

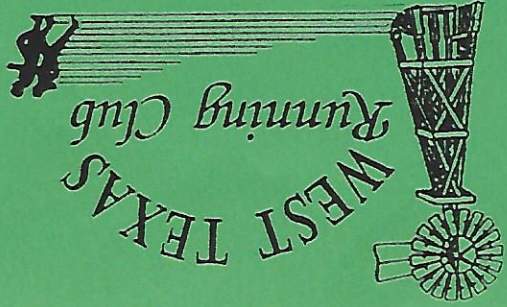
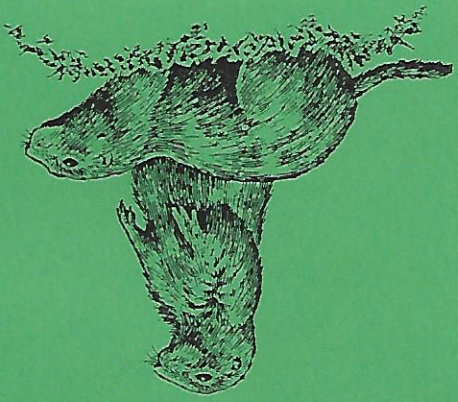
CALENDAR

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

- MAR. 6 W.T.R.C. Business meeting, Monday, 7pm, WEST TEXAS PETERBILT, 45th and Ave. A
- * MAR. 11 PRAIRIE DOG TOWN RUN: Mackenzie Park, Lubbock, 4 Miles, 9am
Contact: Randy Holloway, 794-7512(h), 789-1547(c)
- MAR. 18 MARATHON OF THE GREAT SW.: Abilene, 32.5-69.5-3400,
www.abileneswca.org
- APR. 1 THE GREAT HOGG RACE: Lamesa, Forrest Park, Marathon, half, 10k, 5k and more. Angie Graham, Hm. 806-794-9558, cell. 806-777-2286. Proceeds to benefit Andy Hogg.
- APR. 2 CAPITOL 10,000: Austin, www.statesman.com/cap10k
- APR. 2 THE BIG D TEXAS MARATHON: Dallas, www.texasmarathon.com
- * APR. 22 RUN FOR THE ARTS: Lubbock, 15K and 2 Mile, 8:00AM
Tom Weis, RD, 928-0482, twais@unitedtexas.com
- * MAY 13 HORSESHOE BEND SPRING FROLIC: 8am, N. of Slaton, 11, 6 and 2 Mile Races, Randy Holloway, RD, 794-7512(h), 789-1547(c) e-mail randyholloway@sbcglobal.net
- MAY 21 BUFFMAN/SQUEAKY TRIATHLON: BSL, Greers, 796-8213, 829-2153
www.buffalospingslaketriathlon.com
- JUNE 3 GIRLSTOWN GALLOP: 5K, 9:00 AM, Whiteface, Ivanna Newport, 806-229-6361
- * JUNE 10 BOBBY BIRDSONG MEMORIAL LIEVELLAND LOPE: Levelland, 8am 10K and 2 Mile, Bill Roger, RD, 894-7911
- JUNE 25 BSL HALF IRONMAN TRIATHLON: Greers, 796-8213, 829-2153
www.buffalospingslaketriathlon.com
- * JULY 4 36th ANNUAL FIRECRACKER RUN: Brownfield, 8am; 10 Mile and 3 Mile, kids 1 Mile, Jim Harris, RD, (505) 392-8945
- * AUG. 12 HOT DAM 5 MILLER: Canyon Lake 6, Lubbock, 8:00 am.
- * SEPT. 9 SHALLOWATER STAMPEDE: 10K and 2 Mile, 8:00 am, Shallowater High School, Dwayne Oakeley, RD, 806-799-4473.
- * OCT. 7 RED RAIDER ROAD RACE: ITTU Campus, Lubbock, 8:00 am, 10K and 5K., Sam Prose, RD, 806-794-0429.
- OCT. 14 RACE FOR THE CURE: 5K, ITTU Campus, Lubbock, 8am, FMI 698-1900 or www.komer-lubbock.org
- OCT. 14 M2M Marathon: Marathon, Tx., Marathon, 10K, Two-Person Relay, 8:00am, www.marathon2marathon.net
- * 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, 9:00 am, 12K and 2 Mile, contact Ron Lubowitz, 632-4926(d), 748-1855(N)
- * DEC. 9 REDLINE 4 MILE CROSS COUNTRY: MAE SIMMONS PARK, Lubbock, 10 am., Tom Griffin, RD, 698-1503 (h) 747-2579 (w)



David Higgins
3401 Alcové
Lubbock, TX 79407



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



Prairie Dog Town Run
9am, Saturday, March 11, 2006
Mackenzie Park, Lubbock, TX
Details inside back cover

WEST TEXAS RUNNING CLUB

OFFICERS

President - Ron Lubowicz
(H) 748-1855 (O) 632-4926
E-mail: ronlubo@aol.com

Internal Vice-President - Madame Mirer
(H) 797-7383
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External Vice-President - Tom Griffin
(H) 698-1503
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Secretary - Sam Prose
(H) 794-0429
E-mail: soprose@hotmail.com

Treasurer - David Higgins
(H) 785-8562 (O) 795-5823
E-mail: d_higgins69@hotmail.com

Immediate Past President - Mike Kelley
(H) 765-0441
E-mail: mkelleyrun@yahoo.com

WTRC Web Address:
<http://wtrc.trjpod.com>

W. T. R. C. RACES ARE USUALLY HELD THE 2ND SATURDAY OF EACH MONTH.
The WTRC monthly business meeting is on Monday, March 6, 7:00 p.m. at West Texas Peterbilt, 451/5 Ave. A, Sales & Leasing Office (closest to Ave A)
All members are welcome

NOTES FROM THE PRESIDENT

If you discover something that might be common knowledge to folks "in the know", is it any less a discovery? And if you go one step further and give it a name, does that make it uniquely yours? If so, then let me introduce you to "sympathetic stretching."

A couple of months ago I was half-awake during an infomercial showing a bunch of people doing Tai-Chi. Within a few days I also watched a movie containing a lot of contemporary ballet. Then one morning, while all these images were still quite fresh (and when I knew that my wife wasn't looking) I playfully tried to combine my version of the moves in my memory into my morning stretching routine. What happened next was "the discovery" ... I began locating stiffnesses and sorenesses (not real words, by the way) that I had never noticed before. It seemed that the more goofy moves I made actually allowed me to analyze these spots and create routines that diminished them or made them go away altogether.

Give it a try (but make sure that no one is watching) and let me know if you get similar results. Perhaps "sympathetic stretching" will become the next fitness craze. If so I promise to donate part of my fortune from book and video sales to the WTRC.

SYO/TR, Ron

WEST TEXAS RUNNING CLUB EIGHT MILE COTTON PATCH RUN USA T&F CERTIFIED, # 97110ETM February 11, 2006

PLACE NAME	ST	DIV	PLACE	AG	S	TIME	PAGE
1 JERRY DWYER	TX	1	M4549	46	M	53:38	6:43
2 GLEN POKLIKUHA	TX	1	M3034	34	M	57:44	7:13
3 RICHARD LOMBARDINI	TX	1	M2529	29	M	59:07	7:24
4 SCOTT WEBB	TX	1	M2024	22	M	59:28	7:26
5 LAWRENCE SCHOVANEC	TX	1	M5054	53	M	59:32	7:27
6 FERRELL MARTIN	TX	1	CLYDE	39	M	59:59	7:30
7 JARED MASOOD	TX	2	M2529	26	M	1:00:04	7:31
8 DENISE BRAY	TX	1	F4044	44	F	1:00:41	7:36
9 JASON FELLERS	TX	3	M2529	25	M	1:01:17	7:40
10 IRIS RIVERO	TX	1	F3034	30	F	1:03:04	7:53
11 JEFFREY HAAG	TX	2	M3539	36	M	1:05:07	8:09
12 DUSTY THOMPSON	TX	2	M3034	33	M	1:06:04	8:16
13 TOM CUNNINGHAM	TX	2	M5054	50	M	1:06:11	8:17
14 TYGE PAYNE	TX	2	CLYDE	34	M	1:06:19	8:18
15 MIKE HUMPHREY	TX	3	M3539	39	M	1:06:33	8:20
16 ANN CRUCE ROBERTS	TX	2	F3034	30	F	1:06:46	8:21
17 MARY BRANSCOME	TX	1	F4549	46	F	1:07:00	8:23
18 AARON SELF	TX	4	M2529	26	M	1:07:15	8:25
19 MARK ALBUS	TX	4	M4549	49	M	1:07:39	8:28
20 TYLER GREENFIELD	TX	3	M4549	48	M	1:09:15	8:40
21 JASON BURLEY	TX	4	M3034	30	M	1:10:00	8:45
22 RALPH WOLF	TX	1	M6569	68	M	1:10:43	8:51
23 GORDEN JENKINS	TX	2	M6569	65	M	1:11:35	8:57
24 HEATHER NEWMAN	TX	1	F2024	23	F	1:13:11	9:09
25 AMY HARLEN	TX	1	F2529	29	F	1:13:48	9:14
26 MALINDA COLWELL	TX	3	F3034	32	F	1:14:05	9:16
27 JENNIFER PLUNKETT	TX	2	F2529	27	F	1:14:53	9:22
28 MELISSA BAILEY	NM	1	F1717	17	F	1:17:11	9:39
29 JULIE CRIBBS	TX	3	F2529	28	F	1:18:22	9:48
30 JIM BECK	TX	2	F4549	47	F	1:18:22	9:48
31 ANDY ORSA	TX	3	CLYDE	46	M	1:18:39	9:50
32 DWAYNE OAKELEY	TX	1	M1619	16	M	1:22:134	10:27
33 RAY BRADY	TX	5	M4549	49	M	1:24:55	10:37
34 TRACY PAYNE	TX	1	M6064	62	M	1:28:06	11:01
35 CHRISTY GENENBACHER	TX	4	F3034	33	F	1:29:51	11:14
36 MARSHA BENNETT	TX	4	F2529	27	F	1:29:52	11:14
		2	F4044	42	F	1:30:57	11:23

WEST TEXAS RUNNING CLUB FOUR MILE COTTON PATCH RUN USA T&F CERTIFIED, # 97110ETM February 11, 2006

PLACE NAME	ST	DIV	PLACE	AG	S	TIME	PAGE
1 QUENT BEARDEN	TX	1	M3034	30	M	22:38	5:40
2 ANTHONY HERR	TX	1	M1619	19	M	23:10	5:48
3 JOHN KEITH	TX	2	M1619	17	M	25:35	6:24
4 JACKIE CANNON	TX	1	M5054	50	M	26:27	6:37
5 RENE GONZALES	TX	1	M4044	40	M	26:48	6:42
6 DREW JONES	TX	3	M1619	16	M	27:07	6:47
7 ADAM BARRON	TX	2	M4044	43	M	28:19	7:05
8 MILT BROWNFIELD	TX	1	CLYDE	48	M	28:39	7:10

WEST TEXAS RUNNING CLUB
FOUR MILE COTTON PATCH RUN
 USA T&F CERTIFIED, #97110ETM
 February 11, 2006

PLACE NAME	TOWN	ST	DIV	PLACE	AG	S	TIME	PACE
9 KYRA SLOAN	CROSBYTON	TX	1	F1315	13	F	28:50	7:13
10 DANNY SLOAN	CROSBYTON	TX	3	M4044	41	M	29:26	7:22
11 ABEL PEREZ	LEVELLAND	TX	1	M2024	20	M	29:42	7:26
12 KELSEY SCHNEIDER	LUBBOCK	TX	1	F1619	17	F	30:47	7:42
13 NICK KUESER	LUBBOCK	TX	2	M2024	22	M	30:57	7:45
14 JOE KUESER	LUBBOCK	TX	4	M4044	44	M	30:58	7:45
15 RUSSEL MARTIN	SHALLOWATER	TX	2	M4549	47	M	31:24	7:51
16 LUKE SAMARRON	LEVELLAND	TX	1	M0112	12	M	32:01	8:01
17 JIMMY SAMARRON	LEVELLAND	TX	2	M5054	50	M	32:15	8:04
18 BILL FELTON	LUBBOCK	TX	1	M7099	71	M	33:36	8:24
19 TARA STEVENS	LUBBOCK	TX	1	F3034	34	F	33:50	8:28
20 LORENZO PADILLA	LUBBOCK	TX	3	M5054	51	M	33:53	8:29
21 JIM HARRIS	HOBBS	NM	1	M6064	63	M	33:58	8:30
22 STEVEN HENDERSON	LUBBOCK	TX	4	M5054	52	M	35:21	8:51
23 CATHY PADEN	LUBBOCK	TX	1	F3539	35	F	35:32	8:53
24 RONNIE NUGENT	LUBBOCK	TX	1	M5559	59	M	35:44	8:56
25 HANNAH LAYMAN	HEREFORD	TX	2	F1315	13	F	38:31	9:38
26 JAMES LAYMAN	HEREFORD	TX	5	M4044	40	M	38:32	9:38
27 ERIC QUINTELLA	LUBBOCK	TX	2	M3034	31	M	38:42	9:41
28 JAMES BURLESON	LUBBOCK	TX	2	M6064	63	M	39:18	9:50
29 RACHELLE MCNEELY	LUBBOCK	TX	1	F2024	23	F	39:25	9:52
30 BILL ROGER	LEVELLAND	TX	1	M6569	66	M	40:03	10:06
31 TEAM ALBUS-PRINCE	LUBBOCK	TX	1	TEAM			40:33	10:09
32 JAMES LIVERMORE	LUBBOCK	TX	2	M5559	58	M	42:28	10:37
33 JIMMY CLARK	LUBBOCK	TX	3	CLYDE	54	M	42:30	10:38
34 RICK LAMPE	LUBBOCK	TX	2	CLYDE	61	M	45:09	11:18
35 MIKE MALONE	WOLFFORTH	TX	3	M4549	48	M	45:22	11:21
36 RICHARD THOMAS	LUBBOCK	TX	4	M4549	49	M	45:23	11:21
37 JOSIE ALEMAN	LUBBOCK	TX	1	F5054	54	F	48:48	12:12

COTTON PATCH RUN RACE DIRECTOR REPORT

Event: 34th Annual Cotton Patch Runs, Wolfforth, Tx, February 11th

of Participants: 74

Weather: very cold

Volunteers: Suzan Caudle, Kammi Philbrick, Ron Lubowicz, Frank Sumpter, Ida Sumpter, Girlstown-Ivanna & her crew of 6, Tom Griffin, Randy Holloway, Tony Aleman, Larry Byrd, Tom Weis, Rodney Hendrix, Wanda Ledgrave and George Jury.

Relay team: Yes, CP's first ever relay team consisting of Ryan Prince, Sarah Self, Tiffany Albus and Melissa Prince.

Records broken: 3, Mary Branscome, 8 Mile, 45-49Female (1:07:00) Quent Bearden, 4 Mile, 30-34Male (22:38), Bill Felton, 4 mile, 70+Male (33:36)

Photos: Yes, see our website for some great pics, courtesy of Jim Harris and Suzan Caudle.

Sponsor: The Cotton Patch Cafe, Lubbock, provided all of the excellent door prizes!
 David Higgins, Race Director

W.T.R.C. 2006 CHALLENGE SERIES
 STANDINGS AFTER 2 EVENTS

MALE

YTD TOTALS		0 - 12 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	MILES	EVT	MILES	EVT	MILES	EVT	MILES	EVT	MILES	EVT	MILES	EVT	MILES	EVT	PTS	MILES	EVT	VOL
11	10	4	1															47	16	9	2
16	19	9	2	Luke Samarron													Russel Martin	49	14	13	2
22	10	5	1	John Keith												Dwayne Oakley	46	11	8	1	
20	10	4	1													Jerry Dwyer	47	10	5	1	
26	19	13	2													Epi Aquirre	48	9	8	1	
29	18	13	2													Jay Keith	47	9	5	1	
26	9	5	1													Randy Holloway	49	8	13	2	
25	8	8	1													Richard Thomas	49	8	4	1	
30	22	9	2													David Malone	48	7	5	1	
30	18	13	2													Ronnie Trollinger	46	5	5	1	
33	10	8	1													Warner Alexander	46	0	5	1	
39	19	13	2																		
36	10	13	2																		
43	19	9	2																		
40	11	9	2																		
44	9	5	1																		
43	8	5	1																		
40	8	4	1																		
40	7	5	1																		
40	6	5	1																		
63	19	9	2																		
63	10	4	1																		
62	0	13	2																		
63	0	8	1																		
71	10	9	2																		
61	18	9	2																		
39	10	8	1																		
48	10	4	1																		
44	8	18	2																		
50	8	5	1																		
54	8	4	1																		

FEMALE

YTD TOTALS		13 - 15 FEMALE		25 - 29 FEMALE		30 - 34 FEMALE		40 - 44 FEMALE		45 - 49 FEMALE		50 - 54 FEMALE		55 - 59 FEMALE		YTD TOTALS					
AGE	PTS	MILES	EVT	MILES	EVT	MILES	EVT	MILES	EVT	MILES	EVT	MILES	EVT	MILES	EVT	PTS	MILES	EVT	VOL		
13	20	9	2																		
13	11	4	1																		
29	10	8	1																		
27	10	5	1																		
25	9	5	1																		
28	8	8	1																		
30	21	13	2																		
30	19	13	2																		
33	15	13	2																		
34	10	4	1																		
31	9	5	1																		
32	8	8	1																		
31	10	4	1																		
38	0	5	1																		

** = RACE DIRECTOR
 * = VOLUNTEER

Bobby Cunningham

Most of our members only know of the above name because it shows up so many times in our event records listings. I'd like to bring everyone up to date on Bobby's well being. In the fall of 2005 he began to lose weight for no apparent reason and none of the scans, scoping, etc. revealed the cause. December he became unable to eat and had abdominal pain, which after exploratory surgery, revealed his small intestine blocked by a rather large invasive tumor. Surgery was performed to remove the mass and all intestine involved with it. Pathology revealed the tumor to be Non-Hodgkins Lymphoma and initially categorized as stage "4", the worst kind. Fortunately later tests and scans revealed no apparent metastatic disease and lowered the grade to "2". At the time this is written, Bobby is beginning to gain some strength back and is undergoing chemotherapy every 3 weeks which involves a 2 hour stay in the infusion center while 6 different drugs are administered consecutively. Bobby never did wear a lot of hair, but it's all gone now!

MORE HISTORY ON THE MAN and THE WEST TEXAS RUNNING CLUB
Bobby Cunningham grew up in Littlefield and graduated there in 1958. As with most Texas schools at the time, football (FB) was the premier sport and Bobby excelled at it on both sides of the ball. He was known as very competitive hard hitting player. As with most schools of the time, spring often void of athletic opportunities. Baseball had not caught on quite yet to be the high school sport it is today, and often track programs were cut passed off to an assistant FB coach or perhaps the history teacher! (I mean many other schools, Littlefield's "track" was of dirt! Bobby's forte involved to be the longer distances and in 1957 as a junior he won the state level championship among all classes.

Typically another of our long time WTRC members, Mike Greer, was also a Littlefield native and athlete who, unlike Bobby, was a sprinter. Mike went to play football at both the University of Houston and UT-Arlington. He graduated from college and a career in the military, Mike returned to West Texas and worked for a main sporting interest was handball, which I understand he was very good at. In the mid 70's, he, like many others, became interested in the area of cardiovascular fitness that running afforded and learned in the area of AS RUNNING CLUB that was organized in 1972. About 1978 Mike and Bobby's paths crossed again and Mike invited him to start participating in the club's events. Bobby had been relatively inactive since high school, running a business and raising his family and was about 40 pounds overweight but true to his competitive spirit, dove into running with a vengeance. He ran his first club race at age 39, at the COTTONPATCH, then followed in Brownfield in February, 1979. And records began to be made from that point on! Bobby ran high mileage in training and would find a race anywhere within 200 miles to go race nearly every weekend. Bobby often won many of these races outright or in the process pushed younger runners to better performances.

The highlight of his running career was qualifying for Boston in 1983 where he finished in 2:30:48 and 8th of all 40-49 year olds. His preparation for the "Heartbreak Hill" was running the overpasses on the interstate and the hills at Buffalo Springs Lake. Personal bests that he recorded after age 40 are: 2 Mile, 9:58, 5K, 16:30, 10K, 32:38, Half Marathon, 1:15:00 and the above mentioned Boston time. In reviewing old WTRC newsletters I found where he ran in 1982 what was our then April race, a 5 miler in Amarillo, in 26:40, a 5:20 pace at age 42. He began reducing the number of races run in about 1986, because of nagging health problems and ran his last club race, the SHALLOWATER STAMPEDE 10K in 1988 at age 49.

A complete listing of his club race record times and those that have been planted are on a the next page.

FAST TIMES IN THE 40'S
BOBBY CUNNINGHAM'S WTRC EVENT RECORDS
(And comparative times to the current record holders)
(Several of his records have now lasted 24 years)

40-44	Bob Jackson	40	43:46	1999
	+ Tom Mayfield	40	45:40	1981
45-49	Bobby Cunningham	41	45:47	1981
	+ Bobby Cunningham	46	48:14	1986
45-49	Bobby Cunningham	45	22:48	1985
40-44	George Chaves	40	21:27	1994
	+ Bobby Cunningham	43	21:58	1983
45-49	Bobby Cunningham	47	57:31	1986
40-44	Bobby Cunningham	43	10:32	1983
45-49	Jerry Dwyer	45	1:11:43	2005
	+ Bobby Cunningham	47	1:11:59	1987
45-49	Bobby Cunningham	49	37:00	1989
40-44	Bob Jackson	43	57:05	2002
	+ Bobby Cunningham	44	58:07	1984
40-44	Bob Jackson	44	16:31	2003
	+ Bob Dunbar	44	16:44	1978
	+ Bobby Cunningham	43	16:47	1983
40-44	Bobby Cunningham	42	34:52	1982
40-44	Bobby Cunningham	43	11:02	1983
40-44	Bobby Cunningham	42	1:16:55	1982
45-49	Bobby Cunningham	46	1:23:19	1986

CONDOLENCES

G.L. Layman, Jr., March 28, 1938 - January 25, 2006

Survived by his wife and only son James, his wife, Tandie, and three granddaughters, Lauren, Sarah and Hannah.

Janice Lampe, February 1, 2006

Survived by her husband, Dr. Richard (Rick) Lampe, one daughter, Jill, and three sons, Chuck, Christopher, Craig, and five grandchildren.

The WEST TEXAS RUNNING CLUB expresses our sympathy to the above families.

**PRAIRIE DOG RUN 4 MILE
EVENT RECORDS (Since 1983)**
USA T&F Certified, #TX97108ETM

AGE	NAME	TOWN	AGE	TIME	YEAR
0-12	Ben Stewart	Lubbock	12	28:56	1999
13-15	Robert Jackson	Lubbock	15	24:01	1983
16-19	Si Reid	Tucumcari, NM	18	21:20	1997
20-29	Bob Jackson	Portales, NM	24	20:53	1983 *
	Larry Millard	Lubbock	22	21:03	1990
30-34	Cliff McCurdy	Canadian	30	21:20	1984
35-39	Bob Jackson	Hobbs, NM	38	21:34	1997
40-44	George Chaves	Tucumcari, NM	40	21:27	1994
	Bobby Cunningham	Abernathy	43	21:58	1983
45-49	Robert Guajardo	Leveland	48	23:55	1991
50-54	Jim Leser	Lubbock	51	24:01	1998
	George W. Jury	Lubbock	53	24:18	1990
55-59	George W. Jury	Lubbock	55	24:22	1992
60-64	Jim Harris	Hobbs	61	29:59	2004
65-69	Don Sanderson	Tulia	66	28:47	1996
70+	Don Sanderson	Tulia	74	35:32	2004
	Clydes Kevin Lair	Lubbock	38	26:13	2000

AGE	NAME	TOWN	AGE	TIME	YEAR
0-12	Sara Aragon	Tucumcari, NM	12	29:41	1997
13-15	Laci Jackson	Hobbs, NM	15	26:33	1997
16-19	Anne Plachetka	Lubbock	18	32:26	1996
20-29	Sue Houite	Lubbock	28	26:19	1990
30-34	Marjory Stewart	Lubbock	32	23:58	1991 *
35-39	Marjory Stewart	Lubbock	36	25:24	1995
40-44	Marjory Stewart	Lubbock	40	28:57	1999
45-49	Martha Martinez	Colorado Cty	45	30:58	2001
50-54	Madonne Miner	Lubbock	50	31:26	2003
55-59	P. J. Mitchell	Lubbock	57	36:13	2003
60+	P. J. Mitchell	Lubbock	60	38:15	2005

+ = Noteworthy Times

*** OVERALL COURSE RECORDS**

RACE ENTRY FEES

As was mentioned in the article about the TURKEY TROT last month, our race entry fees for the races with no T Shirts have been set at \$5 for members and \$6 for non members for pre-registration since 1993. Race day fees were raised to \$10 in 2003 to encourage pre-registrations and to facilitate late registration, so that the races could be started at the announced time. These have remained at this level for so long because of the astute financial management of your club officers. The aim is for these races to at least break even. Expenses incurred for a typical race include; Award medals, porta-potty or premise rental, police traffic protection and refreshments.

Nominations Needed for the West Texas Running Club/Texas Tech University Scholarship

The West Texas Running Club is pleased to announce the West Texas Running Club/Texas Tech University Scholarship. Candidates must have a letter of nomination from a WTRC member, submit a standardized form, and be a resident of West Texas as defined: the area north of Interstate 20 as far west as Pecos and to the west of a line from Abilene to Wichita Falls. Candidates must be full-time students (minimum 12 credit hours) at Texas Tech University who have completed at least one semester. Stipends of up to \$500 per semester will be awarded based on the following criteria: participation in school activities, leadership positions held, academic record and financial need. Special consideration is given to candidates who participate in activities that are consistent with the goals of the club. It is expected that recipients of this scholarship either run in or volunteer at West Texas Running Club races, although exceptions can be made in extenuating circumstances. Scholarship applications are due on May 1, 2006. For further information and appropriate form, you may contact Bob Blake, the WTRC Scholarship Committee Chair, at bob.blake@ttu.edu, or (H) 765-5446, (O) 742-4200.

Marathon Results

A number of WTRC members made the trip to Austin to run the Freescale Marathon and Half-Marathon. Those included marathon finishers James Baumann, 3:37:27; Mary Branscome, 3:52:16; Bob Jackson, 2:50:56; Jay Keith, 3:42:50; Brent Lowrey, 4:19:03; David Steadman, 3:32:15; and Rose Hoeve finishing her first marathon in 4:42:15. Finishers in the Half included Epi Aguirre, 1:38:37; Amy Harlien, 1:57:46; Michael Harlien, 1:56:48; Lynn Helmstettler, 1:53:22; Jerred Hurst, 1:25:36; John Keith, 1:28:28; Matt Jordan, 1:55:14; David Mangold, 2:30:59; and Isaac Munoz, 2:10:10.

Last Chance to Renew Membership

All memberships to the West Texas Running Club are due at the beginning of the calendar year. We continue to send newsletters to members through the month of March, after that we drop those who have not renewed from our mailing list. Please renew now to stay on our club roster.

**** The West Texas Running Club's Challenge Series ****

The WTRC CHALLENGE SERIES continues, as a 12 month series of 13 races culminating in year-end awards for performance, endurance and participation by club members in our monthly club races. The schedule of events is listed in the calendar of each newsletter, and each designated race will be detailed in the W.T.R.C. Newsletter prior to that race. Additional categories this year will again recognize non running volunteers.

All members desiring to participate in the Challenge Series must volunteer to serve as a non-running worker at one Challenge Series event as an entry requirement. (There will be no duplication of awards)

The Challenge Series features these categories:

1. **66 Mile Club **** All members completing 66 miles in qualifying events will receive an award denoting that achievement. There will be a total of approximately 101 qualifying miles available. Any member serving as **RACE DIRECTOR** will be credited with **double mileage** for the most miles in that event. Any member who serves as a **volunteer** will be credited for the **most miles** at those races with more than one distance.
2. **MILEAGE AWARD **** An award will be presented to the male and female members who accumulate the most miles for the year in qualifying events. All provisions for Race Directors and volunteers listed above apply to this category.
3. **PARTICIPATION AWARD ***** An award will be presented to the female and male members who participate in the greatest number of qualifying events. All provisions for Race Directors and volunteers apply to this category.

4. **VOLUNTEER OF THE YEAR **** Up to three awards will be given to those non runners who help the most at club sanctioned events. These selections will be made by the Race Directors.

5. **VICTOR'S RANKINGS ****** Points will be earned at each qualifying event in the following Age and Sex groupings:

A. Divisions will include: **MALE AGE GROUPS**; 0-12, 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 AGE GROUPS; 0-12, 13-15, 16-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59 & 60 Plus.

(Those less than 13 must run in the shortest races offered)
Clydesdale/Athena category: Men over 190 pounds, Women over 150 pounds
Age Graded Scoring.

B. The overall winners in each race are awarded 11 points, then the 1st place finisher in each division at each distance at each qualifying event will earn 10 points, the 2nd place, 9 points, 3rd place, 8 points, and so on down to 1 point for 10th place finisher. This rewards both performance and participation, i.e., if a runner finishes last in their division, but only 3 other runners in that division attend that race, the last place finisher would still earn 7 points for a 4th place finish. This allows slower runners who attend more races to accumulate additional points over their faster competitors who do not participate as often. For example, a runner who attends 10 events and earns 6 points at each would have more points than a competitor who won each of 5 events he entered, thus rewarding participation and performance. Also, runners may enter any distance available at a qualifying event and still earn points. (Except those under 13 years of age must run in the shortest race)

C. Awards will be presented to a minimum of 3 and up to 5 of the top point scorers in each division. Awards will be presented at a year end membership meeting.

D. To win a "Points" award a member must have run in at least 3 events and volunteered for at least one other.

E. Monthly Challenge Series Statistical Updates will appear in the Newsletter.

WEST TEXAS RUNNING CLUB'S

24th Annual

PRAIRIE DOG TOWN 4 MILE RUN

USA T&F CERTIFIED, #TX97108ETM

EVENT # 3

Of the 2006 W.T.R.C CHALLENGE SERIES

WHEN: SATURDAY, MARCH 11, 2006
 REGISTRATION 8:00-8:45 A.M.
 RACE START AT 9:00 A.M.

WHERE: MACKENZIE STATE PARK
 on Canyon Lake Drive, just
 off Broadway, North

COURSE: Rolling Terrain, Asphalt
 4 Miles, Out and Back

ENTRY FEE: W.T.R.C. MEMBERS= \$ 5.00
 OTHERS = \$ 6.00

Race Day Entry fee = \$10.00 for everyone

PRE-REGISTRATION: Is available, return the entry form or call George Jury before 6pm, Friday, March 10th 792-1237 (h), 792-3291 (w) (e-mail rungwj@aol.com)

AWARDS: Unique "Prairie Dog" Medals will be given to the Overall Winners and the first 3 in the following Divisions and to at least 50 percent of the participants in each age group (maximum of 5)

AGE DIVISIONS:

MEN 0-12; 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 Plus,
 Clydesdale

WOMEN 0-12; 13-15; 16-19; 20-24; 25-29; 30-34; 35-39;
 40-44; 45-49; 50-54; 55-59 and 60 Plus, Athena

RACE DIRECTOR: John Trampler Home 794-1359
 e-mail, trampler@cox.net



Andy Hogg, an 18-yr old senior from Lamesa, TX was diagnosed with Acute Lymphoblastic Leukemia on December 15, 2004. Andy has made great strides toward recovery through chemotherapy and other treatments. With the community's encouragement and God's healing, Andy can and will beat this cancer.

REGISTRATION INFORMATION (please print)

NAME _____	<u>T-SHIRT SIZE</u> (Adult sizes)	<u>EVENT</u>
ADDRESS _____	S	<input type="checkbox"/> 100 M Dash
CITY _____	M	<input type="checkbox"/> 200 M Dash
STATE _____ ZIP _____	L	<input type="checkbox"/> 400 M Dash
PHONE _____	XL	<input type="checkbox"/> 1 Mile Run
EMAIL _____	XXL	<input type="checkbox"/> 1 Mile Walk
AGE _____	Youth Size _____	<input type="checkbox"/> 5K Run
<input type="checkbox"/> MALE		<input type="checkbox"/> 5K Walk
<input type="checkbox"/> FEMALE		<input type="checkbox"/> 10K Run
		<input type="checkbox"/> 10K Walk
		<input type="checkbox"/> ½ Marathon Run (13.1 mi)
		<input type="checkbox"/> Marathon Run (26.2 mi)
		<input type="checkbox"/> Tricycle Race
		<input type="checkbox"/> Bicycle Race: Short Distance
		<input type="checkbox"/> Bicycle Race: Long Distance
		<input type="checkbox"/> Skateboard Competition

The NON-REFUNDABLE and NON-TRANSFERABLE entry fee for early registration is \$20 for the first entry. Early registration ends on **March 17, 2006**. Late registration fee is \$30. Each additional entry (event) fee is \$5. Make all checks payable and return registration form to:

ANDY HOGG MEDICAL FUND
c/o CORNERSTONE FELLOWSHIP
PO BOX 1492
LAMESA, TX 79331

I understand that my participation and presence in this event is totally at my own risk. I personally accept any and all responsibility for personal injury, and I will not seek retribution from the City of Lamesa, Lamesa Independent School District, or any of the event promoters or participants in case of any accident. I recognize that this is a benefit event for the Andy Hogg Medical Fund. I am not competing in any way for any kind of awarded prizes. I will not in any way participate in gambling on this event.

SIGNED _____ **DATE** _____

PARENT SIGNATURE (IF MINOR) _____

Confirmation for 5K, 10K, and Marathon events will be sent via email unless otherwise specified. All events will be held at Forrest Park in Lamesa except for the 100, 200, & 400 M Dash events, which will be held at the Lamesa High School Track and the Skateboard Competition, which will be held at the Skateboard Park. The registration booth will open at 7:30 a.m. T-shirts will be available at that time. Start times are 8:00 a.m. for Marathon events, 9:00 a.m. for events at LHS, and 10:00 a.m. for 5K and 10K events. All other event times to be announced. Free lunch for all participants.

Sponsored by Cornerstone Fellowship
 PO Box 1492 ~ Lamesa, TX 79331
 806-872-0733 ~ 806-759-8245
www.cornerstonelamesa.org

RACE TO BE HELD ON SATURDAY, APRIL 1, 2006