

CALENDAR

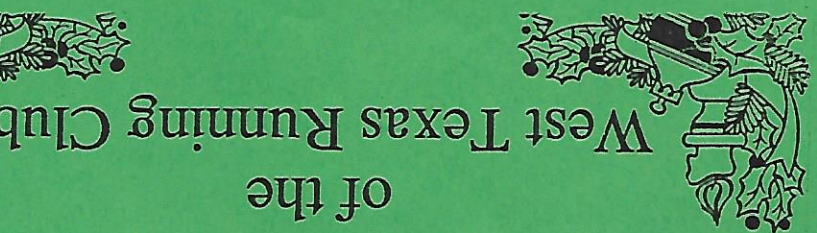
- * Indicates W.T.R.C. Monthly Race and CHALLENGE SERIES EVENT
- DEC 05 W.T.R.C. Business meeting: Wednesday, 7pm,
WEST TEXAS PETERBILT (Tom's Office), 45th and Ave A
- * NOV 22 TURKEY TROT: 2MI, 12K, 9:00am, MacKenzie Park
Outdoor Ctr., Ron Lubowicz, RD., 806-632-4926
- * DEC 08 TOYS FOR TOTS-REDLINE CROSS COUNTRY RUN: 4MI,
Mae Simmons Park, Tom Griffin, RD., 806-787-4295
- * JAN 12 LOOP THE LAKE: 5MILE/2MILE, 10:00AM, Buddy
Holly Recreation Area, N. University, Lub,
Jim Beck 784-0056/Jimmy Clark, RD's.
- * FEB 09 COITON PATCH RUNS: 8MI, 4MI, RELAYS, 10:00am
Frenship High School, Wolfforth, David
Higgins, RD, 806-785-8562
- FEB 17 AT&T AUSTIN MARATHON: www.attaubstimmunmatathon.com
- FEB 23 Cowtown Marathon: Ft Worth, TX, Marathon,
Half Marathon, 7:30am, www.cowtownmarathon.org
- FEB 27 3M HALF MARATHON AND RELAY: Austin, Texas
www.3mhalfmarathon.com
- * MAR 08 PRAIRIE DOG TOWN: 4M/2M, 9:00AM, MacKenzie Park,
Lubbock, Mike Greer, RD 806-535-1224
- APR 06 BIG D TEXAS MARATHON: 7:30am, Marathon, Half Marathon,
And 5K, Fair Park, Dallas, Tx www.texasmarathon.com
- * APR 19 RUN FOR THE ARTS: 15K, 2MI, 8:00, Lubbock Memorial
Civic Center, Tom Weis, RD, 806-928-0482
- * MAY 10 HORSESHOE BEND SPRING FROLIC: 11MI, 6MI, 2MI, 8:00am,
Horseshoe Bend Canyon-Slaton, Tx, Randy Holloway, RD,
806-789-1547
- * JUN 14 LEVELLAND LOPE: 10k, 2Mile, 8:00am, South Plains
College, LevelLand (Texan Dome), Bill Roger, RD,
806-894-7911

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

Season's Greetings from The Officers and Directors of the West Texas Running Club



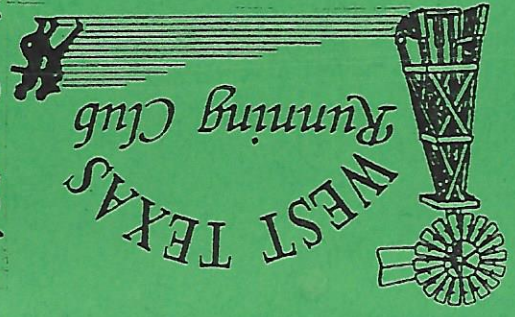
Gerald R. Ford



David and Kendall Higgins
3401 Alcove
Lubbock, TX 79407



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



Redline XC 4 Mile Race
10am, Saturday, December 8, 2007
Mae Simmons Park, Lubbock, TX
Details inside back cover

WEST TEXAS RUNNING CLUB

OFFICERS

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

Internal Vice-President - Eric Ford
(H) 368-9989
E-mail: eric.ford@ttuedu

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

Secretary - Iris Riveno
(H) 722-7026
E-mail: iris_riveno3@hotmail.com

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

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

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

DIRECTORS

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

Internal Race Director - Randy Holloway
(H) 794-7912 (O) 771-0329
E-mail: randyholloway@sbcglobal.net

Equipment Director - Dwayne Oakeley
(H) 781-7435
E-mail: dsoakeley@sbcglobal.net

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

Membership Director - Bob Blake
(H) 765-5446 (O) 742-4200
E-mail: bob.blake@ttuedu

Club Historian - James Livermore
(H) 792-5815
E-mail: jlmorre@nts-online.net

W. T. R. C. RACES ARE USUALLY HELD THE 2ND SATURDAY OF EACH MONTH.
The WTRC monthly business meeting is on Wednesday, December 5, 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

The dictionary definition of "patience" is a couple of paragraphs in itself ... and that's the unabridged form. For my purposes here I extracted the following: "the bearing of ... delay ... without complaint"

Many of us spend much more time than we would like going through one kind of healing or another. With luck, most of these result in reasonably quick fixes and we find ourselves back on the road doing what we love to do ... wearing out expensive running shoes. Sadly, too many of us become sidelined with rather long-term injuries, injuries that sometimes take excessive tolls.

How we cope during such healings is huge, not only in the mental/emotional dimension, but also in determining how our physical qualities survive. Having personally been through three injuries lasting 8, 21 and 62 months respectively, and having had a front row seat in observing several successes and failures built on the inputs of trusted trainers, therapists, and doctors) is to proceed with patience ... with a persistent body and mind effort. Anything less will not only cheat you of your optimal healing, but will also deny you the many benefits and insights you can gain through solid, long term practices.

If this all sounds a little too "Zen" for you, please forgive me, if it makes a bit of sense, or creates a small spark of hope in you, please feel free to call me. I will be delighted to share my experiences and stories with you.

On behalf of the officers and directors of the WTRC, I hope that you all enjoy a rich Thanksgiving Day and a joyous holiday season.

SYOTR, Ron

The 35th ANNUAL BUFFALO WALLOW RACES
NOVEMBER 10, 2007
HALF MARATHON USA&F CERTIFIED, #YX93078ETM
BUFFALO SPRINGS LAKE, LUBBOCK, TEXAS

HALF MARATHON OVERALL RESULTS
* NEW AGE GROUP RECORD

| Place | Name | Town | St | Ag | S | Div | Div | 13 | Pace |
|-------|---------------------|-------------|----|----|---|-----|-------|---------|------|
| 1 | VICTOR LEMAY | PLAINVIEW | TX | 19 | M | 1 | M1619 | 1:22:30 | 6:16 |
| 2 | KAIL KIDD | PLAINVIEW | TX | 19 | M | 2 | M1619 | 1:24:17 | 6:26 |
| 3 | JOHN KEITH | LUBBOCK | TX | 18 | M | 3 | M1619 | 1:27:28 | 6:41 |
| 4 | TRENT GARY | LUBBOCK | TX | 23 | M | 1 | M2024 | 1:27:57 | 6:43 |
| 5 | ANDREW LANCASTER | PLAINVIEW | TX | 18 | M | 4 | M1619 | 1:31:53 | 7:01 |
| 6 | JOHN PRYOR | LUBBOCK | TX | 25 | M | 1 | M2529 | 1:33:18 | 7:07 |
| 7 | LEE COHEN | LUBBOCK | TX | 35 | M | 1 | M3539 | 1:34:33 | 7:13 |
| 8 | JERRY DWYER | LUBBOCK | TX | 48 | M | 1 | M4549 | 1:34:34 | 7:13 |
| 9 | NATHAN LEE | MIDLAND | TX | 19 | M | 5 | M1619 | 1:36:37 | 7:23 |
| 10 | TIM KEY | LUBBOCK | TX | 40 | M | 1 | M4044 | 1:37:36 | 7:27 |
| 11 | JAMES BAUMANN | LUBBOCK | TX | 39 | M | 2 | M3539 | 1:39:03 | 7:34 |
| 12 | JAMES SODER | HALE CENTER | TX | 35 | M | 3 | M3539 | 1:39:09 | 7:34 |
| 13 | EDDY MORELOCK | LUBBOCK | TX | 36 | M | 4 | M3539 | 1:41:08 | 7:43 |
| 14 | AARON KELLY | LUBBOCK | TX | 25 | M | 2 | M2529 | 1:41:30 | 7:45 |
| 15 | ADAM BARRON | LUBBOCK | TX | 45 | M | 2 | M4549 | 1:42:28 | 7:49 |
| 16 | BRITTANY STIGLE | LUBBOCK | TX | 19 | F | 1 | F1619 | 1:42:42 | 7:51 |
| 17 | JIM HIGGINS | LUBBOCK | TX | 46 | M | 3 | M4549 | 1:43:06 | 7:52 |
| 18 | DAVID STEADMAN | LUBBOCK | TX | 38 | M | 5 | M3539 | 1:43:58 | 7:56 |
| 19 | SARAH SPILMAN | LUBBOCK | TX | 24 | F | 1 | F2024 | 1:45:03 | 8:01 |
| 20 | EPI AGUIRRE | LUBBOCK | TX | 49 | M | 4 | M4549 | 1:45:04 | 8:01 |
| 21 | ABEL PEREZ | LEVELLAND | TX | 22 | M | 2 | M2024 | 1:46:11 | 8:06 |
| 22 | BRENT LOWERY | LUBBOCK | TX | 46 | M | 5 | M4549 | 1:47:14 | 8:11 |
| 23 | ROBERT LEE | MIDLAND | TX | 50 | M | 1 | M5054 | 1:47:37 | 8:13 |
| 24 | PAUL PARE | LUBBOCK | TX | 45 | M | 6 | M4549 | 1:47:50 | 8:14 |
| 25 | CHELSEY KNIGHT | LUBBOCK | TX | 18 | F | 2 | F1619 | 1:49:04 | 8:20 |
| 26 | KYLE ASHLEY | LUBBOCK | TX | 45 | M | 7 | M4549 | 1:50:07 | 8:24 |
| 27 | JOE SCHAUMANAN | LUBBOCK | TX | 30 | M | 1 | M3034 | 1:50:50 | 8:28 |
| 28 | RANDY HOLLOWAY | LUBBOCK | TX | 51 | M | 2 | M5054 | 1:51:47 | 8:32 |
| 29 | PAUL OWEN | AMARILLO | TX | 55 | M | 1 | M5559 | 1:52:00 | 8:33 |
| 30 | MARY BRANSCOME | LUBBOCK | TX | 47 | F | 1 | F4549 | 1:52:42 | 8:36 |
| 31 | J EDSON PINTO | LUBBOCK | TX | 46 | M | 8 | M4549 | 1:52:50 | 8:37 |
| 32 | PAM GRAY | MIDLAND | TX | 46 | F | 2 | F4549 | 1:54:04 | 8:43 |
| 33 | TATE LANDIN | BROWNSVILLE | TX | 18 | M | 6 | M1619 | 1:54:10 | 8:43 |
| 34 | ERIC FORD | LUBBOCK | TX | 42 | M | 2 | M4044 | 1:54:39 | 8:45 |
| 35 | LANDI KIME | LUBBOCK | TX | 25 | F | 1 | F2529 | 1:55:15 | 8:48 |
| 36 | SEAN SCHWARZENFRAUB | LUBBOCK | TX | 40 | M | 3 | M4044 | 1:55:17 | 8:48 |
| 37 | CYNTHIA SORRENSEN | LUBBOCK | TX | 44 | F | 1 | F4044 | 1:55:36 | 8:50 |
| 38 | DEE DURHAM | LUBBOCK | TX | 35 | F | 1 | F3539 | 1:56:19 | 8:53 |
| 39 | ALBERT TELFEIAN | AMARILLO | TX | 42 | M | 4 | M4044 | 1:58:06 | 9:01 |
| 40 | LISA BYLUND | LUBBOCK | TX | 27 | F | 2 | F2529 | 1:59:17 | 9:06 |
| 41 | ANNETTE BOLES | LUBBOCK | TX | 32 | F | 1 | F3034 | 1:59:26 | 9:07 |
| 42 | MARK ALBUS | LUBBOCK | TX | 51 | M | 3 | M5054 | 1:59:37 | 9:08 |
| 43 | HEIDI SMITH | LUBBOCK | TX | 19 | F | 3 | F1619 | 1:59:45 | 9:09 |
| 44 | JESSE SAEENZ | GRAPEVINE | TX | 50 | M | 4 | M5054 | 2:00:34 | 9:12 |
| 45 | AMBER CROOK | LUBBOCK | TX | 21 | F | 2 | F2024 | 2:01:30 | 9:17 |
| 46 | BEN WRIGHT | LUBBOCK | TX | 23 | M | 3 | M2024 | 2:01:31 | 9:17 |
| 47 | LANI HALL | AMARILLO | TX | 44 | F | 2 | F4044 | 2:02:02 | 9:19 |
| 48 | LEE BRATCHER | AUSTIN | TX | 20 | M | 4 | M2024 | 2:02:08 | 9:19 |
| 49 | IRIS RIVERO | LUBBOCK | TX | 32 | F | 2 | F3034 | 2:02:12 | 9:20 |
| 50 | JENNIFER SNEAD | LUBBOCK | TX | 37 | F | 2 | F3539 | 2:02:13 | 9:20 |
| 51 | ROBERT BALDREE | LUBBOCK | TX | 32 | M | 2 | M3034 | 2:02:15 | 9:20 |
| 52 | TANNER GUINN | LUBBOCK | TX | 19 | M | 7 | M1619 | 2:02:15 | 9:20 |
| 53 | MARRAY MADDOX | LUBBOCK | TX | 37 | M | 6 | M3539 | 2:02:45 | 9:22 |
| 54 | LEE ANN ROBERTS | LUBBOCK | TX | 40 | F | 3 | F4044 | 2:03:03 | 9:24 |
| 55 | KRIS BOYLE | LUBBOCK | TX | 30 | M | 3 | M3034 | 2:03:27 | 9:26 |
| 56 | MARIA DELEON | LUBBOCK | TX | 46 | F | 3 | F4549 | 2:03:43 | 9:27 |
| 57 | TOM WEIS | LUBBOCK | TX | 56 | M | 2 | M5559 | 2:03:57 | 9:28 |
| 58 | JENNIFER HADDOCK | LUBBOCK | TX | 26 | F | 3 | F2529 | 2:04:07 | 9:29 |
| 59 | SCOTT CRIDER | DALLAS | TX | 19 | M | 8 | M1619 | 2:05:01 | 9:33 |
| 60 | KARL WEDDIGE | LUBBOCK | TX | 37 | M | 7 | M3539 | 2:06:59 | 9:42 |
| 61 | SARAH PARKER | LUBBOCK | TX | 29 | F | 4 | F2529 | 2:06:59 | 9:42 |

| Place | Name | Town | St | Ag | S | Div | 2 | Pace |
|-------|--------------------|-----------|----|----|---|-----|-------|-------|
| 18 | FRED WEBER | LUBBOCK | TX | 56 | M | 1 | M5559 | 14:14 |
| 19 | SHANNON ANDERSON | LUBBOCK | TX | 36 | M | 2 | M3539 | 14:15 |
| 20 | JESUS GARCIA | LEVELLAND | TX | 14 | M | 5 | M1315 | 14:29 |
| 21 | HOUSTON MINGS | LUBBOCK | TX | 10 | M | 2 | M0112 | 14:54 |
| 22 | BRENDA GUARDIOLA | LUBBOCK | TX | 12 | F | 1 | F0112 | 15:00 |
| 23 | ALLISON PYLE | SLATON | TX | 15 | F | 1 | F1315 | 15:21 |
| 24 | JOHN TROMPLER | LUBBOCK | TX | 60 | M | 1 | M6064 | 15:42 |
| 25 | DANIEL D GONZALES | LUBBOCK | TX | 42 | M | 3 | M4044 | 15:47 |
| 26 | RAM IYLER | LUBBOCK | TX | 38 | M | 3 | M3539 | 15:53 |
| 27 | JUNIOR MENDOZA | LEVELLAND | TX | 50 | M | 1 | CLYDE | 16:19 |
| 28 | CHRISTIAN DELEON | LUBBOCK | TX | 10 | M | 3 | M0112 | 16:22 |
| 29 | DAVID HIGGINS | LUBBOCK | TX | 55 | M | 2 | M5559 | 16:24 |
| 30 | MILT BROWNFIELD | LUBBOCK | TX | 49 | M | 2 | CLYDE | 16:47 |
| 31 | CRAIG PETERSON | HOBBS | NM | 50 | M | 4 | CLYDE | 17:15 |
| 32 | CHERYL WEBER | LUBBOCK | TX | 54 | F | 1 | F5054 | 17:26 |
| 33 | MICHELLE COHEN | LUBBOCK | TX | 32 | F | 2 | F3034 | 17:33 |
| 34 | JIM HARRIS | HOBBS | NM | 65 | M | 1 | M6569 | 17:42 |
| 35 | JIMMY CLARK | LUBBOCK | TX | 56 | M | 3 | CLYDE | 17:48 |
| 36 | HANNAH LAYMAN | HEREFORD | TX | 14 | F | 2 | F1315 | 17:54 |
| 37 | JAMES LAYMAN | HEREFORD | TX | 41 | M | 4 | M4044 | 17:55 |
| 38 | JIM BECK | LUBBOCK | TX | 48 | M | 6 | CLYDE | 18:12 |
| 39 | DAVID PYLE | SLATON | TX | 9 | M | 4 | M0112 | 18:23 |
| 40 | KATIE HIGGINS | LUBBOCK | TX | 16 | F | 1 | F1619 | 18:27 |
| 41 | KAREN PYLE | SLATON | TX | 39 | F | 1 | F3539 | 18:31 |
| 42 | ALISON HIGGINS | LUBBOCK | TX | 21 | F | 1 | F2024 | 18:32 |
| 43 | MYRIAM GUARDIOLA | LUBBOCK | TX | 32 | F | 3 | F3034 | 18:36 |
| 44 | MELINDA BURKHOLDER | LUBBOCK | TX | 45 | F | 1 | F4549 | 18:52 |
| 45 | BRENDA CAMPBELL | LUBBOCK | TX | 48 | F | 2 | F4549 | 18:57 |
| 46 | DANIEL J GONZALES | LUBBOCK | TX | 12 | M | 5 | M0112 | 19:22 |
| 47 | RICK LAMPE | LUBBOCK | TX | 63 | M | 5 | CLYDE | 19:29 |
| 48 | KENDALL HIGGINS | LUBBOCK | TX | 13 | M | 6 | M1315 | 19:53 |
| 49 | SHELBY HAIR | LUBBOCK | TX | 13 | F | 3 | F1315 | 19:56 |
| 50 | KATY MOCK | LUBBOCK | TX | 24 | F | 2 | F2024 | 20:17 |
| 51 | TROY KLENKE | LUBBOCK | TX | 40 | M | 5 | M4044 | 20:24 |
| 52 | GREG MILFORD | LUBBOCK | TX | 38 | M | 4 | M3539 | 20:50 |
| 53 | JONATHAN MCDONALD | LUBBOCK | TX | 25 | M | 7 | CLYDE | 20:52 |
| 54 | LOURDES JUAN | LUBBOCK | TX | 41 | F | 1 | F4044 | 20:55 |
| 55 | RAY VILLARREAL | LUBBOCK | TX | 60 | M | 3 | M6064 | 21:07 |
| 56 | LAURA MCDONALD | LUBBOCK | TX | 23 | F | 3 | F2024 | 21:12 |
| 57 | SHERI ANDERSON | LUBBOCK | TX | 46 | F | 1 | ATHEN | 22:21 |
| 58 | JOSIE ALEMAN | LUBBOCK | TX | 56 | F | 1 | F5559 | 24:05 |
| 59 | TYLER CRUCE | LUBBOCK | TX | 10 | M | 6 | M0112 | 24:20 |
| 60 | DICK BAKER | LUBBOCK | TX | 62 | M | 4 | M6064 | 24:21 |
| 61 | DONNA SPEAR | LUBBOCK | TX | 45 | F | 4 | F4549 | 25:23 |
| 62 | LETITIA MUNOZ | LUBBOCK | TX | 32 | F | 4 | F3034 | 25:23 |
| 63 | ELIZABETH LINDER | LUBBOCK | TX | 53 | F | 2 | ATHEN | 34:19 |
| *64 | CARLOTA REIGNER | SMYER | TX | 60 | F | 1 | F6099 | 35:35 |
| 65 | SAM REIGNER | SMYER | TX | 61 | M | 5 | M6064 | 35:35 |
| 66 | DAWNDR M. SCOTT | LUBBOCK | TX | 40 | F | 3 | ATHEN | 36:17 |

| Place | Name | Town | St | Ag | S | Div | 2 | Pace |
|-------|--------------------|-----------|----|----|---|-----|-------|-------|
| 5 | FRED WEBER | LUBBOCK | TX | 56 | M | 1 | M5559 | 14:14 |
| 6 | SHANNON ANDERSON | LUBBOCK | TX | 36 | M | 2 | M3539 | 14:15 |
| 7 | JESUS GARCIA | LEVELLAND | TX | 14 | M | 5 | M1315 | 14:29 |
| 8 | HOUSTON MINGS | LUBBOCK | TX | 10 | M | 2 | M0112 | 14:54 |
| 9 | BRENDA GUARDIOLA | LUBBOCK | TX | 12 | F | 1 | F0112 | 15:00 |
| 10 | ALLISON PYLE | SLATON | TX | 15 | F | 1 | F1315 | 15:21 |
| 11 | JOHN TROMPLER | LUBBOCK | TX | 60 | M | 1 | M6064 | 15:42 |
| 12 | DANIEL D GONZALES | LUBBOCK | TX | 42 | M | 3 | M4044 | 15:47 |
| 13 | RAM IYLER | LUBBOCK | TX | 38 | M | 3 | M3539 | 15:53 |
| 14 | JUNIOR MENDOZA | LEVELLAND | TX | 50 | M | 1 | CLYDE | 16:19 |
| 15 | CHRISTIAN DELEON | LUBBOCK | TX | 10 | M | 3 | M0112 | 16:22 |
| 16 | DAVID HIGGINS | LUBBOCK | TX | 55 | M | 2 | M5559 | 16:24 |
| 17 | MILT BROWNFIELD | LUBBOCK | TX | 49 | M | 2 | CLYDE | 16:47 |
| 18 | CRAIG PETERSON | HOBBS | NM | 50 | M | 4 | CLYDE | 17:15 |
| 19 | CHERYL WEBER | LUBBOCK | TX | 54 | F | 1 | F5054 | 17:26 |
| 20 | MICHELLE COHEN | LUBBOCK | TX | 32 | F | 2 | F3034 | 17:33 |
| 21 | JIM HARRIS | HOBBS | NM | 65 | M | 1 | M6569 | 17:42 |
| 22 | JIMMY CLARK | LUBBOCK | TX | 56 | M | 3 | CLYDE | 17:48 |
| 23 | HANNAH LAYMAN | HEREFORD | TX | 14 | F | 2 | F1315 | 17:54 |
| 24 | JAMES LAYMAN | HEREFORD | TX | 41 | M | 4 | M4044 | 17:55 |
| 25 | JIM BECK | LUBBOCK | TX | 48 | M | 6 | CLYDE | 18:12 |
| 26 | DAVID PYLE | SLATON | TX | 9 | M | 4 | M0112 | 18:23 |
| 27 | KATIE HIGGINS | LUBBOCK | TX | 16 | F | 1 | F1619 | 18:27 |
| 28 | KAREN PYLE | SLATON | TX | 39 | F | 1 | F3539 | 18:31 |
| 29 | ALISON HIGGINS | LUBBOCK | TX | 21 | F | 1 | F2024 | 18:32 |
| 30 | MYRIAM GUARDIOLA | LUBBOCK | TX | 32 | F | 3 | F3034 | 18:36 |
| 31 | MELINDA BURKHOLDER | LUBBOCK | TX | 45 | F | 1 | F4549 | 18:52 |
| 32 | BRENDA CAMPBELL | LUBBOCK | TX | 48 | F | 2 | F4549 | 18:57 |
| 33 | DANIEL J GONZALES | LUBBOCK | TX | 12 | M | 5 | M0112 | 19:22 |
| 34 | RICK LAMPE | LUBBOCK | TX | 63 | M | 5 | CLYDE | 19:29 |
| 35 | KENDALL HIGGINS | LUBBOCK | TX | 13 | M | 6 | M1315 | 19:53 |
| 36 | SHELBY HAIR | LUBBOCK | TX | 13 | F | 3 | F1315 | 19:56 |
| 37 | KATY MOCK | LUBBOCK | TX | 24 | F | 2 | F2024 | 20:17 |
| 38 | TROY KLENKE | LUBBOCK | TX | 40 | M | 5 | M4044 | 20:24 |
| 39 | GREG MILFORD | LUBBOCK | TX | 38 | M | 4 | M3539 | 20:50 |
| 40 | JONATHAN MCDONALD | LUBBOCK | TX | 25 | M | 7 | CLYDE | 20:52 |
| 41 | LOURDES JUAN | LUBBOCK | TX | 41 | F | 1 | F4044 | 20:55 |
| 42 | RAY VILLARREAL | LUBBOCK | TX | 60 | M | 3 | M6064 | 21:07 |
| 43 | LAURA MCDONALD | LUBBOCK | TX | 23 | F | 3 | F2024 | 21:12 |
| 44 | SHERI ANDERSON | LUBBOCK | TX | 46 | F | 1 | ATHEN | 22:21 |
| 45 | JOSIE ALEMAN | LUBBOCK | TX | 56 | F | 1 | F5559 | 24:05 |
| 46 | TYLER CRUCE | LUBBOCK | TX | 10 | M | 6 | M0112 | 24:20 |
| 47 | DICK BAKER | LUBBOCK | TX | 62 | M | 4 | M6064 | 24:21 |
| 48 | DONNA SPEAR | LUBBOCK | TX | 45 | F | 4 | F4549 | 25:23 |
| 49 | LETITIA MUNOZ | LUBBOCK | TX | 32 | F | 4 | F3034 | 25:23 |
| 50 | ELIZABETH LINDER | LUBBOCK | TX | 53 | F | 2 | ATHEN | 34:19 |
| 51 | CARLOTA REIGNER | SMYER | TX | 60 | F | 1 | F6099 | 35:35 |
| 52 | SAM REIGNER | SMYER | TX | 61 | M | 5 | M6064 | 35:35 |
| 53 | DAWNDR M. SCOTT | LUBBOCK | TX | 40 | F | 3 | ATHEN | 36:17 |

| Place | Name | Town | St | Ag | S | Div | 2 | Pace |
|-------|-------|---------|----|----|---|-----|-------|---------|
| 4 | M4044 | LUBBOCK | TX | 43 | M | 5 | M4044 | 2:07:42 |
| 5 | M3034 | LUBBOCK | TX | 31 | M | 4 | M3034 | 2:07:54 |
| 6 | M2024 | LUBBOCK | TX | 23 | M | 5 | M2024 | 2:08:17 |
| 7 | M3034 | LUBBOCK | TX | 33 | M | 5 | M3034 | 2:08:58 |
| 8 | CLYDE | LUBBOCK | TX | 27 | M | 2 | CLYDE | 2:09:37 |
| 9 | F2529 | LUBBOCK | TX | 25 | F | 5 | F2529 | 2:09:40 |
| 10 | F1619 | LUBBOCK | TX | 18 | F | 4 | F1619 | 2:10:31 |
| 11 | F3539 | LUBBOCK | TX | 39 | F | 3 | F3539 | 2:10:37 |
| 12 | M6064 | LUBBOCK | TX | 60 | M | 1 | M6064 | 2:11:53 |
| 13 | F4044 | LUBBOCK | TX | 44 | F | 4 | F4044 | 2:12:01 |
| 14 | F3034 | LUBBOCK | TX | 34 | F | 3 | F3034 | 2:12:08 |
| 15 | F3539 | LUBBOCK | TX | 38 | F | 4 | F3539 | 2:13:44 |
| 16 | CLYDE | LUBBOCK | TX | 45 | M | 1 | CLYDE | 2:14:31 |
| 17 | F4044 | LUBBOCK | TX | 44 | F | 5 | F4044 | 2:15:40 |
| 18 | M4044 | LUBBOCK | TX | 44 | M | 6 | M4044 | 2:15:44 |
| 19 | F3034 | LUBBOCK | TX | 34 | F | 4 | F3034 | 2:15:51 |
| 20 | F2024 | LUBBOCK | TX | 21 | F | 3 | F2024 | 2:16:05 |
| 21 | CLYDE | LUBBOCK | TX | 22 | F | 4 | CLYDE | 2:16:06 |
| 22 | M4044 | LUBBOCK | TX | 43 | M | 7 | M4044 | 2:16:10 |
| 23 | M3034 | LUBBOCK | TX | 31 | M | 6 | M3034 | 2:16:25 |
| 24 | F4044 | LUBBOCK | TX | 44 | F | 6 | F4044 | 2:17:19 |
| 25 | M5054 | LUBBOCK | TX | 53 | M | 5 | M5054 | 2:17:21 |
| 26 | M2024 | LUBBOCK | TX | 24 | M | 7 | M2024 | 2:17:42 |
| 27 | M2024 | LUBBOCK | TX | 23 | F | 4 | F2024 | 2:18:35 |
| 28 | M2024 | LUBBOCK | TX | 20 | M | 8 | M2024 | 2:19:02 |
| 29 | F3539 | LUBBOCK | TX | 35 | F | 5 | F3539 | 2:19:27 |
| 30 | F1315 | LUBBOCK | TX | 14 | F | 1 | F1315 | 2:19:33 |
| 31 | ATHEN | LUBBOCK | TX | 36 | F | 1 | ATHEN | 2:19:51 |
| 32 | F3539 | LUBBOCK | TX | 35 | F | 7 | F3539 | 2:20:01 |
| 33 | F3034 | LUBBOCK | TX | 33 | F | 5 | F3034 | 2:20:36 |
| 34 | M3034 | LUBBOCK | TX | 31 | M | 7 | M3034 | 2:21:52 |
| 35 | F4044 | LUBBOCK | TX | 40 | F | 7 | F4044 | 2:22:03 |
| 36 | M2024 | LUBBOCK | TX | 20 | M | 9 | M2024 | 2:22:40 |
| 37 | F3034 | LUBBOCK | TX | 32 | F | 6 | F3034 | 2:22:59 |
| 38 | F3034 | LUBBOCK | TX | 31 | F | 7 | F3034 | 2:25:27 |
| 39 | F2529 | LUBBOCK | TX | 25 | F | 6 | F2529 | 2:25:37 |
| 40 | ATHEN | LUBBOCK | TX | 33 | F | 2 | ATHEN | 2:26:19 |
| 41 | F2024 | LUBBOCK | TX | 22 | F | 5 | F2024 | 2:27:03 |
| 42 | F2024 | LUBBOCK | TX | 20 | F | 6 | F2024 | 2:27:19 |
| 43 | F3539 | LUBBOCK | TX | 38 | F | 8 | F3539 | 2:29:55 |
| 44 | F5054 | LUBBOCK | TX | 54 | F | 1 | F5054 | 2:30:47 |
| 45 | CLYDE | LUBBOCK | TX | 52 | M | 3 | CLYDE | 2:31:01 |
| 46 | M2024 | LUBBOCK | TX | 22 | M | 10 | M2024 | 2:31:23 |
| 47 | F3034 | LUBBOCK | NM | 34 | F | 9 | F3034 | 2:32:39 |
| 48 | F4549 | LUBBOCK | TX | 46 | F | 4 | F4549 | 2:32:43 |
| 49 | F4044 | LUBBOCK | TX | 44 | F | 9 | F4044 | 2:40:40 |
| 50 | F5559 | LUBBOCK | TX | 58 | F | 1 | F5559 | 2:43:38 |
| 51 | F3034 | LUBBOCK | NM | 31 | F | 10 | F3034 | 2:50:29 |

2 MILE OVERALL RESULTS

| Place | Name | Town | St | Ag | S | Div | 2 | Pace |
|-------|-------------------|-------------|----|----|---|-----|-------|-------|
| 1 | MATT JIMENEZ | LUBBOCK | TX | 19 | M | 1 | M1619 | 11:06 |
| 2 | NICK WARGO | LUBBOCK | TX | 17 | M | 2 | M1619 | 11:12 |
| 3 | BOBBY SAIN | LUBBOCK | TX | 26 | M | 1 | M2529 | 11:21 |
| 4 | LUCAS MORRIS | LUBBOCK | TX | 15 | M | 1 | M1315 | 11:58 |
| 5 | LUKE SAMARRON | LUBBOCK | TX | 14 | M | 2 | M1315 | 12:00 |
| 6 | JACKIE CANNON | AMARILLO | TX | 51 | M | 1 | M5054 | 12:11 |
| 7 | GLEN POKLIKUHA | LUBBOCK | TX | 36 | M | 1 | M3539 | 12:17 |
| 8 | RENE GONZALEZ | LUBBOCK | TX | 42 | M | 1 | M4044 | 12:37 |
| 9 | JESSIE GONZALEZ | LUBBOCK | TX | 14 | M | 3 | M1315 | 12:44 |
| 10 | JON DAVID BRUGEL | LUBBOCK | TX | 15 | M | 4 | M1315 | 13:33 |
| 11 | JAKE BROWNFIELD | LUBBOCK | TX | 9 | M | 1 | M0112 | 13:41 |
| 12 | ANN CRUCE-ROBERTS | LUBBOCK | TX | 32 | F | 1 | F3034 | 13:42 |
| 13 | JIMMY SAMARRON | LUBBOCK | TX | 52 | M | 2 | M5054 | 13:50 |
| 14 | BRETT HART | LUBBOCK | TX | 28 | M | 2 | M2529 | 13:50 |
| 15 | ROD BURGETT | SHALLOWATER | TX | 42 | M | 2 | M4044 | 14:05 |
| 16 | JAY KEITH | LUBBOCK | TX | 49 | M | 1 | M4549 | 14:07 |
| 17 | GONZALO RAMIREZ | LUBBOCK | TX | 51 | M | 3 | M5054 | 14:11 |

Buffalo Wallow Road Races - Race Director's Report

A warm, clear, windless day highlighted this year's Buffalo Wallow, the 35th continuous year for having this race! Overall winners in the 2 Mile were Matt Jimenez, 19, @ a 5:33 pace (yikes!) and Ann Cruse-Roberts, 32, "cruising" to first @ a 6:51 pace. Leading the Half-Marathon field was Victor LeMay, 19, of Plainview @ a 6:21 average pace (that's for 13 miles, folks!) and Brittany Sigle, 19, with a 7:54 pace. A contingent from Midland and Amarillo, and runners from as far away as the Dallas area, Austin, Brownsville, and other states (well, Hobbs, NM) traveled to Lubbock to help boost the attendance. With 66 finishers in the 2 mile and 110 in the half, with exactly 200 registrants, that makes this Buffalo Wallow the largest ever!

To make an event of this size work and be safe takes many dedicated volunteers who sacrifice their time to assure you have a good race. Our appreciation goes out to Tony Aleman, Suzan Caudle, Trevor Dalton, Bill Felton, Tom Griffin, Nick Hoeve, Gordon Jenkins, George Jury, Ron Lubowicz, Tara Madrigal, Chris Milford, Tammy Moriarty, Kammy Philbrick, Mandy Satterwhite, Chad Wilcox, Susan Wilcox, Ralph Wolf, and Emily Wyatt. Manning the club store were P.J. Mitchell and Larry Bird. Volunteers who 'also ran' were David Higgins, Randy Holloway, and Tom Weis. And a tip of the hat goes to the BSL Volunteer Fire Dept. for providing two EMS certified personnel for any emergencies which might arise. Thanks to everyone who fought the hills to take on "The most challenging Half-Marathon course in Texas"!

Mike Kelley, Race Director

Active West Texas Running Club Members' Birthdays - December

| | | | | | |
|-------------------|--------------|------------------|--------------|--------------------|--------------|
| Jackie Cannon | 52 on 12/1 | Kaleigh Warner | 20 on 12/1* | Tara Loan | 25 on 12/2* |
| David Biddle | 36 on 12/3 | Shannon Kirkland | 33 on 12/3 | Barbara Slaton | 49 on 12/5 |
| Susan Lewallen | 40 on 12/7* | Frankie Valderaz | 34 on 12/7 | Elizabeth Linder | 54 on 12/8 |
| Carter Tate | 11 on 12/8 | Kammy Philbrick | 47 on 12/10 | Jordan Martinez | 12 on 12/12 |
| Eric Ford | 43 on 12/13 | Cliff Lewallen | 44 on 12/13 | Chris Birkholz | 30 on 12/15* |
| Quinn Smith | 48 on 12/15 | Mike Greer | 69 on 12/16 | Sherill Easterling | 58 on 12/19 |
| Kendall Higgins | 14 on 12/19 | Elisa Andrus | 12 on 12/22 | Kippi Buchanan | 38 on 12/22 |
| Tommie Farrell | 37 on 12/22 | Danny Sloan | 43 on 12/22 | Andrew Jansen | 36 on 12/24 |
| Thomas Word | 71 on 12/24 | Suzan Caudle | 55 on 12/26* | Noel Cleveland | 39 on 12/26 |
| Jeanette Hastings | 35 on 12/26* | Tyler Schovanec | 14 on 12/29 | George Kirkland | 30 on 12/30 |
| Debbie Aguirre | 47 on 12/31 | Ed Dabrowski | 50 on 12/31* | Craig Peterson | 51 on 12/31 |

* = New Age Group

THE 26th ANNUAL RED RAIDER ROAD RACE
10K AGE GRADED RESULTS FOR MASTERS' WINNERS SELECTION

| Place | Name | Town | St | Ag | S | 10k | Agegrad |
|-------|-----------------------|---------------|----|----|---|---------|---------|
| 1 | JERRY DWYER | LUBBOCK | TX | 48 | M | 39:22 | 34:59 |
| 2 | PJ MITCHELL | LUBBOCK | TX | 61 | F | 53:35 | 36:27 |
| 3 | DIANNE ANDERSON | LUBBOCK | TX | 65 | F | 57:50 | 37:04 |
| 4 | PAUL OHEN | AMARILLO | TX | 55 | M | 44:25 | 37:17 |
| 5 | DEB HENDLEY | LUBBOCK | TX | 58 | F | 54:45 | 38:51 |
| 6 | CHUCK SAMMONS | LUBBOCK | TX | 50 | M | 44:29 | 38:54 |
| 7 | CHRIS LONNGREN | LUBBOCK | TX | 48 | M | 44:50 | 39:51 |
| 8 | BETH BUCKLEY | DIMMITT | TX | 48 | F | 49:35 | 40:03 |
| 9 | RANDY HOLLOWAY | LUBBOCK | TX | 51 | M | 46:22 | 40:14 |
| 10 | DON SANDERSON | TULIA | TX | 77 | M | 1:01:20 | 40:20 |
| 11 | PAUL PARE | LUBBOCK | TX | 45 | M | 44:20 | 40:20 |
| 12 | GORDEN JENKINS | AMARILLO | TX | 67 | M | 53:32 | 40:25 |
| 13 | JOHN TROMPLER | LUBBOCK | TX | 60 | M | 50:33 | 40:40 |
| 14 | BRENT LOWREY | LUBBOCK | TX | 45 | M | 45:39 | 41:32 |
| 15 | ADAM BARRON | LUBBOCK | TX | 44 | M | 45:21 | 41:35 |
| 16 | RONNIE PRIGG | LUBBOCK | TX | 56 | M | 49:58 | 41:36 |
| 17 | SCOTT WEAVER | AMARILLO | TX | 44 | M | 45:33 | 41:46 |
| 18 | ABREY BRIDGES | LUBBOCK | TX | 54 | M | 49:46 | 42:08 |
| 19 | MARY BRANSCOME | LUBBOCK | TX | 47 | F | 51:49 | 42:21 |
| 20 | VAN JOSSELET | DALHART | TX | 54 | M | 50:12 | 42:30 |
| 21 | KELLY ROBINSON | LUBBOCK | TX | 41 | F | 49:34 | 42:49 |
| 22 | MARIA DELEON | LUBBOCK | TX | 46 | F | 52:19 | 43:14 |
| 23 | ERIC FORD | LUBBOCK | TX | 42 | M | 46:37 | 43:24 |
| 24 | FRED WEBER | LUBBOCK | TX | 56 | M | 52:21 | 43:35 |
| 25 | DANIEL DOMINY | LUBBOCK | TX | 42 | M | 46:54 | 43:40 |
| 26 | KYLE ASHLEY | LUBBOCK | TX | 45 | M | 48:39 | 44:16 |
| 27 | KAMMY PHILBRICK | LUBBOCK | TX | 46 | F | 53:43 | 44:23 |
| 28 | SARAH GAXIOLA | LUBBOCK | TX | 55 | F | 1:00:25 | 44:39 |
| 29 | NOE VALLS | LUBBOCK | TX | 41 | M | 47:46 | 44:48 |
| 30 | J EDSON PINTO | LUBBOCK | TX | 46 | M | 50:53 | 45:56 |
| 31 | WALLY DEAN | AMARILLO | TX | 66 | M | 1:01:01 | 46:30 |
| 32 | JANA STEPHENSON | LUBBOCK | TX | 44 | F | 55:36 | 46:52 |
| 33 | TERRY DALTON | LUBBOCK | TX | 53 | M | 55:22 | 47:16 |
| 34 | DENE BRYANT | LUBBOCK | TX | 43 | F | 55:36 | 47:17 |
| 35 | CODY MILLER | LUBBOCK | TX | 41 | M | 50:25 | 47:18 |
| 36 | CHERYL WEBER | LUBBOCK | TX | 54 | F | 1:03:15 | 47:22 |
| 37 | POLLIANNA SAMMONS | LUBBOCK | TX | 43 | F | 56:58 | 48:27 |
| 38 | EDWIN YOUNG | LUBBOCK | TX | 44 | M | 53:03 | 48:39 |
| 39 | MITCH MONROE | LUBBOCK | TX | 47 | M | 54:20 | 48:40 |
| 40 | BRIAN BARNES | LUBBOCK | TX | 40 | M | 51:33 | 48:43 |
| 41 | ETTA MAYER | LUBBOCK | TX | 58 | F | 1:08:42 | 48:45 |
| 42 | STEVEN ODORIZZI | LUBBOCK | TX | 45 | M | 53:41 | 48:51 |
| 43 | KATHY HOWELL | LUBBOCK | TX | 50 | F | 1:02:41 | 49:24 |
| 44 | RANDY BUNYARD | LUBBOCK | TX | 49 | M | 56:29 | 49:48 |
| 45 | SUZIE HARTSFIELD | LUBBOCK | TX | 45 | F | 59:48 | 49:56 |
| 46 | MARSHA BENNETT | LUBBOCK | TX | 44 | F | 59:29 | 50:09 |
| 47 | MIKE HATLEY | MIDLAND | TX | 51 | M | 57:56 | 50:15 |
| 48 | JOHN CAGLE | LUBBOCK | TX | 51 | M | 57:56 | 50:16 |
| 49 | CYNTHIA SORRENSEN | LUBBOCK | TX | 44 | F | 59:58 | 50:33 |
| 50 | JIM DEMBOWSKI | LUBBOCK | TX | 54 | M | 59:51 | 50:40 |
| 51 | MICHAEL EPPS | LUBBOCK | TX | 56 | M | 1:01:15 | 50:59 |
| 52 | DENNIS BOEDEKER | PEARLAND | TX | 49 | M | 58:14 | 51:21 |
| 53 | JOHN JACKMAN | FLOWERGROUND | TX | 48 | M | 58:00 | 51:33 |
| 54 | JOE POST | LUBBOCK | TX | 58 | M | 1:03:08 | 51:40 |
| 55 | ROSE HOEVE | RANSOM CANYON | TX | 40 | F | 59:39 | 51:53 |
| 56 | CONNIE KITTEN | LUBBOCK | TX | 46 | F | 1:04:17 | 53:07 |
| 57 | VICKIE FARMER | LUBBOCK | TX | 48 | F | 1:06:17 | 53:33 |
| 58 | JIMMY CLARK | LUBBOCK | TX | 56 | M | 1:04:56 | 54:03 |
| 59 | MARCK SMITH | LUBBOCK | TX | 43 | M | 59:13 | 54:43 |
| 60 | LANETTE WINDHAM | LUBBOCK | TX | 40 | F | 1:03:33 | 55:16 |
| 61 | BELISA WALDROP | LUBBOCK | TX | 40 | F | 1:03:38 | 55:20 |
| 62 | KRISTAL COTTON | MIDLAND | TX | 51 | F | 1:11:20 | 55:31 |
| 63 | GARY HOUSOUER | LUBBOCK | TX | 48 | M | 1:03:13 | 55:51 |
| 64 | JIM BECK | LUBBOCK | TX | 48 | M | 1:04:51 | 56:24 |
| 65 | AMY KIKER | LUBBOCK | TX | 44 | F | 1:07:02 | 56:31 |
| 66 | DEBBIE CRISWELL | TULIA | TX | 41 | F | 1:06:46 | 57:40 |
| 67 | LARA ADAIR | LUBBOCK | TX | 42 | M | 1:03:13 | 58:52 |
| 68 | ROBERT BLOODWORTH | LUBBOCK | TX | 52 | M | 1:11:20 | 1:01:23 |
| 69 | RANDY COTTON | MIDLAND | TX | 61 | M | 1:24:05 | 1:07:02 |
| 70 | PRESTON SMITH | LUBBOCK | TX | 40 | F | 1:21:29 | 1:10:53 |
| 71 | DOMINIQUE ABERCROMBIE | LUBBOCK | TX | 40 | F | 1:21:29 | 1:10:53 |

THE 26th ANNUAL RED RAIDERS ROAD RACE
5K AGE GRADED RESULTS FOR MASTERS' WINNERS SELECTION

| Place | Name | Town | St | Ag | S | 5K | Agegrad |
|-------|--------------------|---------------|----|----|---|-------|---------|
| 1 | ED CRAIGHEAD | DALHART | TX | 64 | M | 20:32 | 15:56 |
| 2 | JACKIE CANNON | AMARILLO | TX | 51 | M | 19:34 | 16:58 |
| 3 | RENE GONZALEZ | LUBBOCK | TX | 42 | M | 19:41 | 18:20 |
| 4 | RALPH WOLF | LUBBOCK | TX | 70 | M | 25:51 | 18:55 |
| 5 | AL GARDNER | LEVELLAND | TX | 51 | M | 22:07 | 19:11 |
| 6 | JIM HIGGINS | LUBBOCK | TX | 46 | M | 21:21 | 19:17 |
| 7 | KELLEY LITTSCH | LUBBOCK | TX | 47 | M | 22:01 | 19:44 |
| 8 | MIKE MENCHACA | PLAINVIEW | TX | 49 | M | 22:32 | 19:52 |
| 9 | RUSSEL MARTIN | LUBBOCK | TX | 49 | M | 23:12 | 20:27 |
| 10 | CHUCK DELEON | LUBBOCK | TX | 49 | M | 23:23 | 20:37 |
| 11 | DARRELL HUNT | LUBBOCK | TX | 60 | M | 26:28 | 21:17 |
| 12 | LORENZO PADILLA | LUBBOCK | TX | 53 | M | 25:02 | 21:22 |
| 13 | SAMUEL AYERS | LUBBOCK | TX | 44 | M | 23:19 | 21:23 |
| 14 | ROD BURGETT | SHALLOWATER | TX | 42 | M | 23:02 | 21:27 |
| 15 | DAVID HIGGINS | LUBBOCK | TX | 55 | M | 25:38 | 21:31 |
| 16 | JAMES BONE | LUBBOCK | TX | 68 | M | 29:03 | 21:43 |
| 17 | RONNIE TROLLINGER | LUBBOCK | TX | 47 | M | 24:24 | 21:52 |
| 18 | DAVID DOYLE | LUBBOCK | TX | 49 | M | 25:01 | 22:04 |
| 19 | JACKIE SELF | MIDLAND | TX | 54 | M | 26:13 | 22:11 |
| 20 | SCOTTY ELSTON | SHALLOWATER | TX | 46 | M | 24:38 | 22:15 |
| 21 | JIM HARRIS | HOBBS | NM | 64 | M | 29:00 | 22:30 |
| 22 | DEBBIE AGUIRRE | LUBBOCK | TX | 46 | F | 27:15 | 22:31 |
| 23 | JACK BEARDEN | DIVIDE | CO | 60 | M | 28:05 | 22:35 |
| 24 | SUSAN TOMLINSON | LUBBOCK | TX | 50 | F | 28:50 | 22:43 |
| 25 | DAVID MANGOLD | LUBBOCK | TX | 59 | M | 28:19 | 22:58 |
| 26 | DAN ADAMS | AMARILLO | TX | 50 | M | 26:20 | 23:02 |
| 27 | ANGLE HINES | SUNDOWN | TX | 41 | F | 26:51 | 23:12 |
| 28 | JUDY FLEMING | LUBBOCK | TX | 43 | F | 27:50 | 23:40 |
| 29 | PHILIP SCOLARO | LUBBOCK | TX | 48 | M | 26:42 | 23:44 |
| 30 | CRAIG PETERSON | HOBBS | NM | 50 | M | 27:10 | 23:46 |
| 31 | ISAAC MUNOZ SR | LUBBOCK | TX | 52 | M | 27:41 | 23:49 |
| 32 | BRENDA CAMPBELL | LUBBOCK | TX | 48 | F | 29:39 | 23:57 |
| 33 | Laurie Kelson | LUBBOCK | TX | 46 | F | 29:01 | 23:59 |
| 34 | GLENN A BEYER | RANSOM CANYON | TX | 49 | F | 30:26 | 24:17 |
| 35 | DANIEL GONZALES | LUBBOCK | TX | 41 | M | 25:54 | 24:18 |
| 36 | JAMES DECKER | LUBBOCK | TX | 46 | M | 28:58 | 24:21 |
| 37 | KAY CASEBOLT | TEMPLE | TX | 63 | F | 37:14 | 24:35 |
| 38 | LARRY DELEON | LUBBOCK | TX | 47 | M | 27:42 | 24:49 |
| 39 | MELINDA BURKHOLDER | LUBBOCK | TX | 44 | F | 30:21 | 25:35 |
| 40 | DAN HILARIO | LUBBOCK | TX | 57 | M | 31:45 | 26:13 |
| 41 | MIKE LASS | LOCKNEY | TX | 45 | M | 29:04 | 26:27 |
| 42 | THOMAS WORD | LUBBOCK | TX | 70 | M | 36:11 | 26:29 |
| 43 | RHONDA BENHAM | SAN ANGELO | TX | 44 | F | 31:35 | 26:38 |
| 44 | CYNTHIA BOWEN | LITTLEFIELD | TX | 42 | F | 31:39 | 27:08 |
| 45 | MARTHA BOEDEKER | PEARLAND | TX | 74 | F | 49:24 | 27:18 |
| 46 | RANDY EGENBACHER | LUBBOCK | TX | 52 | M | 32:11 | 27:42 |
| 47 | MARY BATZA | POST | TX | 63 | F | 42:24 | 28:00 |
| 48 | GRANT KIRKMAN | LUBBOCK | TX | 62 | M | 35:54 | 28:22 |
| 49 | CHARLES BENHAM | SAN ANGELO | TX | 46 | M | 31:33 | 28:29 |
| 50 | JOSIE ALEMAN | LUBBOCK | TX | 56 | F | 39:04 | 28:30 |
| 51 | CLYDE WHITTEN | PAMPA | TX | 49 | M | 32:59 | 29:05 |
| 52 | DWAYNE OAKLEY | LUBBOCK | TX | 51 | M | 34:56 | 30:18 |
| 53 | BRYAN POLLARD | LUBBOCK | TX | 42 | M | 33:06 | 30:49 |
| 54 | MARTIN HIGGINS | LUBBOCK | TX | 42 | M | 33:06 | 30:49 |
| 55 | SUZAN CAUDLE | LUBBOCK | TX | 54 | F | 41:12 | 30:51 |

The Marathon 2 Marathon Report
by Tommie W. Farrell

I fell asleep easily the night before the marathon, but awoke just as easily many times that evening nervous for my first marathon attempt. During the early morning shuttle ride to the start line in Alpine, TX I remained quiet after hearing some vintage marathon runners comment on how they would never choose this as their first course due to the elevation, hills and small running numbers. I remained tentatively confident in the fact that I had trained hard for the race. I had been nervous about the heat and thus naively felt good about the cool breeze present that morning.

The first four miles of the run were bliss and I thought this would be a cinch. Then the course took its southeast turn and started its accent. Suddenly that gentle morning breeze became the head wind in my face. The next twelve miles were not necessarily bliss, more like work, but that is what I had come for and ahead I went. I don't think I got discouraged until I realized that the last half of the course, which went down in elevation primarily, still had hills that went up at times. The discouragement mounted to full-out frustration at mile 17 when I made the mistake of stopping for a "short walk."

Between miles 17 and 19 constant thoughts of quitting pounded my brain. Seeing my wife and kids pulled off to the side of the road in the comfort of the mini-van tempted me sorely. But, I came to the decision at mile 19 not to let my feet stop again. So, with a slower pace I started moving those feet. Then I started on changing the mental attitude. With the help of Elvis on my head phones my spirits started taking an upturn. By mile 22 my feet stopped shuffling, my knees lifted and the strangest thing of all - I started to have fun. I didn't mind the last up hill during mile 23 and yelled "Charge!" to my wife and kids cheering me on as I pointed and ran up that hill.

It was a great feeling coming across the finish line. It took me 4 hours and 45 minutes to get there, but I was there and happy for it. I think I will do another marathon - some time much later (and somewhere else).

REDLINE CROSS COUNTRY
4 MILE
EVENT RECORDS (Since 1986)

MEN

| AGE | NAME | TOWN | AGE | TIME | YEAR |
|-------|---------------------|---------------|-----|---------|------|
| 0-12 | Trey Jernigan | Down | 12 | 26:08 | 1990 |
| 13-15 | Gary Lackey | Brownfield | 15 | 22:46 | 2002 |
| 16-19 | Ryan Cruz | Shallowater | 17 | 21:53 | 1998 |
| 20-24 | Jackson Makene | Levelland | 22 | 21:00 * | 1996 |
| 25-29 | Chris Truitt | Lovington | 25 | 22:23 | 2000 |
| 30-34 | Mark Manley | Whitharral | 30 | 22:50 | 1990 |
| 35-39 | Bob Jackson | Hobbs, NM | 38 | 21:52 | 1996 |
| 40-44 | Bob Jackson | Hobbs, NM | 43 | 22:50 | 2001 |
| 45-49 | Robert Guajardo | Levelland | 48 | 24:04 | 1990 |
| 50-54 | George W. Jury | Lubbock | 51 | 25:12 | 1987 |
| 55-59 | George W. Jury | Lubbock | 55 | 25:59 | 1991 |
| 60-64 | Don Sanderson | Tulia | 64 | 29:47 | 1993 |
| 65-69 | Don Sanderson | Tulia | 67 | 31:25 | 1996 |
| 70+ | Don Sanderson | Tulia | 70 | 35:53 | 1999 |
| | Clyde Craig Jackson | Ransom Canyon | 37 | 28:47 | 2001 |

WOMEN

| AGE | NAME | TOWN | AGE | TIME | YEAR |
|-------|-----------------------|------------|-----|---------|------|
| 0-12 | Hope Jimenez | Lamesa | 12 | 30:08 | 1996 |
| 13-15 | Christina Vasquez | Lubbock | 15 | 26:47 * | 1989 |
| 16-19 | Mindy Sullivan | Lubbock | 16 | 27:52 | 2000 |
| 20-24 | Kelly Porter | Petersburg | 23 | 28:53 | 1993 |
| 25-29 | Sue Houle | Lubbock | 28 | 27:17 | 1989 |
| 30-34 | Ann Cruce-Roberts | Lubbock | 31 | 30:16 | 2006 |
| 35-39 | Caylene Caddell | Lubbock | 35 | 28:12 | 1986 |
| 40-44 | Diane Calhoun | Idalou | 42 | 29:44 | 2000 |
| 45-49 | P.J. Mitchell | Lubbock | 48 | 34:25 | 1992 |
| 50-54 | Madonne Miner | Lubbock | 51 | 32:36 | 2003 |
| 55-59 | Etta Mayer | Lubbock | 57 | 42:01 | 2006 |
| 60+ | Estela Galvan | Brownfield | 60 | 42:15 | 2002 |
| | Athena Pauline Kumley | Lubbock | 45 | 41:49 | 2005 |

* OVERALL COURSE RECORDS



The Massage Garage
Massages by Bob Blake, LMT
SPECIALIZING IN SPORTS MASSAGE
806-239-8871

WEST TEXAS RUNNING CLUB'S 22ndth ANNUAL
RED LINE 4 MILE CROSS COUNTRY RUN
BENEFITING TOYS FOR TOTS

EVENT # 13 OF THE W.T.R.C. CHALLENGE SERIES

WHEN: SATURDAY, DECEMBER 8, 2007

Register online at <http://wtire.tripod.com>

See Enclosed Mail in Form for Information

On Site Registration: 9:00 to 9:45 A.M.

Races Start at 10:00 A.M.

WHERE: MAE SIMMONS PARK,
EAST 24TH STREET AND MILK AVENUE

REGISTER IN THE MAE SIMMONS CENTER
NORTH OF CANYON LAKES DRIVE

COURSE: RUGGED, HILLY FOUR MILE CROSS COUNTRY

AGE DIVISIONS:
MEN: 12 & Under; 13-15; 16-19; 20-29; 30-34; 35-39; 40-44; 45-49;
50-54; 55-59; 60-64; 65-69; 70 Plus
WOMEN: 12 & Under; 13-15; 16-19; 20-29; 30-34; 35-39; 40-44; 45-49;
50-54; 55-59; 60 Plus
Clydesdale and Athena

AWARDS: Medals Will Be Awarded to at
Least the first three finishers in each Age Group
Division and up to 50% of each group—5 Maximum

ENTRY FEE: W.T.R.C. Members \$ 5.00
Non Members \$ 10.00, Race Day \$15 Everyone
RACE DIRECTOR: TOM GRIFFIN 747-2136 (D)
787-4295 (C), 698-1503 (N)

2008

WTRC Ballot

The following members have agreed to serve as officers/directors of the West Texas Running Club for calendar year 2008. A space is provided for write-in candidates. Please mail your ballot to: WTRC, PO Box 53343, Lubbock, TX 79453.

PRESIDENT

____ Ron Lubowicz

INTERNAL VP

____ Eric Ford

EXTERNAL VP

____ Debbie Wilson

SECRETARY

____ Iris Rivero

TREASURER

____ David Higgins

NEWSLETTER DIRECTOR

____ Rose Hoeve

INTERNAL RACE DIRECTOR

____ Randy Holloway

EQUIPMENT DIRECTOR

____ Terry Dalton

RACE CALENDAR DIRECTOR

____ Suzan Caudle

MEMBERSHIP DIRECTOR

____ Bob Blake



REDLINE 4 MILE CROSS COUNTRY Run

- Benefiting the United States Marine Corps Reserve Toys For Tots Program -
December 8, 2007

Mail \$5.00 WTRC members, \$10.00 non members \$15 on Race Day
Registration Make checks payable to the West Texas Running Club
thru Dec. 5 ONLY Mail checks & entry forms to: David Higgins
No Telephone registration 3401 Alcove Ave.
Register Online <http://wtrc.tripod.com> Lubbock, Texas 79407

Race starts at 10:00 a.m.
in Mae Simmons Park
Race Director, Tom Griffin
698-1503 (n) 787-4295 (d)

PLEASE BRING A TOY FOR TOYS FOR TOTS !! Special T-Shirts for the first 75 entrants

WAIVER OF LIABILITY

I know that running and volunteering to work in club races are potentially hazardous activities. I should not enter and run in club activities unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running and volunteering to work in club races including, but not limited to, falls, contact with other participants, the effects of the weather, including high heat and/or humidity, my own health conditions, whether known or unknown to me, the conditions of the road and traffic on the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, I, FOR MYSELF AND ANYONE ENTITLED TO ACT ON MY BEHALF, WAIVE AND RELEASE THE WEST TEXAS RUNNING CLUB AND ALL SPONSORS, THEIR REPRESENTATIVES AND SUCCESSORS, FROM ALL CLAIMS OR LIABILITIES OF ANY KIND ARISING OUT OF MY PARTICIPATION IN THE RACE OR THE CLUB'S ACTIVITIES, EVEN THOUGH THAT LIABILITY MAY ARISE OUT OF NEGLIGENCE OR CARELESSNESS, IN PART OR WHOLE, OF THE WEST TEXAS RUNNING CLUB OR OTHER SPONSORS REFERENCED ABOVE.

*This entry not valid unless signed by the entrant, and guardian, conservator, or parent for entrants under 18 years old.

Signature of entrant _____ Signature of guardian(minors) _____

Name _____ Male _____ Clydesdale (Male 190 lbs or more)

Age _____ (on race day) E-Mail _____ Female _____ Athena (Female 150 lbs or more)

Street Address _____ Phone Number _____

City _____ State _____ Zip _____

** 2008 Membership _____ YES ! I will bring an extra \$15 to Reine for my 2008 Club Membership **