

# CALENDAR

- \* Indicates W.T.R.C. Monthly Race and CHALLENGE SERIES EVENT
- MAY 01 W.T.R.C. Business meeting: Tuesday, 7pm, WEST TEXAS PETERBILT (Tom's Office), 45th and Ave A
- MAY 5 MAY DAY 5K AND FUN RUN: 8:30am, Temple Tx, Barry Massey [www.active.com](http://www.active.com), [massey@vvn.com](mailto:massey@vvn.com), 258-778-7373
- MAY 6 RANSOM CANYON TRIATHLON: 8:00am, Ransom Canyon, Tx, [www.buffalospingslaketriathlon.com](http://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](http://www.buffalospingslaketriathlon.com)
- \* 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](mailto:jessepape@calfarley.org)
- JUN 24 BUFFALO SPRINGS LAKE TRIATHLON: Half Ironman, Buffalo Springs Lk, 6:30am, [www.buffalospingslaketriathlon.com](http://www.buffalospingslaketriathlon.com)
- JUL 4 38<sup>TH</sup> 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
- AUG 05 PRUDE RANCH RACES: 5K, 10K, ½ Marathon, 7:30am, Ft Davis, Tx, [www.fitnesscamp.org](http://www.fitnesscamp.org)
- \* AUG 11 HOT DAM RUNS: 5MI/2MI, Canyon Lake 6, Lubbock, 8:00 am, Etta Mayer, RD, 742-2907
- \* 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, 806-894-9611 ex2236, [dodorizzi@southplainscollege.edu](mailto:dodorizzi@southplainscollege.edu)
- \* OCT 6 RED RAIDER ROAD RACE: 10K/5K, 8:00am, Texas Tech-Campus Rec. Ctr., Details coming soon.

<http://wtrc.tripod.com>

Calendar, Photos, Online registration, Membership, etc.

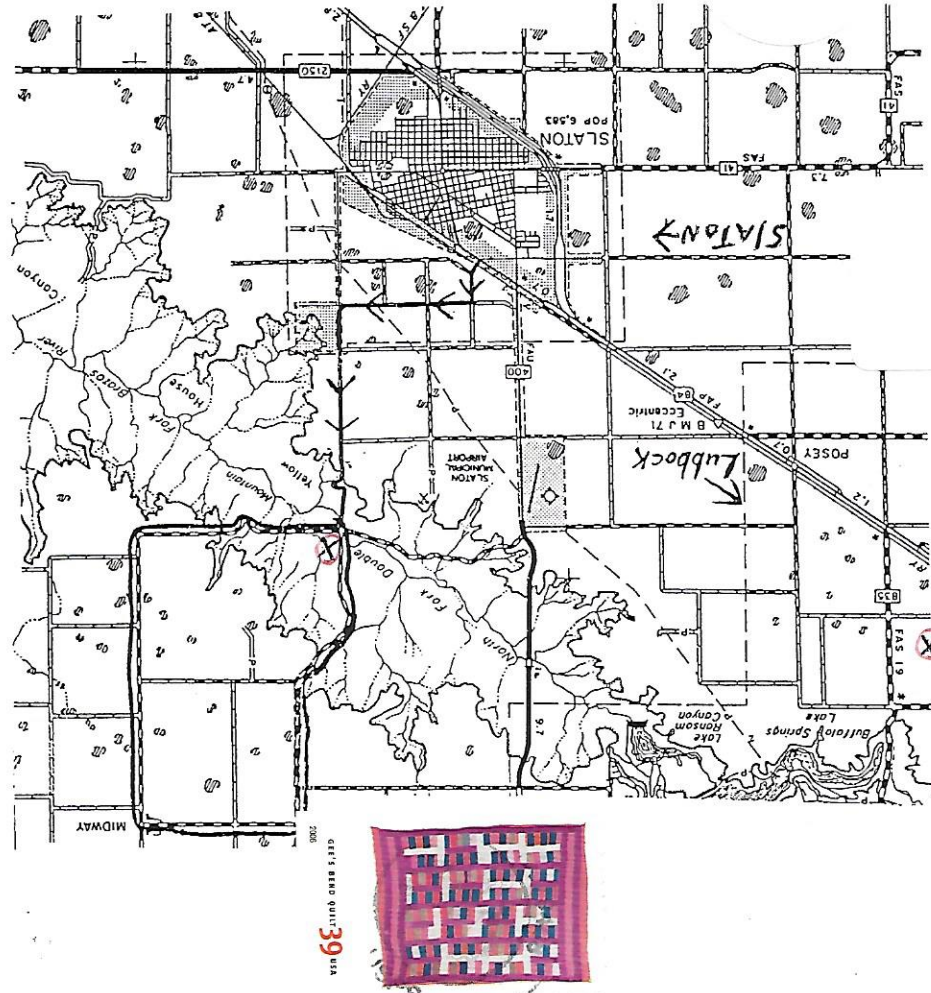


WTRC Newsletter  
9505 Viola Ave.  
Lubbock, TX 79424-7518  
May 2007



David and Kendall Higgins  
3401 Alcove  
Lubbock TX 79407

Horseshoe Bend Canyon  
8am, Saturday, May 12, 2007  
11, 6, and 2 Miles  
Details inside back cover



# WEST TEXAS RUNNING CLUB

## OFFICERS

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**Past President - Mike Kelley**  
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## DIRECTORS

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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, May 1, 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

Following the tragic loss of Club member, Larry Mills, after his collapse at the 2005 Hot Dam event, I promised the membership that we would look into the broad issue of improving course safety at our events. I apologize for the long delay in getting back to you but we used this time to gather input from a wide variety of sources . . . the RRCA guidelines, EMS and other medical personnel, our insurers and legal counsel. Club members who regularly participate in out-of-town events, and from discussions with officers and RDs of other running clubs across the nation.

If I were scoring our Club against other clubs, I would give us a very, very good grade. Yet we found a couple of soft spots that required the Board to formally adopt a medical response plan to better deal with situations where a runner at one of our events might be in medical distress. The essential elements of this new policy are:

1. That 911 shall be called immediately after a runner appears to be, or is reported to be, in obvious medical distress.
2. That all race directors shall be totally familiar with this policy and shall instruct their race volunteers concerning this policy prior to each race.

But because course safety is everyone's responsibility, not just that of the RDs and their volunteers, I want all of you to understand the above medical response plan. If you happen to be running alongside someone who needs help, or if you are simply a spectator who notices a runner in distress, then You will have to be the one who sounds the alarm by getting word to a volunteer or by calling 911. I pray that you never have to make such a call. SYOTR, Ron

\* NEW RECORDS  
THE RUN FOR THE ARTS  
2 MILE & 15 KILOMETER RUNS  
Lubbock, Texas  
APRIL 21, 2007

## 15K OVERALL RESULTS

Place	Name	Town	St	Ag	S	Div	Div	15k	Pace
1	ERIC AYALA	LUBBOCK	TX	21	M	1	M2024	54:10	5:49
2	PEDRO VARGAS	LUBBOCK	TX	22	M	2	M2024	58:40	6:18
3	BOBBY SAIN	LUBBOCK	TX	25	M	1	M2529	1:00:08	6:28
4	JERRY DWYER	LUBBOCK	TX	47	M	1	M4549	1:00:30	6:30
5	BLAKE BEDNARZ	LUBBOCK	TX	21	M	3	M2024	1:02:47	6:45
6	JASON FELLERS	LUBBOCK	TX	27	M	2	M2529	1:04:04	6:53
7	LEE COHEN	LUBBOCK	TX	34	M	1	M3034	1:04:39	6:57
8	EDDY MORELOCK	LUBBOCK	TX	35	M	1	M3539	1:06:02	7:06
9	JIM HIGGINS	LUBBOCK	TX	46	M	2	M4549	1:07:05	7:12
10	BRENT LOWREY	LUBBOCK	TX	45	M	3	M4549	1:08:23	7:21
11	LAURA HELMUS	AMARILLO	TX	43	F	1	F4044	1:10:24	7:34
12	CHRIS LONNGREN	LUBBOCK	TX	47	M	4	M4549	1:10:27	7:34
13	TRAVIS WILSON	LUBBOCK	TX	22	M	4	M2024	1:10:50	7:37
14	MARCUS SMITH	LUBBOCK	TX	29	M	3	M2529	1:13:57	7:57
15	JON DAVID BRUEGEL	LUBBOCK	TX	15	M	1	M1315	1:14:35	8:01
16	ADAM BARRON	LUBBOCK	TX	44	M	1	M4044	1:14:56	8:03
17	AARON ST CLAIR	LUBBOCK	TX	14	M	2	M1315	1:15:01	8:04
18	ANN CRUCE-ROBERTS	LUBBOCK	TX	31	F	1	F3034	1:15:57	8:10
19	JEFFREY HAAG	LUBBOCK	TX	38	M	2	M3539	1:15:57	8:10
20	GENEVIEVE DURHAM	LUBBOCK	TX	31	F	2	F3034	1:16:31	8:13
21	EDWIN YOUNG	LUBBOCK	TX	43	M	2	M4044	1:16:38	8:14
22	ANGIE SONNENBERG	LUBBOCK	TX	27	F	1	F2529	1:17:34	8:20
23	TIM RADKEY	LUBBOCK	TX	33	M	2	M3034	1:17:36	8:20
24	TODD CEPICA	LUBBOCK	TX	39	M	3	M3539	1:17:56	8:22
25	DALE BENNETT	LUBBOCK	TX	45	M	5	M4549	1:18:00	8:23
26	SUZANNE RODRIGUEZ	LUBBOCK	TX	31	F	3	F3034	1:18:01	8:23
27	MADONNE MINER	LUBBOCK	TX	54	F	1	F5054	1:18:11	8:24
28	MARY BRANSCOME	LUBBOCK	TX	47	F	1	F4549	1:20:11	8:37
29	TIM COCHRAN	LUBBOCK	TX	32	M	3	M3034	1:20:23	8:38
30	LEESA PRICE	LUBBOCK	TX	50	F	2	F5054	1:20:24	8:38
31	DARREL PHILLIPS	LUBBOCK	TX	58	M	1	M5559	1:20:48	8:41
32	STEVEN ODORIZZI	LUBBOCK	TX	45	M	1	CLYDE	1:20:53	8:41
33	CAROL HISE	LUBBOCK	TX	35	F	1	F3539	1:21:12	8:43
34	GORDEN JENKINS	AMARILLO	TX	66	M	1	M6569	1:21:43	8:47
35	AARON SELF	LUBBOCK	TX	27	M	4	M2529	1:22:16	8:50
36	DAVID WEAVER	LUBBOCK	TX	55	M	2	M5559	1:22:38	8:53
37	DAN RULAND	LUBBOCK	TX	56	M	3	M5559	1:22:40	8:53
38	TYLER GREENFIELD	LUBBOCK	TX	49	M	7	M4549	1:22:47	8:54
39	DAWN WEIR	SAN ANGELO	TX	28	F	2	F2529	1:23:31	8:58
40	MARIA ALBUS	LUBBOCK	TX	50	M	1	M5054	1:23:35	8:59
41	MARIA DELEON	LUBBOCK	TX	46	F	2	F4549	1:23:57	9:01
42	LISA BYLUND	LUBBOCK	TX	26	F	3	F2529	1:24:37	9:05
43	BRUCE FELLERS	LUBBOCK	TX	53	M	2	M5054	1:24:46	9:06
44	LEE HANDLIN	LUBBOCK	TX	38	F	2	ATHEN	1:24:46	9:06
45	P. J. MITCHELL	LUBBOCK	TX	61	F	1	F6099	1:24:51	9:07 *
46	JAY JACOBUS	LUBBOCK	TX	34	M	4	M3034	1:25:02	9:08 *
47	JEFFREY HARPER	LUBBOCK	TX	35	M	4	M3539	1:25:03	9:08
48	EDIE ABEL	LUBBOCK	TX	40	F	1	ATHEN	1:25:06	9:09 *
49	CHRIS MILFORD	LUBBOCK	TX	34	M	5	M3034	1:25:09	9:09
50	STACY STEPHENSON	LUBBOCK	TX	23	F	1	F2024	1:25:10	9:09
51	BRAD EWING	LUBBOCK	TX	43	M	3	M4044	1:25:29	9:11
52	MIKE KELLEY	LUBBOCK	TX	58	M	4	M5559	1:25:37	9:12
53	CHRISTOPHER WHITE	PLANO	TX	35	M	3	CLYDE	1:26:07	9:15
54	ANDREW AZAB	LUBBOCK	TX	41	M	4	M4044	1:26:21	9:17
55	SKYLER EVANS	LUBBOCK	TX	15	M	3	M1315	1:27:32	9:24

56	MATT MCKENNAN	LUBBOCK	TX	23	M	5	M2024	1:27:33	9:24
57	MATTHEW JORDAN	LUBBOCK	TX	41	M	5	M4044	1:27:34	9:24
58	DICK BAKER	LUBBOCK	TX	62	M	1	M6064	1:28:29	9:30
59	BONNIE WATTS	LUBBOCK	TX	45	F	3	F4549	1:28:31	9:31
60	MALINDA COLWELL	LUBBOCK	TX	33	F	4	F3034	1:29:02	9:34
61	ISAAC MUNOZ JR	LUBBOCK	TX	30	M	6	M3034	1:29:15	9:35
62	MARY ZIAS	LUBBOCK	TX	44	F	3	F4044	1:29:49	9:39
63	TERRY DALTON	LUBBOCK	TX	52	M	3	M5054	1:30:45	9:45
64	PHIL LEMONS	LUBBOCK	TX	46	F	4	F4549	1:30:54	9:46
65	JAINIE GUEST	LUBBOCK	TX	46	F	2	M6064	1:34:04	10:06
66	SANDY JANSEN	LUBBOCK	TX	33	F	6	F3034	1:34:54	10:12
67	ROSE HOEVE	LUBBOCK	TX	26	F	4	F2529	1:37:41	10:30
68	CINDY CHAMPLIN	LUBBOCK	TX	27	F	5	F2529	1:37:42	10:30
69	BRANDIE MACKENZIE	LUBBOCK	TX	42	M	4	CLYDE	1:38:17	10:33
70	ANDREW JANSEN	LUBBOCK	TX	43	F	4	F4044	1:38:27	10:34
71	RONNIE NUGENT	LUBBOCK	TX	39	F	6	F3539	1:38:33	10:35
72	JILL JACOBUS	LUBBOCK	TX	38	F	7	F3539	1:39:33	10:42
73	KRISTI CROFTS	LUBBOCK	TX	45	F	5	F4549	1:39:40	10:42
74	DEBORAH DAKIN	LUBBOCK	TX	22	F	3	ATHEN	1:39:45	10:43
75	ROBERT BLOODWORTH	LUBBOCK	TX	45	M	9	M4549	1:41:33	10:54
76	MARSHA BENNETT	LUBBOCK	TX	37	M	7	M3539	1:41:41	10:55
77	AMY KIKER	LUBBOCK	TX	33	F	4	ATHEN	1:43:35	11:08
78	LOU ANNA ARTERBURN	LUBBOCK	TX	20	F	3	F2024	1:44:42	11:15
79	ANDREA CAISON	HEREFORD	TX	32	F	8	F3034	1:44:52	11:16
80	JENNIFER STEWART	LUBBOCK	TX	31	F	9	F3034	1:45:42	11:21
81	J EDSON PINTO	LUBBOCK	TX	58	F	1	F5559	1:46:08	11:24
82	KERRY GILBERT	LUBBOCK	TX	49	F	6	F4549	1:46:38	11:27
83	CHRISTIE ZINGERMAN	LUBBOCK	TX	23	F	4	F2024	1:48:27	11:39
84	JESSICA ARAGON	LUBBOCK	TX	20	F	5	F2024	1:49:11	11:44
85	SHERYL GALLARNEAU	ABILENE	TX	22	F	6	F2024	1:49:48	11:48
86	MALLEY WHITE	LUBBOCK	TX	35	F	8	F3539	1:54:48	12:20
87	ETTA MAYER	LUBBOCK	TX	37	M	8	M3539	2:01:06	13:00
88	PAULINE DEVOS	PLAINVIEW							
89	KRISTA HANDYSIDE	LUBBOCK							
90	ALISON HIGGINS	LUBBOCK							
91	AMBER STARK	ABILENE							
92	AMY BAILEY	LUBBOCK							
93	GREG MILFORD	LUBBOCK							

2 MILE OVERALL RESULTS

Place	Name	Town	St	Ag	S	Div	Div	2	Pace
1	DAVID BOSTON	LUBBOCK	TX	19	M	1	M1619	11:23	5:42
2	TYLER LIVERMORE	LUBBOCK	TX	17	M	2	M1619	11:41	5:51 *
3	LUCAS MORRIS	LUBBOCK	TX	14	M	1	M1315	12:14	6:07 *
4	JACKIE CANNON	LUBBOCK	TX	51	M	1	M5054	12:19	6:10
5	NICK WARGO	LUBBOCK	TX	16	M	3	M1619	12:22	6:11
6	RICKY MARTINEZ	SPUR	TX	39	M	1	M3539	12:30	6:15 *
7	RENE GONZALES	LUBBOCK	TX	43	M	1	M4044	12:39	6:20
8	TATE CRISWELL	LUBBOCK	TX	24	M	1	M2024	13:11	6:36 *
9	SARAH SPILMAN	LUBBOCK	TX	24	F	1	F2024	13:18	6:39 *
10	CHRISTIAN SALINAS	CROSBYTON	TX	14	M	2	M1315	13:26	6:43
11	MEGHAN BASS	CROSBYTON	TX	13	F	1	F1315	13:27	6:44
12	MARK SMITH	LUBBOCK	TX	35	M	2	M3539	14:24	7:12
13	ERIC FORD	LUBBOCK	TX	42	M	2	M4044	14:25	7:13
14	AUSTIN ZUNDT	CROSBYTON	TX	12	M	1	M0112	14:29	7:15
15	BRETT HART	LUBBOCK	TX	28	M	1	M2529	14:30	7:15
16	DAVID MALONE	LUBBOCK	TX	49	M	1	M4549	14:38	7:19
17	CARTER TATE	MIDLAND	TX	10	M	2	M0112	14:41	7:21
18	CHUCK DELEON	LUBBOCK	TX	49	M	2	M4549	14:51	7:26
19	FRED WEBER	LUBBOCK	TX	55	M	1	M5559	14:52	7:26 *

20	LORENZO PADILLA	LUBBOCK	TX	52	M	2	M5054	15:10	7:35
21	BROOKE PITTMAN	LUBBOCK	TX	29	F	1	F2529	15:36	7:48 *
22	ALLISON PYLE	SLATON	TX	15	F	2	F1315	15:43	7:52
23	RON LUBOWICZ	LUBBOCK	TX	64	M	1	M6064	15:44	7:52
24	TAMMY MORIEARTY	WOLFFORTH	TX	33	F	1	M3034	15:47	7:54 *
25	JOHN BARRIENTOS	LUBBOCK	TX	33	M	1	F3034	16:02	8:01
26	ANDY PENNEY	LUBBOCK	TX	28	M	2	M2529	16:22	8:11
27	PRESTON RAMSEY	MIDLAND	TX	9	M	3	M0112	16:25	8:13
28	BILL FELTON	LUBBOCK	TX	72	M	1	M7099	16:27	8:13
29	MICHAEL RAMSEY	MIDLAND	TX	41	M	3	M4044	16:27	8:14
30	CRAIG PETERSON	HOBBS	NM	50	M	1	CLYDE	16:42	8:21
31	LARRY BLOSKOS	ANTON	TX	45	M	2	CLYDE	16:49	8:25
32	JOHN GRIFFIN	LUBBOCK	TX	25	M	3	M2529	16:52	8:26
33	AMY ANDRUS	LUBBOCK	TX	44	F	1	F4044	17:00	8:30
34	CHERYL WEBER	LUBBOCK	TX	54	F	1	F5054	17:07	8:34
35	MIKE IASS	LOCKNEY	TX	44	M	4	M4044	17:07	8:34
36	GARRETT MCKINNON	LUBBOCK	TX	34	M	2	M3034	17:09	8:35
37	DAVID HIGGINS	LUBBOCK	TX	54	M	4	M5054	17:11	8:36
38	TRISH CAMARILLO	LUBBOCK	TX	36	F	1	F3539	17:15	8:38
39	LARRY DELEON	LUBBOCK	TX	46	M	4	M4549	17:21	8:41
40	STEVEN HENDERSON	LUBBOCK	TX	53	M	5	M5054	17:24	8:42
41	KAMY PHILBRICK	LUBBOCK	TX	46	F	1	F4549	17:32	8:46
42	RICK NATHAN	LUBBOCK	TX	62	M	2	M6064	17:37	8:49
43	RICARDO MARTINEZ	LUBBOCK	TX	29	M	4	M2529	17:38	8:49
44	KIM CLEMMONS	LUBBOCK	TX	38	F	2	F3539	17:41	8:51
45	LORI KELSO	RANSOM C	TX	45	F	2	F4549	17:44	8:52
46	DANIEL GARCIA	LUBBOCK	TX	12	M	4	M0112	17:48	8:54
47	CARLEY ABBOTT	LUBBOCK	TX	18	F	1	F1619	17:49	8:55
48	KRISTEN O'REAR	LUBBOCK	TX	19	F	2	F1619	17:49	8:55
49	ANNIE GEDICKS	LUBBOCK	TX	27	F	2	F2529	17:49	8:55
50	HOLLYE MARTINEZ	SPUR	TX	39	F	3	F3539	17:53	8:57
51	HANNAH LAYMAN	HEREFORD	TX	14	F	3	F1315	17:55	8:58
52	MARILYN MURILLO	MIDLAND	TX	11	F	1	F0112	17:55	8:58
53	SCOTT LASS	LOCKNEY	TX	9	M	5	M0112	18:03	9:02
54	JAMES LAYMAN	HEREFORD	TX	41	M	5	M4044	18:04	9:02
55	JENNIFER NEELY	LUBBOCK	TX	22	F	2	F2024	18:07	9:04
56	LIZ TATE	MIDLAND	TX	41	F	2	F4044	18:07	9:04
57	SUSANNE MOORE	LUBBOCK	TX	32	F	2	F3034	18:08	9:04
58	BETH WOOD	ARLINGTON	TX	35	F	4	F3539	18:23	9:12
59	ED PRICE	LUBBOCK	TX	50	M	3	CLYDE	18:31	9:16
60	MYRIAM GUARDIOLA	LUBBOCK	TX	32	F	3	F3034	18:32	9:16
61	JAMES BONE	LUBBOCK	TX	67	M	1	M6569	18:45	9:23 *
62	AMANDA GALLAGHER	LUBBOCK	TX	30	F	4	F3034	18:56	9:28
63	BEN PROWELL	LUBBOCK	TX	30	F	2	M2024	18:57	9:29
64	DWAYNE OAKELEY	LUBBOCK	TX	50	M	7	M5054	19:28	9:44
65	JARRYN PROWELL	LUBBOCK	TX	23	F	3	F2024	19:32	9:46
66	KATY MOCK	LUBBOCK	TX	24	F	4	F2024	19:33	9:47
67	SHAWNA HAYNIE	SHALLOWATER	TX	36	F	5	F3539	19:35	9:48
68	RANDY EGENBACHER	LUBBOCK	TX	51	M	4	CLYDE	19:48	9:54
69	DAVID BALDNER	LUBBOCK	TX	47	M	5	M4549	20:02	10:01
70	ZACHARY SMITH	LUBBOCK	TX	9	M	6	M0112	20:07	10:04
71	JIM BECK	LUBBOCK	TX	47	M	5	CLYDE	20:11	10:06
72	BRENDA CAMPBELL	LUBBOCK	TX	48	F	3	F4549	20:13	10:07
73	CATHY NATHAN	LUBBOCK	TX	63	F	1	F6099	20:14	10:07 *
74	SARAH MONDLE	LUBBOCK	TX	21	F	5	F2024	20:16	10:08
75	MATTHEW HARR	LUBBOCK	TX	21	M	3	M2024	20:17	10:09
76	DANIEL J GONZALES	LUBBOCK	TX	12	M	7	M0112	20:29	10:15
77	FAWN MONTOYA	LUBBOCK	TX	30	F	1	ATHEN	21:11	10:36
78	CARRIE GALLOWAY	LUBBOCK	TX	22	F	6	F2024	21:25	10:43
79	GREG HOEVE	RANSOM C	TX	42	F	6	M4044	21:41	10:51
80	BRITANY CAMPBELL	LUBBOCK	TX	21	F	7	F2024	21:55	10:58
81	NICK HOEVE	RANSOM C	TX	9	M	8	M0112	22:21	11:11
82	SUSAN EVERETT	LUBBOCK	TX	30	F	6	F3034	22:23	11:12

83 ISATAH MUNOZ	LUBBOCK	TX 12 M	9 M0112	22:48	11:24
84 JONATHAN LAIR	LUBBOCK	TX 33 M	3 M3034	22:53	11:27
85 DARELL MANN	LUBBOCK	TX 46 M	7 M4549	22:55	11:28
86 HAYDEN FRICK	WOLFFORTH	TX 6 M	10 M0112	23:48	11:54
87 KIMBERLY FRICK	LUBBOCK	TX 32 F	7 F3034	23:50	11:55
88 SUZAN CAUDLE	LUBBOCK	TX 54 F	2 F5054	24:37	12:19
89 KAYLA WOMBLE	LUBBOCK	TX 14 F	4 F1315	24:41	12:21
90 ALEX HOLDEN	LUBBOCK	TX 12 F	2 F0112	24:41	12:21
91 JOSHUA HOEVE	RANSOM C	TX 8 M	11 M0112	25:27	12:44
92 TOM WALKER	LUBBOCK	TX 63 M	3 M6064	25:50	12:55
93 LAURI CASLER	LUBBOCK	TX 40 F	3 F4044	25:58	12:59
94 KENDALL HIGGINS	LUBBOCK	TX 13 M	3 M1315	26:25	13:13
95 ALLISON TERRY	LUBBOCK	TX 14 F	5 F1315	26:38	13:19
96 ROBERT ST CLAIR	LUBBOCK	TX 58 M	6 CLYDE	27:41	13:51
97 RANDEL TERRY	LUBBOCK	TX 47 M	7 CLYDE	27:49	13:55
98 ELIZABETH BAIZA	POST	TX 34 F	8 F3034	29:09	14:35
99 WYATT BROWNELL	LUBBOCK	TX 6 M	12 M0112	29:10	14:35
100 LAUREN BROWNELL	LUBBOCK	TX 38 F	2 ATHEN	29:46	14:53
101 JEANETTE HASTINGS	LUBBOCK	TX 34 F	9 F3034	30:16	15:08
102 MARY BAIZA	POST	TX 62 F	2 F6099	30:17	15:09
103 JESSICA CASLER	LUBBOCK	TX 21 F	8 F2024	31:02	15:31
104 ANN WOOD	GRAFORD	TX 65 F	3 F6099	32:11	16:06
105 BOB WOOD	GRAFORD	TX 64 M	4 M6064	32:12	16:06
106 AJ WARREN	LUBBOCK	TX 21 F	9 F2024	33:28	16:44
107 ELISABETH NORDBY	LUBBOCK	TX 20 F	10 F2024	33:28	16:44
108 VENESSA RODRIGUEZ	LUBBOCK	TX 20 F	11 F2024	33:41	16:51
109 CRAIG ALLEN	LUBBOCK	TX 21 M	4 M2024	33:42	16:51
110 DAVONNE LAYTON	LUBBOCK	TX 21 F	12 F2024	33:43	16:52
111 MACKENZIE SMITH	LUBBOCK	TX 8 F	3 F0112	35:18	17:39
112 KELLI SMITH	LUBBOCK	TX 35 F	7 F3539	35:20	17:40
113 JUSTIN MOCK	LUBBOCK	TX 27 M	5 M2529	39:23	19:42
114 DEANNE MILFORD	LUBBOCK	TX 35 F	8 F3539	40:41	20:21
115 MICHELLE DODGIN	LUBBOCK	TX 27 F	3 F2529	40:50	20:25
116 GINA MILFORD	LUBBOCK	TX 34 F	10 F3034	40:51	20:26
117 KIM MOCK	LUBBOCK	51 F	3 F5054	42:10	21:05
118 BUDDY MOCK	LUBBOCK	52 M	9 M5054	42:12	21:06

MEMBERSHIP NEWS ITEM

WTRC member Jared Masood's mother, Deborah Masood, 57, died Thursday, April 19<sup>th</sup> at University Medical Center after she suffered an apparent heart attack earlier in the week. She had worked as the special education chairwoman at Irons Middle School for more than 10 years and had taught for 30 years in LISD. She was involved in fundraising events throughout Lubbock and had just completed the Hands for Hope Autism Walk earlier in the month. She had donated money to The American Cancer Society and was supposed to participate in last weekend's Relay for Life. She was recognized with an unusual front page, color photo obituary in the A-J on Saturday, April 21st that listed many of her achievements and service to the community. We extend our deepest condolences to Jared and his family. His father, Jonathon, incidentally, was a hardworking volunteer for the Club back in the late '80s, as many of you "old-timers" may remember.

2007 Run for the Arts Race Report

The 2007 Run for the Arts proved that the spring race is indeed making a comeback. Over 200 finishers crossed the line in the two races (118 in the 2 mile and 93 in the 15K). Those people would not have had the positive experiences they had if it had not been for the efforts of great volunteers. Special thanks go to James Livermore, Mike Morris, Milt Brownfield, George Jury, Tom Griffin, Jill Haukos, Cindy Sorenson, Lee Ann Roberts, Jimmy Clark, Wayne Sullivan, Larry Bird, Amy Harlan, Tony Aleman, Josie Aleman, Carla Chambers and Millynda Weis. Also assisting prior to competing were David Higgins, Susan Caudle, Ron Lubowicz and P.J. Mitchell. Super special thanks to the girls from Girlstown who 'manned' the aid stations. I don't want to think about what time these teenagers get up on a Saturday morning to drive from Whiteface to Lubbock by 7:30 a.m. to help each runner through the race.

Eric Ayala topped the men's 15K field with a nice 54:10 while David Boston turned in an 1:23 to turn back the 2-mile field. In the women's competition, Laura Helmus came in from Amarillo to run a 1:10:24 15K and Sarah Spilman ran a new record 13:18 to win the women's 2-mile.

Several new records were established in both races. In addition to Spilman's record time, other records in the 2 mile included: Tyler Livermore - 11:41 (M16-19); Lucas Morris - 12:14 (M13-15); Ricky Martinez - 12:30 (M35-39); Tate Criswell - 13:11 (M20-24); Fred Weber - 14:52 (M55-59); Brooke Pittman - 15:36 (F25-29); Tammy Moriearty - 15:47 (F30-34); James Bone - 18:45 (M65-69) and Cathy Nathan - 20:14 (F60+). In the 15K, two new records were established with P.J. Mitchell's 1:24:51 in the Women's 60+ division and Edie Abel breaking her own Athena record with a 1:25:06.

Many people combined to make this a great race day (and for those I forgot to list - you have my apologies). This race is truly a group effort and my thanks go all who helped and all who ran. Run On friends. Tom Weis

EDITOR'S NOTE

Last month's Prairie Dog Race Director's Report neglected to mention that new records were set in the Women's 4 Mile by Denise Bray (45-49) with 29:40 (7:25 pace) and by Edie Abel (40-44) with 34:29 (8:38 pace). In the Men's 4 Mile, 19 year old Brandon Birdsong-Johnson set a new record (for anyone who has ever run this course) in 20:51 (5:13 pace). Congratulations to all!

Also, under Volunteers, it was Traci Payne you saw, not Tracie Price.

Active West Texas Running Club Members' Birthdays

APRIL

Judy Lawley	42 on 4/1	Douglas Sanford	59 on 4/3	Kevin Lair	46 on 4/4
Gloria Cleveland	38 on 4/5	Paul Pare	45 on 4/6*	Jeff Wise	44 on 4/6
Chris Winn	45 on 4/8*	Megan Aulbaugh	15 on 4/9	Krista Mora	26 on 4/13
Jeffrey Haag	40 on 4/15*	Cathy Nathan	63 on 4/16	Jorond Gault	37 on 4/16
LouAnna Arterburn	38 on 4/18	Michael Harlien	32 on 4/18	Camille Ford	6 on 4/18
Brenda Campbell	47 on 4/19	Ron Hewett	46 on 4/19	Justin Kime	29 on 4/19
Rachel McNew	23 on 4/21	Isaac Munoz Jr.	31 on 4/22	Kelley Weil	31 on 4/22
Jan Ramirez	52 on 4/23	Tyler Greenfield	50 on 4/25*	Lorenzo Padilla	53 on 4/25
Mario Villasenor	27 on 4/25	Cathy Paden	37 on 4/28	Chris Truitt	32 on 4/30

\* = New Age Group

MAY

Ida Sumpter	51 on 5/1	Jimmy Waechter	55 on 5/1*	Eric Abercrombie	25 on 5/3*
Christie Hodge	37 on 5/3	Richard Lombardini	31 on 5/3	Bobby Cunningham	14 on 5/3
Aaron St. Clair	15 on 5/4	Ralph Wolf	70 on 5/5*	Mary Harris	62 on 5/6
Eddie Abel	41 on 5/7	John Owens	78 on 5/7	Quent Bearden	32 on 5/7
Dustin Tisdale	24 on 5/8	Lucas Morris	15 on 5/8	Liz Tate	42 on 5/10
Gale Richard	58 on 5/11	LeeAnn Roberts	40 on 5/11*	Shea Payne	29 on 5/13
Carol Felton	64 on 5/14	Emma Mack	12 on 5/15	Noel Luna	39 on 5/15
Jane Foster	50 on 5/16*	Robert St. Clair	59 on 5/17	Lisa Abercrombie	29 on 5/18
Isaac Munoz	52 on 5/18	Lisa Wachsmann	29 on 5/18	Kumar Narendran	63 on 5/19
John Gregorcyk	57 on 5/19	Matt Crawford	33 on 5/20	Amy Hodges	36 on 5/21
Averett Lidzy	57 on 5/21	Mark Smith	36 on 5/22	Tyge Payne	36 on 5/24
Jerred Hurst	28 on 5/24	Ann Hodges	50 on 5/27*	Cymer Tisdale	28 on 5/27
Dean Smith	63 on 5/28	Steven Henderson	54 on 5/28	Julie Rosenheimer	63 on 5/28
Farrell Martin	41 on 5/29	Jennifer Plunkett	29 on 5/29	Sarata Narendran	57 on 5/29
Jo Dean	55 on 5/24*	Bryan Hastings	45 on 5/30*	Chris Lonngren	48 on 5/30

\* = New Age Group

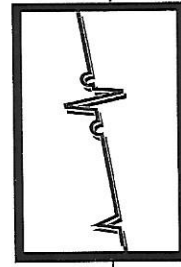
\*\*\* The West Texas Running Club's Challenge Series \*\*\*

The WTRC CHALLENGE SERIES continues, as a 12 month series of 13 races culminating in year-end awards for performance, endurance and participation by club members in our monthly club races. The schedule of events is listed in the calendar of each newsletter, and each designated race will be detailed in the W.T.R.C. Newsletter prior to that race. Additional categories this year will again recognize non running volunteers.

All members desiring to participate in the Challenge Series must volunteer to serve as a non-running worker at one Challenge Series event as an entry requirement. (There will be no duplication of awards)

The Challenge Series features these categories:

1. **56 Mile Club \*\*** All members completing 56 miles in qualifying events will receive an award denoting that achievement. There will be a total of approximately 101 qualifying miles available. Any member serving as RACE DIRECTOR will be credited with double mileage for the most miles in that event. Any member who serves as a volunteer will be credited for the most miles at those races with more than one distance.
2. **MILEAGE AWARD \*\*** An award will be presented to the male and female members who accumulate the most miles for the year in qualifying events. All provisions for Race Directors and volunteers listed above apply to this category.
3. **PARTICIPATION AWARD \*\*\*** An award will be presented to the female and male members who participate in the greatest number of qualifying events. All provisions for Race Directors and volunteers apply to this category.
4. **VOLUNTEER OF THE YEAR \*\*** Up to three awards will be given to those non runners who help the most at club sanctioned events. These selections will be made by the Race Directors.
5. **VICTOR'S RANKINGS \*\*\*\*** Points will be earned at each qualifying event in the following Age and Sex groupings:
  - A. Divisions will include: MALE AGE GROUPS: 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+ FEMALE AGE GROUPS: 0-12, 13-15, 16-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59 & 60 Plus.
  - (Those less than 13 must run in the shortest races offered) Clydesdale/Athens category: Men over 190 pounds, Women over 150 pounds
  - Age Graded Scoring.
  - B. The overall winners in each race are awarded 11 points, then the 1st place finisher in each division at each distance at each qualifying event will earn 10 points, the 2nd place, 9 points, 3rd place, 8 points, and so on down to 1 point for 10th place finisher. This rewards both performance and participation, i.e., if a runner finishes last in their division, but only 3 other runners in that division attend that race, the last place finisher would still earn 7 points for a 4th place finish. This allows slower runners who attend more races to accumulate additional points over their faster competitors who do not participate as often. For example, a runner who attends 10 events and earns 6 points at each would have more points than a competitor who won each of 5 events he entered, thus rewarding participation and performance. Also, runners may enter any distance available at a qualifying event and still earn points. (Except those under 13 years of age must run in the shortest race)
  - C. Awards will be presented to a minimum of 3 and up to 5 of the top point scorers in each division. Awards will be presented at a year end membership meeting.
  - D. To win a "Points" award a member must have run in at least 3 events and volunteered for at least one other.
  - E. Monthly Challenge Series Statistical Updates will appear in the Newsletter.



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

W.T.R.C. 2007 CHALLENGE SERIES  
STANDINGS AFTER 4 EVENTS  
FEMALE

YTD TOTALS				YTD TOTALS			
AGE	PTS	MILES	EVT VOL	AGE	PTS	MILES	EVT VOL
<b>0 - 12 MALE</b>				<b>13 - 15 FEMALE</b>			
D J Gonzales	11	4	2	Allison Pyle	14	40	4
Nick Hoeve	9	3	1	Hanna Layman	14	27	3
Isiah Munoz	12	2	1	<b>20 - 24 FEMALE</b>			
Joshua Hoeve	8	1	1	Megan Aulbaugh	24	19	3
<b>13-15 MALE</b>				<b>25 - 29 FEMALE</b>			
Lucas Morris	14	41	4	Lynn Helmstetter	25	18	2
Jon David Bruegal	15	30	3	Lisa Dylund	26	8	1
Kendall Higgins	13	27	4	Lisa Abercrombie	28	0	1
<b>16-18 MALE</b>				<b>30 - 34 FEMALE</b>			
John Keith	18	9	4	Iris Rivero	31	30	3
Nick Wargo	16	9	2	Mallinda Colwell	33	31	4
<b>20 - 24 MALE</b>				<b>35 - 39 FEMALE</b>			
Eric Abercrombie	24	0	1	Karen Pyle	39	25	3
<b>25 - 29 MALE</b>				<b>40 - 44 FEMALE</b>			
Brett Hart	28	30	4	Marsha Bennett	43	28	3
Jason Feilers	26	29	3	Jill Haukos	42	20	3
Aaron Seif	27	27	4	Cynthia Sorrensen	43	10	2
Bobby Sain	25	10	9.3	Mary Zias	44	10	1
Marcus Smith	29	8	9.3	Lordes Juan	40	10	2
<b>30 - 34 MALE</b>				<b>45 - 49 FEMALE</b>			
Isaac Munoz, Jr.	30	30	19.3	Kammy Philbrick	46	27	4
Jason Burley	31	26	13	Jaine Guest	46	24	3
Chris Milford	33	12	13.3	Susan Tomlinson	49	6	4
<b>35 - 39 MALE</b>				<b>50 - 54 FEMALE</b>			
Jeffrey Haag	37	16	18.3	Madonne Miner	54	40	22.3
Mark Smith	35	12	12	Sarah Gaxiola	54	19	10
Glenn Pokikuha	35	10	2	Suzan Caudle	53	18	17
Noel Luna	39	10	2	Cheryl Weber	54	10	2
Todd Ceptica	39	8	9.3	<b>55 - 59 FEMALE</b>			
Tommie Farrell	36	5	4	Elta Mayer	58	40	26.3
<b>40 - 44 MALE</b>				<b>60 - 99 FEMALE</b>			
Adam Barron	44	29	17.3	Josie Aleman	55	0	17
Eric Ford	42	25	15	P. J. Mitchell	61	20	11.3
James Layman	41	24	8	<b>ATHENA-age graded</b>			
Brad Ewing	43	21	22.3	Elizabeth Linder	52	0	5
Edwin Young	43	18	21.3	<b>** = RACE DIRECTOR</b>			
Daniel Gonzales	41	10	2	<b>* = VOLUNTEER</b>			
Andrew Azab	41	7	8	<b>PLEASE NOTE:</b>			
C. Tracy Mack	41	7	8	If your name is now missing from the Challenge Series Standings, it is because we do not show that you have paid your membership dues for 2007. If you have paid your dues, or if you wish to be included in the 2007 Challenge Series, please contact the Membership Chairman, Bob Blake, immediately.			
Greg Hoeve	42	5	2	Please refer to the Challenge Series Rules on the WTRC web site for complete requirements for Challenge Series participation.			
<b>45 - 49 MALE</b>				<b>You must be a current paid member of the West Texas Running Club, run in at least three (3) events, and volunteer as a non-runner in at least one (1) other event in order to be eligible for Challenge Series Awards."</b>			
Jerry Dwyer	47	41	26.3				
Jim Higgins	46	18	13.3				
Chris Longren	47	15	13.3				
David Malone	49	10	2				
Epi Aguilre	48	9	4				
Jay Keith	49	6	4				
Tyler Greenfield	49	5	9.3				
J. Eason Pinto	45	4	9.3				

W.T.R.C. 2007 CHALLENGE SERIES  
STANDINGS AFTER 4 EVENTS  
MALE

YTD TOTALS				YTD TOTALS			
AGE	PTS	MILES	EVT VOL	AGE	PTS	MILES	EVT VOL
<b>50 - 54 MALE</b>				<b>55 - 59 MALE</b>			
Steve Henderson	53	33	15	Mike Kelley	58	25	18.3
Jackie Cannon	51	31	8	Darrel Phillips	58	20	17.3
David Higgins	54	27	4	Tom Wels	55	10	22.6
Dwayne Oakeley	60	21	10	Tom Griffin	57	10	24.3
Mark Albus	60	20	13.3	Fred Weber	55	10	2
Randy Holloway	50	10	26.3	James Livermore	59	8	13.3
Bruce Feilers	53	9	9.3	Tony Aleman	56	0	26.9
Lawrence Shovanec	54	9	8	Jim Wilhelm	56	0	5
Lorenzo Padilla	52	8	9.3	<b>60 - 64 MALE</b>			
Terry Dalton	50	0	9.3	Ron Nugent	60	28	15.3
Mike Morris	50	0	9.3	Dick Baker	62	20	17.3
Frank Sumpter, Sr.	50	0	5	Ron Lubowicz	64	20	17
<b>65 - 69 MALE</b>				<b>70 - 99 MALE</b>			
Gorden Jenkins	66	30	22.3	Bill Felton	72	40	10
Ralph Wolf	69	28	14	Don Sanderson	77	10	8
Larry Byrd	65	0	17	George JURY	70	0	21.3
Mike Greer	67	0	8	<b>CLYDESDALE - age graded</b>			
<b>70 - 99 MALE</b>				<b>AGE</b>			
Isaac Munoz, Sr.	51	24	10	Isaac Munoz, Sr.	51	24	10
Robert Bloodworth	42	21	17	Robert Bloodworth	42	21	17
Jimmy Clark	55	19	22.3	Victor Magri	41	19	17
Farrell Martin	40	19	12	Farrell Martin	40	19	12
Richard Lampe	62	9	5	Richard Lampe	62	9	5
Larry Blokes	45	9	2	Larry Blokes	45	9	2
Warner Alexander	46	7	9	Warner Alexander	46	7	9
Randy Egenbacher	51	7	6	Randy Egenbacher	51	7	6
Jim Beck	47	6	12	Jim Beck	47	6	12
Mitt Brownfield	48	0	9.3	Mitt Brownfield	48	0	9.3
<b>** = RACE DIRECTOR</b>				<b>** = RACE DIRECTOR</b>			
<b>* = VOLUNTEER</b>				<b>* = VOLUNTEER</b>			

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Please refer to the Challenge Series Rules on the WTRC web site for complete requirements for Challenge Series participation.

You must be a current paid member of the West Texas Running Club, run in at least three (3) events, and volunteer as a non-runner in at least one (1) other event in order to be eligible for Challenge Series Awards."

HORSESHOE BEND CANYON SPRING FROLIC RUNS  
SINCE 1973  
EVENT RECORDS  
2 MILE

NAME	TOWN	AGE	TIME	YEAR
0-19 Carlos Ybarra	Lamesa	17	9:59	1980
20-24 Quinn Smith	Lovington	21	9:50	1981
25-29 Cliff McCurdy	Lubbock	25	9:33	1979
30-34 John Bednarski	Odessa	30	9:32 *	1979
35-39 Brent Tidwell	Lubbock	38	11:14	1996
40-44 Bobby Cunningham	Abernathy	43	10:32	1983
45-49 Jim Leser	Lubbock	49	11:46	1986
50-54 George Jury	Lubbock	51	11:25	1988
55-59 Jim Harris	Hobbs	57	13:24	2000
60-64 Jim Harris	Hobbs	60	14:03	2003
Clyde Milt Brownfield	Lubbock	48	13:11	2006
<b>WOMEN</b>				
0-19 Mindy Mayfield	Lubbock	17	12:29 *	1979
20-29 Judy Partin	Lubbock	25	13:13	1987
30-34 Pat Dolan	Lubbock	30	14:09	1980
35-39 Josie Aleman	Lubbock	37	13:58	1989
40-44 Ann Gordhammer	Lubbock	41	14:03	1984
45-49 Cheryl Weber	Lubbock	46	14:49	1999
50-54 Cheryl Weber	Lubbock	53	17:10	2005
55-59 Estrella Galvan	Brownfield	59	20:17	2002
60+ Estrella Galvan	Brownfield	60	19:10	2003
Athena Suzan Caudle	Lubbock	50	24:50	2004
<b>11 MILE (1985) (12 Mile Originally)</b>				
<b>MEN</b>				
0-19 Brian Brashears	Lubbock	18	1:08:15	1989
20-24 Rodney Hendrix	Lubbock	23	1:00:49 *	1989
25-29 Case Shay	Lubbock	26	1:02:09	2001
30-34 Tim Key	Lubbock	30	1:07:38	1988
35-39 Joe Post	Lubbock	38	1:09:29	1987
40-44 Joe Post	Lubbock	40	1:12:22	1989
45-49 Jerry Dwyer	Lubbock	45	1:11:43	2005
50-54 George Jury	Lubbock	52	1:10:10	1989
55-59 George Jury	Lubbock	58	1:20:25	1995
60-64 Tom Bowser	Ablene	62	1:25:59	1989
65-69 Lorenzo Ramirez	Rotan	65	1:35:37	2000
70+ Don Sanderson	Tulia	74	1:38:26	2004
Clydes Farrel Martin	Lubbock	35	1:16:47	2001
<b>WOMEN</b>				
0-29 Leigh Daniel	Lubbock	22	1:11:04 *	2001
30-34 Marjory Stewart	Lubbock	34	1:12:22	1993
35-39 Marjory Stewart	Lubbock	35	1:13:16	1994
40-44 Denise Bray	Lubbock	41	1:25:20	2003
45-49 Mary Branscome	Lubbock	45	1:29:49	2005
50-54 Madonne Miner	Lubbock	51	1:32:02	2004
55-59 P. J. Mitchell	Lubbock	58	1:43:38	2003
60+ P. J. Mitchell	Lubbock	60	1:49:00	2006
<b>6 MILE (1989)</b>				
<b>MEN</b>				
0-19 Anthony Herr	Plainview	18	33:59 *	2005
20-29 Theo Kurgat (LCU)	Lubbock	20	34:19	1993
30-34 David Sumrell	Lubbock	30	34:36	1993
35-39 Brent Tidwell	Lubbock	39	36:11	1997
40-44 Jimmy Samarron	Levelland	42	37:53	1997
45-49 Bobby Cunningham	Abernathy	49	37:00	1989
50-54 Jim Leser	Lubbock	51	37:49	1998
55-59 Ed Craighead	Dalhart	56	40:13	1999
60-64 John Stalcup	Lubbock	62	49:25	1995
65-69 Ralph Wolf	Abernathy	66	50:31	2003
70+ Bill Felton	Lubbock	70	54:07	2005
Clydes Steven Thomas	Morton	22	48:51	2001
<b>WOMEN</b>				
0-19 Hope Jimenez	Lamesa	13	44:39	1997
20-29 Laurie Welch	Lubbock	29	46:46	1992
30-34 Janda Ibbetson	Lubbock	30	44:22 *	2000
35-39 Denise Bray	Lubbock	38	45:15	2000
40-44 Melanie McVey	Sundown	41	49:29	2003
45-49 Shirley Wigley	Lubbock	48	55:29	2002
50-54 Madonne Miner	Lubbock	52	53:37	2005

\* Overall Event Records

WEST TEXAS RUNNING CLUB'S  
35th Annual HORSESHOE BEND CANYON SPRING FROLIC  
11 MILE, 6 MILE and 2 MILE RACES

EVENT # 5 OF THE W.T.R.C. CHALLENGE SERIES

WHEN: SATURDAY, May 12, 2007  
REGISTRATION: 7:00 to 7:45 A.M., On Site \$15.00  
RACE START: 8:00 A.M.

PRE REGISTRATION: \$5 Members, \$10 Non Members, fill out and return entry form or sign up online, then pay fee race day Please have exact change if paying race day

WHERE: HORSESHOE BEND CANYON; North of Slaton, TX, From Lubbock, take US 84 to the first Slaton exit; turn left at Slaton Gas & Equip. on Golf Course Road, follow the pavement north, 2 miles past the Golf course to the crossroads at the bottom of the canyon

COURSE: 11 Mile; Loop, One long hill between mile 1 & 2 6 Mile; Out & Back, long hill about mile 1 to 2 2 Mile; Out & Back,

AID STATIONS: At least, every 2.5 Miles

AGE DIVISIONS: 11 Mile

MEN: 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: 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) (13-15 and 16 to 19 Age Groups in the 6 Mile)

Clydesdales and Athena, 1st Three, Age Graded

AWARDS: Engraved Medallions to the overall winners & medals to first three finishers in THE AGE GROUP DIVISIONS DESCRIBED ABOVE and up to 50% of each group (5 max)

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

OTHERS \$10.00 Race Day, \$15.00 for everyone

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