

CALENDAR

- * Indicates W.T.R.C. Monthly Race and CHALLENGE SERIES EVENT
- AUG 07 W.T.R.C. Business meeting: Tuesday, 7pm,
Location TBD
- AUG 08 PRUDE RANCH RACES: 5K, 10K, ½ Marathon, 7:30am,
Ft Davis, Tx, www.fitnesscamp.org
- * AUG 11 HOT DAM RUNS: 5MI/2MI, Canyon Lake 6, Lubbock,
8:00 am, Etta Mayer, RD, 742-2907
- AUG 11 LUBBOCK SENIOR GAMES RD RACE: 7:00am 5K/10Kcombined
Mackenzie Park, 50 yrs & older, Bill Felton, RD,
806-866-9300.
- SEP 01 WATERMELON ROUNDUP 5K/10K RUN: 5K/10K, 7:30am,
Old Court House, Plains, TX., Mark Anna, RD,
806-456-8087, 806-456-6365, 806-215-3168.
- * SEP 08 SHALLOWATER STAMPEDE: 10K, 2MI, 8:00am, Shallowater,
Tx, Dwayne Oakley, RD 806-799-4473
- SEP 15 COTTON COUNTRY SPRINT TRI: 5K/3MI BIKE/300YD SWIM,
South Plains College, Levelland, Deede Odorizzi, RD,
806-894-9611 lex2236@dodorizzi@southplainscollege.edu
- SEP 22 13th RACE FOR THE CURE: 8:30am, 5K, 1MI, Lubbock
Civic Ctr., 1501 6th St, www.komen-lubbock.org
- SEP 22 3RD ANNUAL PIONEER ROAD RACE: 5k, 8:30am, Hutcherson
Cntr, Wayland Campus, Plainview, TX, Brian Whitlock,
RD, 806-291-1150, whiplock@wbu.edu
- SEP 29 WHITE BUFFALO STAMPEDE: 5K/1K, 8:45am, Courthouse
Square, Snyder, TX Sherill Easterling, RD,
seasterling@wtc.edu, whitebuffalostampede.com
- SEP 29 St. Ann's 5K To The Fair Fun Run: 5K, 8:00am, Midland,
Texas. Paul Porter, RD, ttu_porters@yahoo.com
- * OCT 6 RED RAIDER ROAD RACE: 10K/5K, 8:00am, Texas Tech-
Campus Rec. Ctr., Geo Jury, RD, 806-792-1237
- OCT 13 9th ANNUAL RED RIBBON RUN, 5K, 1MI 9:00am, Buddy
Holly Park, N University & Canyon Lake Dr.,
Rose Hoeve, RD, 806-766-1968
- OCT 20 COMMUNITY PARTNERS FUN RUN: 5K/1MI, 9:00am,
TTU campus, Audra Smith, RD, 806-747-2877,
806-544-2007, audra@wagnersupply.com

<http://wtrc.tripod.com>

Calendar, Photos, Online registration, Membership, etc.



2 AND 5 MILES
USA Track & Field Certified

David and Kendall Higgs
3401 Alcover
Lubbock TX 79407



WTRC Newsletter
9505 Viola Ave.
Lubbock, TX 79424-7518
August 2007



Hot Dam Runs 5 Miles/2 Miles
8am, Saturday, August 11, 2007
Canyon Lake 6, Lubbock, TX
Details inside back cover

WEST TEXAS RUNNING CLUB

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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 normally on the first Tuesday at 7:00 p.m. at West Texas Peterbilt, 4515 Ave. A, Sales & Leasing Office (closest to Ave A)
All members are welcome

IMPORTANT NOTICE - RUNNERS & VOLUNTEERS NEEDED FOR UPCOMING LUBBOCK SENIOR GAMES (OLYMPICS) ON SATURDAY, AUGUST 18TH.

ONCE AGAIN, AFTER A FOUR YEAR ABSENCE, THERE WILL BE ROAD RACES OFFERED FOR RUNNERS 50 YEARS OF AGE AND OLDER IN FIVE YEAR AGE GROUPS (50 - 54), ETC.

THIS WILL BE A COMBINED 5K AND 10K ROAD RACE. RUNNERS CAN CHOOSE EITHER DISTANCE, OR BOTH, AND RECEIVE THEIR TIME(S) TO QUALIFY FOR THE TEXAS STATE SENIOR GAMES TO BE HELD IN TEMPLE, TX IN OCTOBER. THE FIRST FIVE (5) QUALIFY IN EACH AGE GROUP SO QUALIFYING SHOULD NOT BE A PROBLEM.

VOLUNTEERS WILL RECEIVE A FREE T-SHIRT FOR THEIR HELP.

PLEASE CONTACT BILL FELTON, RACE DIRECTOR, AT 866-9300 OR E-MAIL HIM AT: BIGAFELTON@HOTMAIL.COM OR PAULA BROWN, LUBBOCK SENIOR GAMES DIRECTOR AT: (806) 767-2710. THANK YOU.

"TEXAS' Oldest Continuous Road Race"
38th ANNUAL FIRECRACKER RUNS
Three Mile and Ten Mile Road Races
Brownfield, Texas
July 4, 2007

10 MILE OVERALL RESULTS

Place Name	Town	St	Ag	S	Div	Div	10	Pace
1 JOSE ZUBIA	MIDLAND	TX	21	M	1	M2024	59:05	5:55
2 RAUL RAMIREZ	ODESSA	TX	23	M	2	M2024	59:24	5:57
3 PEDRO VARGAS	LUBBOCK	TX	22	M	3	M2024	1:00:30	6:03
4 BOB JACKSON	HOBBS	NM	48	M	1	M4549	1:00:45	6:05 *
5 NATE GONZALES	SAN ANGELO	TX	20	M	4	M2024	1:02:38	6:16
6 JOSH CAUDILL	MIDLAND	TX	24	M	5	M2024	1:06:38	6:40
7 JASON FELLERS	LUBBOCK	TX	27	M	1	M2529	1:10:56	7:06
8 JOSE ALVARADO	MIDLAND	TX	22	M	6	M2024	1:11:54	7:12
9 KIRK HESSE	BROWNFIELD	TX	25	M	7	M2024	1:12:22	7:15
10 LEE COHEN	LUBBOCK	TX	35	M	1	M3539	1:12:36	7:16
11 TIM KEY	LUBBOCK	TX	39	M	2	M3539	1:13:30	7:21
12 EPI AGUIRRE	LUBBOCK	TX	48	M	2	M4549	1:13:52	7:24
13 ANN CRUCE-ROBERTS	LUBBOCK	TX	31	F	1	F3034	1:13:59	7:24
14 JIM HIGGINS	LUBBOCK	TX	46	M	3	M4549	1:14:11	7:26
15 JUSTIN HESSE	AMARILLO	TX	26	M	2	M2529	1:15:37	7:34
16 WADE WILSON	LUBBOCK	TX	44	M	4	M4549	1:16:23	7:39
17 ADAM BARRON	LUBBOCK	TX	44	M	1	M4044	1:16:38	7:40
18 PAUL PARE	LUBBOCK	TX	45	M	5	M4549	1:18:12	7:50
19 MELISSA DANIELS	BIG SPRING	TX	41	F	1	F4044	1:19:27	7:57
20 MARCUS SMITH	LUBBOCK	TX	30	M	1	M3034	1:20:39	8:04
21 FARRELL MARTIN	SHALLOWATER	TX	41	M	1	CLYDES1	1:21:19	8:08
22 IRIS RIVERO	LUBBOCK	TX	32	F	2	F3034	1:21:42	8:11
23 TOM WEIS	LUBBOCK	TX	55	M	1	M5559	1:22:26	8:15
24 ANGIE SONNENBERG	LUBBOCK	TX	28	F	1	F2529	1:23:09	8:19
25 TOMMIE FARRELL	LUBBOCK	TX	36	M	3	M3539	1:23:18	8:20
26 DARYL WALKER	LUBBOCK	TX	42	M	3	M4044	1:24:12	8:26
27 ERIC FORD	LUBBOCK	TX	42	M	4	M4044	1:24:46	8:29
28 TERESA MATHIS	LUBBOCK	TX	27	F	2	F2529	1:25:01	8:31
29 RICHARD GALE	LUBBOCK	TX	58	M	2	M5559	1:25:18	8:32
30 J EDSON PINTO	LUBBOCK	TX	46	M	6	M4549	1:26:03	8:37
31 DAVE DANIELS	BIG SPRING	TX	39	M	4	M3539	1:26:06	8:37
32 SARAH ELLEN ROBERTS	LUBBOCK	TX	24	F	1	F2024	1:27:36	8:46
33 PATRICK DECESARO	LUBBOCK	TX	31	M	2	M3034	1:27:40	8:46
34 SEAN SCHWARZENTRAUB	LUBBOCK	TX	40	M	5	M4044	1:27:48	8:47
35 BOB BLAKE	LUBBOCK	TX	42	M	6	M4044	1:28:03	8:49
36 RUSSEL MARTIN	LUBBOCK	TX	49	M	7	M4549	1:33:00	9:18
37 CHRIS MILFORD	LUBBOCK	TX	34	M	3	M3034	1:35:43	9:35
38 EDWIN YOUNG	LUBBOCK	TX	44	M	7	M4044	1:36:26	9:39
39 KELLY WEIL	LUBBOCK	TX	31	F	3	F3034	1:37:39	9:46
40 BONNIE WATTS	LUBBOCK	TX	45	F	1	F4549	1:38:40	9:52
41 MIKE KELLEY	LUBBOCK	TX	58	M	3	M5559	1:40:12	10:02
42 ISAAC MUNOZ JR	LUBBOCK	TX	31	M	4	M3034	1:41:19	10:08
43 LOREN PHILLIPS	LUBBOCK	TX	53	M	1	M5054	1:41:51	10:12
44 DICK BAKER	LUBBOCK	TX	62	M	1	M6064	1:42:17	10:14
45 JAMES LIVERMORE	LUBBOCK	TX	60	M	2	M6064	1:42:53	10:18
46 MARSHA BENNETT	LUBBOCK	TX	43	F	2	F4044	1:44:43	10:29
47 SARAH GAXTOLA	LUBBOCK	TX	54	F	1	F5054	1:47:11	10:44
48 ASHLEY JONES	LUBBOCK	TX	21	F	2	F2024	1:51:56	11:12
49 JARRYN PROWELL	LUBBOCK	TX	23	F	3	F2024	1:51:56	11:12
50 KATY MOCK	LUBBOCK	TX	24	F	4	F2024	1:51:56	11:12
51 JERRY HOLLINGSWORTH	ABILENE	TX	55	M	4	M5559	1:52:07	11:13
52 JIMMY CLARK	LUBBOCK	TX	55	M	2	CLYDES1	1:54:05	11:25
53 ETTA MAYER	LUBBOCK	TX	58	F	1	F5559	1:58:45	11:53

3 MILE OVERALL RESULTS

Place Name	Town	St	Ag	S	Div	Div	3	Pace
1 JACOB LOZANO	HOBBS	NM	16	M	1	M1619	15:55	5:19

2	DUSTIN FRANCKE	HOBBS	NM 16 M	2	M1619	17:38	5:53
3	TYLER LIVERMORE	LUBBOCK	TX 17-M	3	M1619	17:50	5:57
4	JOHN KEITH	LUBBOCK	TX 18 M	4	M1619	17:53	5:58
5	JUCAS MORRIS	LUBBOCK	TX 15 M	1	M1315	18:14	6:05
6	JESSICA STOVALL	LUBBOCK	TX 22 F	1	F2024	18:22	6:08
7	RENE GONZALEZ	LEVELLAND	TX 42 M	1	M4044	18:53	6:18
8	BILL MOSKOS	LUBBOCK	TX 40 M	2	M4044	19:14	6:25
9	EDDY BRITTON	LEVELLAND	TX 20 F	2	F2024	19:19	6:27
10	EDDY MORLOCK	LUBBOCK	TX 35 M	1	M3539	19:27	6:29
11	SAL DUARTE IV	HIOBBS	NM 15 M	2	M1315	19:31	6:31
12	ALEX JACKSON	HOBBS	NM 14 M	3	M1315	19:34	6:32
13	JESSE GONZALEZ	LEVELLAND	TX 13 M	4	M1315	19:43	6:35
14	VICTOR RAMIREZ	LUBBOCK	TX 16 M	5	M1619	20:04	6:42
15	ROBERT DURAN	LUBBOCK	TX 11 M	5	M1315	20:04	6:42
16	DOUG HUNT	GEORGETOWN	TX 31 M	1	M3034	20:25	6:49
17	LUKE SAMARRON	LEVELLAND	TX 13 M	6	M1315	20:47	6:56
18	JIMMY SAMARRON	LEVELLAND	TX 52 M	1	M5054	21:29	7:10
19	JON DAVID BRUEGEL	LUBBOCK	TX 15 M	7	M1315	21:35	7:12
20	EMLINE CRUTCHER	BROWNFIELD	TX 16 F	1	F1619	21:40	7:14
21	FRANK SUMPTER JR	LAMESA	TX 32 M	2	M3034	21:43	7:15
22	JAY KEITH	LUBBOCK	TX 49 M	1	M4549	21:45	7:15
23	SHAUN WATLES	HOBBS	NM 16 M	6	M1619	21:48	7:16
24	RONNIE TROLLINGER	LUBBOCK	TX 47 M	2	M4549	21:49	7:17
25	MAC MARTINEZ	LUBBOCK	TX 28 M	1	M2529	22:10	7:24
26	JENEVIEVE DURHAM	LUBBOCK	TX 31 F	1	F3034	22:19	7:27
27	RANDY HOLLOWAY	LUBBOCK	TX 50 M	2	M5054	22:22	7:28
28	NOE VALLES	LUBBOCK	TX 41 M	3	M4044	22:26	7:29
29	BRETT HART	LUBBOCK	TX 28 M	2	M2529	22:29	7:30
30	RYAN JACKSON	HOBBS	NM 17 M	7	M1619	22:32	7:31
31	FRED WEBER	LUBBOCK	TX 56 M	1	M5559	22:35	7:32
32	TARA IOAN	LUBBOCK	TX 24 F	3	F2024	23:24	7:48
33	RONNIE PRIGG	LUBBOCK	TX 56 M	2	M5559	23:43	7:55
34	CRAIG JACKSON	LUBBOCK	TX 42 M	4	M4044	23:45	7:55
35	RON LUBOWICZ	LUBBOCK	TX 64 M	1	M6064	23:55	7:59
36	GONZALO RAMIREZ	LUBBOCK	TX 51 M	3	M5054	24:03	8:01
37	LORENZO PADILLA	LUBBOCK	TX 53 M	4	M5054	24:17	8:06
38	TAMMY MORIERTA	WOLFFORTH	TX 33 F	2	F3034	24:33	8:11
39	GORDEN JENKINS	AMARILLO	TX 66 M	1	M6569	24:40	8:13
40	LACI LOCKWOOD	HOBBS	NM 25 F	1	F2529	24:44	8:15
41	CAMDEN ARNOLD	LUBBOCK	TX 11 M	1	M0112	24:48	8:16
42	TONY ISAACS	BROWNFIELD	TX 51 M	5	M5054	24:52	8:18
43	RACHEL JAMES	FT WORTH	TX 36 F	1	F3539	25:01	8:21
44	RACHEL MCNEW	LUBBOCK	TX 23 F	4	F2024	25:10	8:24
45	P. J. MITCHELL	LUBBOCK	TX 61 F	1	F6099	25:10	8:24
46	LEE ANN ROBERTS	LUBBOCK	TX 40 F	1	F4044	25:21	8:27
47	EMILY WYATT	LUBBOCK	TX 27 F	2	F2529	25:23	8:28
48	ALLISON PYLE	STATON	TX 15 F	1	FL135	25:35	8:32
49	CRAIG FELTY	BIG SPRING	TX 52 M	1	CLYDES	25:38	8:33
50	KAMMY PHILBRICK	LUBBOCK	TX 46 F	1	F4549	26:10	8:44
51	GABRIELLE AGUIRRE	LUBBOCK	TX 14 F	2	FL135	26:18	8:46
52	SUSAN TOMLINSON	LUBBOCK	TX 50 F	1	F5054	26:21	8:47
53	KIM ARNOLD	LUBBOCK	TX 38 F	2	F3539	26:29	8:50
54	MARLENE LOPEZ	LEVELLAND	TX 36 F	3	F3539	26:33	8:51
55	LEE HANDLIN	LUBBOCK	TX 38 F	1	ATHENA	26:38	8:53
56	CHERYL WEBER	LUBBOCK	TX 54 F	2	F5054	26:40	8:54
57	JILL HAUROS	LUBBOCK	TX 43 F	2	F4044	26:41	8:54
58	DARRELL HUNT	LUBBOCK	TX 59 M	3	M5559	27:21	9:07
59	MARISA HESSE	MINNEAPOLIS	MN 30 F	3	F3034	27:39	9:13
60	MISTY MAXWELL	MIDLAND	TX 34 F	4	F3034	27:41	9:14
61	DAHLIA HOOD	LUBBOCK	TX 48 F	2	F4549	27:54	9:18
62	JUAN RIOS	LENORAH	TX 35 M	2	M3539	27:59	9:20
63	MARK ANNA	PLAINS	TX 39 M	3	M3539	28:14	9:25
64	HANNAH LAYMAN	HEREFORD	TX 14 F	3	FL135	28:29	9:30
65	JAMES LAYMAN	HEREFORD	TX 41 M	5	M4044	28:29	9:30
66	KENT CRUTCHER	BROWNFIELD	TX 54 M	3	CLYDES	28:41	9:34
67	RONALD RAINGER	LUBBOCK	TX 58 M	4	M5559	28:51	9:37
68	IRVA SANCHEZ	LUBBOCK	TX 36 F	5	F3539	28:57	9:39
69	JAY YOUNGBLOOD	BROWNFIELD	TX 32 M	3	M3034	29:49	9:57

* New Records

70	JIM BECK	LUBBOCK	TX 48 M	5	CLYDES	30:05	10:02
71	HOLLY BOYER	EROW	UT 21 F	5	F2024	30:17	10:06
72	RANDY EGENBACHER	LUBBOCK	TX 51 M	4	CLYDES	30:25	10:09
73	CHELSEA JACKSON	HOBBS	NM 12 F	1	F0112	30:37	10:13
74	RICK LAMME	LUBBOCK	TX 63 M	2	CLYDES	30:40	10:14
75	KAREN JACKSON	HOBBS	NM 50 F	3	F5054	31:00	10:20
76	KAREN EYLE	STATON	TX 39 F	6	F3539	31:26	10:29
77	MEGAN AVLEAUGH	LUBBOCK	TX 25 F	3	F2529	32:00	10:40
78	CHRISTIE HODGE	LUBBOCK	TX 37 F	7	F3539	33:11	11:04
79	HOLLY LEROY	LUBBOCK	TX 27 F	2	ATHENA	33:35	11:12
80	ARIA GLEAVES-BRYAN	LUBBOCK	TX 35 F	8	F3539	34:51	11:37
81	VINEERLY MILLS	LUBBOCK	TX 26 F	5	F2529	35:55	11:59
82	JENNA DOSS	ALLEN	TX 20 F	6	F2024	35:58	12:00
83	ISAIAH MUNOZ	LUBBOCK	TX 12 M	2	M0112	37:58	12:40
84	SUZAN CAUDLE	LUBBOCK	TX 54 F	4	F5054	38:41	12:54
85	JOSIE ALEMAN	LUBBOCK	TX 56 F	1	F5559	38:42	12:54
86	LETITIA MUNOZ	LUBBOCK	TX 32 F	5	F3034	41:36	13:52
87	DONNA SPEAR	LUBBOCK	TX 44 F	3	F4044	41:39	13:53

FIRECRACKER RUNS - RACE DIRECTOR'S REPORT

Once again, the annual Firecracker Runs were a fine way to spend the early part of the July 4th holiday with excellent weather and predominantly jovial runners. We had 140 who finished after 158 had registered, 43 on race day. Last year, there were 122 finishers. Thus, the Brownfield residents out to start the holiday with a bang. New records were set by Bob Jackson (10 mile, 45-49 Males) and by Lee Handlin (3 Mile Athena).

Credit for the success of this year's Firecracker belongs to many individuals. As always, many thanks to the usual suspects: Ron Lubowicz, Randy Holloway, Tom Griffin, Larry Byrd, P.J. Mitchell, and Tony Aleman.

These folks also volunteered their time and energy: Mary Harris, Ida Sumpter, Malinda Colwell, Jason Burley, Aaron Self, Craig Peterson, Greg Milford, Kendall Higgins, and Mark Albus, with a special thanks to George Jury for timing the kids run and helping in other ways.

Jim Harris - Race Director



The Massage Garage
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 SPECIALIZING IN SPORTS MASSAGE
 806-239-8871

W.T.R.C. 2007 CHALLENGE SERIES STANDINGS AFTER 7 EVENTS MALE

Table with columns: YTD TOTALS (AGE, PTS, MILES, EVT, VOL), 0-12 MALE, 13-15 MALE, 16-19 MALE, 20-24 MALE, 25-29 MALE, 30-34 MALE, 35-39 MALE, 40-44 MALE, 45-49 MALE, 50-54 MALE, 55-59 MALE, 60-64 MALE. Lists names and statistics for male participants.

W.T.R.C. 2007 CHALLENGE SERIES STANDINGS AFTER 7 EVENTS FEMALE

Table with columns: YTD TOTALS (AGE, PTS, MILES, EVT, VOL), 0-12 FEMALE, 13-15 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, 60-64 FEMALE. Lists names and statistics for female participants.

W.T.R.C. 2007 CHALLENGE SERIES STANDINGS AFTER 7 EVENTS FEMALE

Table with columns: YTD TOTALS (AGE, PTS, MILES, EVT, VOL), 40-44 FEMALE, 45-49 FEMALE, 50-54 FEMALE, 55-59 FEMALE, 60-64 FEMALE. Lists names and statistics for female participants, including a 'RACE DIRECTOR' section.

Please note that if your name is missing from the Challenge Series Standings or if you find any mistakes on your line, do not hesitate to call for a correction in next month's edition. Please call: Bill Felton at (806) 866-9300 or e-mail him at: bfe@att.net

Fort Collins Old Town Marathon: Sunday, May 6
From David Malone

Saturday morning, May 5, provided nearly perfect weather for our flight from Lubbock to Ft. Collins, CO. Madame Miner, Eric Ford and I made the trip--each of us planning on running the marathon. The flight went well. It's always nice to see the mountains appear in the distance when I turn the corner at about Tobe VOR. At that point, one can pick out the mountains around Raton in the distance and the mountains west of Pueblo start coming into focus. There was a little weather around Denver, so we shot the ILS into Fort Collins but broke out very early in the approach--that part is always a little magical: suddenly, there is a runway in front of you where just seconds before all you saw was the inside of a cloud.

We checked into the Marriott, grabbed a quick lunch, and made our way to the expo. Small expo, not much stuff to look at. We picked up our bags and headed to Runner's Roost to pick up some last minute supplies. I picked up some Cliff Blocks; the Hogeve Marathon had them and I found them a lot better for me than Gu. Dinner ended up being some grocery supplies that we picked up at Whole Foods.

So, Sunday morning started very early. The last bus left from downtown at 4:30 for a 6:15 start, and organizers warned runners not to wait around for the last one. After coffee and a chocolate croissant (David) and a bagel and banana (Madonne) we headed out. The buses and the starting area were very well organized. It was much like the experience with the start at Deadwood/Mickelson: get off the bus, stand around in the cold for an hour. A better idea would be to let runners stay on the bus until shortly before the race, such as at Tucson; however, I understand that the logistics, alternate routes, etc., are difficult. Promptly at 6:15, we were off.

The Colorado Marathon is billed as fast--an accurate billing. The first 17 miles are a very steady downhill through Poudre Canyon, northwest of Ft. Collins. In that entire stretch, there are only two very short uphill, and one of those is right at mile 17 when the road rises to intersect with U.S. 287, coming down from Laramie.

In many of the race reports I've read, runners have complained about the last nine miles, citing the concrete bike path or roads that aren't closed, etc. Perhaps it was low expectations for that part, perhaps it was my familiarity with the area (having lived in Laramie for six years), but I found those nine miles to be very enjoyable (well, except for the running thing). U.S. 287 is a highway; however, the right lane was coned off for us, with plenty of room to maneuver and feel safe from what little traffic there was. This was the first opportunity to have the mountains off to our right, rather than encasing us; so, the scenery was spectacular in a different way than in the first 17 miles. The course left 287 fairly quickly and took the more direct route to Ft. Collins on a road that goes through Laporte. There, we left the road entirely in favor of part of the bike path system that Ft. Collins boasts. And while it is true that it is concrete, there was almost always an alternative trail alongside the bike path that was soft and forgiving (and for me, actually faster since at that point, anything that made running feel a little better kept me running more often). The strangest part of it all was that late in mile 25, I still couldn't quite figure out how we were going to be downtown anytime soon; but, sure enough, we turned a corner, left the bike path, and magically, there was downtown, marker 26 and the finish line.

We finished. Madame managed a 3:57--a disappointment for her as she was hoping for a 3:40 or so. Downhills take their toll on Madame; her quads don't seem to

stand up to that pounding as well as she would like (and she acknowledges that she started too fast). I came in at 4:08 and Eric managed a very respectable 4:19, a PR for him. Eric's family had driven up to Ft. Collins and met us at the finish line, so we then parted ways, with Eric driving back to Lubbock with Debra and Camille. We, on the other hand, had one of those wonderful, large, post-race breakfasts that one so much deserves after a marathon.

Active West Texas Running Club Members' Birthdays

AUGUST

John DeVos	53 on 8/1	Kyle Edgington	30 on 8/1*	Nick Hoeve	10 on 8/2
Aaron Self	28 on 8/5	John Trompler	60 on 8/9*	Louanne Jenkins	54 on 8/10
Robert Watts	38 on 8/10	Malinda Colwell	34 on 8/12	Dottie Holly	53 on 8/12
Jill Jaquess	30 on 8/13*	Kyle Lukert	33 on 8/14	Brian Roberts	12 on 8/18
Rebecca Biddle	34 on 8/19	Melanie McVey	46 on 8/19	Brooke Pittman	30 on 8/19*
Gorden Jenkins	67 on 8/25	Kate Roden	40 on 8/25*	Felicia Young	44 on 8/28
Lisa Bylund	27 on 8/29	Hugh Haynes	76 on 8/30		

*= New Age Group

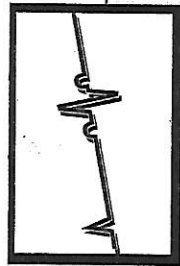
Membership News

Thank you to the many volunteers who made the Buffalo Springs Triathlon possible. All the Aide Stations were great and very helpful. I couldn't have done it without everyone's help.
Kate Roden

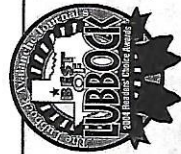
National Senior Olympics Results

Only two W.T.R.C. members competed at the 11th Nationals held recently in Louisville, KY. Both Ralph Wolf & Bill Felton participated in the 70-74 age group. Ralph ran the 400 & 1500 track events plus the 5K and 10K road races. He barely missed an 8th place ribbon in the 1500 by less than a second but did win ribbons for 6th place in the 5K and 5th place in the 10K. Bill came in 10th in the 5K and 7th in the 10K. Hopefully, they will be joined by more Club members at the next Nationals in San Francisco in 2009.

For those Club members who will be 50 in 2009 it is not too soon to plan ahead and get involved in the Senior Games program. To qualify for national competition one must first qualify at the local and state levels. If you are at least 50 now you are eligible to compete in this year's Lubbock Senior Games, August 15-18. Of particular interest is the new combined 5K & 10 K road race on Saturday, August 18th. Why not give it a try?



Rose Family Medicine
3709 22nd Place, Suite A
Lubbock, Texas 79410
806-791-3999



P.J. Mitchell, C.C.T.
Medical Massage Therapist

Pager 806-742-9940

THE "HOT DAM RUN" 5 MILE
WEST TEXAS RUNNING CLUB'S
ANNUAL AUGUST RACE
EVENT RECORDS (Since 1988)

USA T&F CERTIFIED, #TX93059ETM
MEN

AGE	NAME	TOWN	AGE	TIME	YEAR
0-12	Drew Soucy	Lubbock	12	37:27	2000
13-15	Gary Lackey, Jr.	Brownfield	15	28:51	2002
16-19	Chris Truitt	Lovington	19	27:09	1994
20-29	James Bungei	Lubbock	22	24:13 *	1991
30-34	Wilson Kigen	Plainveiw	30	26:38	1988
35-39	Bob Jackson	Hobbs	37	27:20	1996
40-44	Bob Jackson	Hobbs	43	27:57	2002
45-49	Jim Ieser	Lubbock	46	29:55	1993
50-54	George W. Jury	Lubbock	53	30:18	1989
55-59	George W. Jury	Lubbock	55	31:37	1991
60-64	George W. Jury	Lubbock	60	34:00	1996
65-69	Don Sanderson	Tulia	66	36:04	1996
70+	Don Sanderson	Tulia	71	39:55	2001
	Clydes Farrell Martin	Lubbock	37	32:48	2003

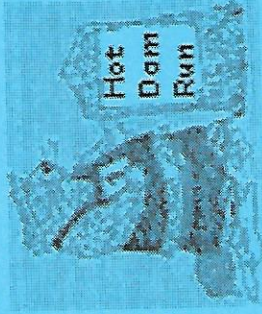
WOMEN

AGE	NAME	TOWN	AGE	TIME	YEAR
0-12	Colleen Adams	San Angelo	11	35:53	2004
13-15	Christina Vasquez	Lubbock	15	34:37	1989
16-19	Josie Martinez	Petersburg	19	32:53	1996
20-29	Rosa Ibarra	Plainview	22	30:08 *	1993
30-34	Marjory Stewart	Lubbock	32	30:12	1991
35-39	Marjory Stewart	Lubbock	35	30:30	1994
40-44	Diane Calhoun	Idalou	41	37:38	2000
45-49	Mary Branscome	Lubbock	45	38:46	2005
50-54	P.J. Mitchell	Lubbock	50	40:55	1995
55-59	Sherill Easterling	Snyder	56	44:47	2006
60+	P.J. Mitchell	Lubbock	60	45:36	2006
	Athena Suzan Caudle	Lubbock	51	1:00:43	2004

* OVERALL COURSE RECORDS

ALBERTO SALAZAR HEALTH SCARE
Salazar Suffered Heart Attack

Alberto Salazar was released from the hospital July 7th, one week after the three-time New York City Marathon champion had a heart attack. Salazar, 48, collapsed while coaching distance runners at the Nike campus outside Portland. Doctors inserted a stent and determined that he had suffered a heart attack. "He's not relinquished any of his coaching," said Kara Goucher, who placed second in the 10,000 meters last month at the USA T&F Championships. "He's doing great," she told the Oregonian newspaper. "It's made it easier on us that he's doing so well. We were a little nervous, but he's bounced right back."



WEST TEXAS RUNNING CLUB'S
20th ANNUAL "HOT DAM RUN"
5 MILE and 2 MILE

USA TRACK & FIELD CERTIFIED
TX93059ETM (5mi)

WHEN: SATURDAY, AUGUST 11, 2007
PRE-REGISTRATION by mail till AUGUST 9, 2007
or ONLINE till noon Friday, August 10th

First 75 paid entries will be eligible for a complimentary T shirt

REGISTRATION; 7:00 A.M. to 7:45 on RACE DAY

RACE START; 8 A.M.

WHERE: MARTIN LUTHER KING, JR. MEMORIAL AREA
(near waterfall on Canyon Lake 6) East of
MLK Blvd. at E. 22nd Street, LUBBOCK, TEXAS

COURSE: FIVE MILE and TWO MILE, OUT and BACK ON
ASPHALT, TWO SHORT STEEP HILLS.

ENTRY FEE: Pre-Registration
WTRC MEMBERS \$5; NON-MEMBERS \$10
Race Day Entry: \$15 for everyone

AGE DIVISIONS: (5 MILE/2 MILE)
MEN: 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+

WOMEN: 13-15; 16-19; 20-24; 25-29; 30-34;
35-39; 40-44; 45-49; 50-54; 55-59 and 60+
Special age division for 2 MILE: 6-12

AWARDS: Medallions will be awarded to the first 3
and up to 50 percent in each age group,
5 maximum

RACE DIRECTOR: Etta Mayer, 742-2907 (d),
email: etta.mayer@ttu.edu

Volunteers Needed: call Etta above!