

CALENDAR

- * Indicates W.T.R.C. Monthly Race and CHALLENGE SERIES EVENT
- JUL 03 !NO JULY MEETING OF W.T.R.C.- NEXT MEETING IS AUG 7TH
- * JUL 4 38TH ANNUAL FIRECRACKER RUNS: 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-Girlstown USA, 806-229-6361
- JUL 14 FIT 4 KIDS TRIATHALON: 7:30am, TTU Rec. Ctr. 7-10yrs. 100yd/2.3mi/1mi, 11-14yrs. 200yd/4.2mi/1.5mi www.recsports.ttu.edu
- JUL 28 21ST ANNUAL SPEARFISH: ¼ Marathon, 5K, 7:30am, Spearfish, S Dakota, Kate Kelley, RD, 605-722-4558, casaaadm@rushmore.com, <http://www.nhccasa.com>
- JUL 30 LUNAR LOPE: 5K Fun Run, 10:00pm, Texas Tech Rec. Ctr. www.recsports.ttu.edu
- AUG 05 PRUDE RANCH RACES: 5K, 10K, ¼ 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 18 LUBBOCK SENIOR GAMES RD RACE: 7:00am. 5K/10K combined, Mackenzie Park, 50 yrs. & over, 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 Oakeley, RD 806-799-4473
- SEP 15 COTTON COUNTRY SPRINT: 5K/3MI BIKE/300YD SWIM, South Plains College, Levelland, DeeDee Odorizzi, RD, 806-894-9611x2236, dodorizzi@southplainscollege.edu
- SEP 22 13TH RACE FOR THE CURE: 8:30am, 5K, 1MI, Lubbock Civic Ctr., 1501 6th Street, www.komen-lubbock.org
- SEP 22 3RD ANNUAL PIONEER ROAD RACE: 5k, 8:30am, Hutcherson Ctr, Wayland Campus, Plainview, TX, Brian Whiplock, RD, 806-291-1150, whiplockb@wbu.edu
- SEP 29 WHITE BUFFALO STAMPEDE: 5K, 1K 8:45am Courthouse Square, Snyder, TX Sherill Easterling, RD, seasterling@wtc.edu, whitebuffalostampede.com

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



FIRECRACKER RUN!

David and Kendall Higgins
 3401 Alcove
 Lubbock TX 79407

WEST TEXAS Running Club

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

RRCA
 RECREATIONAL RUNNING CLUB OF AMERICA

Firecracker Runs
 8am, Wednesday July 4, 2007
 Brownfield, TX 10, 3, 1 Mile Kids
 Details inside back cover
 79407+4901-01 P011

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 on Tuesday, August 7, 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

"What do we do about our children?" This question has been asked over and over again for many, many reasons. Today I am asking it in a very narrow way. Today I want all of us to look at what this Club can do to increase the number of kids we see at our races.

So often running is used as a punishment by coaches of other sports. (Now that's one sure way to keep kids away from our sport for years.) We need ideas on how to bring these kids, and perhaps all those "nerdy" kids who do not play team sports, into the joy of our sport. One suggestion is to involve the school districts in some way.

Please give this question some thought, lots of thought. And please send the best of those thoughts to me so that we can look at this question in new ways, with fresh ideas on how we can do something about our children.

SYOTR, Ron

28 TH ANNUAL BOBBY BIRDSONG MEMORIAL LEVELLAND LOPE
2 Mile and 10K Road Races
Levelland, Texas JUNE 9, 2007 8:00 A.M.

10K OVERALL RESULTS

Place	Name	Town	St Div	Div	Ag	S	10k	Pace
1	JACOB LOZANO	HOBBS	NM	1	M1619	16	M	34:49
2	JOSE ZUBIA	LUBBOCK	TX	1	M2024	21	M	35:38
3	RAUL RAMIREZ	LUBBOCK	TX	2	M2024	23	M	36:21
4	BLAKE BEDNARZ	LUBBOCK	TX	3	M2024	21	M	39:55
5	JOHN KEITH	LUBBOCK	TX	2	M1619	18	M	40:10
6	LEE COHEN	LUBBOCK	TX	1	M3034	34	M	42:05
7	WHITMAN PAXTON	LEVELLAND	TX	3	M1619	17	M	43:24
8	JIM HIGGINS	LUBBOCK	TX	1	M4549	46	M	43:30
9	SARAH SPILMAN	LUBBOCK	TX	1	F2024	24	F	43:47
10	TATE CRISWELL	LUBBOCK	TX	4	M2024	24	M	44:11
11	EDDY MORELOCK	LUBBOCK	TX	1	M3539	35	M	44:38
12	PAUL PARE	LUBBOCK	TX	2	M4549	45	M	45:07
13	IRIS RIVERO	LUBBOCK	TX	1	F3034	32	F	46:03
14	ERIC FORD	LUBBOCK	TX	1	M4044	42	M	46:55
15	RONNIE TROLLINGER	LUBBOCK	TX	3	M4549	47	M	47:55
16	TOM WEIS	LUBBOCK	TX	1	M5559	55	M	47:56
17	DAVID MALONE	LUBBOCK	TX	4	M4549	49	M	48:15
18	AARON SELF	LUBBOCK	TX	1	M2529	27	M	49:37
19	ABEL PEREZ	LEVELLAND	TX	5	M2024	22	M	49:49
20	EDWIN YOUNG	LUBBOCK	TX	2	M4044	43	M	49:56
21	BOB BLAKE	LUBBOCK	TX	3	M4044	42	M	50:27
22	MARK ALBUS	LUBBOCK	TX	1	M5054	50	M	50:53
23	AL GARDNER	LEVELLAND	TX	2	M5054	50	M	51:47
24	JASON BURLEY	BROWNFIELD	TX	2	M3034	31	M	52:27
25	MADONNE MINER	LUBBOCK	TX	1	F5054	54	F	52:47
26	J EDSON PINTO	LUBBOCK	TX	5	M4549	45	M	52:52
27	GORDEN JENKINS	LUBBOCK	TX	1	M6569	66	M	52:53
28	LEE ANN ROBERTS	LUBBOCK	TX	1	F4044	40	F	53:59
29	RALPH WOLF	LUBBOCK	TX	1	M7099	70	M	54:30
30	P. J. MITCHELL	LUBBOCK	TX	1	F6099	61	F	54:37
31	EMILY WYATT	LUBBOCK	TX	1	F2529	27	F	54:39
32	TAMMY MORIARTY	WOLFFORTH	TX	2	F3034	33	F	54:41
33	DAVID HIGGINS	LUBBOCK	TX	3	M5054	54	M	55:00
34	ARON ST CLAIR	LUBBOCK	TX	1	M1315	15	M	55:08
35	RACHEL MCNEW	LUBBOCK	TX	2	F2024	23	F	55:34
36	RONNIE NUGENT	LUBBOCK	TX	1	M6064	60	M	57:18
37	BONNIE WAITS	LUBBOCK	TX	1	F4549	45	F	57:29
38	JILL HAUOKS	LUBBOCK	TX	2	F4044	42	F	57:55
39	BILL FELTON	LUBBOCK	TX	2	M7099	72	M	58:10
40	MARLENE LOPEZ	LEVELLAND	TX	1	F3539	36	F	59:40
41	MIKE KELLEY	LUBBOCK	TX	2	M5559	58	M	1:00:23
42	JAMES LIVERMORE	LUBBOCK	TX	3	M5559	59	M	1:01:55
43	ASHLEY JONES	LUBBOCK	TX	3	F2024	21	F	1:02:28
44	JARRYN PROWELL	LUBBOCK	TX	4	F2024	23	F	1:02:32
45	KATY MOCK	LUBBOCK	TX	5	F2024	24	F	1:02:33
46	MARSHA BENNET	LUBBOCK	TX	3	F4044	43	F	1:03:07
47	JAMES BONE	LUBBOCK	TX	2	M6569	67	M	1:04:59
48	JIMMY CLARK	LUBBOCK	TX	1	CLYDES55	M	1:05:15	10:31
49	SUZAN CAUDLE	LUBBOCK	TX	2	F5054	54	F	1:23:45

TWO MILE OVERALL RESULTS

Place	Name	Town	St Div	Div	Ag	S	2	Pace
1	TYLER LIVERMORE	LUBBOCK	TX	1	M1619	17	M	5:31
2	LUCAS MORRIS	LUBBOCK	TX	1	M1315	15	M	11:43
3	SAL DUARTE	HOBBS	NM	2	M1315	15	M	11:52
4	RENE GONZALEZ	LEVELLAND	TX	1	M4044	42	M	11:56
5	GLEN FOKLIKUHA	LUBBOCK	TX	1	M3539	35	M	12:02
6	JESSE GONZALEZ	LEVELLAND	TX	3	M1315	13	M	12:24
7	LUKE SAMARRON	LEVELLAND	TX	4	M1315	13	M	12:32
8	VICTOR RAMIREZ	LUBBOCK	TX	2	M1619	16	M	12:41

10 VERTIA	TX	5 M1315 14 M	12:45	6:23
11 BARB OD	TX	1 M2529 27 M	12:46	6:23
12 STEPHEN GILL	NM	6 M1315 14 M	12:57	6:29
13 CHRIS PERZ	NM	7 M1315 13 M	12:58	6:29
14 BRUCE ADAMS	TX	2 M2529 25 M	13:33	6:47
15 KYRA BEAN	TX	1 F1315 14 F	13:35	6:48
16 BHAVANI AMMERT	TX	1 M3034 30 M	13:45	6:53
17 BHAVANI WES	NM	3 M1619 16 M	13:51	6:56
18 JAY KELTH	TX	1 M4549 49 M	13:52	6:56
19 DAVID HERRERA	TX	2 M3539 37 M	13:59	7:00
20 DAVID BLANK	TX	2 M4044 42 M	14:04	7:02
21 ROBERTO MZALEZ	TX	3 M3539 37 M	14:20	7:10
22 BRETT HARRIS	TX	3 M2529 28 M	14:37	7:19
23 ROH LUBBOCK	TX	1 M0664 64 M	15:08	7:34
24 CRYSTAL HERRERA	TX	2 F1315 14 F	15:27	7:44
25 GREGGALO HIREZ	TX	1 M5054 51 M	15:37	7:49
26 CRAIG FRIERSON	NM	2 M5054 50 M	15:49	7:55
27 LEEAN ROBERTS JR	TX	2 M3034 31 M	16:29	8:15
28 HANNAH LAMAN	TX	3 F1315 13 F	16:41	8:21
29 HANNAH BARR	TX	4 F1315 14 F	16:52	8:26
30 RANDY BARR	TX	1 F2529 29 F	16:56	8:28
31 RICK MARQUEZ	TX	4 M2529 29 M	16:58	8:29
32 JAMES LAYTON	TX	3 M4044 41 M	16:59	8:30
33 ROBERT BLODGETH	TX	1 CLYDES42 M	17:43	8:52
34 ALAN HARRIS	TX	1 F2024 20 F	17:44	8:52
35 MYRTAM GUADOLINA	TX	4 M4044 40 M	17:56	8:57
36 HOEL LORA	TX	2 F2529 29 F	18:46	9:23
37 LISA ABERNOMBYE	TX	1 F0112 11 F	19:13	9:37
38 CELIASTINA JOPEZ	TX	2 F0112 12 F	19:37	9:49
39 NICOLE CARRUBIAS	TX	1 F4044 41 F	20:17	10:09
40 PATRICK VITIL	NM	1 M0112 10 M	21:15	10:38
41 DEVON MORALES	NM	2 M0112 6 M	21:16	10:38
42 DELGO CONDARCO	NM	3 M0112 9 M	23:19	11:40
43 KENDALL HIGGINS	TX	8 M1315 13 M	23:48	11:54
44 LOUANN JENKINS	TX	1 F5054 53 F	23:56	11:58
45 JOBBIE ALEMAN	TX	1 F5559 56 F	23:58	11:59
46 NICKOLAUS HOEVE	TX	4 M0112 9 M	24:04	12:02
47 GAIL DUARTE	NM	3 F0112 10 F	30:21	15:11
48 DYLAN CONDARCO	NM	5 M0112 6 M	30:23	15:12
49 BIL DUARTE III	NM	5 M4044 42 M	30:25	15:13

No course records available

Birdsong Levelland Lope Race Director's Report

When I ran at 5:30 the morning of the Lope it was raining and I thought it was going to be a tough day for a race but the Good Lord stopped all that and we had excellent weather for a great race. Everyone seemed to be real excited and no one found the sandwich bag with the toes in it so need for a tow truck. We had an excellent turn out with 49 runners in each race.

I wish to say a great thank you for the volunteers who helped make the race a success; Lillian Bagaru for getting the bathrooms opened; Heather Gibbs, PJ Mitchell & Larry Byrd for running the club store; Tom Weis for water and gator aid, Ron Lubowicz for bananas & cardboard bread, Hal Isaiyah Munoz, Adam Barron, Dwayne Oakeley, Epi Aguirre, Lee Handlin & Jimmy Samaron out on the course; Tony Aleman & Teresa Bloodworth at the finish line & Jim Harris for the photos. And, a special thanks to Tom Griffin & Randy Holloway who put in tons of work to get things ready since our trailer was stolen after the Horseshoe Bend race. Thanks to all the runners & support people for without you we could have no race.

Bill Roger, Race Director

Active West Texas Running Club Members' Birthdays

JULY

Lee Cohen	35 on 7/2*	Amy Harlien	31 on 7/2	Edson Pinto	46 on 7/2
James Bone	68 on 7/3	Lynn Helmstetter	26 on 7/5	Robert Duran	15 on 7/7
Rebekah Hastings	10 on 7/8	Dwayne Oakeley	51 on 7/8	Veronica Valderaz	33 on 7/10
Joshua Hoeve	9 on 7/13	Bobby Sain	26 on 7/13	Jim Beck	48 on 7/17
Clayton Kelsey	23 on 7/18	Lisa Mangold	40 on 7/19*	Tracy Mack	42 on 7/21
Erin Mahler	23 on 7/27	Shawna Haynie	37 on 7/28	Greg Layton	29 on 7/28
Sarah Gaxiola	55 on 7/29*	David Higgins	55 on 7/29*	Suzanne Rodriguez	32-7/30
Marsha Bennett	44 on 7/31				

* = New Age Group

Letter from Leigh Daniel - Former Holder of All Texas Tech Women's Distance Records

Hi to All at the WTRC,

Thank you so much for your continued support and generosity. My running is going well. I have remained injury free for the past year and have some big races coming up this summer. I will run a fall marathon in hopes of qualifying for the 2008 Olympic Trials in Boston. I am still living in Ashland, Ohio coaching distance at Ashland University. I love my job and it is very conducive to training.

I come to Lubbock a few times a year to visit my family and would love to give back in some way to the WTRC. Please let me know if there is anything I can do for you guys. Thanks again for all you have done to support my running over the last several years.

Sincerely, Leigh Daniel

News from George Jury

WTRC co-founder, James Morris and his wife, Beverly, who now live in Levelland, recently celebrated the 50th wedding anniversary of their marriage in 1957 in Brownfield.

The best female long distance runner of the past 3 years, Addison LeMaster, of Tulia was honored as valedictorian of her graduating class. As mentioned in a previous news-letter, she was injured and missed the opportunity to go to State this spring.

Thanks to the following Club members who helped David and George score the LRC and B&S Triathlons: Suzan Caudle, Kendall Higgins, Brenda Campbell, Jill Haukos and Mike Kelly. A great thanks, also, to the LRC residents for their help, and the Alliance FCU employees. And, to Wanda LaGrave, a special thank you for helping at both tris.

IT'S SENIOR OLYMPIC TIME IN LUBBOCK

The Lubbock Senior Games (Olympics) will be held this year from Wednesday, August 15th to Saturday, August 18th. All participating men and women must be 50 years of age or older as of December 31st, 2007 in order to compete in the nine sports offered: bowling, cycling, golf, horseshoes, running road races, swimming, table tennis, tennis, and track & field. Medals will be awarded to first, second, and third place finishers in the five year age groups of 50-54, 55-59, 60-64, etc. for both men and women.

This is the local and beginning level of the Senior Olympics with the first five finishers in their age group automatically qualifying for the next level, the Texas State Games to be held in Temple, TX from October 19th - October 28th. (See their website @ swaustin.org). There is a third level, the National Senior Olympics, which is held every two years in the odd numbered years. This year's National championships will be in Louisville, KY from June 22nd to July 7th. Their website is: www.NSGA.com

So, if you want the challenge of competing in your event(s) against other serious runners, triathletes, etc. this is the beginning of an opportunity you have been waiting for. Next year is the qualifying year for the next Nationals to be held in the San Francisco area in 2009. If you don't want to travel that far, it's not too early to start thinking about and training for the 2011 Nationals to be held right here in Texas down in Houston.

The big news for WTRC members this year is that the running 5K and 10K road races have been reinstated after a 4 year hiatus. John Trompler had previously conducted these events when Lubbock hosted the Texas State Games in 2001 and 2002. This year these two races will take place at 7:00 AM on Saturday, August 18th at MacKenzie Park. Our Club will assist the Lubbock Senior Games Management in conducting a combined 5K and 10K road race. Thus, a runner can choose to run either one or both races and get his/her individual times for each race. This will save the time and expense of conducting two separate races for runners to qualify for October's State Games.

George Jury spent over 5 hours working in MacKenzie Park on a recent Sunday officially measuring this 5K/10K combo course plus a couple of more hours doing the paper work for certification. The Club continues to use George's many talents even though he thought he had officially retired from such jobs.



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

In addition to the two road races, some of our members, particularly the triathletes, might be interested in the cycling and swimming events being offered. In cycling there are the 5K and 10K time trials plus the 20K and 40K road races, all to be held in New Home, TX starting at 9:00 AM on Friday, August 17th. In swimming at 1:00 PM on Friday there is a smorgasbord of 14 events consisting of a 50, 100 & 200 yards in the backstroke and breaststroke, 50 & 100 yards events in the butterfly plus a 50, 100, 200 & 500 yards in freestyle topped off with an individual medley at both 100 & 200 yards.

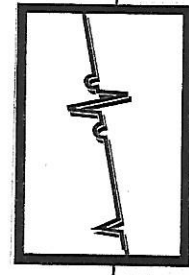
For runners of shorter distances there will be track events of 50, 100, 200, 400, 800 and 1500 meters on Saturday morning, August 18th plus a full slate of field events in the afternoon consisting of the discus, high jump, javelin, pole vault, shot put and the running long jump. Do not be intimidated by any of these events since most seniors have not kept up with them over the years. Even if an athlete once competed in them back in high school or college they are quite rusty and are usually not performing at a very high level. The name of game in the Senior Olympics is to simply have fun, stay in shape and enjoy the camaraderie. Oliver Wendall Holmes stated it well: "People do not quit playing because they grow old. They grow old because they quit playing."

There are also several events that are more social in nature which are not national events like basketball free throws and "around the world." The game of Washers is another example. The main social events, however, are the West Texas Dance Social Thursday evening and the Lubbock Senior Sports Banquet on Saturday night from 6:00 PM - 9:30 PM which includes a full service dinner with a live dance band. Club member, John Stalup, was honored a few years ago as the Senior Male Athlete of the Year but Bill Roger was the first from the WTRC to really distinguish himself back in the early 1990s when he received the same award for winning all 5 track events plus the 5K road race. He also won medals in the shot put, discus and javelin only missing a medal in the high jump immediately after the 5K. Not a bad day for someone of any age!

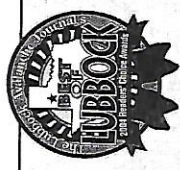
All WTRC members who are 50 and over will receive an application form and more information from The Lubbock Senior Games Management in the next two weeks. Entry forms must be postmarked no later than Friday, August 3rd. If you do NOT hear soon, please contact their headquarters at: (806) 767-2710

Membership News

Madonne Miner and David Malone, two of the WTRC's best runners and outstanding people, will be leaving us shortly. They have accepted positions at Weber State University in Ogden, UT and will move in July/August. "We've wanted to get back to the mountains." Madame will be the Dean of Arts and Humanities; David will be a tenured Associate Professor of Accounting. Weber State has about 17,000 students and is committed to teaching undergraduates. "We are going to miss you all; if we can't find a similar running club in Ogden, we'll have to start or



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



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

Pager 806-742-9940

**TEXAS' OLDEST CONTINUOUS ROAD RACE (Since 1970)
W.T.R.C.'s ANNUAL FIRECRACKER RUNS, BROWNFIELD, TEXAS JULY 4th**

EVENT RECORDS (after 37 years)

		<u>10 MILE</u>		<u>10 MILE</u>	
		<u>MEN</u>		<u>WOMEN</u>	
AGE	NAME	TOWN	AGE	TIME	YEAR
19 & Under	Sam Mwabe	Levelland	18	52:54	2001
20-29	Jorge Pacheco	Levelland	22	52:34	1990
30-34	Chris Rodriguez	Plainview	31	58:52	2000 *
35-39	Bob Jackson	Hobbs, NM	36	56:56	1995
40-44	Bob Jackson	Hobbs, NM	43	57:05	2002
45-49	Jim Leser	Lubbock	49	1:05:06	1996
50-54	George Jury	Lubbock	50	1:03:28	1987
55-59	George Jury	Lubbock	55	1:08:54	1992
60-64	Don Sanderson	Tulia	63	1:16:30	1993
65-59	Ralph Wolf	Abernathy	69	1:29:01	2006
70 Plus	Don Sanderson	Tulia	71	1:21:07	2001
Clydes	Farrell Martin	Lubbock	34	1:09:45	2003

19 & Under	Stephanie Bigham	Idalou	18	1:15:14	2001
20-29	Idalia Casiano	Lubbock	23	1:07:52	1991
30-34	Marjory Stewart	Lubbock	32	1:05:30	1991 *
35-39	Becky Rowley	Clovis, NM	39	1:12:10	2003
40-44	Denise Bray	Lubbock	41	1:17:48	2003
45-49	Mary Branscome	Lubbock	45	1:22:10	2005
50-54	Madonne Miner	Lubbock	50	1:22:07	2003
55-59	P. J. Mitchell	Lubbock	55	1:29:55	2001
60 Plus	P. J. Mitchell	Lubbock	60	1:34:45	2006

3 MILE

		<u>MEN</u>		<u>WOMEN</u>	
AGE	NAME	TOWN	AGE	TIME	YEAR
15 & Under	Carlos Ybarra	Lamesa	15	15:58	1978
16-19	Curtis Conaway	Lubbock	18	14:44	1979
20-29	Dennis Williams	Lubbock	29	14:23	1975 *
30-34	Steve Stallings	Stanton	30	15:02	1982
35-39	Guinn Smith	Grants, NM	35	15:56	1995
40-44	Bob Jackson	Hobbs, NM	44	16:31	2003
45-49	George Jury	Lubbock	49	17:47	1986
50-54	George Jury	Lubbock	52	17:45	1989
55-59	Robert Guajardo	Levelland	56	18:49	1999
60-64	Jim Harris	Hobbs, NM	60	21:16	2003
65-69	Don Sanderson	Tulia	66	21:29	1996
70 Plus	Don Sanderson	Tulia	74	24:35	2004
Clydes	Jeremy Casey	Brownfield	24	19:42	1999

15 & Under	Hope Jimenez	Lamesa	13	19:27	1997
16-19	Mary Ann Hernandez	Brownfield	18	18:48	1999
20-29	Isabel Navarro	Brownfield	21	18:21	1979 *
30-34	Isabel Torres	Brownfield	34	21:04	1992
35-39	Melanie McVey	Sundown	39	21:34	2001
40-44	Sherrill Easterling	Hico	44	20:25	1994
45-49	Cheryl Weber	Lubbock	46	22:00	1999
50-54	P. J. Mitchell	Lubbock	53	23:55	1999
55-59	Estela Galvan	Brownfield	58	28:26	2001
60 Plus	Estela Galvan	Brownfield	60	28:52	2003
Athens	Mandy Gallagher	Lubbock	29	30:03	2006

West Texas Running Club
proudly presents

**38th ANNUAL
FIRECRACKER RUNS**

Wednesday, July 4th, 2007

Late registration: 7:00-7:45 am

Races Start: Children's 1 mile - 7:40 am

3 & 10 mile - 8:00 am

Please Register Early!

Mail-in entry (enclosed) before June 30th

Or register online by noon, July 2nd: <http://wtrc.tripod.com>

No telephone or email registration

Terry County Park, Brownfield, Texas

From Lubbock on Hwy. 62, go to the

stoplight at Buckley St. & turn left on to Old Lamesa Rd.,

turn right just past the swimming pool.

Entry Fees: Children's 1 mile run - \$1.00, 3 & 10 mile runs - \$5.00 for WTRC Members and \$10.00 for non-members,

Race Day Registration is \$15.00 (3 & 10 Mile) for everyone

Special and unique commemorative medallions. Awards given to the first 3 in each age group and up to 5 of the contestants in each age group as listed below.

Awards will be presented at 8:05 am (Kids Run), 8:35 am (3 mi.), and 10 am (10 mi.).

Age Groups 10 Mile Run

Male; 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70+

Female; 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60+

3 Mile Run

Male; 7-12, 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+

Female; 7-12, 13-15, 16-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60+

Clydesdale and Athena divisions age graded as above in both running events.

Children's 1 mile run: grades pre-school through 6th, special commemorative medals for first place boy and girl Overall. Finish ribbons for the remainder.

Grade as of Fall, 2007.

Contact: Race Director Jim Harris, (505) 392-8945 or 505-370-8323