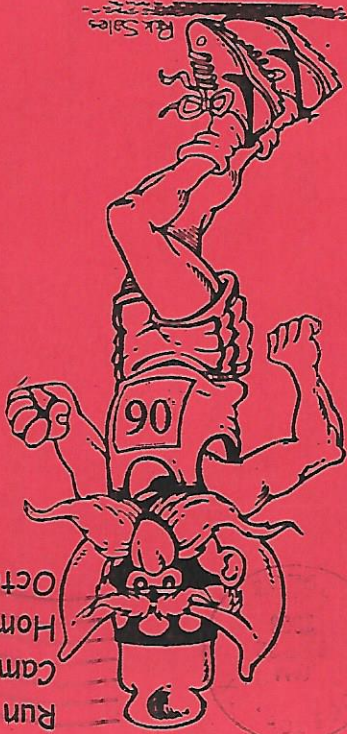


# CALENDAR

- \* Indicates W.T.R.C. Monthly Race and CHALLENGE SERIES EVENT
- OCT. 2 W.T.R.C. Business meeting, Monday, 7pm, WEST TEXAS PETERBILT, 45th and Ave. A
- SEPT 30 RACE FOR THE CURE: 5K, TTU Campus, Lubbock, 8am, FMI 698-1900 or [www.komen-lubbock.org](http://www.komen-lubbock.org)
- \* OCT. 7 RED RAIDER ROAD RACE: TTU Campus, Lubbock, 8:00am, 10K, 5K... Sam Prose, RD, 806-794-0429.
- OCT. 14 M2M Marathon: Marathon, Tx., Marathon/Two-Person Relay// 10K, 8:00am, [www.marathon2marathon.net](http://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.
- OCT. 21 HUMANE SOCIETY OF WEST TEXAS: Outdoor Center in MacKenzie Park, 9:00am, 5k and 1mi fun run/walk with dog. Andrew Azab 806-438-5783.
- OCT. 29 MIRACLE MATCH MARATHON: Marathon & Half-Marathon, 7:30am, Waco, TX, 888-724-2811 or <http://mmm.sw.org>
- \* 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](http://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)
- \* DEC. 9 REDLINE 4 MILE CROSS COUNTRY: MAE SIMMONS PARK, Lubbock, 10:00 am.. Tom Griffin, RD, 698-1503(h)
- \* JAN. 13 LOOP THE LAKE: 5Mile, 10:00am, Buddy Holly Rec. Area, (N University) Jim Beck, RD, 806-784-0056(n)
- \* FEB. 10 COTTON PATCH RUNS: 8Mile, 4Mile, relay, 10:00am, Frenship High School, Wolfforth; David Higgins, RD, 806-785-8562
- \* MAR. 10 PRAIRIE DOG TOWN: 4Mile, 9:00am, MacKenzie Park, Lubbock, Mike Greer, RD, 806-796-8213.

<http://wtrc.tripod.com>  
Calendar, Photos, Online registration,....etc.

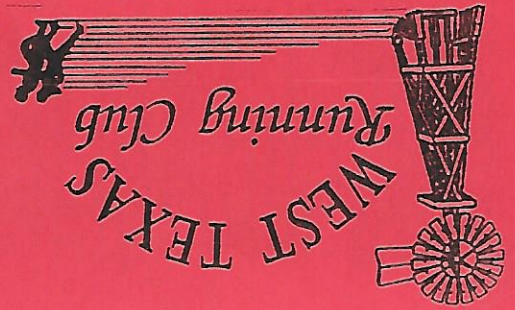
Run the Texas Tech  
Campus as part of Tech's  
Homecoming Weekendl  
October 7, 2006



David and Kendall Higgins  
3401 Alcove  
Lubbock, TX 79407

## 25th Annual Red Raider Road Race

5K & 10K



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



Red Raider Road Race  
8am, October 7, 2006  
TTU Campus, Lubbock, TX 10K & 5K  
Details inside back cover



# WEST TEXAS RUNNING CLUB

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## DIRECTORS

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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, October 2, 7:00 p.m. at West Texas Peterbilt, 4515 Ave. A, Sales & Leasing Office (closest to Ave A)  
All members are welcome

## Shallowater Stampede Director's Report

A new course welcomed runners at the 18th Annual Shallowater Stampede on Saturday, September 9, 2006. The much-needed rainfall made running the traditional course, which winds through some dirt roads, impossible this year. Thanks to some special assistance from Randy Holloway, we were able to map a new out & back course, which was paved all the way. Initial feedback was very positive for the new course, so who knows which it will be for next year!

Participation was at an all time high this year, with 100 runners in the 2-mile race and 95 runners in the 10K race. As in the past few years, having the Shallowater Middle School and High School athletes participating helped these numbers. We appreciate their coaches for encouraging the kids to participate in the race. Our overall winners this year were: Quent Bearden, 10 K-Male, with a time of 37:30; Ann Cruce-Roberts, 10-K Female, with a time of 44:02; Steven Morales, 2-Mile Male, with a time of 11:22; and, Sarah DeLosSantos, 2-Mile Female, with a time of 12:31.

Special thanks are given to the many volunteers who assisted with the race. There is no way this (or any) race could be done without all of the many helpers. Volunteers from the WTRC included: George Jury, Tony Aleman, Tom Griffin, Cheryl and Fred Weber, Jared Masood, David Malone, Larry Byrd and Edson Pinto. I appreciate you all. Andrew Azab, from the Humane Society, also volunteered to help with this race. We had more than 20 volunteers on the course who were parents of the Shallowater High School Senior Class of 2006. Their support allows more runners to be able to participate in the race. We are always grateful for their support of our race. The Stampede T-shirts are their biggest fundraiser for the Substance-free Graduation Party, sponsored by these parents each year. Special thanks go to senior parent Rhonda Neiman for all the coordination with the Shallowater Police Department and school officials so that our race didn't get or cause any interference with the Volleyball tournament at the Middle School. Thanks go out to David Higgins, for bringing out the bagels and bananas and also helping pre-race; to Tom Wise for getting the water and Gatorade; to the Flex Fitness Center Representatives who brought shirts, water bottles, and gave away two 6-month memberships. To my wife, Sheri - thank you - I couldn't do it without you!

-----Dwayne

## THE SHALLOWATER STAMPEDE 2 MILE & 10 KILOMETER RUNS SEPTEMBER 9, 2006 Shallowater, Texas

10K OVERALL RESULTS										
PLACE	NAME	TOWN	ST	AG	S	DIV	PL	PL	TIME	PAGE
=====	=====	=====	=====	=====	=====	=====	=====	=====	=====	=====
1	QUENT BEARDEN	LUBBOCK	TX	31	M	1	M3034		37:30	6:03
2	BRADLEY WHITWORTH	LUBBOCK	TX	20	M	1	M2024		39:52	6:22
3	THOMAS SANG	LUBBOCK	TX	28	M	1	M2529		39:52	6:26
4	JERRY DWYER	LUBBOCK	TX	46	M	1	M4549		40:29	6:32
5	NATHAN JENKINS	LUBBOCK	TX	19	M	1	M1619		40:54	6:35
6	TIM KEY	LUBBOCK	TX	39	M	1	M3539		41:16	6:39
7	JOHN PRYOR	LUBBOCK	TX	24	M	2	M2024		41:50	6:44
8	ADAM BARRON	LUBBOCK	TX	43	M	1	M4044		42:09	6:48
9	EPI AGUIRRE	LUBBOCK	TX	47	M	2	M4549		43:44	7:03
10	ANN CRUCE-ROBERTS	LUBBOCK	TX	30	F	1	F3034		44:02	7:06
11	PAUL PARE	LUBBOCK	TX	44	M	2	M4044		44:06	7:06
12	SARAH SPILMAN	LUBBOCK	TX	23	F	1	F2024		44:10	7:07
13	FARRELL MARTIN	LUBBOCK	TX	40	M	2	CLYDE		44:26	7:10
14	JEFFREY HAAG	LUBBOCK	TX	37	M	2	M3539		44:30	7:10
15	JIM HIGGINS	LUBBOCK	TX	45	M	3	M4549		44:55	7:13
16	LAWRENCE SCHOVANEK	LUBBOCK	TX	53	M	1	M5054		44:55	7:14
17	MILT BROWNFIELD	LUBBOCK	TX	48	M	1	CLYDE		45:20	7:18
18	IRIS RIVERO	LUBBOCK	TX	31	F	2	F3034		45:26	7:19
19	TRAVIS WILSON	LUBBOCK	TX	22	M	3	M2024		45:32	7:20
20	RUSSEL MARTIN	SHALLOWATER	TX	48	M	5	M4549		46:04	7:25
21	RANDY HOLLOWAY	LUBBOCK	TX	52	M	2	M5054		46:16	7:27
22	BRUCE WHITFLESY	LUBBOCK	TX	41	M	3	M5054		46:28	7:29
23	KIRK RICHARDSON	LUBBOCK	TX	41	M	4	M4044		46:36	7:31
24	AVERT LIDZY	LUBBOCK	TX	56	M	1	M5559		47:13	7:37
25	JOHN DAVID BRUEGEL	LUBBOCK	TX	14	M	1	M1315		47:17	7:37
26	ERIC FORD	LUBBOCK	TX	41	M	5	M4044		47:25	7:39
27	RONALD TROLLINGER	LUBBOCK	TX	46	M	6	M4549		47:39	7:41
28	TODD CEPICA	LUBBOCK	TX	39	M	3	M3539		47:40	7:41
29	LANDI KIME	LUBBOCK	TX	24	F	2	F2024		47:47	7:42
30	BLAINE BOOHER	LUBBOCK	TX	22	M	7	M2024		47:52	7:43
31	CHRIS LONNGREN	LUBBOCK	TX	47	M	4	M4549		48:13	7:46
32	TOMMIE FARRELL	LUBBOCK	TX	35	M	4	M3539		48:38	7:50
33	TOM WEIS	LUBBOCK	TX	54	M	4	M5054		48:39	7:50
34	BRADY ROBINETTE	WOLFFORTH	TX	29	M	2	M2529		49:02	7:54
35	ARON MORRIS	SHALLOWATER	TX	23	M	5	M2024		49:53	8:02
36	VICTOR MAGRI	LUBBOCK	TX	40	M	6	M4044		49:55	8:03
37	TYGE PAYNE	LUBBOCK	TX	35	M	4	CLYDE		49:57	8:03
38	ALEX LOPEZ	LUBBOCK	TX	21	M	6	M2024		50:07	8:05
39	PETE ESQUEDA	LUBBOCK	TX	29	M	3	M2529		50:11	8:05
40	JANDA JACKSON	LUBBOCK	TX	36	F	1	F3539		50:14	8:06
41	MADONNE MINER	LUBBOCK	TX	53	F	1	F5054		50:18	8:06
42	GENEVIEVE DURHAM	LUBBOCK	TX	31	F	3	F3034		50:24	8:07
43	RONNIE PRIGG	LUBBOCK	TX	55	M	2	M5559		50:41	8:10
44	CAROL HISE	LUBBOCK	TX	34	F	4	F3034		50:45	8:11
45	MARK ALBUS	LUBBOCK	TX	49	M	8	M4549		51:11	8:15
46	GORDEN JENKINS	AMARILLO	TX	66	M	1	M6569		52:08	8:24
47	WARNER ALEXANDER	LUBBOCK	TX	46	M	3	CLYDE		52:12	8:25
48	MALINDA COLWELL	LUBBOCK	TX	33	F	5	F3034		52:48	8:30
49	STEVE WILSON	ROUND ROCK	TX	52	M	5	M5054		52:56	8:32
50	TARA BEARDEN	LUBBOCK	TX	22	F	3	F2024		53:03	8:33
51	CYNTHIA SORRENSEN	LUBBOCK	TX	43	F	1	F4044		53:28	8:37
52	ARON SELF	LUBBOCK	TX	27	M	4	M2529		53:32	8:38
53	RALPH WOLF	LUBBOCK	TX	69	M	2	M6569		53:47	8:40
54	HAROLD TERRY	PORTALES	NM	47	M	10	M4549		53:57	8:42
55	MICHAEL HARLIEN	LUBBOCK	TX	31	M	2	M3034		54:04	8:43
56	DAVID HIGGINS	LUBBOCK	TX	54	M	6	M5054		54:16	8:45
57	TAMMY BALES	MIDLAND	TX	33	F	6	F3034		54:39	8:48
58	ROSEL RANDOLPH	LUBBOCK	TX	30	F	3	M3034		54:39	8:48
59	JENNIFER PLUNKETT	LUBBOCK	TX	28	F	1	F2529		54:57	8:51
60	RUSTY SMITH	LUBBOCK	TX	25	M	5	M2529		54:59	8:52
61	VERONICA VALDERAZ	LUBBOCK	TX	32	F	7	F3034		55:03	8:52
62	P. J. MITCHELL	LUBBOCK	TX	61	F	1	F6099		55:13	8:54
63	MITCH MONROE	LUBBOCK	TX	46	M	11	M4549		55:44	8:59
64	CLIFF HATCHER	SHALLOWATER	TX	38	M	6	M3539		55:55	9:01
65	SID WALKER	SHALLOWATER	TX	46	M	5	CLYDE		56:18	9:04



THE SHALLOWATER STAMPEDE

2 MILE OVERALL RESULTS (Continued)

THE SHALLOWATER STAMPEDE

PLACE NAME	TOWN	ST	AG	S	DIV	PLACE	TIME	PACE
66 KARL SCHNEIDER	LUBBOCK	TX	28	M	2529	6	9:06	56:40
67 SANDY PETERS	SHALLOWATER	TX	46	M	6	CLYDE	9:08	56:32
68 KEN SPAIN	LUBBOCK	TX	52	M	7	M5054	9:12	57:06
69 EDWINA YOUNG	LUBBOCK	TX	43	M	7	M4044	9:17	57:37
70 LOUANNA ARTERBURN	LUBBOCK	TX	37	F	2	F3539	9:19	57:47
71 ETTA MAYER	LUBBOCK	TX	57	F	1	F5559	9:22	58:11
72 SUSANNE MOORE	LUBBOCK	TX	32	F	8	F3034	9:25	58:26
73 MIKE KELLEY	LUBBOCK	TX	57	M	3	M5559	9:25	58:29
74 AMY HARLIEN	LUBBOCK	TX	30	F	9	F3034	9:28	58:43
75 LEE McCLOURE	SHALLOWATER	TX	27	M	7	M2529	9:30	58:57
76 KYLE KUBHLER	SHALLOWATER	TX	31	M	4	M3034	9:30	58:57
77 BONNIE WATTS	LUBBOCK	TX	45	F	1	F4549	9:36	59:37
78 DICK BAKER	LUBBOCK	TX	61	M	1	M6064	9:38	59:46
79 MIKE GREER	RANSOM CANYON	TX	67	M	3	M6569	9:54	1:01:29
80 BRENDA TOBIAS-GRIFFIN	LUBBOCK	TX	34	F	10	F3034	9:58	1:01:53
81 MEREDITH MACHA	WOLFFORTH	TX	19	F	1	F1619	10:03	1:02:25
82 DANE WOMBLE	LUBBOCK	TX	37	M	7	M3539	10:10	1:03:06
83 REY TREVINO	CROSBYTON	TX	44	M	8	M4044	10:10	1:03:08
84 JAMES BONE	LUBBOCK	TX	67	M	4	M6569	10:11	1:03:11
85 MANDY GALLAGHER	LUBBOCK	TX	29	F	2	F2529	10:13	1:03:26
86 ROBERT WATTS	LUBBOCK	TX	38	M	8	M3539	10:18	1:03:55
87 LOURDES JUAN	LUBBOCK	TX	39	F	3	F3539	10:25	1:04:40
88 KIM TERRY	PORTALES	NM	40	F	2	F4044	10:25	1:04:41
89 MARGA BENNETT	LUBBOCK	TX	43	F	3	F4044	10:31	1:05:18
90 JIMMY CLARK	LUBBOCK	TX	54	F	7	CLYDE	10:38	1:07:02
91 BRITNEY STOLLE	LUBBOCK	TX	24	F	4	F2024	11:24	1:10:44
92 CARRIE GALLOWAY	LUBBOCK	TX	21	F	5	F2024	11:38	1:12:13
93 NATALIE JONES	WOLFFORTH	TX	26	F	3	F2529	11:38	1:12:14
94 SUZAN CHUDLE	LUBBOCK	TX	53	F	2	F5054	12:28	1:17:27
95 VAN CHAPMAN	SHALLOWATER	TX	34	M	5	M3034	16:12	1:40:37

PLACE NAME	TOWN	ST	AG	S	DIV	PLACE	TIME	PACE
1 STEVEN MORALES	LUBBOCK	TX	21	M	1	M2024	11:22	5:41
2 RENE GONZALEZ	LEVELLAND	TX	41	M	1	M4044	12:02	6:01
3 DREW JONES	SHALLOWATER	TX	16	M	1	M1619	12:04	6:02
4 JAMES VILLARREAL	ABERNATHY	TX	23	M	2	M2024	12:15	6:08
5 LUCAS MORRIS	LUBBOCK	TX	14	M	1	M1315	12:30	6:14
6 AUSTIN BAGWELL	SHALLOWATER	TX	16	M	2	M1619	12:30	6:15
7 SARAH DE LOS SANTOS	SHALLOWATER	TX	17	F	1	F1619	12:31	6:16
8 ABRAHAM ISLAS	SHALLOWATER	TX	14	F	2	M1315	12:39	6:20
9 BRITNEY SCAFF	SHALLOWATER	TX	14	F	1	F1315	12:42	6:21
10 TOBIAS SULTAN	SHALLOWATER	TX	12	M	1	M0112	12:46	6:23
11 JENNA BURTON	SHALLOWATER	TX	17	F	2	F1619	13:06	6:33
12 HALEY BURTON	SHALLOWATER	TX	14	F	2	F1315	13:09	6:35
13 SARA WARREN	SHALLOWATER	TX	13	F	3	F1315	13:10	6:35
14 GRANT SPRUELL	SHALLOWATER	TX	14	M	3	M1315	13:17	6:39
15 JOSH DURHAM	SHALLOWATER	TX	18	M	3	M1619	13:21	6:41
16 ALBERT PADILLA	SHALLOWATER	TX	17	M	4	M1619	13:49	6:55
17 RYAN EKLES	SHALLOWATER	TX	13	F	4	F1315	13:52	6:56
18 SAVANNAH JONES	SHALLOWATER	TX	13	F	4	F1315	13:54	6:57
19 BRET HART	LUBBOCK	TX	27	M	1	M2529	13:55	6:58
20 REBECCA SPRUELL	SHALLOWATER	TX	12	F	1	F0112	14:08	7:04
21 LORENZO PADILLA	LUBBOCK	TX	52	M	1	M5054	14:16	7:08
22 JASON BURLEY	BROWNFIELD	TX	30	M	1	M3034	14:18	7:09
23 TREY EUBANKS	SHALLOWATER	TX	14	M	5	M1315	14:19	7:10
24 ASHTON NILSON	SHALLOWATER	TX	14	F	5	F1315	14:23	7:12
25 KATIE VASEK	SHALLOWATER	TX	14	F	6	F1315	14:24	7:12
26 MIKE GONZALEZ	LUBBOCK	TX	31	M	2	M3034	14:25	7:13
27 KYLEE SMITH	SHALLOWATER	TX	12	F	2	F0112	14:31	7:16
28 KIM MORRIS	SHALLOWATER	TX	13	F	7	F1315	14:33	7:17
29 BRITANY HALL	SHALLOWATER	TX	12	F	3	F0112	14:34	7:17
30 COLE NELSON	SHALLOWATER	TX	12	M	2	M0112	14:34	7:17
31 TREVOR FRANKLIN	SHALLOWATER	TX	12	M	3	M0112	14:39	7:20
32 LUIS CARDENAS	LUBBOCK	TX	54	M	2	M5054	14:42	7:21
33 LA'THE HINCH	LUBBOCK	TX	17	M	5	M1619	14:44	7:22
34 KELLIE GAONA	SHALLOWATER	TX	14	F	8	F1315	14:45	7:23
35 ADAM SMITH	SHALLOWATER	TX	16	M	6	M1619	14:47	7:24

THE SHALLOWATER STAMPEDE 2 MILE OVERALL RESULTS (Continued) ST AG S DIV PLACE TIME PAGE



W.T.R.C. 2006 CHALLENGE SERIES  
STANDINGS AFTER 9 EVENTS

MALE

YTD TOTALS		45-49 MALE			YTD TOTALS			60-64 MALE						
AGE	PTS	MILES	EVT	VOL	AGE	PTS	MILES	EVT	VOL	AGE	PTS	MILES	EVT	VOL
12	30	9	3		46	71	54.7	7		61	69	41	8	
10	9	2	1		47	56	54.7	7	*	61	48	35.7	5	**
11	8	2	1		48	44	40.5	6		63	36	24.3	5	*
10	6	2	1		48	44	21.2	5		63	28	36.3	7	*
12	5	7	2	*	49	40	34.2	6		62	20	17.2	2	
6	4	2	1		46	38	27.4	6	*					
					48	32	41.2	6	*					
					48	22	21.3	3						
15	36	12	4		45	20	4	2						
14	19	7	2		47	19	15	2						
					49	16	10	2						
					45	15	11.2	2						
					47	5	6.2	1						

50-54 MALE

24	28	15.2	3		50	71	24	7	
21	21	7	2	**	54	51	60.7	9	**
20	18	10.2	2	**	50	41	80.7	9	**
				**	54	39	59.8	9	**
				**	50	38	44.6	7	**
				*	53	28	37.5	5	*
26	73	59.7	9	*	51	28	9	3	
27	68	25	8		52	26	8	3	
26	38	29.2	5	*	51	25	30.5	4	
28	25	27.2	3		51	23	33.3	3	
28	18	16	2		50	19	19	2	
29	18	13	2		51	19	13.3	2	
25	17	14.2	2		52	16	15.2	3	
27	8	6.2	1		52	11	8	2	
					54	10	10	1	
					50	9	9.3	1	
31	86	49.7	8		52	8	5	1	
30	58	46.2	7	*	52	7	6.2	1	
30	23	10	3		50	0	16.2	2	*
32	11	3	1		50	0	8	1	*
31	10	6.2	1						
31	9	4	1						
33	8	10	1						

55-59 MALE

37	58	50.7	7	*	59	61	46.5	8	*
35	44	29.5	6	*	55	47	31.2	5	
35	26	21.2	3		55	36	41.6	7	*
39	18	13	2		58	35	39.5	6	*
35	18	16.2	2		55	28	11	4	*
39	18	16.2	2		57	25	47.4	7	
38	18	6	2		57	18	11.2	2	
37	10	9.3	1		56	10	6.2	1	
39	10	6.2	1		59	9	3	1	
37	9	11	1		59	9	2	1	
					55	6	5	1	
					57	2	5	1	*
					56	0	64.7	9	*
					56	0	64.7	9	*

60-64 MALE

43	88	55.7	9	*	36	30	20.3	3	
44	71	55.7	8	*	37	25	11.2	3	
40	49	27	3	*	39	15	15.5	2	
42	23	24.3	3		36	12	7	2	
41	23	24.3	3		36	10	4	1	
42	22	10	3		35	10	2	1	
41	18	6	2		35	9	5	1	
41	17	16.2	2		38	8	2	1	
40	16	7	2		38	5	10	2	*
41	14	10	2						
44	13	34.5	5	*					
43	11	16.2	2						

\*\* = RACE DIRECTOR  
\* = VOLUNTEER

W.T.R.C. 2006 CHALLENGE SERIES  
STANDINGS AFTER 9 EVENTS

MALE

YTD TOTALS		45-49 MALE			YTD TOTALS			60-64 MALE						
AGE	PTS	MILES	EVT	VOL	AGE	PTS	MILES	EVT	VOL	AGE	PTS	MILES	EVT	VOL
12	30	9	3		46	71	54.7	7		61	69	41	8	
10	9	2	1		47	56	54.7	7	*	61	48	35.7	5	**
11	8	2	1		48	44	40.5	6		63	36	24.3	5	*
10	6	2	1		48	44	21.2	5		63	28	36.3	7	*
12	5	7	2	*	49	40	34.2	6		62	20	17.2	2	
6	4	2	1		46	38	27.4	6	*					
					48	32	41.2	6	*					
					48	22	21.3	3						
15	36	12	4		45	20	4	2						
14	19	7	2		47	19	15	2						
					49	16	10	2						
					45	15	11.2	2						
					47	5	6.2	1						

50-54 MALE

24	28	15.2	3		50	71	24	7	
21	21	7	2	**	54	51	60.7	9	**
20	18	10.2	2	**	50	41	80.7	9	**
				**	54	39	59.8	9	**
				**	50	38	44.6	7	**
				*	53	28	37.5	5	*
26	73	59.7	9	*	51	28	9	3	
27	68	25	8		52	26	8	3	
26	38	29.2	5	*	51	25	30.5	4	
28	25	27.2	3		51	23	33.3	3	
28	18	16	2		50	19	19	2	
29	18	13	2		51	19	13.3	2	
25	17	14.2	2		52	16	15.2	3	
27	8	6.2	1		52	11	8	2	
					54	10	10	1	
					50	9	9.3	1	
31	86	49.7	8		52	8	5	1	
30	58	46.2	7	*	52	7	6.2	1	
30	23	10	3		50	0	16.2	2	*
32	11	3	1		50	0	8	1	*
31	10	6.2	1						
31	9	4	1						
33	8	10	1						

55-59 MALE

37	58	50.7	7	*	59	61	46.5	8	*
35	44	29.5	6	*	55	47	31.2	5	
35	26	21.2	3		55	36	41.6	7	*
39	18	13	2		58	35	39.5	6	*
35	18	16.2	2		55	28	11	4	*
39	18	16.2	2		57	25	47.4	7	
38	18	6	2		57	18	11.2	2	
37	10	9.3	1		56	10	6.2	1	
39	10	6.2	1		59	9	3	1	
37	9	11	1		59	9	2	1	
					55	6	5	1	
					57	2	5	1	*
					56	0	64.7	9	*
					56	0	64.7	9	*

60-64 MALE

43	88	55.7	9	*	36	30	20.3	3	
44	71	55.7	8	*	37	25	11.2	3	
40	49	27	3	*	39	15	15.5	2	
42	23	24.3	3		36	12	7	2	
41	23	24.3	3		36	10	4	1	
42	22	10	3		35	10	2	1	
41	18	6	2		35	9	5	1	
41	17	16.2	2		38	8	2	1	
40	16	7	2		38	5	10	2	*
41	14	10	2						
44	13	34.5	5	*					
43	11	16.2	2						

\*\* = RACE DIRECTOR  
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W.T.R.C. 2006 CHALLENGE SERIES  
STANDINGS AFTER 9 EVENTS

MALE

YTD TOTALS		45-49 MALE			YTD TOTALS			60-64 MALE						
AGE	PTS	MILES	EVT	VOL	AGE	PTS	MILES	EVT	VOL	AGE	PTS	MILES	EVT	VOL
12	30	9	3		46	71	54.7	7		61	69	41	8	
10	9	2	1		47	56	54.7	7	*	61	48	35.7	5	**
11	8	2	1		48	44	40.5	6		63	36	24.3	5	*
10	6	2	1		48	44								



### The New Mexico Marathon Plus

By David Malone

The New Mexico Marathon Plus was run in Albuquerque on September 3 this year. Along with the marathon, a half marathon and 5K were also featured. I along with several other members of our running club managed to make the trip to participate in the event. Better, even, was that three of us, Brad Ewing, Terry Dalton and I planned on running roughly similar paces, so started the race together. Madame Miner, also a member of the running club, participated in the half marathon. Several others from Lubbock were also listed among the finishers. Competing in the marathon were Leigh Wells and Stephanie Johnson. Also from Lubbock, running the half, were David Barton, Emily Donnerberg and Matt Menchaca.

Brad, Terry and I each planned on running about a 10 minute pace. I was running the marathon as a training run in preparation for another marathon in three weeks. Brad was running his tenth marathon, enjoying the weekend with his family, and planned on making the event a "fun" one. Terry made the trip over with two of his Team in Training trainees (Leigh and Stephanie) so was also planning on relaxing into a nice, long run.

The marathon start was at a very early 5:30 A.M. in complete darkness. The first eight miles of the marathon course were a gradual uphill, north along Tramway Boulevard toward the tram. Beautiful vistas and the pleasure of running while the sun rose over Sandia Peak compensated for the long, gradual uphill. From there, though, the course turned west and the next seven miles or so were a precipitous downhill. At about mile 15, Terry began having some trouble with his hip, so slowed down. Brad and I continued the pace until mile 22, when Brad decided to slow a little. I continued the 10 minute pace and finished in 4:23. Brad was very close behind at 4:30. Terry struggled bravely to a 5:31 finish. Leigh and Stephanie accompanied each other to a 6:07 finish.

Madonne had the best race among us, finishing the half marathon in a time of 1:48. That earned her an eighth place finish among women, third in her age group. David Barton also finished the half in 1:48, while Matt Menchaca turned in a time of 1:58. Emily Donnerberg also turned in a time of 1:58, first in her age division.

#### Active West Texas Running Club member's birthdays in October

Joseph Wilson	51 on 10/1	Jerry Dwyer	47 on 10/2	Rose Hoeve	39 on 10/3
Raymond Brady	63 on 10/7	Wallace Dean	66 on 10/7	Arlan Patton	52 on 10/10
Tom Weis	55 on 10/10*	Jim Harris	64 on 10/11	Jared Masood	27 on 10/12
Daniel Gonzales	41 on 10/13	Tammy Moriarty	33 on 10/13	Gene Adams	72 on 10/14
Ann Roberts	31 on 10/15	Nick Wargo	16 on 10/15	Madonne Miner	54 on 10/16
John Price	52 on 10/17	Jim Wilhelm	56 on 10/17	Craig Jackson	42 on 10/22
PJ Mitchell	62 on 10/23	Jill Aleman	29 on 10/28	Tammy Aleman	32 on 10/28
Ronnie Nugent	60 on 10/28*	Adam Barron	44 on 10/30	Nancy Mack	42 on 10/30

\* = New Age Group

#### Club Members in the News

The Lubbock Christian University cross country program has signed 3 more runners for its return in 2006 including Club member, Jared Masood, who will join the team this year. After graduating from South Plains College he now attends LCU as a Psychology major. Coach Neff and Coach James Morris, co-founder of the WTRC, will be in charge of the Chaps' program which began on 9/1 at Eastern New Mexico University in Clovis.

Club member, Shanna Armstrong, 31, who won the female division of the Race Across America cross-country cycling race in June, finished 8th among women at the Vineman Triathlon in Sonoma County, Calif. on August 12th. Her time for the 140.6 mile course was 12 hours, 21 minutes and 16.9 seconds, good enough for 4th place in her age group and 76th overall.

### Eyes of the Tiger

On a recent bicycle ride I started thinking (a really dangerous thing) about what makes athletes excel in their given sport, at the time they really need it. Then I moved onto another question, is it possible to detect some form of physical or even mental language that reveals these extraordinary phenomena? After posing the question to myself I then went way back in time; spanning quickly through my years of competition to see if I could answer my own question. After a few miles on the bike I started to ramble through the extremely successful athletes I had been around in person or those from afar, in the professionals that I can only read about. After doing this for about 20 miles I discovered that the same common denominator seemed to come up, the look in their eyes. I have always heard that the eyes are the gateway to the soul, which I have no good reason not to agree with this. It has been said by many people who study this sort of thing that the eye movements and gestures associated with them will reveal everything good or bad you want to know about someone. With that being said I related this back to those professionals, in all sports I am interested in, and found some interesting eyeball revelations. In the sport of cycling Lance Armstrong and his look of intimidation to his opponents comes to mind, when he makes the move he signals this with wide open eyes directed at his opponent, which would strangle a 12 foot diamond back rattlesnake. Just recently Tiger Woods won the PGA tournament in professional golf. In Sports Illustrated there was a photo of him bending over his ball while looking at the putting line and you can see the extreme determination to sink this putt(which he did) and win the tourney(which he did). It has been said that when he walks on the course his opponents start to feel this glare of intimidation. A few years ago the infamous duel between Mark Allen and Dave Scott at the Ironman World Championship in Kona revealed two strong sets of eyes determined to cross the finish line first on Alii Drive. In this case Mark Allen won with a final burst, but both of these champions retired with 6 wins a piece at Kona. In marathoning I recall the two dominating held the world record for a number of years. They both had that "look," and even though long distance runners have always been a little more gentlemanly than some of the other athletes, you could see the "Tiger" in their eyes. In professional football four big eyes come to mind, Barry Sanders and Ernie Smith. These two guys were tremendous running backs in professional football and the photos of them making cuts or running with the ball totally exemplified this look I am talking about.

Obviously I could go on for days about all these famous athletes that I have studied or even seen personally over the years, but what I would like to do now is shift some gears and talk about some "local" athletes that I know exhibit this same look. The first to come to my mind, immediately, is George Jury. Now I know we see him now as the ultra-volunteer at all WTRC races and the guy who takes care of Buffman & Squeaky, but I am here to tell you right now when he was competing and beating most in his age group, he had the eye. His focus and determination was very evident and as long as his health would permit, he would blow the competition away. Next on the list is a guy I have been watching since our high school days since we both competed against each other but were also teammates in football, Bobby Cunningham. This guy had the look when he was born and I will always remember it. He even had it on the last time we played golf together, a few months ago. Remember, no matter the sport, if you have the look, it will always come out in competition. Even in curling and bowling I have seen it, and how gentle are those sports? You might challenge me a little on bingo and checkers, but I am sure these intellectual endeavors would have the "eye" if pressed real hard by their competition. Another guy that had the look is our current WTRC president. Again, when his health will permit, Ron Lubowicz will wipe his age group out with vengeance. Current day guys at the top of the list for WTRC events, Quent Bearden, Jerry Dwyer, and Bob Jackson have that look, beware they will roll you over. And what about Ralph Wolf, generally a short course guy in the marvelous 65-69 age group has decided to have the "look" and blow us all away on the long courses. And don't believe for a minute that just because our female members are "ladies," that they don't have this "look." While Elta Mayer is a dainty, petite, little woman she has the "eye" and will make the pass on you in a New York minute. She did this to me at the Brownfield 10 miler and I never saw her dust again. Then there is P.J. Mitchell and her determination to lead her age group and continue to set the standard for her peers. Other notables with the "eye," are: Cheryl Weber, Madame Miner, Hanna Layman and Allison Pyle. In conclusion, watch for the "eye" in your next competition and you will see what I am talking about. Trust me, it is there!-----Mike Greer







# 25<sup>th</sup> Annual Red Raider Road Race

5K & 10K

Run the Texas Tech  
Campus as part of Tech's  
Homecoming Weekend!  
October 7, 2006

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Registrants.

Online registration available  
<http://wtrc.tripod.com>



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Benefiting the Texas Tech / West Texas Running Club Scholarship Fund

Red Raider Road Race 2006

Texas Tech Alumni Association

W.T.R.C.

Post Office Box 3116

Lubbock, TX 79452

# 25<sup>th</sup> Annual Red Raider Road Race

**Date:** Saturday, October 7, 2006      **Starting Time:** 8:00 a.m.

**Registration:** **Save \$ - Enter Early!** Until September 29, 2006 - \$15\* Entry fee payable to the West Texas Running Club.

\*Please add \$2 if you want an XXL T-shirt – (limited to the first 12 who sign up) **Mail-in before Sept. 29<sup>th</sup>!**

**On-line Registration:** WTRC Web address: <http://wtrc.tripod.com>. No on-line registration will be accepted after 12 noon on October 1, 2006.

**Late Registration & Packet Pick-Up:** \$20 – Friday, October 6, 10 a.m. – 6 p.m. at First Christian Church – Family Life Center, one and a half blocks east of University Ave. on 13<sup>th</sup> Street.

**Race Day Registration & Packet Pick-Up:** \$25 – Saturday, October 7, 6:00 a.m. – 7:00 a.m. **ONLY!**

**At Race site, inside Student Recreation Center (Main & Hartford) or at alternate race site. (See Notice below)**

## Divisions:

**Men:** 19 & Under; 20-24; 25-29; 30-34; 35-39; 40-44; 45-49; 50-54; 55-59; 60-64; 65-69; 70 & over

**Women:** 19 & Under; 20-24; 25-29; 30-34; 35-39; 40-44; 45-49; 50-54; 55-59; 60 & over

**Special Divisions:** Clydesdale/Athena, both races: Men 190 lbs. +; Women 150 lbs. +  
**5K only** – 12 & under; 13-15; 16-19

**Start/Finish:** Student Recreation Center      **Aid Stations:** At 2, 3 & 5 mile marks      **Split Times:** at 1 mile  
Main and Hartford

**Course:** Both the 5K & 10K Road Race will be run on the Tech Campus, with the start and finish at the Student Rec Center. A map of the course will be included in the registration packet.

**Awards:** Medallions will be presented to the first three finishers in each age/sex race class. 1<sup>st</sup> Place overall Male and Female winners will receive a custom engraved plaque. Also best Master in each race (age graded) will receive a custom engraved plaque. Awards will also be given to the first three, age graded, in each race in the Clydesdales division.

**Award Ceremony:** Presentation at 9:30 a.m. at the Finish Line      **Prize Drawings:** Pre-registrants only. Must be present to win.

**NOTICE: If kick-off for the homecoming football game is changed to the early afternoon, the race will be moved to Mackenzie Park. Park in the Joyland parking lot.**

*Please make checks payable to the West Texas Running Club.* Last year's race shirts available.

For more info call: Sam Prose, 806-794-0429 e-mail, [scprose@hotmail.com](mailto:scprose@hotmail.com)

Detach & Return to: RRRR/WTRC, Post Office Box 3116, Lubbock, TX 79452

First Name	MI	Last Name	Age on race day	Sex
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	M F
Address			S M L XL XXL	
<input type="text"/>			T-shirt Size (adult) Add \$2 for XXL	
City	State	Zip code	Circle Size and Gender	
<input type="text"/>	<input type="text"/>	<input type="text"/>	Make checks payable to: <b>West Texas Running Club</b>	
Area Code	Daytime Phone Number	Entered Event	<input type="text"/>	
<input type="text"/>	<input type="text"/>	<input type="text"/>		
		5K 10K Clydesdale/Athena	<b>FOR OFFICIAL USE ONLY</b>	

Warning: Participation in the Red Raider Road Race can be a threat to the health of individuals who are not in proper condition and health.

WAIVER STATEMENT: West Texas Running Club, Texas Tech Ex-Students Assn., Texas Tech University, all corporate sponsors of the event, the employees, agents, or representatives of the same, or any volunteers shall not be responsible for, and shall be saved and held harmless by myself from and against any and all claims and damages of every kind, for injury to or death of any person or persons and for damage to or loss of property, arising out of or attributed, directly or indirectly, to participate in the Red Raider Road Race 5K/10K Run. This indemnity shall extend to and shall be binding on my heirs, legatees, administrators and assigns. My signature hereto verifies that participation in this event is inherently dangerous and could result in bodily injury or death, and that proper physical training is necessary prior to such participation. THIS ENTRY IS NOT VALID UNLESS SIGNED BY THE ENTRANT, GUARDIAN, CONSERVATOR, OR PARENT FOR ENTRANTS UNDER 18 YEARS OLD, RRCA rules prohibit skates, strollers, dogs, etc.

Signature of Entrant \_\_\_\_\_

Signature of Guardian (minors) \_\_\_\_\_