

CALENDAR

- * Indicates W.T.R.C. Monthly Race and CHALLENGE SERIES EVENT
- MAY 1 W.T.R.C. Business meeting, Monday, 7pm, WEST TEXAS PETERBILT, 45th and Ave. A
- * 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 LEVELLAND 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, 3 Mile, kids 1 Mile, Jim Harris, RD, (505) 392-8945
- 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 MILLER: Canyon Lake 6, Lubbock, 8:00 am.
- * SEPT 9 SHALLOWATER STAMPEDE: 10K and 2 Mile, 8:00 am, Shallowater High School, Wayne Oakeley, RD, 806-799-4473.
- SEPT 23 2nd ANNUAL PIONEER ROAD RACE: Plainview, Tx., 5K, 9:00am Brian Whitlock, RD, 806-291-1150, whitlock@wbu.edu
- * OCT. 7 RED RAIDER ROAD RACE: TTU Campus, Lubbock, 8:00 am, 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, 10K, Two-Person Relay, 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, 9:10 am, Mike Kelley, RD, 806-765-0441.

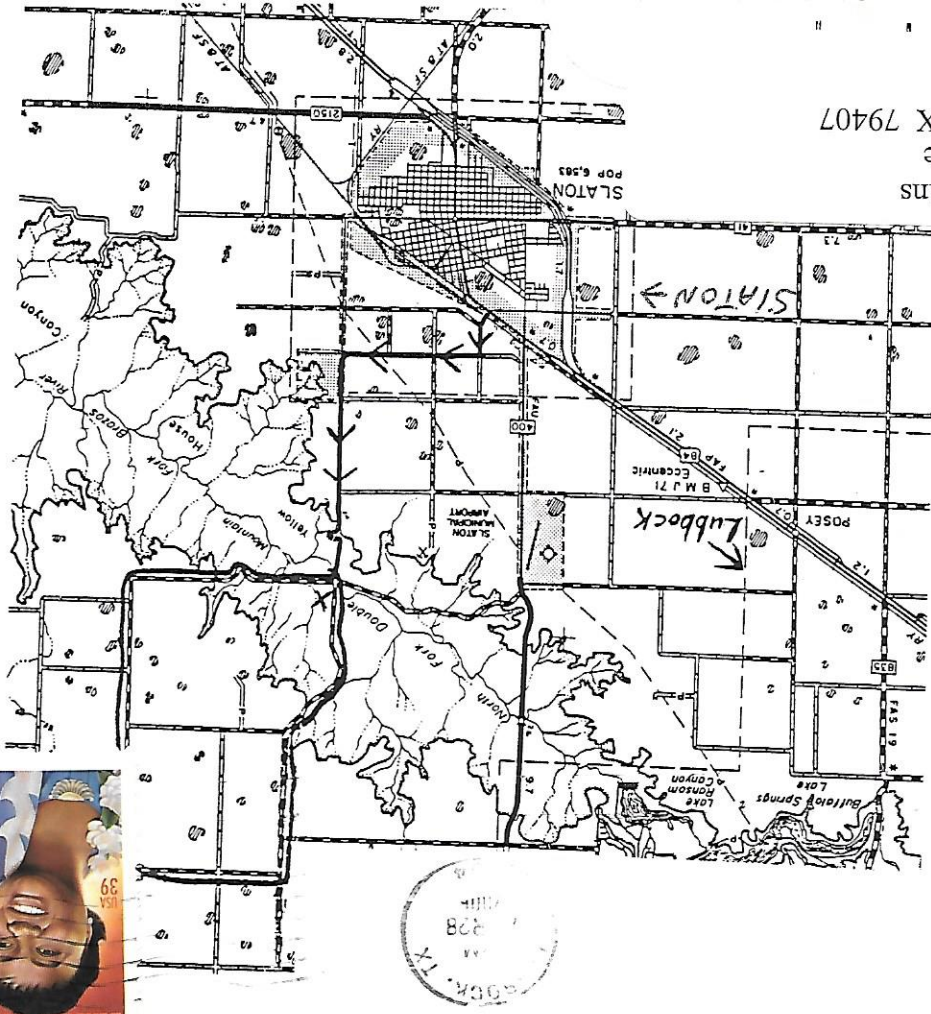
http://wtrc.tripod.com
calendar, photos, online registration, etc...



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



Horseshoe Bend Canyon
8am, Saturday, May 13, 2006
11, 6 and 2 Miles
Details Inside Back Cover



David Higgins
3401 Alcov
Lubbock TX 79407



WEST TEXAS RUNNING CLUB

OFFICERS

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

Internal Vice-President - Madame Miner
(H) 797-7383
E-mail: m.miner@ttu.edu

External Vice-President - Tom Griffin
(H) 698-1503
E-mail: tomgrwp@hotmail.com

Secretary - Sam Prose
(H) 794-0429
E-mail: scprose@hotmail.com

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

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

DIRECTORS

Newsletter Director - Bill Felton
(H) 866-9300
E-mail: bicatfelton@hotmail.com

Internal Race Director - Randy Holloway
(H) 794-7512
E-mail: randyholloway@sbcglobal.net

Equipment Director - Dwayne Oakeley
(H) 799-4473
E-mail: dsaoakeley@nts-online.net

Race Calendar Director - Suzan Caudle
(H) 799-3813
E-mail: suzieq5279407@yahoo.com

Membership Director - Bob Blake
(H) 765-5446
E-mail: bob.blake@ttu.edu

Club Historian - James Livermore
(H) 792-5815
E-mail: jimore@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, May 1, 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

Much has been written about both, "living in the moment", and "living for the moment". The former has to do with sucking every last drop out of the present, experiencing with all of our senses and feelings the place and condition of our being at that very moment. For many, living in the moment has the status of a spiritual practice. On the other hand, living for the moment suggests a more self-centered use of time, the taking of pleasure from whatever is going on at that moment.

From my personal experiences and from the stories other runners have told me, I think we runners are lucky, we have it both ways. Not only do we enjoy the basest pleasures and simple satisfactions that getting lost in our exercise provides, but we get to participate totally in the sights, the smells, the sounds, and other sensations that surround us on our runs ... plus, every once in awhile we get to peek inside ourselves and open up additional and entirely different experiences.

When the moments are exciting, interesting and fun, even the long runs don't seem to last long enough, do they?
SYOTR, Ron

WEST TEXAS RUNNING CLUB'S RUN FOR THE ARTS

2 Mile and 15K Road Races
LUBBOCK, TEXAS APRIL 22, 2006

* = New Division
Standard

15K OVERALL RESULTS

PLACE	NAME	TOWN	ST	DIV	PLACE	AG	S	TIME	PACE
1	QUENT BEARDEN	LUBBOCK	TX	M3034	30	M		53:49	5:47
2	JERRY DWYER	LUBBOCK	TX	M4549	46	M		58:23	6:16
3	DAVID MAHLER	LUBBOCK	TX	M2024	23	M		1:04:06	6:53
4	RICHARD AKERS	LUBBOCK	TX	M5054	51	M		1:04:17	6:54
5	ADAM BARRON	LUBBOCK	TX	M4044	43	M		1:05:15	7:00
6	DUSTIN McWATH	LUBBOCK	TX	M2024	23	M		1:06:58	7:12
7	EPI AGUIRRE	LUBBOCK	TX	M4549	47	M		1:07:30	7:15
8	JAMES BAUMANN	LUBBOCK	TX	M3539	37	M		1:07:56	7:18
9	IRIS RIVERO	LUBBOCK	TX	F3034	31	F		1:08:25	7:21
10	BRENT TIDWELL	LUBBOCK	TX	M4549	48	M		1:09:00	7:25
11	JOSEPH WILSON	LUBBOCK	TX	M5054	50	M		1:09:23	7:27
12	FARRELL MARTIN	LUBBOCK	TX	CLYDE	39	M		1:09:47	7:30
13	DENISE BRAY	LUBBOCK	TX	F4044	44	F		1:09:52	7:30
14	JEFFREY HAAG	LUBBOCK	TX	M3539	37	M		1:12:17	7:46
15	ANN CRUCE-ROBERTS	LUBBOCK	TX	F3034	30	F		1:13:05	7:51
16	PAUL PARE'	LUBBOCK	TX	M4044	44	M		1:13:58	7:57
17	JARED MASOOD	LUBBOCK	TX	M2529	26	M		1:14:40	8:01
18	ALEX WALTON	LUBBOCK	TX	M3034	33	M		1:14:40	8:01
19	RUSSEL MARTIN	SHALLOWATER	TX	M4549	48	M		1:15:53	8:09
20	ASHLIE STEGMOLLER	LUBBOCK	TX	F3034	31	F		1:16:37	8:14
21	TOMMIE FARRELL	LUBBOCK	TX	M3539	35	M		1:16:46	8:15
22	BOB BLAKE	LUBBOCK	TX	M4044	41	M		1:17:11	8:17
23	MARY BRANSCOME	LUBBOCK	TX	F4549	46	F		1:17:26	8:19
24	KIPPI BUCHANAN	LUBBOCK	TX	F3539	36	F		1:17:30	8:19
25	MADONNE MINER	LUBBOCK	TX	F5054	53	F		1:17:54	8:22
26	BRAD EWING	LUBBOCK	TX	M4044	42	M		1:18:11	8:24
27	MARK BELCHER	LUBBOCK	TX	CLYDE	32	M		1:18:32	8:26
28	LUDWING CANALES	LUBBOCK	TX	M3539	36	M		1:19:21	8:31
29	TYLER GREENFIELD	LUBBOCK	TX	M4549	48	M		1:19:23	8:31
30	STUART ALLAN	LUBBOCK	TX	M2529	25	M		1:19:51	8:34
31	GORDEN JENKINS	AMARILLO	TX	M6569	65	M		1:20:23	8:38
32	CHRISTOPHER WHITE	PLANO	TX	CLYDE	34	M		1:21:07	8:43
33	MALINDA COLWELL	LUBBOCK	TX	F3034	32	F		1:21:59	8:48
34	LEESA PRICE	LUBBOCK	TX	F4549	49	F		1:22:57	8:54
35	DANIEL ARLITT	WOLFORTH	TX	M2529	26	M		1:23:28	8:58
36	J. EDSON PINTO	LUBBOCK	TX	M4044	44	M		1:24:09	9:02
37	RALEH WOLF	LUBBOCK	TX	M6569	68	M		1:24:19	9:03
38	LYNN HELMSTETLER	LUBBOCK	TX	F2024	24	F		1:24:25	9:04
39	JUDY LAWLEY	LUBBOCK	TX	F4044	41	F		1:24:27	9:04
40	LESLIE GIPON	LUBBOCK	TX	F2529	28	F		1:24:36	9:05
41	DAVID HIGGINS	LUBBOCK	TX	M5054	53	M		1:25:14	9:09
42	ERICA CORONADO	LUBBOCK	TX	F2529	26	F		1:25:23	9:10
43	DICK BAKER	LUBBOCK	TX	M6064	61	M		1:25:35	9:11
44	BILL MATEJA	DALLAS	TX	M4044	44	M		1:25:46	9:13
45	KEVIN WASS	LUBBOCK	TX	M3539	35	M		1:26:28	9:17
46	ROY RIOS	LUBBOCK	TX	CLYDE	25	M		1:26:40	9:18
47	RONNIE NUGENT	LUBBOCK	TX	M5559	59	M		1:26:59	9:20
48	CHRIS MILFORD	LUBBOCK	TX	M3034	33	M		1:27:40	9:25
49	TERRY DALTON	LUBBOCK	TX	M5054	51	M		1:27:52	9:26
50	ISRAAC MUNOZ	LUBBOCK	TX	CLYDE	50	M		1:27:56	9:26
51	EDITH ABEL	LUBBOCK	TX	ATHEN	39	F		1:28:02	9:27
52	DIANNE ANDERSON	LUBBOCK	TX	F6099	64	F		1:29:17	9:35
53	DAVID ENRIQUEZ	LUBBOCK	TX	M4044	41	M		1:29:18	9:35
54	BHARAT KAKARALA	LUBBOCK	TX	M2024	21	M		1:29:30	9:37
55	BONNIE WATTS	LUBBOCK	TX	F4044	44	F		1:29:43	9:38
56	ETWA MAYER	LUBBOCK	TX	F5559	56	F		1:29:55	9:39
57	VANESSA KELLY	LUBBOCK	TX	F2024	20	F		1:30:23	9:42
58	CINDI FAZ	LUBBOCK	TX	F3539	39	F		1:30:36	9:44
59	CINDY CHAMPLIN	LUBBOCK	TX	F3034	34	F		1:31:56	9:52
60	BRANDIE MACKINZIE	LUBBOCK	TX	F3034	31	F		1:31:58	9:53
61	CHRISTIE HODGE	LUBBOCK	TX	F3539	35	F		1:32:14	9:54
62	P. J. MITCHELL	LUBBOCK	TX	F6099	60	F		1:32:49	9:58
63	TRISH CAMARILLO	LUBBOCK	TX	F3539	35	F		1:33:32	10:03
64	KAMMY PHILBRICK	LUBBOCK	TX	F4549	45	F		1:34:23	10:08

WEST TEXAS RUNNING CLUB'S RUN FOR THE ARTS
TWO MILE OVERALL RESULTS

Continued

Table with columns: PLACE NAME, TOWN, ST, DIV, PLACE, AG, S, TIME, PACE. Lists runners from 50 to 67, including James Haley, Heather Hutton, Josie Aleman, Cayce Kauffman, etc.

2006 RUN FOR THE ARTS
RACE DIRECTOR'S REPORT

Seventy six hearty runners completed the 2006 Run for the Arts 15K while 67 others chose the 2-Mile version of this years Arts Festival event. In the 15K, Quent Bearden turned in a nice 53:59 to win the race and the men's division while Iris Rivero ran an equally impressive 1:08.25 to capture the women's crown (although there was actually no crown). Farrell Martin's 1:09:47 was good enough to bring home the Clydesdale title and Edie Abel's 1:28:02 won the Athena Division while establishing a new division standard. Age group standards were set by Gordon Jenkins (1:20:23 in W65-69), Mary Branscome (1:17:26 in W45-49), Madame Miner (1:17:54 in W50-54), Etta Mayer (1:29:55 in W55-59) and Dianne Anderson (1:29:17 in W60-64).

In the 2-Mile, Jackie Cannon navigated the brick streets in 12:05 to top the men's field while 13 year old Kyra Sloan was not far behind in 12:38 to take second overall and capture the women's crown (see explanation above about the crown). Mike Lawson turned in a 14:26 to top the Clydesdale field while Sarah Nelson topped the Athena field in 16:33.

As always, the critical work of numerous volunteers made the event successful on many fronts. George Jury was the Race Registrar and David Higgins, Ron Lubowicz, Susan Caudle, and Tom Griffin assisted with packet pick-up on Friday as well as race day registration and pick up; George Jury, Tom Griffin, Tony Aleman, Fred Weber, Millynda Weis and volunteers from the Ransom Canyon Triathlon handled the finish line. The race course was set up and later staffed by James Livermore and Milt Brownfield; they were assisted during the race by James Burleson, Bill Roger, Robin and Michael Carralles, Lawrence Schovanec, and Amy Harlien. The Girlstown team also provided great support at the 2, 6.5 and 7.5 mile aid station.

The Lubbock Police Department was especially appreciated at key locations on the course. Nine officers (with flashing lights) manned 13 different critical locations to keep runners safe throughout the event. Without the support of the police and the City of Lubbock, this event would not be possible.

Finally, the Arts Festival Co-Chairs both made it a point to stop out during the event and commend us on the race and tell us how much they appreciated our involvement in the Lubbock Arts Festival. They were especially excited about the finish line activity.

Until next time, on behalf of all involved, thanks for running. Tom Weis

(87 pictures were taken by the Lubbock AJ staff and posted on http://spotted.lubbockonline.com)

WEST TEXAS RUNNING CLUB'S RUN FOR THE ARTS
15K OVERALL RESULTS

Continued

Table with columns: PLACE, NAME, TOWN, ST, DIV, PLACE, AG, S, TIME, PACE. Lists runners from 65 to 76, including Arsha Bennett, Rlan Patton, Arby Byrd, etc.

WEST TEXAS RUNNING CLUB'S RUN FOR THE ARTS
TWO MILE OVERALL RESULTS

Table with columns: PLACE, NAME, TOWN, ST, DIV, PLACE, AG, S, TIME, PACE. Lists runners from 1 to 49, including Ackie Cannon, Ar Sloan, Bert Duran, etc.

AT THE RACES

Club members Bob Jackson and Lawrence Schovanec were amongst the 19,688 finishers at the 110th running of the Boston Marathon on April 17, 2006. Bob completed the course in 2:49:30 (not bad for a 47 year older who's struggled with injuries the past few years), and Lawrence (age 53) finished with an official time of 3:31:24. While the overall winners were once again Kenyans, (Robert Cheruiyot, 2:07:14, and women's race winner Rita Jeptoo, 2:23:38) there was ample reason for American runners to rejoice in Meb Keflezighi, Brian Sell, and Alan Culpepper finishing third through fifth respectively. Had Deena Kastor run at Boston the results might have been even better. Deena won at the London Flora Marathon, April 23d, with a time of 2:19:36 which is a new American record and the fourth fastest time ever run by a woman. The strength of US endurance running seems to be getting back to a position of international prominence that has not been enjoyed for many years.

Randy Holloway has logged a lot of miles running, on the bike, or in the pool over the past few months. It was all in preparation for Ironman Arizona held at Tempe, Arizona on April 9th. Randy finished the race in 13:57:04 which placed him 121st of 205 athletes in the 45-49 age group. Congratulations to Randy, Bob, and Lawrence on their recent accomplishments.

KELLEY'S MUSINGS THE CHALLENGES OF LIFE

In January we distribute awards and praise to those speedsters who were able to accumulate the most points in the Challenge Series, those who put in the most miles, those who were most persistent in attendance, those who were most consistent in their training. It's a grand achievement to win the race; we all dream of breaking the tape and seeing our names in print at the head of the column. Congratulations to all who shone forth in this arena, fighting the good fight all year long. More than this, though, I want to honor those who didn't reach these same heights because of sacrifices and choices made day by day. I honor those who chose to shorten their long run because of a Saturday soccer game for five year olds; I honor those who made sure the music lesson was attended, or the promise to play basketball was kept; I honor those who were only able to run 2 or 3 times a week because providing for their family took priority over recreation for self, and to those who volunteered again to work the race rather than run it. We who are able to become so obsessed with such an individual and isolating sport and yet still recognize what takes priority in the real world, there lies the real honor. To those who run and complete the real challenge series, I offer to you the wreath of victory.

Reprinted from the March, 1999 WTRC Newsletter by past president Mike Kelley

He giveth power to the faint, and to them that have no might he increaseth strength...
Isaiah 40:29

PRAIRIE DOG TOWN RUN: MACKENZIE PARK MARCH

A Poem by Jim Harris

"But I will be a bridegroom in my death, and run into it as a lover's bed." - Shakespeare

The headquarters for this park look ancient,
fake log out of the fifties painted chocolate
layer upon layer, a feminine roadway with
shoulders reclining, ups and downs and

conical turns that lead to ecstasy.

On the edge of an area gone to seed,
the place threatens renewal, fresh blood,
anyone who will walk beneath trees

planted decades ago with civic pride and
hope that nourishment might come to a town
turning urban in a region out of the mainstream.
For some moments at the end of four miles

of sweating, the racers stand like cottonwoods,
monuments to moments passed in
over-used sections, neighborhoods too dark
to visit, patrol cars jettisoned by old stucco homes

communities with no maps, where the heart
and head of each individual travel like lovers
seeking a warm meridian, a bed of towns
ranchera music floating up from a barrio

VOLUNTEERS NEEDED FOR THE BUFFALO SPRINGS LAKE TRIATHLON

This year's Buffalo Springs Lake Triathlon is scheduled for June 25, 2006. The West Texas Running Club will once again provide volunteers for seven aid stations on the run course. John Trompler has volunteered to coordinate this effort and team captains have been secured for most of the aid stations. Each team captain will be responsible for doing recruitment for their aid station, but inevitably we come up a little short somewhere on the course. General volunteers, available for specific assignment later, can ease this potential problem by contacting John at Trompler@cox.net, or calling 794-1359.

HORSESHOE BEND CANYON SPRING FROLIC RUNS
SINCE 1973
EVENT RECORDS

2 MILE
MEN

NAME	TOWN	AGE	TIME	YEAR
0-19	Carlos Ybarra	17	9:59	1980
20-24	Quinn Smith	21	9:50	1981
25-29	Cliff McCurdy	25	9:33	1979
30-34	John Bednarski	30	9:32 *	1979
35-39	Brent Tidwell	38	11:14	1996
40-44	Bobby Cunningham	43	10:32	1983
45-49	Jim Leser	49	11:46	1996
50-54	George Jury	51	11:25	1988
55-59	Jim Harris	57	13:24	2000
60-64	Jim Harris	60	14:03	2003
Clydes	Alonzo Mendoza	41	14:28	1999
0-19	Mindy Mayfield	17	12:29 *	1979
20-29	Judy Partin	25	13:13	1987
30-34	Pat Dolan	30	14:09	1980
35-39	Josie Aleman	37	13:58	1989
40-44	Ann Gordhammer	41	14:03	1984
45-49	Cheryl Weber	46	14:49	1999
50-54	Cheryl Weber	53	17:10	2005
55-59	Estelita Galvan	59	20:17	2002
60+	Estelita Galvan	60	19:10	2003
Athena	Suzan Caudle	50	24:50	2004

11 MILE (1985)
(12 Mile Originally)

MEN

0-19	Brian Brashears	18	1:08:15	1989
20-24	Rodney Hendrix	23	1:00:49 *	1989
25-29	Case Shay	26	1:02:09	2001
30-34	Tim Key	30	1:07:38	1988
35-39	Joe Post	38	1:09:29	1987
40-44	Joe Post	40	1:12:22	1989
45-49	Jerry Dwyer	45	1:11:43	2005
50-54	George Jury	52	1:10:10	1989
55-59	George Jury	58	1:20:25	1995
60-64	Tom Bowser	62	1:29:59	1989
65-69	Lorenzo Ramirez	65	1:35:37	2000
70+	Don Sanderson	74	1:38:26	2004
Clydes	Farrell Martin	35	1:16:47	2001
0-29	Leigh Daniel	22	1:11:04 *	2001
30-34	Marjory Stewart	34	1:12:22	1993
35-39	Marjory Stewart	35	1:13:16	1994
40-44	Denise Bray	41	1:25:20	2003
45-49	Mary Branscome	45	1:29:49	2005
50-54	Madonne Miner	51	1:32:02	2004
55-59	P. J. Mitchell	58	1:43:38	2003

5 MILE (1989)
MEN

0-19	Anthony Herr	18	33:59 *	2005
20-29	Theo Kurgat (LCU)	20	34:19	1993
30-34	David Sumrell	30	34:36	1993
35-39	Brent Tidwell	39	36:11	1997
40-44	Jimmy Samarron	42	37:53	1997
45-49	Bobby Cunningham	49	37:00	1989
50-54	Jim Leser	51	37:49	1998
55-59	Ed Craighead	56	40:13	1999
60-64	John Stalcup	62	49:25	1995
65-69	Ralph Wolf	66	50:31	2003
70+	Bill Felton	70	54:07	2005
Clydes	Steven Thomas	22	48:51	2001
0-19	Hope Jimenez	13	44:39	1997
20-29	Laurie Welch	29	46:46	1992
30-34	Janda Ibbetson	30	44:22 *	2000
35-39	Denise Bray	38	45:15	2000
40-44	Melanie McVey	41	49:29	2003
45-49	Shirley Wigley	48	55:29	2002
50-54	Madonne Miner	52	53:37	2005

WEST TEXAS RUNNING CLUB'S
34th Annual HORSESHOE BEND CANYON SPRING FROLIC
11 MILE, 6 MILE and 2 MILE RACES

EVENT # 5 OF THE W.T.R.C. CHALLENGE SERIES

WHEN: SATURDAY, May 13, 2006
REGISTRATION: 7:00 to 7:45 A.M., On Site \$10.00
RACE START: 8:00 A.M.

PRE REGISTRATION: \$5 Members, \$6 Non Members, fill out
and return entry form or call George Jury at 792-3291(d)
or 792-1237 by 6pm, Friday the 13th, then pay fee
race day Please have exact change if paying race day

WHERE: HORSESHOE BEND CANYON; North of Slaton, TX,
 From Lubbock, take US 84 to the first Slaton exit; turn
 left at Slaton Gas & Equip. on Golf Course Road, follow
 the pavement north, 2 miles past the Golf course to the
 crossroads at the bottom of the canyon

COURSE: 11 Mile; Loop, One long hill between mile 1 & 2
 6 Mile; Out & Back, long hill about mile 1 to 2
 2 Mile; Out & Back,

AID STATIONS: At least, every 2.5 Miles

AGE DIVISIONS: 11 Mile

MEN: 16-19; 20-24; 25-29; 30-34; 35-39; 40-44;
 45-49; 50-54; 55-59; 60-64; 65-69; 70 Plus

WOMEN: 16-19; 20-24; 25-29; 30-34; 35-39; 40-44;
 45-49; 50-54; 55-59; 60 Plus

(Special 6-12, 13-15 & 16-19 age groups in the 2 Mile)
 (13-15 and 16 to 19 Age Groups in the 6 Mile)

Clydesdales and Athena, 1st Three, Age Graded

AWARDS: Engraved Medallions to the overall winners & medals
 to first three finishers in THE AGE GROUP DIVISIONS
 DESCRIBED ABOVE and up to 50% of each group (5 max)

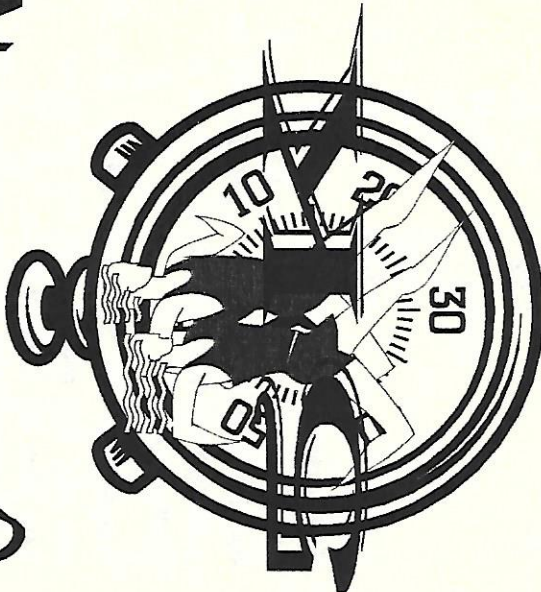
ENTRY FEE: W.T.R.C. MEMBERS \$5.00

OTHERS \$6.00 Race Day, \$10.00 for everyone

RACE DIRECTOR: Randy Holloway, 794-7512 (h) 789-1547 (c)
 e-mail, randyholloway@sbcglobal.net

EIGHTH ANNUAL

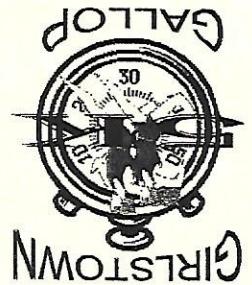
GIRLSTOWN



GALLOP

June 3, 2006

All proceeds benefit Girlstown, U.S.A.



P.O. Box 135
Whiteface, Texas
79379

REGISTRATION FORM

LAST NAME: _____

FIRST NAME: _____

AGE _____

ADDRESS: _____

CITY/ST: _____

ZIP: _____

In signing this statement I signify that I understand the inherent dangers associated with running and further state that Girlstown, officers, members, or any other persons associated with the promotion of this event, including the sponsors, are not liable for any injury I might incur while participating in the Girlstown Gallop. I agree to run safely at all times. By signing below, I acknowledge that I am participating at my own risk and that I, or my heirs have no claim for any damages resulting from any injury I might sustain while participating

DATE: _____ SIGNATURE: _____

PARENT: _____

(if participant is a minor)

Please may check or money order payable to Girlstown, U.S.A.

Girlstown Gallop 5K Run

Girlstown, U.S.A., with help from WTRC, is hosting the 8th annual Girlstown Gallop on June 3rd. The 5K run will be routed through the Girlstown campus.

There will be age groups for both female and male contestants. The age groups are as follows:

1-12	40-44
13-15	45-49
16-19	50-54
20-29	55-59
30-39	60-99

The entry fee for the run is only \$10.00, which includes a free T-shirt for the first 60 entries. Medals will be awarded to the top three winners in each category.

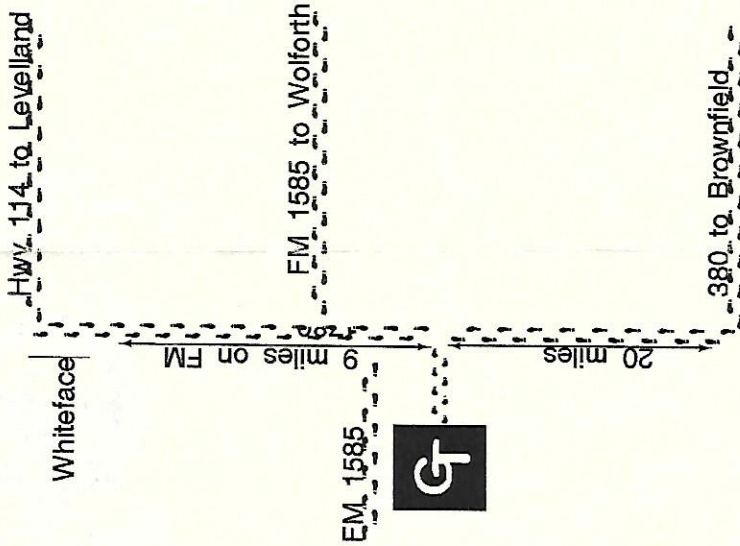
Registration for the race is from 8 to 9 am and the race will begin at 9 am.

You can also pre-register. A registration form can be found on the back of this brochure. Be sure to fill it out completely to ensure proper placement in the race, the right size of T-shirt and your correct address is in our database for future events. If you pre-register, be sure to check in at the registration table from 8 to 9 am.

Good luck to all who participate and thank you for your participation.

For More Information call 806-229-6361

To Girlstown



FOCUS ON THE FUTUREAt Girlstown, U.S.A.

Girlstown, U.S.A. was founded in 1949 by Amelia Anthony and became affiliated with Cal Farley's Boys Ranch in 1987. In true community spirit, a network of people live and work together to improve the lives of girls in setting where girls can develop to their full potential. All programs are designed to bring about a sense of balance to each girl's life. There is continuous readjusting along the way as needs change.

Girlstown, U.S.A. prepares adolescent girls to become responsible family members and successful adults. Our commitment is to support the total development of girls who come to live with us by providing a rural family-styled, Christian environment. Surrounded by loving and caring house parents and staff members, girls enjoy the many opportunities available at Girlstown.