

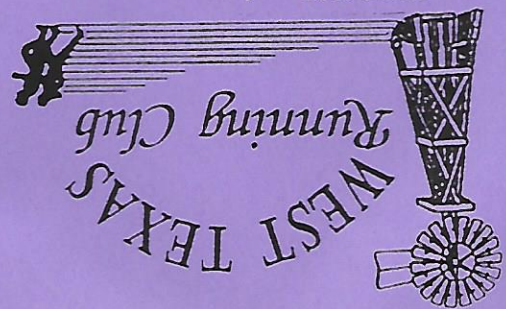
CALENDAR

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

- APR 03 W.T.R.C. Business meeting: Tuesday, 7pm,
WEST TEXAS PETERBILT (Tom's Office), 45th and Ave. A
- * APR 21 RUN FOR THE ARTS: 15K OR 2Mile, 8:00am, Lubbock Civic Ctr,
Tom Weis, RD, 806-928-0482
- APR 28 SPEAK UP FOR KIDS CASA 5K: 9:00am, Erazier Alumni Pavilion
TTU Campus, www.southplains.speakupforkids5k.org
- MAY 6 RANSOM CANYON TRIATHLON: 8:00am, Ransom Canyon, Tx,
www.buffalospingslaketriathlon.com
- * MAY 12 HORSESHOE BEND CANYON SPRING FROLIC: 11mi, 6mi & 2mi.,
8:00am, Horseshoe Bend Canyon-North of Slaton, Randy
Holloway, RD, 806-794-7512
- MAY 20 BUFFMAN & SQUEAKY TRIATHLON: Buffalo Springs Lake, 8:00am,
www.buffalospingslaketriathlon.com
- * JUN 9 BOBBY BIRDSONG MEMORIAL LEVELLAND LOPE: 2M & 10K, 8:00AM,
South Plains College-Texan Dome, Levelland, Bill Roger,
RD. 806-894-7911
- JUN 16 GIRLSTOWN GALLOP: 5K, 9:00am, Whiteface, Tx, Jesse Pape,
RD, 806-229-6361 ex 7235, jessepape@calfarley.org
- JUN 24 BUFFALO SPRINGS LAKE TRIATHLON: Half Ironman, Buffalo
Springs Lk, 6:30am, www.buffalospingslaketriathlon.com
- * JUL 4 38TH ANNUAL FIRECRACKER RONS: 10mi/3mi/1m Kids, 8:00am,
Brownfield, Tx., Jim Harris, RD. 505-392-8945
- JUL 14 TOUR DE NOWHERE: Levelland, Tx Early Settlers Day, 20/40/
60/100 mile bike, Jesse Pape-Giristown, 806-229-6361
- AUG 05 PRUDE RANCH RACES: 5K, 10K, ½ Marathon, 7:30am,
Ft Davis, Tx, www.fitnesscamp.org
- * AUG 11 HOT DAM RUNS: Canyon Lake 6, Lubbock, 8:00 am, Etta
Mayer, RD, 742-2907
- * SEP 08 SHALLOWATER STAMPEDE: 10K, 2MI, 8:00am, Shallowater,
Tx, Dwayne Oakeley, RD 806-799-4473
- SEP 15 COTTON COUNTRY SPRINT: 5K/3MI BIKE/300YD SWIM, South
Plains College, Levelland, DeeDee Odorizzi, RD,
806-894-9611 ex2236, dodorizzi@southplainscollege.edu

<http://wtrc.tripod.com>

Calendar, Photos, Online registration, Membership, etc.



WTRC Newsletter

9505 Viola Ave.

Lubbock, TX 79424-7518

April 2007



Run for the Arts

8am, Saturday, April 21, 2007
Civic Center, Lubbock, TX
Details inside back cover



WEST TEXAS RUNNING CLUB

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President - Mike Kelley
 5-0441
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Web Address:
wtrc.tripod.com

T.R.C. RACES ARE USUALLY HELD THE 2ND SATURDAY OF EACH MONTH.
 WTRC monthly business meeting is on Tuesday, April 3, 7:00 p.m. at West Texas
 Peterbilt, 4515 Ave. A, Sales & Leasing Office (closest to Ave A)
 All members are welcome

Green Tea Antioxidant and Exercise

This study is designed to look at the effects of antioxidant supplementation in the form of green tea on the effects of delayed-onset muscle soreness after endurance exercise. The study is open to males, ages 18-35 years, who are healthy and running 3-5 days a week, but not engaged in competitive endurance training. Participants must have had a physical examination within the last five (5) years and not be experiencing any musculoskeletal problems. The study requires four (4) visits to the exercise physiology lab housed in the exercise sciences building at TX Tech University, one of which will be a VO2max test. Please contact Dr. Robert Sawyer (robert.sawyer@ttu.edu or 806-742-3371) or Shannon Jordan (lynn.jordan@ttu.edu or 806-283-6232) for more information.

DIRECTORS

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West Texas Running Club
 25th ANNUAL PRAIRIE DOG TOWN RUN
 2 Mile and 4 Mile Road Races
 Lubbock, Texas March 10, 2007

* New Record

4 MILE OVERALL RESULTS

Place	Name	Town	St	Ag	S	Div	Div	Time	Pace
1	BRANDON BIRDSONG-JOHNSON	LUBBOCK	TX	19	M	1	M1619	20:51	5:13*
2	JOHN MEANS	VALENTINE	TX	21	M	1	M2024	22:09	5:33
3	ERIC AYALA	LUBBOCK	TX	21	M	2	M2024	22:15	5:34
4	DAVID BOSTON	LUBBOCK	TX	19	M	2	M1619	22:29	5:38
5	JOHN KEITH	LUBBOCK	TX	18	M	3	M1619	26:31	6:38
6	JOHN CORELIS	LUBBOCK	TX	41	M	1	M4044	26:35	6:39
7	LEE COHEN	LUBBOCK	TX	34	M	1	M3034	26:43	6:41
8	JERRY DWYER	LUBBOCK	TX	47	M	1	M4549	26:57	6:45
9	TATE CRISWELL	LUBBOCK	TX	24	M	3	M2024	27:42	6:56
10	EDDY MORELOCK	LUBBOCK	TX	35	M	1	M3539	27:48	6:57
11	SARAH SPILMAN	LUBBOCK	TX	24	F	1	F2024	27:57	7:00
12	EPI AGUIRRE	LUBBOCK	TX	48	M	2	M4549	28:06	7:02
13	RICKY MARTINEZ	SPUR	TX	39	M	2	M3539	28:08	7:02
14	JOHN PRYOR	LUBBOCK	TX	24	M	4	M2024	28:13	7:04
15	CHRIS LONNGREN	LUBBOCK	TX	47	M	3	M4549	28:32	7:08
16	CHRISTIAN NANSEN	LUBBOCK	TX	37	M	3	M3539	28:38	7:10
17	BRENT LOWERY	LUBBOCK	TX	45	M	4	M4549	29:11	7:18
18	ANN CRUCE-ROBERTS	LUBBOCK	TX	31	F	1	F3034	29:13	7:19
19	ADAM BARRON	LUBBOCK	TX	44	M	2	M4044	29:15	7:19
20	RUDY GARCIA	IDALOU	TX	44	M	1	CLYDES	29:34	7:24
21	DENISE BRAY	LUBBOCK	TX	45	F	1	F4549	29:40	7:25*
22	KYLE ASHLEY	LUBBOCK	TX	44	M	4	M4044	29:52	7:28
23	IRIS RIVERO	LUBBOCK	TX	31	F	2	F3034	29:58	7:30
24	JON DAVID BRUEGEL	LUBBOCK	TX	15	M	1	M1315	30:02	7:31
25	FARRELL MARTIN	SHALLOWATER	TX	40	M	2	CLYDES	30:28	7:37
26	JEFFREY HAAG	LUBBOCK	TX	37	M	4	M3539	30:37	7:40
27	JAY KEITH	LUBBOCK	TX	49	M	5	M4549	31:01	7:46
28	JAMES BAUMANN	LUBBOCK	TX	38	M	5	M3539	31:09	7:48
29	AARON ST CLAIR	LUBBOCK	TX	14	M	2	M1315	31:12	7:48
30	TOMMIE FARRELL	LUBBOCK	TX	36	M	6	M3539	31:56	7:59
31	MARK SMITH	LUBBOCK	TX	35	M	7	M3539	32:13	8:04
32	AARON SELF	LUBBOCK	TX	27	M	1	M2529	32:20	8:05
33	SKYLER EVANS	LUBBOCK	TX	15	M	3	M1315	32:22	8:06
34	CRAIG HEINTZE	LUBBOCK	TX	23	M	5	M2024	32:34	8:09
35	MARK ALBUS	LUBBOCK	TX	50	M	1	M5054	32:35	8:09
36	BEAU STEPHENSON	LUBBOCK	TX	23	M	6	M2024	33:06	8:17
37	ELIZABETH HARTIN	LUBBOCK	TX	27	F	1	F2529	33:07	8:17
38	MADONNE MINER	LUBBOCK	TX	54	F	1	F5054	33:27	8:22
39	BROOKE PITTMAN	LUBBOCK	TX	29	F	2	F2529	33:33	8:24
40	JOHN REEDY	LUBBOCK	TX	23	M	7	M2024	34:04	8:31
41	EDIE ABEL	LUBBOCK	TX	40	F	1	ATHENA	34:29	8:38*
42	MATTHEW MILLER	LUBBOCK	TX	28	M	2	M2529	34:31	8:38
43	DUANE JONES	LUBBOCK	TX	46	M	6	M4549	34:31	8:38
44	MELISSA BELL	LUBBOCK	TX	36	F	2	ATHENA	34:42	8:41
45	KYLE EDGINGTON	LUBBOCK	TX	29	M	3	M2529	34:55	8:44
46	JASON BURLEY	BROWNFIELD	TX	31	M	2	M3034	35:35	8:54
47	RALPH WOLF	LUBBOCK	TX	69	M	1	M6569	34:55	8:44
48	ISAAC MUNOZ JR	LUBBOCK	TX	30	M	3	M3034	35:42	8:56
49	BRYAN BEAVER	LUBBOCK	TX	27	M	4	M2529	35:49	8:58
50	CRAIG PETERSON	ROBBS	NM	50	M	3	CLYDES	35:54	8:59
51	LEE HANDLIN	LUBBOCK	TX	38	F	3	ATHENA	35:56	8:59
52	LEE ANN ROBERTS	LUBBOCK	TX	39	F	3	F3539	36:03	9:01
53	WARNER ALEXANDER	LUBBOCK	TX	47	M	4	CLYDES	36:05	9:02
54	JAINE GUEST	LUBBOCK	TX	46	F	2	F4549	36:24	9:06
55	MALINDA COLWELL	LUBBOCK	TX	33	F	3	F3034	36:26	9:07
56	JIM DEMBROWSKI	LUBBOCK	TX	53	M	1	M5054	36:41	9:11
57	WAYNE SULLIVAN	LUBBOCK	TX	56	M	1	M5559	36:50	9:13
58	BONNIE WATTS	LUBBOCK	TX	45	F	3	F4549	37:02	9:16
59	KAMMY PHILBRICK	LUBBOCK	TX	46	F	4	F4549	37:03	9:16
60	MIKE KELLEY	LUBBOCK	TX	58	M	2	M5559	37:05	9:17
61	ROBERT BLOODWORTH	LUBBOCK	TX	42	M	6	CLYDES	37:08	9:17
62	SANDY JANSEN	LUBBOCK	TX	35	F	4	F3539	37:18	9:20
63	STEVE HENDERSON	LUBBOCK	TX	53	M	4	M5054	37:26	9:22

Place	Name	St	Ag	S	Div	Div	Time	Pace
64	SEAN GRASS	TX	35	M	9	CLYDES	37:32	9:23
65	ISAAC MUNOZ SR	TX	51	M	5	CLYDES	37:35	9:24
66	LYNN HELMSTETLER	TX	25	F	3	F2529	38:30	9:38
67	TRACIE BRITTON	TX	30	F	4	F3034	38:31	9:38
68	DEBORAH DAKIN	TX	27	F	4	F2529	38:32	9:38
69	GARRETT MCKINNON	TX	34	M	4	M3034	38:32	9:38
70	ANDREW JANSEN	TX	35	M	9	M3539	38:34	9:39
71	VERONICA VALDERAZ	TX	32	F	5	F3034	38:47	9:42
72	JILL HAUOKS	TX	42	F	2	F4044	38:48	9:42
73	SUSAN TOMLINSON	TX	49	F	5	F4549	39:03	9:46
74	MANDY SATTERWHITE	TX	29	F	5	F2529	39:15	9:49
75	REY TREVINO	TX	45	M	8	CLYDES	39:26	9:52
76	JILL CHANDLER	TX	20	F	2	F2024	39:31	9:53
77	KEITH BAYER	TX	24	M	8	M2024	39:34	9:54
78	AMY DAWSON	TX	30	F	6	F3034	39:40	9:55
79	KAREN PYLE	TX	39	F	5	F3539	39:56	9:59
80	DWAYNE OAKELEY	TX	50	M	6	M5054	40:20	10:05
81	JIMMY CLARK	TX	55	M	7	CLYDES	41:12	10:18
82	MARSHA BENNETT	TX	43	F	3	F4044	41:33	10:24
83	CHARLIE NEEDHAM	TX	45	M	10	CLYDES	43:49	10:58
84	MEGAN AULBAUGH	TX	24	F	3	F2024	44:16	11:04
85	CHRISTIE ZINGERMAN	TX	33	F	7	F3034	45:16	11:19
86	RANDY EGENBACHER	TX	51	M	11	CLYDES	46:10	11:33
87	JERMAINE MATTHEWS	TX	36	M	10	M3539	47:09	11:48
88	ETTA MAYER	TX	57	F	1	F5559	48:37	12:10
89	SUZAN CAUDLE	TX	54	F	2	F5054	53:17	13:20

2 MILE OVERALL RESULTS

Place	Name	Town	St	Ag	S	Div	Div	Time	Pace
1	LUCAS MORRIS	LUBBOCK	TX	14	M	1	M1315	12:13	6:07
2	DAVID MALONE	LUBBOCK	TX	49	M	1	M4549	14:33	7:17
3	BRETT HART	LUBBOCK	TX	27	M	1	M2529	14:36	7:18
4	TAMMY MORIARTY	WOLFFORTH	TX	33	F	1	F3034	15:26	7:43
5	RON LUBOWICZ	LUBBOCK	TX	64	M	1	M6064	15:33	7:47
6	AUBREE BUCHANAN	MCGREGOR	TX	13	F	1	F1315	15:37	7:49
7	ALLISON PYLE	SLATON	TX	15	F	2	F1315	15:47	7:54
8	RONNIE NUGENT	LUBBOCK	TX	60	M	2	M6064	16:03	8:02
9	BILL FELTON	LUBBOCK	TX	72	M	1	M7099	16:20	8:10
10	GONZALO RAMIREZ	LUBBOCK	TX	51	M	1	M5054	17:10	8:35
11	P J MITCHELL	LUBBOCK	TX	62	F	1	F6099	17:34	8:47
12	JOHN GRIFFIN	LUBBOCK	TX	24	M	1	M2024	17:47	8:54
13	NOEL LUNA	LEVELLAND	TX	39	M	1	M3539	17:52	8:56
14	KIM CLEMMS	LUBBOCK	TX	38	F	1	F3539	17:59	9:00
15	LAURIE KELSO	RANSON CANYON	TX	45	F	1	F4549	18:05	9:03
16	KENDALL HIGGINS	LUBBOCK	TX	13	M	2	M1315	19:11	9:36
17	DAVID HIGGINS	LUBBOCK	TX	54	M	2	M5054	19:13	9:37
18	TOM GRIFFIN	LUBBOCK	TX	58	M	1	M5559	19:29	9:45
19	AUSTIN MARTIN	SHALLOWATER	TX	11	M	1	M0112	19:59	10:00
20	ZACHARY SMITH	LUBBOCK	TX	9	M	2	M0112	20:03	10:02
21	BRENDA CAMPBELL	LUBBOCK	TX	47	F	2	F4549	20:58	10:29
22	SARAH SNODGRASS	LUBBOCK	TX	16	F	1	F1619	22:33	11:17
23	STEPHANIE BRINKMAN	AUSTIN	TX	38	F	1	ATHENA	23:52	11:56
24	BOB BRINKMAN	LUBBOCK	TX	36	M	1	CLYDES	23:53	11:57
25	GREG MILFORD	LUBBOCK	TX	37	M	3	M3539	23:54	11:57
26	CARLA STENCE	LUBBOCK	TX	49	F	3	F4549	24:37	12:19
27	PETIE LOWREY	LUBBOCK	TX	43	F	1	F4044	26:24	13:12
28	BRANDON HASTINGS	LUBBOCK	TX	12	M	3	M0112	26:27	13:14
29	NAKENZIE SMITH	LUBBOCK	TX	8	F	1	F0112	26:59	13:30
30	TAYLOR BOZEMAN	LUBBOCK	TX	8	F	2	F0112	27:00	13:30
31	JEANETTE HASTINGS	LUBBOCK	TX	34	F	2	F3034	34:57	17:29
32	REBEKAH HASTINGS	LUBBOCK	TX	9	F	3	F0112	35:33	17:47

* - Course Record

Race Director's Report for Prairie Dog Runs

The Prairie Dog Town Races were held under excellent conditions. What can you say when the weather is perfect, a new 2 mile distance is added that makes racing more achievable for some, the race is well planned by the WTRC Board, and record numbers come out to race?

A special thanks also go out to the volunteers, George Jury, Larry Byrd, Josie Aleman, Tony Aleman, Glen Pokkikuha, Vic Magri, Edwin Young, Kate Roden, Tracie Price, Randy Holloway and Marti Greer.

To say the least, it was a pleasure to race direct this event and to see the new runners come out to tackle this outstanding short course and new 2 mile race. I look forward to seeing all of you at the 2007 Lubbock Arts Festival's - Run for The Arts on Saturday, April 21st.

Mike Greer

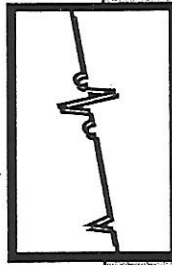
Volunteers Needed for Next Challenge Series Race #5 - Run for The Arts

Tom Weis, Race Director, for our next WTRC race on Saturday, April 21st, 2007 (details on inside back cover and Race Entry Form enclosed), can use a few more helpers to cover the 15K course that winds through several city streets plus scenic Mae Simmons & MacKenzie Parks.

If you would like to help, please contact Tom on his cell phone at: (806) 928-0482 or E-mail him at: twais@unitedtexas.com

Editor's Reminder - Contributions from WTRC Members

Last month's March Newsletter's request for input from members was, unfortunately, buried at the bottom of page 7 and was overlooked by all but the most diligent readers. Perhaps this month, we can get your attention to what is an important priority of our Board of Directors, namely, getting to know each other better both on and off the road. Don't hesitate to pass along any interesting information you may have about yourself or family regarding your running activity or other achievements. Feel free to contact any on our Board as shown on page 2, especially your Newsletter Director, Bill Felton @ (806) 866-9300 or E-mail: bicafelton@hotmail.com



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W.T.R.C. 2007 CHALLENGE SERIES STANDINGS AFTER 3 EVENTS MALE

Table with columns: YTD TOTALS (AGE, PTS, MILES, EVT, VOL), 0-12 MALE, 13-16 MALE, 16-19 MALE, 20-24 MALE, 25-29 MALE, 30-34 MALE, 35-39 MALE, 40-44 MALE, 45-49 MALE, 50-54 MALE, 55-59 MALE, 60-64 MALE, 65-69 MALE, 70-79 MALE, 80-89 MALE, 90-99 MALE.

W.T.R.C. 2007 CHALLENGE SERIES STANDINGS AFTER 3 EVENTS FEMALE

Table with columns: YTD TOTALS (AGE, PTS, MILES, EVT, VOL), 0-12 FEMALE, 13-16 FEMALE, 16-19 FEMALE, 20-24 FEMALE, 25-29 FEMALE, 30-34 FEMALE, 35-39 FEMALE, 40-44 FEMALE, 45-49 FEMALE, 50-54 FEMALE, 55-59 FEMALE, ATHENA-age graded, CLYDESDALE - age graded.

Table with columns: YTD TOTALS (AGE, PTS, MILES, EVT, VOL), 0-12 MALE, 13-16 MALE, 16-19 MALE, 20-24 MALE, 25-29 MALE, 30-34 MALE, 35-39 MALE, 40-44 MALE, 45-49 MALE, 50-54 MALE, 55-59 MALE, 60-64 MALE, 65-69 MALE, 70-79 MALE, 80-89 MALE, 90-99 MALE.

Table with columns: YTD TOTALS (AGE, PTS, MILES, EVT, VOL), 0-12 FEMALE, 13-16 FEMALE, 16-19 FEMALE, 20-24 FEMALE, 25-29 FEMALE, 30-34 FEMALE, 35-39 FEMALE, 40-44 FEMALE, 45-49 FEMALE, 50-54 FEMALE, 55-59 FEMALE, ATHENA-age graded, CLYDESDALE - age graded.

** = RACE DIRECTOR
* = VOLUNTEER

WTRC-RUN FOR THE ARTS, 15K EVENT RECORDS
(Since 1986 - Inactive from 1996 to 2004)

WOMEN	TOWN	AGE	TIME	YEAR	
0-15	Mandy Malouf	Levelland	13	1:07:58	1987
16-19	Jennifer McGuire	Lubbock	?	1:12:03	1990
20-24	Idalia Casiano	Lubbock	23	1:00:58	1991
25-29	Sue Houle	Lubbock	29	1:01:50	1991
30-34	Marjory Stewart	Lubbock	32	56:24 *	1991
35-39	Marjory Stewart	Lubbock	35	59:37	1994
40-44	Becky Rowley	Clovis, NM	41	1:07:43	2005
45-49	Mary Branscome	Lubbock	46	1:17:26	2006
50-54	Madonne Miner	Lubbock	53	1:17:54	2006
55-59	Etta Mayer	Lubbock	57	1:29:55	2006
60+	Dianne Anderson	Lubbock	64	1:29:17	2006
Athena	Edith Abel	Lubbock	39	1:28:02	2006
MEN	TOWN	AGE	TIME	YEAR	
0-15	Danny Hernandez	Lubbock	14	1:01:38	1991
16-19	Mike Cagle	Lubbock	19	53:34	1986
20-24	Victor Heredia	Lubbock	24	48:11 *	1991
25-29	Tim Green	Lubbock	25	49:32	1991
30-34	Martin Leodgard	Lubbock	31	50:50	1996
35-39	Scott Brickerd	Lubbock	36	48:36	1989
40-44	Ken Macinnes	Lubbock	40	57:49	1996
45-49	Bobby Cunningham	Abernathy	47	57:31	1986
50-54	George Jury	Lubbock	52	56:39	1989
55-59	George Jury	Lubbock	55	1:02:05	1992
60-64	Harold Ritchey	Amarillo	61	1:12:36	1988
65-69	Gorden Jenkins	Amarillo	65	1:20:23	2006
70+	Don Sanderson	Tulia	75	1:24:29	2005
Clydes	Farell Martin	Lubbock	38	1:05:19	2005
2 Mile EVENT RECORDS (Since 2005) - WOMEN	TOWN	AGE	TIME	YEAR	
0-12	Meghan Bass	Crosbyton	12	14:02	2006
13-15	Kyra Sloan	Crosbyton	13	12:38 *	2006
16-19	Krystal Hunt	Lubbock	18	15:57	2005
20-24	Erin Mahler	Lubbock	21	17:20	2006
25-29	Jody Dennis	Lubbock	29	16:03	2006
30-34	Traci Payne	Lubbock	32	17:06	2005
35-39	Janda Jackson	Lubbock	36	14:45	2006
40-44	Pam Gascheny	Lubbock	40	16:00	2005
45-49	Veronica Young	Lubbock	46	16:20	2005
50-54	Shirley Wigley	Lubbock	51	16:24	2005
55-59	Judy Reyes	Lubbock	58	22:14	2006
Athena	Sarah Nelson	Lubbock	27	16:33	2006
MEN	TOWN	AGE	TIME	YEAR	
0-12	Justin Lambert	Lubbock	12	14:12	2006
13-15	Robert Duran	Lubbock	13	12:47	2006
16-19	Daren Oakeley	Lubbock	19	16:00	2006
20-24	John Thomas	Lubbock	24	14:51	2005
25-29	Van Gunnell	Soda Sprgs	27	10:14 *	2005
30-34	Kevin Wass	Lubbock	34	15:44	2005
35-39	Daniel Gonzales	Lubbock	39	13:54	2005
40-44	Roger Robles	Lubbock	43	12:54	2005
45-49	Jackie Cannon	Amarillo	49	12:12	2005
50-54	Jackie Cannon	Amarillo	50	12:05	2006
55-59	Jim Wilhelm	Lubbock	55	19:43	2006
60-64	Jim Harris	Hobbs, NM	63	14:36	2006
65-69	Bill Roger	Levelland	66	18:57	2005
70+	Bill Felton	Lubbock	71	15:57	2006
Clydes	Mike Lawson	Levelland	47	13:08	2006

* Overall Men's and Women's course records

WEST TEXAS RUNNING CLUB'S
RUN FOR THE ARTS
(15K AND 2 MILE)

EVENT #4

Of the 2007 W.T.R.C. CHALLENGE SERIES

WHEN: SATURDAY, APRIL 21, 2007, 8:00 a.m.

Race Day Registration: 6:30 - 7:40 a.m.

Gather at the Lubbock Civic Center Parking Lot

WHERE: SIXTH STREET, NORTH OF THE LUBBOCK CIVIC CENTER

COURSE: 15K runs over slightly hilly terrain through Mackenzie and Mae Simmons Parks. 2-Mile is flat. Races begin on Sixth Street, north of the Civic Center and are out and back courses.

REGISTRATION & ENTRY FEES: BY MAIL: by April 18 (15K & 2 Mile)

Club Members \$15.00

Non Members \$20.00

ON-LINE REGISTRATION DEADLINE: Noon, Wednesday, April 18

LATE REGISTRATION & PACKET PICK-UP: Friday, April 20 at Civic Center

Noon - 8:00 p.m.

All Participants \$20.00

RACE DAY REGISTRATION & PACKET PICK-UP: Saturday, April 21

Civic Center Parking Lot

6:30 a.m. - 7:40 a.m.

All Participants \$25.00

All registrants will receive commemorative T-shirts.

AWARDS: Medals for at least the top three in each age category in addition to medals for the overall men and women's winners. There will also be medals for competitors in the Clydesdale and Athena divisions.

AGE DIVISIONS:

Men: 0-12 (2 mile only); 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 (2 mile only); 13-15; 16-19; 20-24; 25-29; 30-34; 35-39; 40-44; 45-49; 50-54; 55-59; 60 Plus; Athena

RACE DIRECTOR: Tom Weis Phone - 928-0482

e-mail - twais@unitedtexas.com