

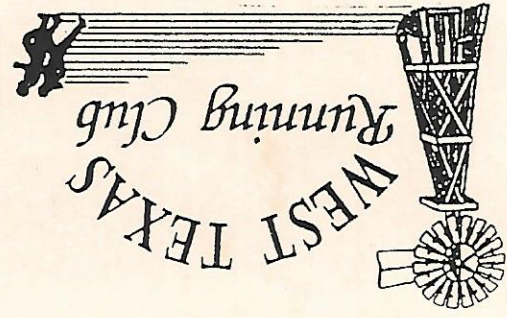
CALENDAR

- * Indicates W.T.R.C. Monthly Race and CHALLENGE SERIES EVENT
- MAR 06 W.T.R.C. Business meeting: Tuesday, 7pm, WEST TEXAS PETERBILT (Tom's Office), 45th and Ave. A
- * MAR. 10 PRAIRIE DOG TOWN RACES: 4Mile & 2Mile, 9:00am, MacKenzie Park, Lubbock, Mike Greer, RD, 806-535-1224.
- MAR 25 STATESMAN CAPITAL 10,000: 30TH Anniv., Austin, TX. Jann Girard, RD, 513-455-3598, www.statesman.com/cap10k
- MAR 31 THE GREAT HOGG RACE: Marathon, Half Mara, 10K, 5K, 1Mile, Track events, Cornerstone Fellowship- 806-872-0733 or Jerry Stewart 806-759-8245. (Benefit Race)
- APR 01 BIG D TEXAS MARATHON: Fair Park, Dallas, Tx, 7:30am www.texasmarathon.com
- * APR 21 RUN FOR THE ARTS: 15K OR 2Mile, 8:00am, Lubbock Civic Ctr, Tom Weis, RD, 806-928-0482
- APR 28 SPEAK UP FOR KIDS CASA 5K: 9:00am, Frazier Alumni Pavilion TTU Campus, www.southplains.speakupforkids5k.org
- MAY 6 RANSOM CANYON TRIATHLON: 8:00am, Ransom Canyon, Tx, www.buffalospingslaketriathlon.com
- * MAY 12 HORSESHOE BEND CANYON SPRING FROLIC: 11Mi, 6Mi & 2Mi., 8:00am, Horseshoe Bend Canyon-North of Slaton, Randy Holloway, RD, 806-794-7512
- MAY 20 BUFFMAN & SQUEAKY TRIATHLON: Buffalo Springs Lake, 8:00am, www.buffalospingslaketriathlon.com
- * JUN 9 BOBBY BIRDSONG MEMORIAL LEVELLAND LOPE: 2M & 10K, 8:00AM, South Plains College-Texan Dome, Levelland. Bill Roger, RD.
- JUN 24 BUFFALO SPRINGS LAKE TRIATHLON: Buffalo Springs Lake, 6:30am, www.buffalospingslaketriathlon.com
- * JUL 4 38TH ANNUAL FIRECRACKER RUNS: 10MI/3MI/1M Kids, 8:00am, Brownfield, Tx., Jim Harris, RD.
- JUL 14 TOUR DE NOWHERE: Levelland, Tx Early Settlers Day, 20/40/60/100 mile bike, Jesse Pape-Girlstown, 806-229-6361
- * AUG 11 HOT DAM 5 MILLER: Canyon Lake 6, Lubbock, 8:00 am, Etta Mayer, RD, 742-2907

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

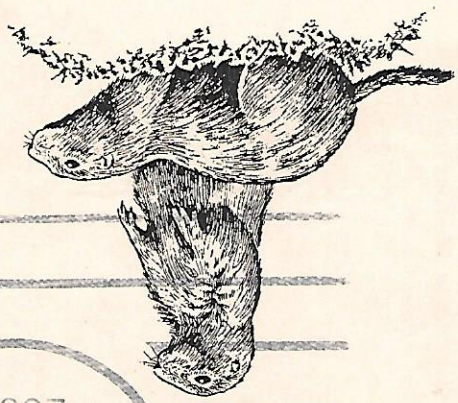


WTRC Newsletter
 9505 Viola Ave.
 Lubbock, TX 79424-7518
 March 2007



Prarie Dog Town Run
 9am, Saturday, March 10, 2007
 Mackenzie Park, Lubbock, TX

David and Kendall Higgins
 3401 Alcove
 Lubbock, TX 79407



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, March 6, 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

This month I am sending out an invitation to have some fun, and it's all about the Buffalo Springs Lake Triathlon half-ironman event this June.
My guess is that a large number of you are not aware of the WTRC's history with this prestigious event. We are the official aid station attendants year after year ... I say that proudly ... and we plan on continuing this tradition; but it is a huge undertaking. If I were to list all of the activity that goes on at one of our aid stations you would almost certainly want to label it "one heck of a lot of work." How could anyone call it "fun"?

It must be magic of some sort, because year after year our club's members show up to spend a big hunk of Sunday passing out (or splashing on) water, ice, Gatorade, pretzels, Tylenol, bandaids, Vaseline, wet towels, etc. and go home smiling, carrying a warm glow from all the expressions of appreciation received from the 1,200 plus endurance machines they just serviced.

We never have too many volunteers for this event ... so plan on joining us. All you have to do is get in touch with one of the WTRC Board members and we'll sign you up and make sure you get one of those nifty T-shirts that suggest to the world that you're made of steel (or something like that). And best of all, you'll have a lot of fun.

SYOTR, Ron

WEST TEXAS RUNNING CLUB
EIGHT MILE COTTON PATCH RUN
USA T&F CERTIFIED, # 97110ETM
February 10, 2007

8 MILE OVERALL RESULTS

Place	Name	Town	St	Div	Div	Ag	S	C	8	Pace
1	BOB JACKSON	NM	1	M4549	48	M	N			48:46
2	DAVID MAHLER	LUBBOCK		M2024	23	M	N			52:33
3	GLENN FOKLIKUHA	LUBBOCK		M3539	35	M	N			53:36
4	JOHN RUIZ	LUBBOCK		M1619	18	M	N			53:49
5	JASON FEILERS	LUBBOCK		M2529	26	M	N			54:13
6	TATE CRISWELL	LUBBOCK		M2024	24	M	N			55:04
7	ANDY ORSA	LUBBOCK		M1619	17	M	N			55:15
8	LEE COHEN	LUBBOCK		M3034	34	M	N			55:27
9	JERRY DWYER	LUBBOCK		M4549	47	M	N			55:45
10	EDDY MORELOCK	LUBBOCK		M3539	35	M	N			55:50
11	ANN CRUCE-ROBERTS	LUBBOCK		F3034	31	F	N			1:00:17
12	IRIS RIVERO	LUBBOCK		F3034	31	F	N			1:00:21
13	RANDY HOLLOWAY	LUBBOCK		F3034	31	F	N			1:01:15
14	CRAIG DOMINY	LUBBOCK		M5054	50	M	N			1:02:02
15	EDWIN YOUNG	LUBBOCK		M4044	43	M	N			1:02:45
16	ERIC FORD	LUBBOCK		M4044	42	M	N			1:02:46
17	LAWRENCE SCHOVANEC	LUBBOCK		M5054	54	M	N			1:03:15
18	SUZANNE RODRIGUEZ	LUBBOCK		F3034	31	F	N			1:03:31
19	ARRELL MARTIN	SHALLOWATER		CLYDE	40	M	Y			1:04:47
20	AUBREY BRIDGES	LUBBOCK		M5054	53	M	N			1:05:03
21	ABEL PEREZ	LEVELLAND		M2024	21	M	N			1:05:06
22	MARK SMITH	LUBBOCK		M3539	35	M	N			1:05:35
23	MARY BRANSOME	LUBBOCK		F4549	47	F	N			1:05:41
24	GENEVIEVE DURHAM	LUBBOCK		F3034	31	F	N			1:05:53
25	PATRICK DECESARO	LUBBOCK		M3034	30	M	N			1:06:09
26	AARON ST CLAIR	LUBBOCK		M1315	14	M	N			1:07:15
27	C TRACY MACK	LUBBOCK		M4044	41	M	N			1:07:17
28	DARREL PHILLIPS	LUBBOCK		M5559	58	M	N			1:07:37
29	BRAD EWING	LUBBOCK		M4044	43	M	N			1:07:53
30	VICTOR MAGRI	LUBBOCK		CLYDE	41	M	N			1:08:22
31	JUSTIN GRANGER	MIDLAND		M2529	28	M	N			1:08:37
32	ERIN SHACKELFORD	LUBBOCK		F2529	28	F	N			1:08:41
33	GORDEN JENKINS	AMARILLO		M6569	66	M	N			1:09:12
34	WAYNE JONES	LUBBOCK		M4549	46	M	N			1:09:29
35	TIM COCHRAN	LUBBOCK		M3034	32	M	N			1:10:43
36	RALPH WOLF	LUBBOCK		M6569	69	M	N			1:12:08
37	CYNTHIA SORRENSEN	LUBBOCK		F4044	43	F	N			1:13:28
38	MALINDA COLWELL	LUBBOCK		F3034	33	F	N			1:14:33
39	BRYAN BEAVER	LUBBOCK		M2529	27	M	N			1:16:02
40	DICK BAKER	LUBBOCK		M6064	62	M	N			1:17:05
41	CRAIG HEINTZE	LUBBOCK		M2024	23	M	N			1:18:21
42	TRACI PAYNE	LUBBOCK		F3034	34	F	N			1:18:30
43	DON SANDERSON	TULIA		M7099	77	M	N			1:20:25
44	BONNIE WATTS	LUBBOCK		F4549	45	F	N			1:20:44
45	ROSE HOEVE	RANSOM CANYON		F3539	39	F	N			1:21:47
46	ETTA MAYER	LUBBOCK		F5559	57	F	N			1:23:51
47	ROBERT BLOODWORTH	LUBBOCK		CLYDE	42	M	Y			1:24:32
48	SARAH GAXIOLA	LUBBOCK		F5054	54	F	N			1:24:54
49	REY TREVINO	CROSBYTN		M4549	45	M	N			1:27:11
50	KUMAR NARENDRA	LUBBOCK		M6064	61	M	N			1:36:29
51	SARADA NARENDRA	LUBBOCK		F5559	56	F	N			1:42:07

4 MILE OVERALL RESULTS

Place	Name	Town	St	Div	Div	Ag	S	C	4	Pace
1	JACOB LOZANO	HOBBS		M1315	15	M	N			22:20
2	MATTHEW MCLEAN	LUBBOCK		M2024	22	M	N			24:57
3	DUSTIN FRANCKE	LUBBOCK		M1619	16	M	N			25:13

4	JACKIE CANNON	TX	1	M5054	51	M	N	2	25:19	6:20
5	TEAM BRUEGEL	TX	1	TEAM2					26:49	6:43
6	LUCAS MORRIS	TX	2	M1315	14	M	N	2	27:40	6:55
7	ADAM BARRON	TX	1	M4044	44	M	N	2	27:55	6:59
8	BRENT LOWREY	TX	1	M4549	45	M	N	2	28:03	7:01
9	SHAWN ANGER	TX	1	M3539	36	M	N	2	28:55	7:14
10	JIM HIGGINS	TX	2	M4549	46	M	N	2	28:57	7:15
11	RONALD TROLLINGER	TX	3	M4549	47	M	N	2	29:19	7:20
12	ANNETTE BOLES	TX	1	F3034	32	F	N	3	30:20	7:35
13	AARON SELF	TX	1	M2529	27	M	N	3	31:21	7:51
14	JIM ARCHER	TX	2	M2529	29	M	N	3	31:38	7:55
15	KIPPI BUCHANAN	TX	1	F3539	37	F	N	3	31:55	7:59
16	BRIAN COLLEY	TX	1	M3034	33	M	N	3	32:04	8:01
17	MELANIE MCVEY	TX	1	F4549	45	F	N	3	32:27	8:07
18	MADONNE MINER	TX	1	F5054	54	F	N	3	32:40	8:10
19	TOM WEIS	TX	1	M5559	55	M	N	3	32:44	8:11
20	JASON BURLEY	TX	2	M3034	31	M	N	3	33:42	8:26
21	BILL EDGINGTON	TX	3	M2529	29	M	N	3	34:00	8:30
22	BIEL FELTON	TX	1	M7099	72	M	N	3	34:20	8:35
23	TAMMY MORLEARTY	TX	2	F3034	33	F	N	3	34:24	8:36
24	SKYLER EVANS	TX	3	M1315	15	M	N	3	34:35	8:39
25	ALLISON PYLE	TX	1	F1315	14	F	N	3	34:37	8:40
26	DAN RULAND	TX	2	M5559	56	M	N	3	34:54	8:44
27	LARISSA TRUE	TX	1	F2024	22	F	N	3	35:25	8:52
28	MATTHEW MILLER	TX	4	M2529	28	M	N	3	35:33	8:54
29	JAMES LAYMAN	TX	2	M4044	41	M	N	3	35:34	8:54
30	EMILY WYATT	TX	1	F2529	27	F	N	3	35:45	8:57
31	MARIA DELEON	TX	2	F4549	45	F	N	3	35:54	8:59
32	TEAM EVANS	TX	2	TEAM2					35:56	8:59
33	GARRETT MCKINNON	TX	3	M3034	34	M	N	3	35:57	9:00
34	RONNIE NUGENT	TX	1	M6064	60	M	N	3	35:59	9:00
35	ISAAC MUNOZ SR	TX	1	M0112	11	M	Y	3	36:31	9:08
36	AVERY NUNEZ	TX	1	ATHEN	37	F	Y	3	37:02	9:16
37	LBE HANDLIN	TX	1	CLYDE	51	M	Y	3	37:07	9:17
38	ISAAC MUNOZ JR	TX	4	M3034	30	M	N	3	37:07	9:17
39	STEVE HENDERSON	TX	3	M5054	53	M	N	3	37:39	9:25
40	HANNAH LAYMAN	TX	2	F1315	14	F	N	3	37:48	9:27
41	JAINIE GUEST	TX	3	F4549	46	F	N	3	38:09	9:33
42	KIM CLEMONS	TX	3	F3539	38	F	N	3	38:24	9:36
43	DAVON COOK	TX	3	F3034	34	F	N	3	38:32	9:38
44	LAURIE KELSO	TX	4	F4549	45	F	N	3	38:35	9:39
45	VILJAY NARENDRA	TX	2	M2024	24	M	N	3	38:45	9:42
46	JILLY HAUKOUS	TX	1	F4044	42	F	N	3	38:49	9:43
47	ANDY PENNEY	TX	5	M2529	28	M	N	3	39:10	9:48
48	DEWAYNE OAKELEY	TX	4	M5054	50	M	N	3	39:15	9:49
49	MANDY SATTERWHITE	TX	2	F2529	29	F	N	3	39:16	9:49
50	JAMES LIVERMORE	TX	3	M5559	59	M	N	3	39:20	9:50
51	TERRI SHURTLEFF	TX	5	F4549	47	F	N	3	39:34	9:54
52	KAREN PYLE	TX	4	F3539	39	F	N	3	40:43	10:11
53	JIMMY CLARK	TX	2	CLYDE	55	M	Y	3	41:52	10:28
54	CATHY NATHAN	TX	1	F6099	62	F	N	3	41:59	10:30
55	AMY ALEXANDER	TX	3	F2529	26	F	N	3	42:51	10:43
56	GREG MILFORD	TX	2	M3539	37	M	N	3	49:06	12:17
57	CHRIS MILFORD	TX	5	M3034	33	M	N	3	49:08	12:17
58	MATT CRAWFORD	TX	6	M3034	32	M	N	3	50:56	12:44
59	ROBERT ST CLAIR	TX	3	CLYDE	58	M	Y	3	54:46	13:42

Last Chance to Renew Membership

All memberships to the West Texas Running Club are due at the beginning of the calendar year. We continue to send newsletters to members through the month of March. After that we drop from our mailing list those who have not renewed. Please renew now to stay on our Club roster. Thank you.

David Higgins, Race Director's Report

Event: 35th Annual Cotton Patch Runs, Wolfforth, Tx, February 10th, 2007
of Participants: 114 (record attendance)
Weather: very cold ... (runner's weather?)

Volunteers: Suzan Caudle (Assistant RD), Kammy Philbrick, Ron Lubowicz, Gristown-Jesse Pape & his crew of 8, Tom Griffin, Tara Madrigal, Tony and Josie Aleman, Larry Byrd, Rodney Hendrix, Kendall Higgins, Eric & Lisa Abercrombie, P.J. Mitchell, Brett Hart, Heather Gibbs and George Jury.

Relay Teams: Yes, 2 teams/both 2 person. Team Bruegel and team Evans.

Records Broken: 4, Mary Branscome, 8 Mile, 45-49 Female (1:05:41), Jacob Lozano, 4 mile, 13-15 Male (22:20), Melanie McVey, 4 mile, 45-49 Female (32:27 TIE), Lee Handlin, 4 mile, Athena (37:02).

Photos: Yes, see our website for a link to some great pics, courtesy of Suzan C. **Sponsor:** Cagle Steaks, Lubbock, provided two excellent door prizes!

West Texas Running Club/Texas Tech University Scholarship

West Texas Running Club is pleased to announce the West Texas Running Club/Texas Tech University Scholarship. Applicants must have a letter of nomination from a WTRC member, complete and submit a standardized application form. Preference will be given to students who are permanent residents of West Texas as defined: the area north of Interstate 20 as far West as Pecos and to west of a line from Abilene to Wichita Falls. Preference will also be given to full-time students (minimum 12 credit hours) at Texas Tech University who have completed at least one semester. Stipends of up to \$500 per semester will be awarded based on the following criteria: participation in extracurricular activities, participation in school activities, leadership positions held, academic record and financial need. Special consideration is given to candidates who participate in activities that are consistent with the goals of the club. It is expected that recipients of this scholarship either run in or volunteer at West Texas Running Club races, although exceptions can be made in extenuating circumstances. Scholarship applications are due on May 1, 2007. In the event that funds are still available after the initial awards have been made, late applications will be considered. For further information and application please contact Bob Blake at bob.blake@ttu.edu, or call: (H) 765-5446, (O) 742-4200.

Active West Texas Running Club Members' Birthdays

MARCH

Brian Evans	44 on 3/3	Jackie Andrus	40 on 3/4*	Ronnie Prigg	56 on 3/6
Jimmy Samarron	52 on 3/8	Jill Simpson	29 on 3/10	Darla Finney	47 on 3/12
John Griffin	25 on 3/13*	Francine Williams	32 on 3/14	Dustin Ward	11 on 3/15
Bob Bernero	65 on 3/15*	Devin Mangold	9 on 3/15	Etta Mayer	58 on 3/15
Larry Williams	40 on 3/15*	Russel Martin	49 on 3/17	Mariana Luyando	43 on 3/18
Mitch Monroe	47 on 3/18	Ima Sanchez	36 on 3/21	Bill Roger, Sr.	68 on 3/22
Larry Byrd	66 on 3/22	Melissa Bailey	30 on 3/23*	Brad Hodge	39 on 3/25
Hank Ivey	38 on 3/25	Deborah Ford	39 on 3/25	Christina Trutt	27 on 3/26
Jason Fellers	27 on 3/26	Brett Hart	28 on 3/28	Vijay Narendran	25 on 3/28*
Iris Rivero	32 on 3/31				

* - New Age Group

HOW FAR

Now a days many running gurus advocate running by time rather than covering a certain distance during training runs. One of these is legendary writer Joe Henderson who I highly respect and still enjoy reading his weekly e-mail article "Running Commentary" which can be found at joehenderson.com. His recent post inspired me to write this, even though I wrote a similar article for the newsletter some years ago.

I am sure that nearly all of you get asked the question by non runners, "well how far did you run?" They don't care about how long it took!

As a "former" runner now, I would still train the same way I did some 30 years ago. I preferred to know the precise distance of my various routes used. Those of you who have known me for a long time know that I never joined in "group" runs. This is because I could never really schedule a set time to do my training runs. Most of the time these would be during a noon break or after work late in the day, even in the heat of summer. I always needed to get to work early in the mornings and getting up and running in the dark just never appealed to me. It always took my bones and joints several hours of "warming up" to feel like I wanted to when I took off running. Another fear of running in the dark was the many pot holes, rocks and gopher holes which could send me head over heels, which happened often enough even in broad daylight. My main physical weakness that led to many sprained ankles and torn tendons was from poor fitting shoes and bad pronation, so I had to make sure I ran on as smooth a surface as possible.

So, how do you know how far you really ran? Joe calls his first one the wild guess method. Some courses I have run in the past apparently were measured this way. Back in the 80's there was the annual Sweetwater Rattlesnake 10K run that I enjoyed going to. Just when I was reaching my prime in 1987, I ran what would have been a PR, but when I suspected a short course, I just disregarded that time. The former ALSUP'S ROAD RACES held in Clovis for many years was notorious for an inaccurate 10K course. I would be clipping along averaging between 6:05 and 6:10 per mile when all at once mile 3 to 4 was timed at 5:20! Anybody would know that there was a mistake in identifying the turn around point. (As you can see, I am still a fan of the minutes/mile pace)

Other methods Joe disses as inaccurate are:

Pedometer method, too much variation in stride length since they only count steps.

Minutes to Miles method, there was no way I could ever predict what pace I was running on any given day.

Car Method, way too inaccurate because you can't drive right where the run would go and odometers only get you to within .1 mile.

Map Method, of course we now have "Map Quest", "Google" and others, but most of these would only give you about the same as if measured in a car.

Better ways:

The track: All tracks are now 400 meter ovals. I was around when they started converting from 440 yards to the 400 meter, so I can tell you how to measure your distance in miles even yet. A mile is 1,609.344 meters, so if you hugged the inside curb you would be 9.344 meters short of a mile for 4 laps. If, instead of hugging the inside lane all the way, you veered out to the second lane at the end of the straight away and stayed in the second lane on the one curve to the opposite straight away, this would duplicate the old position for the lanes of 440 yards.

I used to do intervals on the track, from 220's to 440's but found I more often strained hamstrings or was so sore for several days that I gave that up! I did find longer intervals, such as 2 miles at race pace didn't cause so much pain and gave the satisfaction of just seeing how fast I could go!

The GPS method. It's the current favorite, but, according to Joe, runners put more faith in these devices than they deserve. In his marathon training group, three runners wearing the same brand and model of GPS watch can get three different distance readings. The discrepancies aren't huge, a few tenths of a mile over double-digit distances. But if the technology were perfect, they'd all agree to the hundredth of a mile. GPS devices sometimes blank out when going under trees or underpasses.

HOW FAR? (Continued)

The Bicycle method. This one is better than the one above, but not so good as the one below. You buy a cyclocomputer then follow the directions to measure how far one wheel revolution travels to calibrate it. I used to ride a bike about twice a week as part of my cross training riding from 25 to 50 miles on a Sunday afternoon on my ancient Raleigh Gran Sport model with the tires filled to 100 pounds, I would frequently check long straight stretches from the benchmarks located in the center of intersections which were a mile apart and consistently got 1.01. This is how I measured my training courses.

Walking a surveyor's measuring wheel, one of which the WTRC has, works just as well as biking the course but takes much longer, and you must be careful that the wheel does not wobble side to side too much or skip some ground as you try to hurry! The wheel we have measures 2 yards per revolution, but there are two pegs on the rim that click a counter for each yard.

The Certification method. If a race course is identified as "USA T&F" certified, (United States Track and Field, Road Running Technical Council) this means a great deal of time, effort and paperwork has gone into the process. The details of this can be found at <http://www.rtrc.net>, where the complete rules can be downloaded. The only recognized way of certifying courses is with a counter known as the Jones-Oerth device, mounted on the bike wheel, calibrated against a short course measured to a surveyor's degree of accuracy. This "calibration course" must be a minimum of 300 meters and preferably 500 meters. This calibration course is best measured with what the engineer calls an "EDM" which stands for Electronic Distance Meter.

The WTRC currently only has one 300 meter calibration course left after road construction has wiped out one. Anyone can become a course measurer, but final approval of the data, paperwork and map must be granted by the regional "Course Certifier" who happens to be Tom McBrayer in Houston. Four rides of the calibration course is required with the average number of counts then converted to number per Km and mile. A short course prevention factor of 1.001 is added to the total count. A typical number of counts per mile on my bike would be anywhere from 17,686 to 17,808. It depends on the time of day and prevailing temperature which must be recorded for each hour that the measurement is occurring.

The race course must then be ridden carefully, along the shortest possible route that runners are allowed to take on race day. A second ride is then taken or with a second rider with the same calibration of their bike and the 2 measurements must be within .08 percent or the procedure has to be repeated. The bikes are then taken back to the calibration course and the number of counts per Km or mile are recalculated. The final start and finish points are then determined.

I personally don't care for Kilometers, but any USA T&F course longer than 10Km must have every 5Km marked and recorded.

If a course is advertised as "USATF certified", you can trust that the miles are the closest possible to true. But only if you hug the course as measured, which isn't possible in crowds and means you run a bit beyond full distance.

Many times I am asked "why aren't all our race courses certified?" Courses that are certified include; the Cotton Patch 4 and 8 mile, Prairie Dog Town 4 Mile, Hot Dam 5 Mile, Red Raider Road Race 5K and 10K, Buffalo Wallow Half Marathon, Turkey Trot 12K. The Run for the Arts 15K has all the documentation and paper work ready for a map to be presented to get its official certification. Courses that have been measured with the same precision as these are the Loop the Lake 5 Mile, Horseshoe Bend (3 races), The Firecracker 10 and 3 Mile.

To get the out of town race courses certified would require getting a temporary calibration course set up which would require an engineer to use an EDM and still would have to have the "official" paper work filled out. These courses are the Firecracker, Levelland Lope, and Shallowater Stampedo. If a certain race should have a world, American overall or an American age group record set on it, it would have to be remeasured by a different official "validator" after the event. Such an instance occurred with the recent American male half marathon record set by Ryan Hall at the Aramco Houston Half Marathon, January 14, 2007. In this case, the validation measurement of the course "as run" showed it to be 9 meters over the 21.0975km required.

PRAIRIE DOG RUN 4 MILE
EVENT RECORDS (Since 1983)
USA T&F Certified, #TX97108ETM

AGE	NAME	TOWN	AGE	TIME	YEAR
0-12	Ben Stewart	Lubbock	12	28:56	1999
13-15	Robert Jackson	Lubbock	15	24:01	1983
16-19	Si Reid	Tucumcari, NM	18	21:20	1997
20-29	Bob Jackson	Portales, NM	24	20:53 *	1983
30-34	Cliff McCurdy	Canadian	30	21:20	1984
35-39	Bob Jackson	Hobbs, NM	38	21:34	1997
40-44	George Chaves	Tucumcari, NM	40	21:27	1994
45-49	Robert Guajardo	Levelland	48	23:55	1991
50-54	Jim Leser	Lubbock	51	24:01	1998
55-59	George Jury	Lubbock	55	24:22	1992
60-64	Jim Harris	Hobbs	61	29:59	2004
65-69	Don Sanderson	Tulia	66	28:47	1996
70+	Bill Felton	Lubbock	71	33:23	2006
	Clydes Kevin Lair	Lubbock	38	26:13	2000

AGE	NAME	TOWN	AGE	TIME	YEAR
0-12	Sara Aragon	Tucumcari, NM	12	29:41	1997
13-15	Laci Jackson	Hobbs, NM	15	26:33	1997
16-19	Anne Plachetka	Lubbock	18	32:26	1996
20-29	Sue Houle	Lubbock	28	26:19	1990
30-34	Marjory Stewart	Lubbock	32	23:58 *	1991
35-39	Marjory Stewart	Lubbock	36	25:24	1995
40-44	Marjory Stewart	Lubbock	40	28:57	1999
45-49	Martha Martinez	Colorado Cty	45	30:58	2001
50-54	Madonne Miner	Lubbock	50	31:26	2003
55-59	P.J. Mitchell	Lubbock	57	36:13	2003
60+	P.J. Mitchell	Lubbock	60	38:15	2005
	Athena Edie Abel	Lubbock	39	35:48	2006

* OVERALL COURSE RECORDS

MILE MARKERS

This is the title to Kristen Armstrong's weekly article in the Runner's World Newsletter. In case anyone does not know, Kristin is the mother of Lance Armstrong's children. I find her writings very inspiring and enjoyable. You can go to runnersworld.com to sign up for this weekly newsletter which includes her articles and one by Amby Burfoot. Kristin just completed the Austin Marathon in 3:35:44!

WEST TEXAS RUNNING CLUB'S
25th Annual
PRAIRIE DOG TOWN RUN
4 Mile or 2 Mile

USA T&F CERTIFIED-4 Mile, #TX97108ETM

EVENT # 3
Of the 2007 W.T.R.C CHALLENGE SERIES

WHEN: SATURDAY, MARCH 10, 2007
REGISTRATION 8:00-8:45 A.M.
RACE START AT 9:00 A.M.

WHERE: MACKENZIE PARK-Lubbock,
on Canyon Lake Drive, East of
Ave A, and off Broadway(North)

COURSE: Rolling Terrain, Asphalt,
Out and Back

ENTRY FEE: W.T.R.C. MEMBERS= \$ 5.00
OTHERS = \$ 10.00

Race Day Entry fee = \$15.00 for everyone

EARLY REGISTRATION: Is available, SIGN UP ONLINE or
return the entry form and fee to: WTRC, 3401 Alcovue Av,
Lubbock, Tx 79407 (mail no later than Mar 6th)

AWARDS: Unique "Prairie Dog" Medals will be given to the
Overall Winners and the first 3 in the following
Divisions and to at least 50 percent of the
Participants in each age group (maximum of 5)

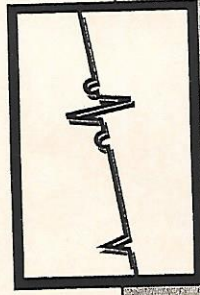
AGE DIVISIONS:

MEN 0-12; 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 Plus,
Clydesdale

WOMEN 0-12; 13-15; 16-19; 20-24; 25-29; 30-34; 35-39;
40-44; 45-49; 50-54; 55-59 and 60 Plus, Athena

RACE DIRECTOR: Mike Greer, 806-535-1224

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



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

