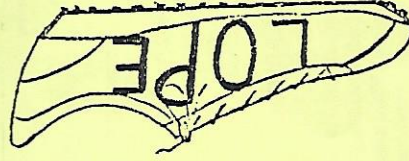


CALENDAR

- * Indicates W.T.R.C. Monthly Race and CHALLENGE SERIES EVENT
- JUN 05 W.T.R.C. Business meeting: Tuesday, 7pm,
WEST TEXAS PETERBILT (Tom's Office), 45th and Ave A
- * 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 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 TRIATHLON: 7:30am, TTU Rec. Ctr. 7-10yrs.
100yd/2.3mi/1mi, 11-14yrs. 200yd/4.2mi/1.5mi
www.recsports.ttu.edu
- JUL 30 LUNAR LOPE: 5K Fun Run, 10:00pm, Texas Tech Rec.
Ctr. www.recsports.ttu.edu
- AUG 05 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 18 LUBBOCK SENIOR GAMES RD RACE: 7:00am. 5K/10K combined,
Mackenzie Park, 50 yrs. & older, Bill Felton, RD,
806-866-9300.
- * SEP 08 SHALLOWATER STAMPEDE: 10K, 2MI, 8:00am, Shallowater,
Tx, Wayne 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
- SEP 22 13TH RACE FOR THE CURE: 8:30am, 5K, 1MI, Lubbock
Civic Ctr., 1501 6th Street, www.komen-lubbock.org
- * OCT 6 RED RAIDER ROAD RACE: 10K/5K, 8:00am, Texas Tech-
Campus Rec. Ctr., Details coming soon.
- OCT 13 9th ANNUAL RED RIBBON RUN, 1MI 9:00am, Buddy
Holly Park, N University & Canyon Lake Dr.,
Rose Hoeve, RD, 806-766-1968.

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

David and Kendall Higgins
3401 Alcove
Lubbock, TX 79407



WTTRC Newsletter
9505 Viola Ave
Lubbock, TX 79424-7518
June 2007



Levelland Lope 10K & 2MI
South Plains College, Levelland
8:00am, Saturday, June 9, 2007
Details Inside Back Cover



WEST TEXAS RUNNING CLUB

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

Our Club has several hundred members, and, I'm guessing, nearly as many reasons for running. In all the years that I have mingled with you and other runners, I have never heard anyone admit that his or her principle reason for running was to lose weight. Yet, I have listened to many bemoan the fact that in spite of all their hours on the roads and trails, the weight just seemed to hang on.

Until very recently this was simply a miscellaneous piece of data stored somewhere deep within my consciousness until a good friend and fanatical cyclist from New England told me about a study that he participated in. This experiment involved a dozen or so not-too-slender, but very fit cyclists who were asked to religiously adhere to the following program in addition to maintaining their usual training.

1. Upon waking, immediately do a few minutes of serious stretching.
2. For the rest of the day, at 2-hour intervals, spend 3 to 10 minutes on a variety of exercises and stretches (for example, climbing stairs, squats, lunges, crunches, etc with emphasis on core stretches). Neither special clothing, nor heavy sweating, nor elevated heart rate is required.
3. Within the first hour of waking up, eat a moderate breakfast rich in protein.
4. For the rest of the day, also at 2-hour intervals (alternate hours to the exercise and stretching cycle), have a protein-rich snack (such as yogurt, cheese & grapes, etc.) Be careful at lunch or simply have a larger snack.
5. Drink lots of water and cut back on the junk food.

After nine months, all of the lab rats lost weight, with the average loss somewhere just above 25 lbs. The bonus was that almost everyone's level of cycling had improved.
The explanation I was given was that it was simply insulin management and calorie & metabolism (continued on page 4) . . .

WEST TEXAS RUNNING CLUB'S 35th ANNUAL
Horsehoe Bend Canyon Spring Frolic Races
2 Mile, 6 Mile and 11 Mile Road Races
Slaton, Texas
May 12, 2007

* NEW AGE GROUP RECORD

11 MILE OVERALL RESULTS

Place Name	Town	St	Div	Div	Ag	S	11	Pace
1 JERRY DWYER	LUBBOCK	TX	1	M4549	47	M	1:11:33	6:31 *
2 LEE COHEN	LUBBOCK	TX	1	M3034	34	M	1:16:53	7:00
3 EDDY MORELOCK	LUBBOCK	TX	1	M3539	35	M	1:20:51	7:21
4 FARRELL MARTIN	LUBBOCK	TX	1	CLYDE	40	M	1:24:31	7:41
5 SARAH SPILMAN	LUBBOCK	TX	1	F2024	24	F	1:26:28	7:52
6 ANN CRUCE-ROBERTS	LUBBOCK	TX	1	F3034	31	F	1:26:29	7:52
7 MADE WILSON	LUBBOCK	TX	2	M4549	48	M	1:28:14	8:02
8 JEFFREY HAAG	LUBBOCK	TX	2	M3539	38	M	1:30:14	8:13
9 PAUL PARE	LUBBOCK	TX	3	M4549	45	M	1:34:22	8:35
10 MARY BRANSCOME	LUBBOCK	TX	1	F4549	47	F	1:35:20	8:40
11 DAVID MALONE	LUBBOCK	TX	4	M4549	49	M	1:40:27	9:08
12 EDWIN YOUNG	LUBBOCK	TX	2	M4044	43	M	1:40:47	9:10
13 RICHARD GALE	LUBBOCK	TX	1	M5559	58	M	1:41:13	9:13
14 GORDEN JENKINS	AMARILLO	TX	1	M6569	66	M	1:41:52	9:16
15 MARVIN WASHINGTON	EDMONTON	AB	3	M3539	38	M	1:43:24	9:24
16 BRAD EWING	LUBBOCK	TX	3	M4044	43	M	1:43:36	9:26
17 P. J. MITCHELL	LUBBOCK	TX	1	F6099	61	F	1:45:31	9:36 *
18 BONNIE WATTS	LUBBOCK	TX	2	F4549	45	F	1:50:14	10:02
19 KATE RODEN	RALLS	TX	1	F3539	39	F	1:50:32	10:03
20 LEE HANDLEIN	LUBBOCK	TX	1	ATHEN	38	F	1:52:55	10:16 *
21 SARAH GAKIOLA	LUBBOCK	TX	1	F5054	54	F	2:04:31	11:20
22 ETTA MAYER	LUBBOCK	TX	1	F5559	58	F	2:05:00	11:22

6 MILE OVERALL RESULTS

Place Name	Town	St	Div	Div	Ag	S	6	Pace
1 JON DAVID BRUEGEL	LUBBOCK	TX	1	M1315	15	M	46:58	7:50
2 ADAM BARRON	LUBBOCK	TX	1	M4044	44	M	47:00	7:50
3 TOM CUNNINGHAM	PLAINVIEW	TX	1	M5054	51	M	47:21	7:54
4 ANGLE SONNENBERG	LUBBOCK	TX	1	F2529	27	F	48:36	8:06
5 TOM WEIS	LUBBOCK	TX	1	M5559	55	M	48:39	8:07
6 TOMMIE FARRELL	LUBBOCK	TX	1	M3539	36	M	49:11	8:12
7 AARON SELF	LUBBOCK	TX	1	M2529	27	M	49:54	8:19
8 ROBERT DAVENPORT	PLAINVIEW	TX	1	CLYDE	41	M	50:37	8:27
9 KIPPI BUCHANAN	LUBBOCK	TX	1	F3539	37	F	50:54	8:29
10 AARON ST CLAIR	LUBBOCK	TX	2	M1315	15	M	51:19	8:34
11 MARK ALBUS	LUBBOCK	TX	2	M5054	50	M	52:37	8:47
12 SKYLER EVANS	LUBBOCK	TX	3	M1315	15	M	52:53	8:49
13 JASON BURLEY	BROWNFIELD	TX	1	M3034	31	M	53:02	8:51
14 EMILY WYATT	LUBBOCK	TX	2	F2529	27	F	53:37	8:57
15 BILL FELTON	LUBBOCK	TX	1	M7099	72	M	53:38	8:57 *
16 LEE ANN ROBERTS	SHALLOWATER	TX	1	F4044	40	F	54:37	9:07
17 J EDSON PINTO	LUBBOCK	TX	1	M4549	45	M	55:14	9:13
18 CRAIG PETERSON	HOBBS	NM	2	CLYDE	50	M	55:33	9:16
19 RONNIE NUGENT	LUBBOCK	TX	1	M6064	60	M	56:24	9:24
20 KAMMY PHILBRICK	LUBBOCK	TX	1	F4549	46	F	56:34	9:26
21 RALPH WOLF	LUBBOCK	TX	2	M7099	70	M	58:08	9:42
22 JILL HAUOKS	LUBBOCK	TX	2	F4044	42	F	58:51	9:49
23 JAMES BONE	LUBBOCK	TX	1	M6569	67	M	59:04	9:51
24 LAURIE KELSO	RANSOM CANYON	TX	2	F4549	45	F	59:32	9:56
25 KIM CLEMONS	LUBBOCK	TX	2	F3539	38	F	59:32	9:56
26 KATY MCKEY	LUBBOCK	TX	1	F2024	24	F	59:44	9:58
27 JARRYN PROWELL	LUBBOCK	TX	3	F2024	23	F	59:45	9:58
28 JIMMY CLARK	LUBBOCK	TX	3	CLYDE	55	M	1:03:41	10:57
29 DAVE NIX	JAMESA	TX	4	M5054	52	M	1:07:01	11:11
30 SUZAN CAUDLE	LUBBOCK	TX	1	F5054	54	F	1:24:53	14:09

2 MILE OVERALL RESULTS

Place Name	Town	St	Div	Div	Ag	S	2	Pace
1 JOHN KEITH	LUBBOCK	TX	1	M1619	18	M	11:50	5:55

YOUTH RUNNING

by George W. Jury
 This article is to feature young people who are members of the club and are long distance runners--1600M or 3200M.

First is Kyra Sloan, a freshman at Crosbyton and daughter of Danny & Kayla Sloan, long time club members. (Kyra ran her first race with us as a 6 year old first grader at the Firecracker One mile in 1998.) She ran an 11:48:89 at the IA State meet finishing third behind the winner, Allie Reyna of Falls, a junior who won her third straight state 3200. Kyra had beaten Allie at the area meet earlier. Last fall Kyra finished 2nd at the IA cross country state meet.

In the 2A State meet, Drew Jones, a junior at Shallowater ran the 3200 in 10:20:22 finishing fifth and the 1600 in 4:38:16 in eighth place. Drew started coming to many of the club races when he was in junior high, accompanying Russel Martin.

John Keith, son of Jay Keith, both long time members of WTRC, ran for Trinity Christian School at the State 5A TAPPS meet in the 3200 finishing sixth in a time of 10:24. John has been awarded a running scholarship to Wayland Baptist University.

Allison Pyle, age 14, competing with Christ the King HS ran in the state class IA TAPPS meet and finished 5th in the 1600M in 6:56.11.

Other long distance runners from this area at the state meet were: Sarah De Los Santos, Shallowater, winning the 2A 3200 in 11:39:97 and was second in the 1600 with 5:14:11.

Notable absence at the state meet 2A, 3200 and 1600, was Addison Lemaster, Tullia, who won both events at the two previous meets. I visited with her in person in April and learned she became injured and was unable to run in the regional meet. She has been awarded a scholarship to run at Texas Tech University. Addison also was the female overall winner at the last two Red Raider Road Races, 5K.

Another area runner who did well at the IA meet was Lindsay Putman, Ropesville, who ran both the 800 and 1600M races.

Long time club member, Ken Jernigan's third child, Tamra, finished eighth in the IA 1600 in 5:38.9. She is a sophomore at Memphis where Ken is now coach. Ken also coached his older children, Trey & Tara, to state championships while at Sundown and Hawley. Trey and Tara still hold some of the age group records of our races.

Probably the most outstanding performance at the state meet was the 3200M time that Colby Lowe of Southlake Carroll ran, an 8:59.79. The state record is 8:52.34 and it is very seldom that high schoolers can get under 9 minutes! Colby also won the 1600M in 4:09.28. He is just a junior, so he will have another chance at that state record. I had the privilege of getting to watch the 5A regional meet here in Lubbock on April 28th when Colby won both those events and almost lapped his closest rival who happened to be a teammate in the 3200. By the way, club member Jon Omdahl was in Lubbock for that meet as an official and I had a nice visit with him. He and Becky could not stand complete retirement, so now they both teach at a private school in Tyler.

NO FLASH IN THE PAN

That's the way my friend Tom McBrayer from Houston described Ryan Hall in his "Measure Up" newsletter. At the USA Half Marathon Championship in Houston January 14th, the 24 year old runner from Big Bear Lake, California, ran 59 minutes, 43 seconds and became the first American ever to break an hour in the half-marathon distance on a record standard course. Hall beat the previous U.S. record, set by Mark Gurr in 1985, by a minute and 12 seconds. The Team Running USA athlete obliterated the previous course record, set last year, by 2:24. He followed up that with a time of 2:08:24 at the LONDON MARATHON recently, good enough for 7th place. This was the fastest inaugural marathon ever run by a US citizen! The winning time was 2:07:41 and the first 8 runners were less than a minute apart! It was very tough marathon conditions as it was the warmest London marathon on record. According to reports a total of 73 runners were hospitalized with heat problems. It is really exciting to hear of an American runner who may be able to compete with the worlds best at the 2008 olympics.

**RED RAIDER ROAD RACE
 Race Director Needed**

George Jury is stepping in to coordinate the race this year which is October 6th. Someone is needed to sign on as assistant Race Director this year and serve as Race Director in the future. Anyone interested should contact Randy Holloway at 789-1547 or e-mail at randyholloway@bcglobal.net.

GARDEN TOUR

George and Pats' yard will be featured on the annual garden tour sponsored by the Lubbock Arboretum and Lubbock Council of Garden Clubs, June 9th, so I will be missing the LOPE run.

2	LUCAS MOHRIS	TX	1	M1315	15 M	11:56	5:50
3	GLEN FOKLIKUHA	TX	1	M3539	35 M	12:06	6:03
4	RENE GONZALEZ	TX	1	M4044	42 M	12:32	6:16
5	RICKY MARTINEZ	TX	2	M3539	39 M	12:47	6:24
6	JIM HIGGINS	TX	1	M4549	46 M	13:07	6:34
7	LUCAS SAMARRON	TX	2	M1315	13 M	13:12	6:36
8	CARTER FATE	TX	1	M0112	10 M	13:17	6:39
9	JIMMY SAMARRON	TX	1	M5054	52 M	13:58	6:59
10	BRETT HART	TX	1	M2529	28 M	14:25	7:13
11	JAY KEITH	TX	2	M4549	49 M	14:37	7:19
12	TAMMY PADILLA	TX	1	F3034	33 F	14:41	7:21
13	LORRY MORIARTY	TX	1	F3034	33 F	14:51	7:26
14	JUAN HERRERA	TX	3	M3539	36 M	14:59	7:30
15	RAYMOND EVANS	TX	2	M4044	43 M	15:11	7:36
16	MIKE LAWSON	TX	3	M4549	48 M	15:36	7:48
17	DAVID HIGGINS	TX	3	M5054	54 M	15:51	7:56
18	JOHN GRIFFIN	TX	2	M2529	25 M	16:27	8:14
19	LARRY BLOSAS	TX	1	CLYDE	45 M	16:46	8:23
20	STEVEN HENDERSON	TX	4	M5054	53 M	17:39	8:50
21	MANDY SATTERWHITE	TX	1	F2529	29 F	17:43	8:52
22	SHAWNA HAYNIE	TX	1	F3539	36 F	19:32	9:46
23	BRENDA CAMPBELL	TX	1	F4549	48 F	19:49	9:55
24	DWAYNE OAKELEY	TX	5	M5054	50 M	20:04	10:02
25	NICOLAUS HOEVE	TX	2	M0112	9 M	20:25	10:13
26	KENDALL HIGGINS	TX	3	M1315	13 M	24:49	12:25
27	JON BRUEGEL	TX	3	CLYDE	37 M	25:21	12:41
28	ROBERT ST CLAIR	TX	2	CLYDE	59 M	26:07	13:04
29	JOSIE ALEMAN	TX	1	F3539	55 F	27:22	13:41

2007 Horse Shoe Bend Spring Frolic Race Report

The 2007 Horse Shoe Bend Spring Frolic could not have been run under more ideal conditions. After several months of races with challenging weather, the only challenge at HSB this year was the distance and the hills. I believe this is the most beautiful area in West Texas to race and train. We had 81 finishers this year that raced the course and the hills, and, of those, we had four new age group records.

In the 11 mile event Jerry Dwyer reset the M45-49 to 1:11:33, P.J. Mitchell moved the F60-99 to 1:45:31 and Lee Handlin established the Athena mark of 1:52:55. While the 2 mile event produced no new records, Bill Felton reset a new mark in the 6 mile for the M70-99 of 53:38. Congratulations to all of the new record holders.

Of course behind the scenes are the volunteers who arrive early and stay late to make the race happen. We all need to thank the volunteers who helped put on this race: Rose Hoeve, Eric Ford, Tom Griffin, George Jury, Hugh Haynes, Dick Baker, Isaac Munoz Jr., Isaiah Munoz, Epi Aguirre, Larry Byrd, Jim Harts & Heather Gibbs. My special thanks.

Be sure to sign up online for the Levelland Lope. Thanks, Randy Holloway - HSB R.D.

(President's message continued from page two)

math . . . that by making a habit of keeping one's metabolism "revved up" through somewhat continuous activity & digestion, by not getting hungry enough to demand large portions, and by never letting one's body receive any signals to shut down and put things into storage, all the right things were allowed to happen and weight loss followed.

If any of you plan on trying this, please let me know . . . I would love to become your loyal fan and score keeper. SYOTR, Ron

Active West Texas Running Club Members' Birthdays

JUNE

Josie Aleman 56 on 6/4
 Susan Tomlinson 50 on 6/10*
 Angie Sonnenberg 28 on 6/12
 David Malone 50 on 6/15*
 Kim Clemons 39 on 6/18
 Jill Hauko 43 on 6/26
 Rick Lampe 63 on 6/28
 Glen Pokikkuha 36 on 6/30
 * = New Age Group

Lindsey and Emily Lewallen 13 on 6/9*
 Skyler Evans 16 on 6/11*
 Tony Aleman 58 on 6/13
 Lara Adair 41 on 6/15
 Bruce Whittlesey 53 on 6/15
 Garrett McKinnon 35 on 6/22*
 Amy Kiker 40 on 6/27*
 Sarah Young 17 on 6/28
 Edwin Young 44 on 6/28

Membership News

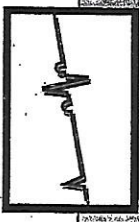
The Ransom Canyon Sprint Triathlon on Sunday, May 6th was well represented by our West Texas Running Club. Seven of our men and two women won some kind of a medal in their respective age groups. First and foremost was our nationally acclaimed long distance specialist, Shanna Armstrong, who was the Women's Overall Winner with a time of 1:32:40. Kate Roden of Ralls also did well and came in 2nd in the 40-44 age group with a time of 1:51:51.

In the Men's Division, Todd Cepica finished 3rd in the 40-44 age group in 1:39:12. Leading the way in the 45-49 age bracket were Wade Wilson who came in first in 1:28:35 and Kyle Ashley with a time of 1:34:00 to take a silver medal for 2nd place.


Fred Weber, with a time of 1:44:41, also came in second in his 55-59 age group and Mike Greer, running in his own big back yard of Ransom Canyon, won a gold medal for his first place finish in the 65-69 age group with a time of 1:56:00.

Tom Bowser of Abilene, our Club's oldest competitive long distance runner, triathlete, etc. who is now 80 years old, won his 80-84 age group in 2:28:15. Very remarkable to say the least! He is proud to be the W.T.R.C.'s oldest role model.

"People do not quit playing because they grow old. They grow old because they quit playing." - Oliver Wendell Holmes



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



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

Page 806: 742, 9940

W.T.R.C. 2007 CHALLENGE SERIES STANDINGS AFTER 5 EVENTS

0 - 12 MALE				45 - 49 MALE				50 - 54 MALE			
AGE	PTS	MILES	EVT VOL	AGE	PTS	MILES	EVT VOL	AGE	PTS	MILES	EVT VOL
10	19	4	2	45	0	0	1	50	40	17	5
12	14	4	2	46	9	4	2	51	31	8	3
9	14	4	2	47	14	4	2	51	10	6	1
9	12	4	2	48	9	4	2	52	10	2	1
11	10	2	1	49	14	4	2	53	9	0.3	1
12	8	2	1	50	14	4	2	54	9	0	1
12	2	13	2	51	14	4	2	54	8	0.3	1
8	1	2	1	52	8	8	1	54	8	0.3	1
15	50	12	5	53	10	2	1	54	8	0.3	1
15	46	32.3	5	54	9	0.3	1	54	8	0.3	1
15	41	24.3	4	55	20	26.3	4	55	10	2	1
13	34	16	5	55	20	26.3	4	55	10	2	1
13	33	23.3	4	56	0	0	0	55	10	2	1
15	9	5	1	56	0	0	0	55	10	2	1
15	9	2	1	56	0	0	0	55	10	2	1
18	19	6	2	56	0	0	0	55	10	2	1
16	8	2	1	56	0	0	0	55	10	2	1
24	37	19	4	56	0	0	0	55	10	2	1
23	10	8	1	56	0	0	0	55	10	2	1
22	8	8	1	56	0	0	0	55	10	2	1
28	40	16	5	56	0	0	0	55	10	2	1
27	37	23.3	4	56	0	0	0	55	10	2	1
27	29	22.3	3	56	0	0	0	55	10	2	1
25	27	6	3	56	0	0	0	55	10	2	1
29	16	8	2	56	0	0	0	55	10	2	1
27	15	12	2	56	0	0	0	55	10	2	1
25	9	4	1	56	0	0	0	55	10	2	1
25	9	4	1	56	0	0	0	55	10	2	1
29	8	9.3	1	56	0	0	0	55	10	2	1
25	0	8	1	56	0	0	0	55	10	2	1
34	50	37.3	5	56	0	0	0	55	10	2	1
31	36	19	4	56	0	0	0	55	10	2	1
31	30	30.3	5	56	0	0	0	55	10	2	1
34	24	10	3	56	0	0	0	55	10	2	1
34	12	13.3	2	56	0	0	0	55	10	2	1
33	9	9.3	1	56	0	0	0	55	10	2	1
33	5	4	1	56	0	0	0	55	10	2	1
35	49	37.3	5	56	0	0	0	55	10	2	1
38	25	29.3	4	56	0	0	0	55	10	2	1
38	21	14	3	56	0	0	0	55	10	2	1
37	20	15.3	3	56	0	0	0	55	10	2	1
35	20	14	3	56	0	0	0	55	10	2	1
36	15	10	2	56	0	0	0	55	10	2	1
39	10	2	1	56	0	0	0	55	10	2	1
35	8	13.3	2	56	0	0	0	55	10	2	1
39	8	9.3	1	56	0	0	0	55	10	2	1
37	8	4	1	56	0	0	0	55	10	2	1
38	6	4	1	56	0	0	0	55	10	2	1
44	39	23.3	4	56	0	0	0	55	10	2	1
43	30	33.3	4	56	0	0	0	55	10	2	1
43	28	32.3	4	56	0	0	0	55	10	2	1
42	25	26	4	56	0	0	0	55	10	2	1
41	24	6	3	56	0	0	0	55	10	2	1
44	16	9	2	56	0	0	0	55	10	2	1
41	10	2	1	56	0	0	0	55	10	2	1
43	9	2	1	56	0	0	0	55	10	2	1
41	7	9.3	1	56	0	0	0	55	10	2	1
41	7	8	1	56	0	0	0	55	10	2	1
41	6	9.3	1	56	0	0	0	55	10	2	1
42	5	2	1	56	0	0	0	55	10	2	1

** = RACE DIRECTOR
 * = VOLUNTEER

W.T.R.C. 2007 CHALLENGE SERIES
STANDINGS AFTER 5 EVENTS
FEMALE

YTD TOTALS		AGE		PTS		MILES		EVT		VOL	
0 - 12 FEMALE											
Rebekah Hastings	9	8	2	1							
13 - 15 FEMALE											
Allison Pyle	15	39	10	4							
Hanna Layman	14	26	8	3							
20 - 24 FEMALE											
Sarah Spillman	24	33	17	3							
Jennifer Stewart	22	18	14.3	2							
25 - 29 FEMALE											
Emily Wyatt	27	29	15	3							
Mandy Saitterwhila	27	25	10	3							
Angie Sonnenberg	27	21	15.3	2							
Brooke Pittman	29	19	0	2							
Megan Aulbaugh	25	18	6	2							
Lynn Helmstetter	25	18	6	2							
Deborah Dakin	27	13	13.3	2							
Heather Gibbs	25	0	19	2							
Lisa Abercrombie	29	0	8	1							
30 - 34 FEMALE											
Ann Cruce-Roberts	31	41	37.3	5							
Tammy Moriarty	33	41	10	4							
Malinda Colwell	33	29	28.3	4							
Iris Rivero	32	29	17	3							
Suzanne Rodriguez	31	25	22.3	3							
Jeanette Hastings	34	11	4	2							
Susanne Moore	32	9	9.3	1							
Rebecca Bidde	33	7	5	1							
Traci Payne	34	6	12	2							
Brandie Mackenzia	32	6	9.3	1							
Veronica Valdez	32	6	4	1							
Amy Dawson	30	5	4	1							
35 - 39 FEMALE											
Kim Clemmons	38	36	14	4							
Shawna Haynie	38	26	6	3							
Karen Pyle	39	25	13	3							
Kate Rodden	39	20	20	3							
Kippi Buchanan	37	20	10	2							
Rose Hoeve	38	18	33.3	4							
Sandy Jansen	35	16	13.3	2							
Carol Hise	35	10	9.3	1							
Amy Kiker	39	6	9.3	1							
LouAnna Arterburn	39	5	9.3	1							
40 - 44 FEMALE											
Jill Hauks	42	29	23.3	4							
Marsha Bennet	43	27	18.3	3							
Lee Ann Roberts	40	20	19.3	2							
Cynthia Sorrensen	43	10	17.3	2							
Pelle Lowrey	43	10	2	1							
Lordes Juan	40	10	2	1							
Mary Zias	44	9	9.3	1							
Liz Tale	42	9	2	1							

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PLEASE NOTE:

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: bicafelton@hotmail.com Thanks.

WEST TEXAS RUNNING CLUB'S
28th Annual BOBBY BIRDSONG MEMORIAL LEVELLAND LOPE
10K and 2 MILE RACES

EVENT # 6 OF THE W.T.R.C. CHALLENGE SERIES

WHEN: SATURDAY, June 9, 2007
REGISTRATION: 7:00 to 7:45 A.M., On Site
RACE START: 8:00 A.M.

PRE REGISTRATION: Available, fill out and return Entry Form with pmt to WTRC Treasurer, David Higgins, 3401 Alcovue Ave, Lubbock, TX 79407, or sign up online and pay at the race

WHERE: TEXAN DOME, South Plains College, Levelland Texas
From Lubbock, take Highway 114 West, turn left (South) on Sherman, drive two blocks south of the College Track

COURSE: Flat, both Races out and back on City Streets

AID STATIONS: At least, every 2 Miles
Splits at 1 Mile

AGE DIVISIONS: 10K

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 Plus

WOMEN: 13-15; 16-19; 20-24; 25-29; 30-34; 35-39; 40-44;
45-49, 50-54; 55-59; 60 Plus

(Special 6-12, 13-15 & 16-19 age groups in the 2 Mile)
Clydesdales and Athena are Age Graded

AWARDS: Medallions to at least the first three finishers in THE AGE GROUP DIVISIONS DESCRIBED ABOVE and up to 50% of each group (Maximum of 5)

ENTRY FEE: W.T.R.C. MEMBERS \$5.00
OTHERS \$10.00 Race Day entry \$15 for all

Volunteers needed, call race director

RACE DIRECTOR: Bill Roger, 894-7911 (h),