619	SHALLOWATER	TX	32:52	6:35
4	JACKIE CANNON	50	M	1	M5054	AMARILLO	TX	33:53	6:47
5	JARED MASOOD	26	M	1	M2529	LUBBOCK	TX	34:42	6:57
6	ADAM BARRON	43	M	1	M4044	LUBBOCK	TX	35:25	7:05
7	EPI AGUIRRE	47	M	1	M4549	LUBBOCK	TX	35:28	7:06
8	JAY KEITH	47	M	2	M4549	LUBBOCK	TX	35:30	7:06
9	BRETT HART	26	M	2	M2529	LUBBOCK	TX	35:56	7:12
10	RANDY HOLLOWAY	49	M	3	M4549	LUBBOCK	TX	36:28	7:18
11	BRENT LOWERY	44	M	2	M4044	LUBBOCK	TX	36:38	7:20
12	RICHARD LOMBARDINI	29	M	3	M2529	LUBBOCK	TX	37:35	7:31
13	IRIS RIVERO	30	F	1	F3034	LUBBOCK	TX	37:46	7:34
14	DAVID MALONE	48	M	4	M4549	LUBBOCK	TX	38:15	7:39
15	PAUL PARE	43	M	3	M4044	LUBBOCK	TX	38:39	7:44
16	CALEB BECK	22	M	1	M2024	LUBBOCK	TX	38:45	7:45
17	ANN ROBERTS	30	F	2	F3034	LUBBOCK	TX	39:00	7:48
18	TRACY MACK	40	M	4	M4044	LUBBOCK	TX	39:15	7:51
19	MICHAEL HUMPHREY	39	M	1	M3539	LUBBOCK	TX	39:26	7:54
20	RUSSEL MARTIN	47	M	5	M4549	SHALLOWATER	TX	39:31	7:55
21	FRED WEBER	54	M	2	M5054	LUBBOCK	TX	39:48	7:58
22	JASON BURLEY	30	M	2	M3034	LUBBOCK	TX	39:51	7:59
23	JILL SIMPSON	27	F	1	F2529	LUBBOCK	TX	40:04	8:03
24	AARON MORRIS	26	M	2	M2024	SHALLOWATER	TX	40:15	8:03
25	AARON SELF	40	M	4	M2529	LUBBOCK	TX	40:25	8:05
26	DANIEL GONZALES	54	M	3	M4044	LUBBOCK	TX	40:45	8:09
27	RONNIE PRIGG	54	M	3	M5054	LUBBOCK	TX	41:05	8:13
28	RONNIE TROLLINGER	46	M	6	M4549	LUBBOCK	TX	41:16	8:13
29	MARK ALBUS	49	M	7	M4549	LUBBOCK	TX	41:27	8:18
30	STEVE ODOORIZZI	43	M	1	CLYDE	LUBBOCK	TX	41:35	8:19
31	MIKE KELLEY	57	M	1	M5559	LUBBOCK	TX	42:06	8:26
32	JENNY BECK	25	F	2	F2529	LUBBOCK	TX	42:12	8:27
33	RALPH WOLF	68	M	1	M6569	LUBBOCK	TX	42:25	8:29
34	GORDEN JENKINS	65	M	2	M6569	AMARILLO	TX	42:32	8:31
35	DAVID HIGGINS	53	M	4	M5054	LUBBOCK	TX	42:52	8:35
36	LEESA PRICE	49	F	1	F4549	LUBBOCK	TX	43:31	8:43
37	JEREMIEH NORTHERN	18	M	3	M1619	LUBBOCK	TX	44:02	8:49
38	WAYNE SELF	59	M	2	M5559	LUBBOCK	TX	44:40	8:56
39	KENT SPAIN	52	M	5	M5054	LUBBOCK	TX	44:52	8:59
40	KAMMY PHILBRICK	45	F	2	F4549	LUBBOCK	TX	46:30	9:18
41	BILL ROGER	66	M	3	M6569	LEVELLAND	TX	46:46	9:22
42	CHERYL WEBER	52	F	1	F5054	LUBBOCK	TX	47:25	9:29
43	JIM BURLESON	63	M	1	M6064	LUBBOCK	TX	47:32	9:31
44	DWAYNE OAKELEY	49	M	8	M4549	LUBBOCK	TX	49:03	9:49
45	JILL HAUOKS	41	F	1	F4044	LUBBOCK	TX	49:35	9:55
46	HANNAH LAYMAN	13	F	1	F1315	HEREFORD	TX	49:38	9:56
47	JAMES LAYMAN	40	M	7	M4044	HEREFORD	TX	49:39	9:56
48	ERIC QUINTELLA	31	M	3	M3034	LUBBOCK	TX	50:05	10:01
49	SUSANNE MOORE	31	F	3	F3034	LUBBOCK	TX	50:14	10:03
50	ETTA MAYER	56	F	1	F5559	LUBBOCK	TX	50:55	10:11
51	ISACC MUNOZ	50	M	3	CLYDE	LUBBOCK	TX	51:46	10:22
52	TRACI PAYNE	33	F	4	F3034	LUBBOCK	TX	52:26	10:30
53	COURTNEY JOHNSON	23	F	1	F2024	LUBBOCK	TX	54:02	10:49
54	MINDY KAE KINGSLEY	32	F	5	F3034	LUBBOCK	TX	56:07	11:14
55	RICK LAMPE	61	M	2	CLYDE	LUBBOCK	TX	56:48	11:22
56	JAMES LIVERMORE	58	M	3	M5559	LUBBOCK	TX	59:51	11:59
57	SUZAN CAUDLE	53	F	2	F5054	LUBBOCK	TX	1:02:02	12:25

A HISTORY OF THE "TURKEY TROT"

In 1993 the WEST TEXAS RUNNING CLUB's (WTRC) officers made 2 major decisions, because of the financial condition of the club. One was to raise the monthly race entry fee to \$5 for members and \$6 for non-members, and the other was to host a Thanksgiving day "TURKEY TROT" (TT). Our regular monthly races were hoped to be "break-even" events, so the TT was planned to be a fund raiser for the club itself. We were always helping other organizations raise money with races and besides the WTRC/TTU scholarships that the club established, occasionally excess money from a club race would be designated for worthy causes. The club was under the leadership of President Ron Key at this time and he served as the first Race Director (RD). The "feature" race was a ten miler with a 2 mile "fun run". The first race was run on an extremely cold morning with the start and finish at Guadalupe Park at Ave. "P" and 1st street. We had use of the St. Joseph Catholic Church gym for registration but had to clear out for other events after the race started. There were 39 Ten Mile finishers and 29 2 milers, for a total of 68 runners. Club member Joey Thacker of THACKER JEWELERS was sponsor for the first 3 years. By comparison, the 2005 TT had 321 total finishers! Overall winner of that first race was Jeffrey Jury in 1:02:53 followed by 47 year old Jim Leser in 1:03:32. A very notable feature of that first TT were the volunteers. Beside Race Director Ron Key other volunteers were; George and Pat Jury, Tony and Josie Aleman, James Bone, P.J. Mitchell, Joe and Eva Martinez and Frank Haist. Isn't it surprising that at the 2005 race several of the above were once again volunteers, namely, George and Pat, Tony and Josie and P.J.!

The 1994 race had 97 finishers and the writer had a 1:09:29 10 mile, 12th of 46 at age 58. Joe Martinez became RD in 1995 and the race was moved to the outdoor center in Mackenzie park. We had 101 runners and the highlight time was Bob Jackson, 38, at 58:02. The 1996 race dropped to 80 total finishers and a new sponsor, club member Chris Longgren of SCHLOTZKY's came on board and has continued to offer support since. Many thanks to Chris! Highlight time was Jim Leser, 50, 5th overall with a 10 mile time of 1:03:57, while the overall winner was Jackson Makene of Levelland, a former SPC runner, ran a 52:07! Chris Longgren served as Race Director for 1997 through 1999 and in 1997 we had 140 finishers with Tim Key winning in 57:43 and Bob Jackson, 39, improving his previous time to 58:01. The last 10 miler was run in 1998 and had 154 finishers in both races. For 1999, the WTRC board decided to offer a shorter race as the featured race because of 2 reasons; it was hard to get enough volunteers to handle the 10 mile course and many runners preferred to be able to get to Thanksgiving family festivities earlier, so the unusual distance of 12K was decided on. That year the total finishers was 185. In 2000, our current President, Ron Lubowicz took over when designated race director, George Jury was laid up in the hospital, and 210 runners competed. In 2001 only 201 finished, but then the race has continued to grow in attendance as follows; 2002--219, 2003--219, 2004--280 and in 2005--321!

2005 Redline Run Director's Report - Tom Griffin

We were again blessed with great weather for our annual December run. Above normal temps and only a "light" breeze made for a great day for this year's Redline. Check out the WTRC web site for some GREAT pics of the race! This year's race was in support of the Marine Corps Reserve Toys For Tots Program, and we had a large group of Marines and members of the Marine Corps League on hand to help out with the race. In addition to toys brought by the runners, proceeds of the race were donated to the 2005 Toys For Tots program.

Brandon Birdsong of Lubbock was First Overall Male with a time of 22:47 - a very strong 5:42 pace on the cross-country course. Hot on his heels was Keith Rieger - also of Lubbock - with a 23:05 at a 5:47 pace! (Hills? ... What hills?)

Landi Kime of Lubbock was First Overall Female with a time of 31:59 and Pauline Kumley of Lubbock set a new course record for Athena with a time of 41:39, Age-Graded to 38:46.

The crew of volunteers who made the race possible included George Jury, Irma Sanchez, Iris Rivero, Tony Aleman, Josie Aleman, Martha Martinez, Jerry Dwyer, Ron Lubowicz, John Keith, Jackie Cannon, and Tom Weis. Special thanks to the Marine Corps Reserve for their help.

Redline being the last race of the year to meet the requirements of the WTRC Challenge Series, it's always disappointing to see the large number of runners who might otherwise qualify for a Challenge Series award, but fail to volunteer as a non-running worker at any of the 13 club races during the year. Without volunteers, there would be no races. Special thanks to those who do volunteer, and make it possible for others to run.

Loop The Lake Report

Another great January morning for a short five mile run. The geese were friendly on the east side of University, the wind laid down for most of the race as 57 people turned out for this year's running of the "Loop The Lake" five miler. This was a bit fewer than normal but all those there seemed to enjoy the run even as the wind began to pick up on the second loop of the lake. Overall winners were Quent Bearden with a time of 29:52 and Iris Rivero in a time of 37:46. No event records were set at this running.

I must thank all the volunteers who are always such a big help. Of course Ron Lubowicz, Tom Griffin and George Jury played a huge part as usual. Ronnie Nugent, Tony and Josie Aleman, Tom Wies, Bill Felton, Warner Alexander, Madon Miner, Jeff Haag Rose Hoeve and PJ Mitchell all pitched in to help make this a smooth running of the race. I encourage others, especially if you run in many of the club races, to volunteer to help with one. It will help you see and appreciate the work that goes into these monthly events and it is simply the right thing to do. Give back to the club, volunteer, recruit new members, encourage new runners.

A little talk has been made concerning adding a two mile run onto the Loop the Lake for those who over-do-it during the holidays like I sometimes do (we Clydesdales must keep up our appearance). Let me know what you think about that idea. Anyway thanks for all who came out. See you at the races.....Jim Beck

COTTON PATCH RUNS
Since 1973
EVENT RECORDS

+ for information

**8 MILE
MEN**

NAME	TOWN	AGE	TIME	YEAR
Carlos Ybarra	Lamesa	15	42:54	1981
Don Wise	Lubbock	16	47:37	1981
Sam Sitonik	Levelland	23	41:54 *	1981
John Bednarski	Odessa	31	44:14	1981
Scott Brickerd	Lubbock	36	43:09	1989
Bob Jackson	Hobbs	40	43:46	1999
Tom Mayfield	San Angelo	40	45:40	1981
Bobby Cunningham		41	45:47	1981
Bobby Cunningham	Abernathy	46	48:14	1986
Don Webb	Coahoma	53	50:23	1981
George Jury	Lubbock	55	51:41	1992
Don Sanderson	Tulia	64	59:18	1994
David Lard	Amarillo	67	1:07:13	2005
Farrell Martin	Lubbock	36	55:37	2003

WOMEN

NAME	TOWN	AGE	TIME	YEAR
Jamie Francis	Lubbock	15	1:01:27	2001
Hope Jimenez	Lamesa	16	59:01	2001
Sue Houle	Lubbock	28	54:36	1990
Marjory Stewart	Lubbock	32	49:01	1991
Marjory Stewart	Lubbock	35	50:37	1994
Marjory Stewart	Lubbock	41	55:55	2000
Madonne Miner	Lubbock	49	1:07:33	2002
Madonne Miner	Lubbock	50	1:07:08	2003
Sherill Easterling	Snyder	55	1:11:18	2005

1990 to Lubbock

15 & Under

16-19

20-29

30-34

35-39

40-44

+ +

45-49

50-54

55-59

60-64

65-69

Clydes

15 & Under

16-19

20-29

30-34

35-39

40-44

45-49

50-54

55 Plus

W.T.R.C. COTTONPATCH RUNS

8 MILE and 4 MILE RUNS

USA T&F Certified, #'s TX97109ETM and TX97110ETM

WHEN:

SATURDAY, FEBRUARY 11, 2006
REGISTRATION: 9:00 to 9:45 A.M.
RACE START: 10:00 A.M.

WHERE:

WOLFFORTH; FRENSHIP HIGH SCHOOL, From Lubbock, take US highway 62/82 to 82nd Street, turn right across RR tracks, west to Highway 179 and turn left

COURSE:

ASPHALT ROAD, 4 Mile; OUT and BACK, Flat 8 Mile; OUT and BACK, Mostly Flat WATER and SPLITS at 2, 4, and 6 Miles

ENTRY FEE:

W.T.R.C. MEMBERS \$5.00 OTHERS \$6.00

Race Day Registration \$10.00 everyone

Team Registration \$10, 2 person or 4 person pre-registration
Pre-Registration Available: Return form in Newsletter or call George Jury before 6pm, Friday, Feb. 11th. 792-3291(d) 792-1237(n) E-mail before 3pm rungwj@aol.com

AGE DIVISIONS, AWARDS: Custom Medals;

3 deep or up to 50 Percent deep in each age division, (Maximum of 5 awards)

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+

WOMEN,

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

Athena and Clydesdale division in both races

(6-12, 13-15 and 16-19 Age Groups in the 4 Mile)

RACE DIRECTOR: David Higgins, 795-5823 (d), 785-8562 (n)

Special team relay races are being offered for the second time this year, see entry form

DOOR PRIZES

The COTTON PATCH RESTAURANT will provide some items for a drawing after the race. Please stay around for the awards and the drawing.
Challenge Series awards will be available for those who did not make the January social.

**4 MILE (1985)
MEN**

NAME	TOWN	AGE	TIME	YEAR
Trey Jennigan	Sundown	12	26:49	1990
Travis Perez	Brownfield	15	23:24	1997
Larry Millard	Lubbock	18	21:45	1986
Jose Montoya	Hobbs, NM	20	21:02	1985
Tim Key	Lubbock	32	23:16	2000
John Bednarski	Odessa	37	21:26	1987
Frank Sumpter, Sr.	Lamesa	42	23:34	1996
Bobby Cunningham	Abernathy	45	22:48	1985
Jim Leser	Lubbock	53	25:10	2000
Jim Harris	Hobbs	58	27:51	2001
John Trompler	Lubbock	55	27:57	2003
Ron Lubowicz	Lubbock	60	27:57	2003
Don Sanderson	Tulia	66	28:17	1996
Don Sanderson	Tulia	72	33:43	2002
Kevin Lair	Lubbock	38	27:40	2000

WOMEN

NAME	TOWN	AGE	TIME	YEAR
Hope Jimenez	Lamesa	12	28:21	1997
Tara Jennigan	Hawley	15	28:31	1997
Laci Jackson	Hobbs	17	26:13	1999
Linda Northrup	Lubbock	26	29:00	2001
Maira Ridley	Lubbock	34	30:14	2000
Denise Bray	Lubbock	38	29:23	2000
Diane Calhoun	Idalou	41	28:37	2000
Martha Martinez	Lubbock	45	32:27	2001
Madonne Miner	Lubbock	51	32:37	2004

12 & Under

13-15

16-19

20-29

30-34

35-39

40-44

45-49

50 Plus

* Overall Event Record