

CALENDAR

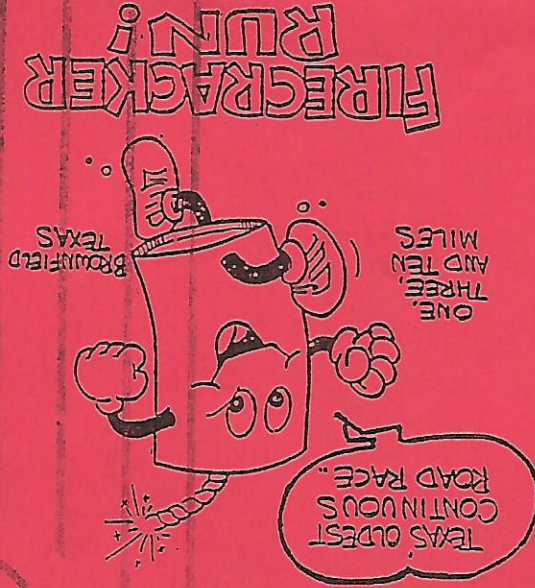
* Indicates W.T.R.C. Monthly Race and CHALLENGE SERIES EVENT

- JULY -- W.T.R.C. Business meeting: No Meeting in July
- * JULY 4 37th ANNUAL FIRECRACKER RUN; Brownfield, 8am; 10 Mile, 3 Mile, kids 1 Mile, Jim Harris, RD, (505)392-8945
- JULY 8 TOUR DE NOWHERE: Girlstown USA Bike Race/Fun Rides: 9:00am, Girlstown USA (S. of Whiteface) 10mi./20mi./30mi. Jesse Pape 806-229-6361, Ext 7235
- JULY 10 LUNAR LOPE 5K: TTU Campus, Lubbock, 5K Fun Run, 10:00PM TTU Rec. Center, (Full Moon Run T-shirt race)
- JULY 30 PRUDE RANCH RACES: Ft. Davis, Tx. 7:30am, 5K, 10K, 1/2 MARATHON, Glen Beck, RD, 512-252-9057.
- * AUG. 12 HOT DAM 5 MILER: Canyon Lake 6, MLK, Jr Blvd & Canyon Lk Lubbock, 8:00 am., Etta Mayer, RD
- SEPT 9 SHALLOWATER STAMPEDE: 10K and 2 Mile, 8:00 am, Shallowater High School, Dwayne Oakley, RD, 806-799-4473.
- SEPT 23 RUN FOR THE MUSEUM: 2 Mile, 10K, 9:00am MST, Lovington, 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@wbuedu
- * 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
- OCT. 14 M2M Marathon: Marathon, Tx., Marathon/Two-Person Relay/ 10K, 8:00am, www.marathon2marathon.net
- OCT. 21 21st ANNUAL PALO DURO TRAIL RUN: Palo Duro Canyon, 50 mi., 50K, 20K, 7:00am, Red Spicer, RD, 806-353-3847.
- * 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
- * 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)

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



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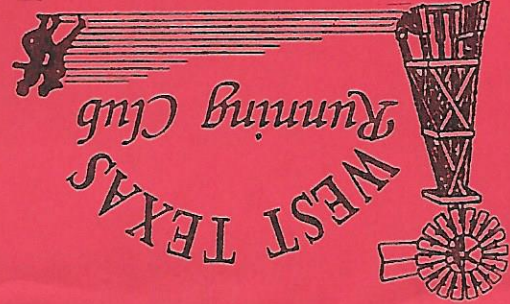
David Higgins
3401 Alcove
Lubbock, TX 79407



Firecracker Runs
8am, Tuesday, July 4, 2006
Brownfield, TX 10, 3, 1M
Details inside back cover



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



WEST TEXAS RUNNING CLUB

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President - Mike Kelley

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WTRC Web
 http://wtrc

W. T. R.
 The WTRC
 Tex

ACES ARE USUALLY HELD THE 2ND SATURDAY OF EACH MONTH.
 Monthly business meeting is on Monday, August 7, 7:00 p.m. at West
 Peterbilt, 4515 Ave. A, Sales & Leasing Office (closest to Ave A)
 All members are welcome

Bobby Gunningham Update

Member Bobby Gunningham had a PET scan about May 19th after his last
 May 3rd which showed no signs of the Non Hodgkins Lymphoma.

a follow up CAT Scan in August.

is original weight back and is working at the office some, playing a
 working in the yard.

BOBBY BIRDSONG MEMORIAL LEVELLAND LOPE 10K OVERALL RESULTS

PLACE	NAME	TOWN	ST	DIV	PLACE	AG	S	TIME	PAGE
1	GUENT BEARDEN	LUBBOCK	TX	1	M3034	31	M	35:10	5:40
2	DAVID GONZALEZ	CARLSBAD	NM	1	M2529	27	M	37:24	6:12
3	JERRY DWYER	LUBBOCK	TX	1	M4549	46	M	38:30	6:02
4	JOHN KEITH	LUBBOCK	TX	1	M1619	17	M	40:06	6:28
5	JASON FELLERS	LUBBOCK	TX	2	M2529	26	M	44:16	7:08
6	JERRIED HURST	LUBBOCK	TX	3	M2529	27	M	44:28	7:10
7	ADAM BARRON	LUBBOCK	TX	1	M4044	43	M	44:34	7:11
8	JAY KEITH	LUBBOCK	TX	2	M4549	48	M	44:34	7:11
9	RANDY HOLLOWAY	LUBBOCK	TX	3	M4549	49	M	44:50	7:13
10	ERIC ABERCROMBIE	LUBBOCK	TX	1	M2024	24	M	45:09	7:17
11	JARED MASOOD	LUBBOCK	TX	4	M2529	26	M	45:33	7:20
12	JEFFREY HAAG	LUBBOCK	TX	1	M3539	37	M	45:42	7:22
13	JOEL HERNANDEZ	IDALOU	TX	5	M2529	28	M	45:54	7:24
14	ANN CRUCE-ROBERTS	LUBBOCK	TX	1	F3034	30	F	45:59	7:25
15	NATHAN RAY	LUBBOCK	TX	2	M2024	20	M	46:08	7:26
16	IRIS RIVERO	LUBBOCK	TX	2	F3034	31	F	46:13	7:27
17	JIM KILLION	LUBBOCK	TX	1	M5054	52	M	47:14	7:37
18	RONNIE TROLLINGER	LUBBOCK	TX	4	M4549	46	M	47:35	7:40
19	PAUL PARE	LUBBOCK	TX	2	M4044	44	M	48:40	7:51
20	ABEL PEREZ	LEVELLAND	TX	3	M2024	21	M	49:00	7:54
21	JIM HIGGINS	LUBBOCK	TX	5	M4549	45	M	49:05	7:54
22	AUBREY BRIDGES	LUBBOCK	TX	2	M5054	52	M	49:30	7:59
23	AARON MORRIS	SHALLOWATER	TX	4	M2024	23	M	49:38	8:00
24	WHITMAN PAXTON	LEVELLAND	TX	2	M1619	16	M	49:53	8:02
25	FRED WEBER	LUBBOCK	TX	3	M5054	54	M	49:59	8:03
26	GREG LAYTON	VIRGINIA BEACH	VA	1	CLYDE	27	M	50:05	8:04
27	MADONNE MINER	LUBBOCK	TX	1	F5054	53	F	50:19	8:07
28	BOBBIE BLACK	MULESHOE	TX	1	F2024	24	F	51:29	8:18
29	GORDEN JENKINS	AMARILLO	TX	1	M6569	65	M	52:05	8:24
30	RALPH WOLF	LUBBOCK	TX	2	M6569	69	M	52:21	8:26
31	MARK SMITH	LUBBOCK	TX	2	M3539	35	M	53:09	8:34
32	BRUCE FELLERS	LUBBOCK	TX	4	M5054	52	M	53:23	8:36
33	DARREL PHILLIPS	LUBBOCK	TX	1	M5559	57	M	53:26	8:37
34	RONNIE NUGENT	LUBBOCK	TX	2	M5559	59	M	53:36	8:38
35	TARA STEVENS	LUBBOCK	TX	3	F3034	34	F	53:45	8:40
36	DEAN SMURLEY	BROWNFIELD	TX	2	M3034	30	M	53:59	8:42
37	DICK BAKER	RANSOM CANYON	TX	1	M6064	62	M	54:56	8:51
38	MIKE KELLEY	LUBBOCK	TX	2	M6064	61	M	56:56	9:10
39	VERONICA VALDERAZ	LUBBOCK	TX	3	M5559	57	M	57:56	9:20
40	LYNN HELMSTETLER	LUBBOCK	TX	4	F3034	31	F	58:14	9:23
41	KAREN CLARK	LUBBOCK	TX	2	F2024	24	F	58:38	9:27
42	JAMES LIVERMORE	LUBBOCK	TX	5	F3034	33	F	59:04	9:31
43	CHERYL WEBER	LUBBOCK	TX	4	M5559	59	M	59:57	9:40
44	DWAYNE OAKELEY	LUBBOCK	TX	2	F5054	53	F	1:00:42	9:47
45	MARLENE LOPEZ	LUBBOCK	TX	6	M4549	49	M	1:01:55	9:58
46	MARSHA BENNETT	LEVELLAND	TX	1	F3539	35	F	1:02:06	10:00
47	TERRY DALTON	LUBBOCK	TX	1	F4044	42	F	1:02:33	10:05
48	ETTA MAYER	LUBBOCK	TX	5	M5054	51	M	1:03:17	10:12
49	JIMMIE CLARK	LUBBOCK	TX	1	F5559	56	F	1:03:58	10:18
50	ERIC QUINTELLA	LUBBOCK	TX	2	CLYDE	54	M	1:04:46	10:26
51	RAYMOND BRADY	LUBBOCK	TX	3	M3034	32	M	1:05:14	10:31
52	KATE RODEN	WHITE DEER	TX	3	M6064	62	M	1:06:35	10:44
53	DAVID HIGGINS	RALLS	TX	2	F3539	38	F	1:08:38	11:03
54	RIK LAMPE	LUBBOCK	TX	3	CLYDE	61	M	1:12:21	11:39
55	SUZAN CAUDLE	LUBBOCK	TX	7	M5054	53	M	1:14:59	12:05
56		LUBBOCK	TX	3	F5054	53	F	1:19:43	12:50

BOBBY BIRDSONG MEMORIAL LEVELLAND LOPE
2 MILE and 10K ROAD RACES
Levelland, Texas JUNE 10, 2006 8:00 A.M.

TWO MILE OVERALL RESULTS

PLACE	NAME	TOWN	ST	DIV	PLACE	AG	S	TIME	PACE
1	DANIEL IBARRA	LEVELLAND	TX	1	M2024	20	M	11:27	5:44
2	JASON ANDREWS	SMYER	TX	2	M2024	23	M	11:49	5:55
3	JACKIE CANNON	AMARILLO	TX	1	M5054	50	M	12:09	6:05
4	RENE GONZALES	LEVELLAND	TX	1	M4044	41	M	12:11	6:06
5	BUDDY HUTTO	LEVELLAND	TX	1	M4549	45	M	12:35	6:18
6	RENE GONZALES, JR.	LEVELLAND	TX	1	M1315	14	M	12:42	6:21
7	MILT BROWNFIELD	LUBBOCK	TX	1	CLYDE	48	M	12:54	6:27
8	JIMMY SAMARRON	LEVELLAND	TX	2	M5054	51	M	13:19	6:40
9	BRETT HART	LUBBOCK	TX	1	M2529	27	M	13:30	6:45
10	NICK WARGO	LUBBOCK	TX	2	M1315	15	M	13:34	6:47
11	TOMMIE FARRELL	LUBBOCK	TX	1	M3539	35	M	13:44	6:52
12	MIKE LAWSON	LEVELLAND	TX	2	CLYDE	47	M	13:45	6:53
13	VENTURA GONZALES	LEVELLAND	TX	3	M1315	13	M	13:52	6:56
14	MODESTO GONZALES	LEVELLAND	TX	2	M3539	36	M	14:00	7:00
15	LORENZO PADILLA	LEVELLAND	TX	3	M5054	52	M	14:12	7:06
16	LUKE SAMARRON	LUBBOCK	TX	1	M0112	12	M	14:18	7:09
17	TOM WEIS	LEVELLAND	TX	4	M5054	54	M	14:23	7:12
18	JIM HARRIS	LUBBOCK	NM	1	M6064	63	M	14:38	7:19
19	RON LUBOWICZ	LUBBOCK	TX	2	M6064	63	M	14:42	7:21
20	SEAN GRASS	LUBBOCK	TX	3	M3539	35	M	15:05	7:33
21	AMBER BROOKS	LEVELLAND	TX	1	F1315	15	F	15:10	7:35
22	HATLEY STACY	LEVELLAND	TX	2	F1315	15	F	15:16	7:38
23	SAL DUARTE III	HOBBS	NM	2	M4044	41	M	15:40	7:50
24	MALINDA COLWELL	LUBBOCK	TX	1	F3034	32	F	15:43	7:52
25	STEPHAN VIGIL	LUBBOCK	TX	4	M1315	13	M	15:45	7:53
26	JACK BENHAM	MULESHOE	TX	5	M5054	50	M	15:49	7:55
27	KATY MURPHY-LUBOWICZ	LUBBOCK	TX	1	F2024	22	F	16:00	8:00
28	ALLISON PYLE	SLATON	TX	3	F1315	14	F	16:08	8:04
29	SAL DUARTE IV	HOBBS	NM	5	M1315	14	M	16:14	8:07
30	JESUS GARCIA	LEVELLAND	TX	2	M0112	12	M	16:20	8:10
31	JUNIOR MENDOZA	LEVELLAND	TX	3	CLYDE	48	M	16:57	8:29
32	ISAAC MUNOZ, JR	LUBBOCK	TX	1	M3034	30	M	17:05	8:33
33	ADAM FINGER	LUBBOCK	TX	2	M3034	30	M	17:06	8:33
34	OLIVIA WISE	LUBBOCK	TX	4	F1315	14	F	17:24	8:42
35	MACKENZIE ARELLANO	SUNDOWN	TX	5	F1315	14	F	18:02	9:01
36	JULIE ROSENHEIMER	RAMSON CANYON	TX	1	F5054	54	F	18:14	9:07
37	JESSE GONZALES	LEVELLAND	TX	3	M0112	12	M	19:09	9:35
38	LOURDES JUAN	LUBBOCK	TX	1	F3539	39	F	19:20	9:40
39	JEFF WISE	LUBBOCK	TX	4	CLYDE	43	M	19:33	9:47
40	SHERI KILLION	LUBBOCK	TX	2	F5054	50	F	20:03	10:02
41	JESSICA HEAD	LUBBOCK	TX	1	F2529	29	F	20:29	10:15
42	JOSIE ALEMEN	SUNDOWN	TX	1	F5559	55	F	21:47	10:54
43	REBEKAH BONNER	LUBBOCK	TX	1	ATHEN	37	F	23:18	11:39

W.T.R.C. 2006 CHALLENGE SERIES
STANDINGS AFTER 6 EVENTS

MALE

YTD TOTALS		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		YTD TOTALS				
AGE	PTS	MILES	EVT	VOL	AGE	PTS	MILES	EVT	VOL	AGE	PTS	MILES	EVT	VOL	AGE	PTS	MILES	EVT	VOL	AGE	PTS	MILES	EVT	VOL
12	20	6	2	1	12	20	6	2	1	15	18	4	2	17	40	17.2	4	4	46	51	38.5	5	5	
10	9	2	1	1	10	9	2	1	1	16	17	9	2	17	40	17.2	4	4	47	39	35.5	5	*	
11	8	2	1	1	11	8	2	1	1	24	20	10.2	2	24	20	10.2	2	2	48	32	29.3	4	4	
15	18	4	2	2	15	18	4	2	2	26	56	38.5	6	26	56	38.5	6	6	49	34	27.2	5	5	
17	40	17.2	4	4	17	40	17.2	4	4	27	48	15	5	27	48	15	5	5	50	19	19	2	2	
16	17	9	2	2	16	17	9	2	2	29	18	13	2	29	18	13	2	2	51	19	19	2	2	
24	20	10.2	2	2	24	20	10.2	2	2	25	17	14.2	2	25	17	14.2	2	2	53	18	21.3	3	3	
20	18	10.2	2	2	20	18	10.2	2	2	28	16	17.2	2	28	16	17.2	2	2	54	16	35.6	5	**	
26	56	38.5	6	6	26	56	38.5	6	6	28	11	6	1	28	11	6	1	1	52	16	6	2	2	
27	48	15	5	5	27	48	15	5	5	28	11	6	1	28	11	6	1	1	51	15	20.3	2	2	
26	31	23	4	4	26	31	23	4	4	27	8	6.2	1	27	8	6.2	1	1	51	13	15.5	2	2	
29	18	13	2	2	29	18	13	2	2	30	55	28.5	5	30	55	28.5	5	5	52	11	8	2	2	
25	17	14.2	2	2	30	48	34.2	5	5	30	10	2	1	30	10	2	1	1	52	11	8	2	2	
28	16	17.2	2	2	30	10	2	1	1	31	9	4	1	31	9	4	1	1	50	9	9.3	1	1	
28	11	6	1	1	31	9	4	1	1	31	9	4	1	31	9	4	1	1	50	8	6	1	1	
27	8	6.2	1	1	31	9	4	1	1	37	39	39.5	5	37	39	39.5	5	5	52	7	6.2	1	1	
30	55	28.5	5	5	37	39	39.5	5	5	37	39	39.5	5	37	39	39.5	5	5	50	0	6.2	1	1	
30	48	34.2	5	5	35	9	6.2	1	1	37	39	39.5	5	37	39	39.5	5	5	50	0	6.2	1	1	
30	10	2	1	1	35	9	6.2	1	1	37	39	39.5	5	37	39	39.5	5	5	50	0	6.2	1	1	
31	9	4	1	1	35	9	6.2	1	1	37	39	39.5	5	37	39	39.5	5	5	50	0	6.2	1	1	
37	39	39.5	5	5	37	39	39.5	5	5	37	39	39.5	5	37	39	39.5	5	5	50	0	6.2	1	1	
35	27	15.3	3	3	35	27	15.3	3	3	35	27	15.3	3	35	27	15.3	3	3	59	47	39.5	6	6	
39	19	13	2	2	35	27	15.3	3	3	35	27	15.3	3	35	27	15.3	3	3	59	47	39.5	6	6	
38	18	6	2	2	39	19	13	2	2	39	19	13	2	39	19	13	2	2	57	36	26.2	4	4	
37	10	9.3	1	1	39	19	13	2	2	39	19	13	2	39	19	13	2	2	57	36	26.2	4	4	
37	9	11	1	1	38	18	6	2	2	38	18	6	2	38	18	6	2	2	58	24	24.5	4	4	
35	9	6.2	1	1	38	18	6	2	2	38	18	6	2	38	18	6	2	2	58	24	24.5	4	4	
59	47	39.5	6	6	37	9	11	1	1	37	9	11	1	37	9	11	1	1	55	18	9	2	2	
59	47	39.5	6	6	35	9	6.2	1	1	35	9	6.2	1	35	9	6.2	1	1	55	18	9	2	2	
44	44	34.5	5	5	43	59	34.5	6	6	43	59	34.5	6	43	59	34.5	6	6	56	0	43.5	6	6	
40	35	17	5	5	44	44	34.5	5	5	44	44	34.5	5	44	44	34.5	5	5	56	0	43.5	6	6	
42	23	24.3	3	3	40	35	17	5	5	40	35	17	5	40	35	17	5	5	56	0	43.5	6	6	
41	18	6	2	2	42	23	24.3	3	3	42	23	24.3	3	42	23	24.3	3	3	56	0	43.5	6	6	
40	16	7	2	2	41	18	6	2	2	41	18	6	2	41	18	6	2	2	56	0	43.5	6	6	
44	13	13.3	2	2	40	16	7	2	2	40	16	7	2	40	16	7	2	2	56	0	43.5	6	6	
41	8	9.3	1	1	44	13	13.3	2	2	44	13	13.3	2	44	13	13.3	2	2	56	0	43.5	6	6	
40	7	5	1	1	41	8	9.3	1	1	41	8	9.3	1	41	8	9.3	1	1	56	0	43.5	6	6	
40	7	5	1	1	40	7	5	1	1	40	7	5	1	40	7	5	1	1	56	0	43.5	6	6	

** = RACE DIRECTOR
* = VOLUNTEER

W.T.R.C. 2006 CHALLENGE SERIES
STANDINGS AFTER 6 EVENTS

60 - 64 MALE		MALE (continued)		AGE		PTS		MILES		EVT		VOL			
NAME	AGE	PTS	MILES	EVT	VOL	AGE	PTS	MILES	EVT	VOL	AGE	PTS	MILES	EVT	VOL
Jim Harris	63	50	14	5		50	34	35.5	5	*					
Jim Burlison	63	36	24.3	5	*	61	31	35.5	5	*					
Dick Baker	61	28	19.5	3		39	30	28.3	3						
Dean Smith	62	20	17.2	2		54	30	25.2	4						
Ron Lubowicz	63	9	28.3	5	*	48	30	19.3	4	*					
						47	14	22	3	**					
						43	14	4	2						
						24	9	2	1						
						46	7	9	2	*					
65 - 69 MALE															
Gorden Jenkins	65	58	43.5	6											
Ralph Wolf	69	47	39.5	5											
Bill Roger	66	27	45.7	6	**										
Mike Greer	67	18	10	2											
Larry Byrd	65	16	38.5	5	*										
James Bone	66	9	6	1											
George Jury	69	0	43.5	6	*										
70 - 99 MALE															
Bill Felton	71	30	15	4	*										
Hugh Haynes	75	0	11	1	*										
13 - 15 FEMALE															
Hanna Layman	13	47	17	5											
Kyra Sloan	13	22	6	2											
20 - 24 FEMALE															
Lynn Helmstetter	24	29	26.5	3											
Landi Kime	24	11	6	1											
Tara Tiplon	22	10	4	1											
Autumn Moore	24	9	4	1											
25 - 29 FEMALE															
Amy Hartien	29	27	32.3	4	*										
Jill Simpson	28	19	9	2											
Melissa Bailey	28	14	12	2											
Evette Marcelino	29	10	6	1											
Lisa Wachsmann	27	9	2	1											
30 - 34 FEMALE															
Iris Rivero	31	63	43.5	6											
Ann Roberts	30	40	28.5	4											
Malinda Colwell	32	35	30.3	4											
Tara Stevens	34	19	10.2	2											
Traci Payne	33	15	13	2											
Carol Hise	34	10	4	1											
Tammy Morfearty	32	10	2	1											
Susanne Moore	31	9	5	1											
Francine Williams	31	9	2	1											
Wendy Drake	31	5	9.3	1											
35 - 39 FEMALE															
Kippi Buchanan	36	20	15.3	2											
Cathy Paden	31	10	4	1											
Jerond Gault	36	10	2	1											
Londes Juan	39	10	2	1											
LouAnna Arterburn	37	6	9.3	1											
Rose Hoeve	38	0	5	1	*										

** = RACE DIRECTOR
* = VOLUNTEER

A Runner's Notes: "Turning Corners", by Jim Harris

In late May I traveled into the bush of northern Saskatchewan for my fourteenth annual fishing excursion in some of the most fertile waters in the world. As I do each year, I had an enchanting time catching trout, walleye, and northern pike on several lakes where the roads end, jumping off places that require airplanes if you want to travel farther north.

Most years I continue to get in a morning run before I begin my invigorating 10-hour days along the banks or in a boat on the beautiful lakes--such as La Ronge, Little Bear, and Pelican Narrows--that blanket northern Canada. In several places when I put on my running shoes I attach to the laces a small bell to warn the moose, elk, and bear that I'm traveling through their territory.

This year I had something different happen to me on my piscatorial adventure. I seemed to enjoy the running more than I did the fishing. Now fishing has been part of my life since my father took me to the river when I was a little kid; so the change in attitude made me wonder if I had turned another corner in my running life that started in 1975, almost 36 years ago.

I guess I have turned a lot of corners over the years, and I have gone through many different running phases. Several WTRC members, including Ron Lubowicz, have spoken and written informatively about their running evolutions, many changes having to do with injuries. When I had surgery on my left knee in the late 1980s, I thought for awhile that I would never run the same again and never have the same attitudes about exercise. I was wrong about that.

For many years I ran just to be running and did not think about competing in races. So joining the WTRC in 1992 and starting to collect medals was a big corner I turned in my running life.

In fact, when Mary and I drive away from one of our monthly club races we still marvel about life's twists and turns that brought us to spend time with the group of individuals who regularly race in Lubbock and its surrounding towns and parks. The club is filled with so many good boys and girls, men and women, individuals who have become our friends. I'm sure that has had much to do with the fact that we're still coming to the races after 14 years.

We're a diverse lot, and reading about Bobbie Birdsong in last month's newsletter made me wish that I could have run a race with him. I think I would have liked his attitudes about running, just as I like so much and appreciate Bill Roger's happy-go-lucky and humorous approach to our club events. They say laughing adds years to your life.

And it's a real joy seeing Jay and John Keith, and other parents and children, running together. Try and imagine the kinds of enjoyable corners they will be turning together as time goes by.

The shortest distance between two points is a straight line. I guess that means runners, just like race car drivers, ought to be paying close attention to corner entrances and exits. We never know what turning a corner might bring.

Now don't get me wrong. I'll still be looking forward to catching and eating walleye again next May. And if the lord's willin' and the creek don't rise, I'll be running again in the Canadian bush.

Shanna Armstrong Bikes Across USA

As we go to press, Shanna Armstrong, a WTRC member, is nearing completion of the 25th annual bicycle Race Across America (RAAM) of 3,043 miles from the Pacific Coast (Oceanside, California) to the Atlantic Coast (Atlantic City, New Jersey). Shanna (age 30) and cardiologist Guy Wells (age 54), as a coed team, last year became the first Lubbockites to attempt and complete this arduous, torture on wheels as they won their division with an overall time of 8 days, 17 hours and 36 minutes. Thus, in 2005 they became the first two-person coed team to finish the race as RAAM rookies.

This year they are attempting this cross country feat individually and will have to pedal the entire distance separately (each biking all the miles uphill, flat & downhill). They began this marathon on Sunday morning, June 11th at 11 a.m. CDT with Shanna in the women's solo division and Guy in the men's solo enduro division. Only 109 of the 202 men who have attempted RAAM as soloists have finished and the women are even worse with only 21 out of 44 completing the race.

This new enduro race requires all male riders to spend at least 40 hours off the bike throughout the race. In addition, they must stop at five designated check points for at least two hours, and then for a total of 30 hours at a combination of 23 other check points with those 40 hours being deducted from their overall times. RAAM is trying to make the race safer to avoid any repetition of the tragedy last year when a cyclist fell asleep on his bike, ran into a truck and died as a consequence of his injuries.

Shanna has different rules in her traditional division, however, which allow her to stop at any time or place for as long as she likes. There are 56 time stations; however, that must be reached at prescribed times or she faces elimination. She slept for only eight hours in last year's race and plans on getting only 1 ½ hours of sleep per day this year.

Both Armstrong & Wells will be accompanied by a support crew of at least eight following each cyclist in a recreational vehicle and minivan carrying many things including food, racing equipment and medical supplies. Both are trying to raise money for the Boys and Girls Clubs of Lubbock and hope to raise more than the \$5,000 donated last year.

Shanna has had many athletic achievements including: a four-time qualifier for the Ironman World Championships, a two-time winner at the Ultraman World Championship (twice the distance of the Ironman) and swin course record holder at the Ultraman. By completing this race she may be able to secure sponsorships for future competitions to augment her occupation as a massage therapist when she is not training or racing. She said: "If everything works well with this race and I complete it, then I will be a very well-known athlete and I should be able to get my racing covered for the future. To me, this is my big break. It's bigger than Ultraman. It's like the Super Bowl of cycling."

Unfortunately, Dr. Guy Wells got off to a rough start by becoming sick after just 250 miles and had to receive two bags of intravenous fluids as a result of his illness and was officially disqualified after reaching the 10th of 56 time stations in Tuba City, Arizona at about 11:30 p.m. CDT Tuesday, June 13th. The race director said he had "no chance" of making the first mandatory cutoff time in Durango, Colorado, the 15th time station by 4:40 p.m. CDT Wed. June 14th and 250 miles away. His average speed up to that point was 9.37 mph. He had said before the race that he would need to pedal at an average speed of 12 mph in order to finish the race within the required time stipulation of 12 days. Wells had traveled 565 miles in a little more than 60 hours while spending only about five hours off his bike. This was an excellent effort especially for a man his age.

Not surprisingly, there have been several other casualties including Shanna's only competitor in the women's solo division. Shanna has had to weather some difficult rainstorms, not to mention high winds and mountain ranges along the way. She had a somewhat shaky start, too, and vomited about 100 miles into the race.

The Lubbock Avalanche-Journal has performed a marvelous service in keeping up with this grueling race by having a daily article on Shanna depicting her latest happenings of this cross country saga. As of this writing, she was in 15th place among the 18 solo riders left with seven already reaching the finish line. The A-J reports that Shanna "has been severely fatigued according to blog entries on her Web site, www.shannaarmstrong.com, but the reports say she also has displayed remarkable perseverance and remains in good spirits. According to the most recent blog entries posted on Wednesday, June 21st, she has been boosted by dozens of encouraging e-mails from friends and fans."

She faces climbing 1,500 feet through the Appalachian Mountains but then will have a downhill ride into Maryland, passing through Pennsylvania en route to New Jersey and the finish line in Atlantic City. Barring any last minute problems, she is projected to conclude this Odyssey early Friday morning, June 23rd. She now must be considered one of our most notable members and is a true winner in every way. Our Club couldn't be more proud of her.

TEXAS' OLDEST CONTINUOUS ROAD RACE (Since 1970)
 W.T.R.C.'s ANNUAL FIRECRACKER RUNS, BROWNFIELD, TEXAS JULY 4th

EVENT RECORDS (after 35 years)

NAME	TOWN	AGE	TIME	YEAR
19 & Under				
20-29	Sam Mwabe	18	52:54	2001
30-34	Jorge Pacheco	22	52:34	1990
35-39	Chris Rodriguez	31	58:52	2000
40-44	Bob Jackson	36	56:56	1995
45-49	Bob Jackson	43	57:05	2002
50-54	Jim Leser	49	1:05:06	1996
55-59	George Jury	50	1:03:28	1987
60-64	George Jury	55	1:08:54	1992
65-69	Don Sanderson	63	1:16:30	1993
70 Plus	Ralph Wolf	66	1:32:04	2003
Clydes	Don Sanderson	71	1:21:07	2001
	Farrell Martin	34	1:09:45	2003

NAME	TOWN	AGE	TIME	YEAR
19 & Under				
20-29	Stephanie Bigham	18	1:15:14	2001
30-34	Idalia Casiano	23	1:07:52	1991
35-39	Marjory Stewart	32	1:05:30	1991
40-44	Becky Rowley	39	1:12:10	2003
45-49	Denise Bray	41	1:17:48	2003
50-54	Mary Branscome	45	1:22:10	2005
55 Plus	Madonne Miner	50	1:22:07	2003
	P.J. Mitchell	55	1:29:55	2001

3 MILE
 MEN

NAME	TOWN	AGE	TIME	YEAR
15 & Under				
16-19	Carlos Ybarra	15	15:58	1978
20-29	Curtis Conaway	18	14:44	1979
30-34	Dennis Williams	29	14:23	1975
35-39	Steve Stallings	30	15:02	1982
40-44	Quinn Smith	35	15:56	1995
45-49	Bob Jackson	44	16:31	2003
50-54	George Jury	49	17:47	1986
55-59	George Jury	52	17:45	1989
60-64	Robert Guajardo	56	18:49	1999
65-69	Jim Harris	60	21:16	2003
70 Plus	Don Sanderson	66	21:29	1996
Clydes	Don Sanderson	74	24:35	2004
	Jeromy Casey	24	19:42	1999

WOMEN

NAME	TOWN	AGE	TIME	YEAR
15 & Under				
16-19	Hope Jimenez	13	19:27	1997
20-29	Mary Ann Hernandez	18	18:48	1999
30-34	Isabel Torres	21	18:21	1979
35-39	Melanie McVey	34	21:04	1992
40-44	Sherrill Easterling	39	21:34	2001
45-49	Cheryl Weber	44	20:25	1994
50-54	P.J. Mitchell	46	22:00	1999
55-59	Estela Galvan	53	23:55	1999
60 Plus	Estela Galvan	58	28:26	2001
Athna	Suzan Caudle	60	28:52	2003
		51	35:41	2004

West Texas Running Club proudly presents

37th ANNUAL
 FIRECRACKER RUNS

Please Pre-Register

Mail-in entry (enclosed) before June 30th
 or Register Online by noon, July 3rd <http://wtcr.tripod.com>
 NO Telephone or email registration for this year's race.
Tuesday, July 4th, 2006

Late registration: 7:00-7:45 am

Races Start: Children's 1 mile - 7:40 am
 3 & 10 mile - 8:00 am

Terry County Park, Brownfield, Texas

From Lubbock on Hwy. 62, go to the
 stoplight at Buckley St. & turn left on to Old Lamesa Rd.,
 turn right just past the swimming pool.

Entry Fees: Children's 1 mile run - \$1.00,
 3 & 10 mile runs - \$5.00 for WTRC Members, \$10.00 for non-
 members (Pre-Registered).

Race Day Registration \$10.00 - members and non-members (3 & 10
 Mile), \$1.00 - Kids run.

Special and unique commemorative medallions. Awards given to the first 3 in
 each

age group and up to 5 of the contestants in each age group as listed below.
 Awards will be presented at 8:05 am (Kids Run), 8:35 am (3 mi.), and 10 am (10
 mi.).

Age Groups 10 Mile Run

Male; 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-
 69, 70+

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

3 Mile Run

Male; 7-12, 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+

Female; 7-12, 13-15, 16-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49,
 50-54, 55-59, 60+

Clydesdale and Athena divisions age graded as above in both running events.
 Children's 1 mile run; grades pre-school through 6th, special commemorative medals for
 first place boy and girl Overall. Finish ribbons for the remainder.
 Grade as of Fall, 2006.

Contact: Race Director Jim Harris, (505) 392-8945