

# CALENDAR

- \* Indicates W.T.R.C. Monthly Race and CHALLENGE SERIES EVENT
- OCT 3 W.T.R.C. Business meeting: Tuesday, 7pm, WEST TEXAS PETERBILT (Tom's Office), 45th and Ave A
- \* OCT 6 RED RAIDER ROAD RACE: 10K/5K, 8:00am, Texas Tech-Campus Rec. Ctr., George Jury & Jill Haukos, RD's, 806-792-3291
- OCT 13 9th ANNUAL RED RIBBON RUN: 5K/1MI, 9:00am, Buddy Holly Park, N University & Canyon Lake Dr., Rose Hoeve, RD, 806-766-1968
- OCT 13 Marathon2Marathon: Alpine/Marathon, Tx, Marathon, 2 person relay, 10K, 8:00am, [www.marathon2marathon.net](http://www.marathon2marathon.net)
- OCT 14 Denver Marathon: Denver Colo, Marathon, Half Marathon, 8:00am, [www.denvermarathon.com](http://www.denvermarathon.com)
- OCT 20 COMMUNITY PARTNERS FUN RUN: 5K/1MI, 9:00am, TTU campus, Audra Smith, RD, 806-747-2877, 806-544-2007, [audra@wagnersupply.com](mailto:audra@wagnersupply.com)
- OCT 20 Palo Duro Trail Runs: Palo Duro Canyon St Park, Ultra runs, contact for entry: [wbross@arn.net](mailto:wbross@arn.net)
- \* NOV 10 BUFFALO WALLOW: 2 MT, Half MARATHON, 9:00am, Buffalo Lakes, Mike Kelley, RD.
- \* NOV 22 TURKEY TROT: 2MI, 12K, 9:00am, MacKenzie Park Outdoor Ctr., Ron Lubowicz, RD.
- \* DEC 08 TOYS FOR TOTS-REDLINE CROSS COUNTRY RUN: 4MI, Mae Simmons Park, Tom Griffin, RD.
- \* JAN 12 LOOP THE LAKE: 5MILE/2MILE, 10:00AM, Buddy Holly Recreation Area, N. University, Lubb, Jim Beck, RD
- \* FEB 09 COTTON PATCH RUNS: 8MI, 4MI, RELAYS, 10:00am Frenship High School, Wolfforth, David Higgins, RD, 806-785-8562
- FEB 23 Cowtown Marathon: Ft Worth, TX, Marathon and Half Marathon, 7:30am, [www.cowtownmarathon.org](http://www.cowtownmarathon.org)

<http://wtrc.tripod.com>

Calendar, Photos, Online registration, Membership, etc.

Run the Texas Tech Campus as part of Tech's Homecoming Weekend! October 6, 2007



David and Kendall Higgins  
3401 Alcove  
Lubbock, TX 79407

26<sup>th</sup> Annual Red Raider Road Race  
5K & 10K



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



Red Raider Road Race  
8am, Saturday, October 6, 2007  
TTU Campus, Lubbock, TX 10K, 5K  
Details inside back cover

# WEST TEXAS RUNNING CLUB

## OFFICERS

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

**Internal Vice-President - Eric Ford**  
(H) 368-9989  
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**External Vice-President - Tom Griffin**  
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E-mail: tomgrwp@hotmail.com

**Secretary - Iris Rivero**  
(H) 722-7026  
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**Treasurer - David Higgins**  
(H) 785-8562 (O) 795-5823  
E-mail: d\_higgins69@hotmail.com

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

## DIRECTORS

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

**Internal Race Director - Randy Holloway**  
(H) 794-7512 (O) 771-0329  
E-mail: randyholloway@sbcglobal.net

**Equipment Director - Dwayne Oakeley**  
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E-mail: dsoakeley@sbcglobal.net

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

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

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

**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 Wednesday, October 3, 7:00 p.m. at West Texas Peterbilt, 4515 Ave. A, Sales & Leasing Office (closest to Ave A)  
All members are welcome

## GETTING MORE INVOLVED IN YOUR RUNNING CLUB'S ACTIVITIES

The West Texas Running Club needs your help. Yes, we want you to run as often as you can, but just as important, we need your participation when you haven't laced up your shoes for another road race.

Take a look at the current Challenge Series Standings, pages 6 and 7 of this Newsletter, and you will find 243 members who have been "active" so far this year through September. But, of those shown, only 79, or less than one third (1/3), have volunteered to help out at our nine races thus far. With just four races remaining, time is growing short for the opportunity to help the Club, or at least qualify for a year end Challenge Series award.

Our next race, the Red Raider Road Race on Saturday, October 6<sup>th</sup>, by far our most popular annual get together (last year: 134 in the 10-K and 211 in the 5-K), needs plenty of help so, if you don't plan to run, please call George Jury at 792-3291 or Jill Haukoos at 797-2012 to volunteer.

There is also a possibility that this race may be moved off campus at the last moment for football T.V. considerations, as it was in 2005 to the alternate course in Mackenzie Park. Thus, keep tuned to the latest news.

Also, we need dedicated, competent members to step forward and serve in other capacities, namely, as Race Directors, Board members, race computer and web site helpers, etc. Our next annual Board election is coming up shortly. Ballots will be included next month with the November Newsletter. There is still time to get on the ballot so feel free to contact any Board member if you are interested in assuming more responsibility in your Club's activities.

We thank you for your membership and appreciate any help you can offer.

# 3 THE SHALLOWATER STAMPEDE

## 2 MILE & 10 KILOMETER RUNS

Shallowater, Texas  
SEPTEMBER 8, 2007  
\* NEW AGE GROUP RECORD

10K OVERALL RESULTS

Place	Name	Town	St	Ag	S	Div	Div	10k	Pace
1	JASON FELLERS	LUBBOCK	TX	27	M	1	M2529	41:43	6:43
2	LUCAS MORRIS	LUBBOCK	TX	15	M	1	M1315	42:05	6:47
3	LEE COHEN	LUBBOCK	TX	35	M	1	M3539	42:38	6:52
4	JERRY DWYER	LUBBOCK	TX	47	M	1	M4549	42:42	6:53
5	AARON KELLY	LUBBOCK	TX	24	M	1	M2024	43:49	7:04
6	PAUL PARE	LUBBOCK	TX	45	M	2	M4549	44:22	7:09
7	ADAM BARRON	LUBBOCK	TX	44	M	1	M4044	44:27	7:10
8	LAURA BAAY	AMARILLO	TX	44	F	1	F4044	44:43	7:12
9	JEFFREY HAAG	LUBBOCK	TX	38	M	2	M3539	44:46	7:13
10	ANN CRUCE-ROBERTS	LUBBOCK	TX	31	F	1	F3034	45:11	7:17
11	TRAVIS WILSON	LUBBOCK	TX	23	M	2	M2024	45:17	7:18
12	CHRIS LONNGREN	LUBBOCK	TX	48	M	3	M4549	45:21	7:19
13	RANDY HOLLOWAY	LUBBOCK	TX	50	M	1	M5054	45:53	7:24
14	SARAH SPILLMAN	LUBBOCK	TX	24	F	1	F2024	46:16	7:27
15	TOM WEIS	LUBBOCK	TX	55	M	1	M5559	46:28	7:29
16	VICTOR MALDONADO	SHALLOWATER	TX	42	M	2	M4044	46:33	7:30
17	RICK LILLES	BIG SPRING	TX	50	M	2	M5054	47:15	7:37
18	CHELSEY KNIGHT	LUBBOCK	TX	17	F	1	F1619	47:53	7:43
19	BROOKE PITTMAN	LUBBOCK	TX	30	F	2	F3034	48:01	7:44
20	REID LASSITER	LUBBOCK	TX	13	M	2	M1315	48:03	7:45
21	JON DAVID BRUEGEL	LUBBOCK	TX	15	M	3	M1315	48:03	7:45
22	ERIC FORD	LUBBOCK	TX	42	M	3	M4044	48:11	7:46
23	CHRISTINE ISANHART	LUBBOCK	TX	26	F	1	F2529	48:10	7:55
24	MARK ALBUS	LUBBOCK	TX	50	M	3	M5054	49:13	7:56
25	RONNIE PRIGG	LUBBOCK	TX	56	M	2	M5559	49:21	7:57
26	FRAN SCHWARZENTRAUB	LUBBOCK	TX	40	M	4	M4044	49:32	7:59
27	PATRICK DECESARO	LUBBOCK	TX	31	M	1	M3034	49:37	8:00
28	LANDI KIME	LUBBOCK	TX	25	F	2	F2529	49:41	8:00
29	RUSSEL MARTIN	LUBBOCK	TX	49	M	4	M4549	49:54	8:02
30	JOHN TROMPLER	LUBBOCK	TX	60	M	1	M6064	50:59	8:13
31	CYNTHIA SORRENSEN	LUBBOCK	TX	44	F	2	F4044	51:01	8:13
32	JASON BURLEY	BROWNFIELD	TX	31	M	2	M3034	51:49	8:21
33	GORDEN JENKINS	AMARILLO	TX	67	M	1	M6569	52:27	8:27
34	KIPPI BUCHANAN	LUBBOCK	TX	37	F	1	F3539	52:44	8:30
35	MARIA DELEON	LUBBOCK	TX	46	F	1	F4549	53:01	8:33
36	P.J. MITCHELL	LUBBOCK	TX	61	F	1	F6099	53:31	8:37
37	KAMMY PHILBRICK	LUBBOCK	TX	46	F	2	F4549	53:41	8:39
38	CLIFF HATCHER	SHALLOWATER	TX	39	M	1	CLYDES	53:58	8:42
39	FERRY DALTON	LUBBOCK	TX	52	M	4	M5054	54:19	8:45
40	KELLEY WEIL	LUBBOCK	TX	31	F	3	F3034	54:26	8:46
41	EMILY WYATT	LUBBOCK	TX	27	F	3	F2529	55:03	8:52
42	ISAAC MUNOZ	LUBBOCK	TX	31	M	3	M3034	55:16	8:54
43	BRANDI BOSTWICK	LUBBOCK	TX	30	F	4	F3034	55:32	8:57
44	STD WALKER	SHALLOWATER	TX	47	M	5	M4549	56:13	9:03
45	THERESE HAIDUK	LUBBOCK	TX	20	F	2	F2024	56:24	9:05
46	SAM HOHBEIN	LUBBOCK	TX	26	M	4	CLYDES	56:56	9:10
47	CARSON DEFEVER	SHALLOWATER	TX	13	M	4	M1315	57:04	9:12
48	MALINDA COLWELL	LUBBOCK	TX	34	F	5	F3034	57:35	9:17
49	TRACI PAYNE	LUBBOCK	TX	34	F	6	F3034	58:55	9:29
50	MIKE KELLEY	LUBBOCK	TX	58	M	3	M5559	58:56	9:30
51	CRAIG PETERSON	HOBBS	NM	50	M	2	CLYDES	59:20	9:34
52	RACHEL MCNEW	LUBBOCK	TX	23	F	3	F2024	59:56	9:39
53	JILL HAUOKS	LUBBOCK	TX	43	F	3	F4044	1:00:24	9:44
54	DAWN JONES	LUBBOCK	TX	39	F	2	F3539	1:00:45	9:47
55	KIM CLEMMONS	LUBBOCK	TX	39	F	3	F3539	1:00:47	9:48
56	KIMBERLY BOSTWICK	MELROSE	NM	32	F	7	F3034	1:00:51	9:48
57	ERIN PIRKLE	LUBBOCK	TX	24	F	4	F2024	1:01:07	9:51
58	ALISON HIGGINS	LUBBOCK	TX	21	F	5	F2024	1:01:09	9:51
59	LAURIE KELSO	RANSOM CANYON	TX	46	F	3	F4549	1:01:15	9:52
60	ETTA MAYER	LUBBOCK	TX	58	F	1	F5559	1:02:20	10:03
61	JIMMY CLARK	LUBBOCK	TX	55	M	3	CLYDES	1:03:34	10:14
62	MARSHA BENNETT	LUBBOCK	TX	44	F	4	F4044	1:03:42	10:16
63	SARAH GAXIOLA	LUBBOCK	TX	55	F	2	F5559	1:03:55	10:18

Place	Name	St	Ag	S	Div	2	Pace
64	CHRISTIE ZINGERMAN	TX	33	F	1	M1619	11:50
65	ROBERT BLOODWORTH	TX	24	M	5	M1619	12:11
66	SARA BRINKER	TX	22	F	6	M1619	12:16
1	DREW JONES	TX	33	F	1	M1619	11:50
2	BLAKE CAMPBELL	TX	33	F	1	M1619	11:50
3	JOHNNY VASEK	TX	33	F	1	M1619	11:50
4	ANDREW SMITH	TX	33	F	1	M1619	11:50
5	TOBIAS SULTAN	TX	33	F	1	M1619	11:50
6	TYE EDWARDS	TX	33	F	1	M1619	11:50
7	CONNER LOFTIS	TX	33	F	1	M1619	11:50
8	BLAKE RIGBY	TX	33	F	1	M1619	11:50
9	ABRAHAM ISLAS	TX	33	F	1	M1619	11:50
10	RYAN ECKLES	TX	33	F	1	M1619	11:50
11	TREVOR FRANKLIN	TX	33	F	1	M1619	11:50
12	AUSTIN BAGWELL	TX	33	F	1	M1619	11:50
13	GLENN POKLIKUHA	TX	33	F	1	M1619	11:50
14	BRITTANY HALL	TX	33	F	1	M1619	11:50
15	SARA WARREN	TX	33	F	1	M1619	11:50
16	TREY EUBANKS	TX	33	F	1	M1619	11:50
17	GRANT SPRUEL	TX	33	F	1	M1619	11:50
18	REBECCA SPRUELL	TX	33	F	1	M1619	11:50
19	ALBERT LEVVA	TX	33	F	1	M1619	11:50
20	IRIS RIVERO	TX	33	F	1	M1619	11:50
21	ALEX JOHNSON	TX	33	F	1	M1619	11:50
22	KADE WILLIS	TX	33	F	1	M1619	11:50
23	SAVANNAH JONES	TX	33	F	1	M1619	11:50
24	COLE NELSON	TX	33	F	1	M1619	11:50
25	KYLEE SMITH	TX	33	F	1	M1619	11:50
26	TYLER EUBANKS	TX	33	F	1	M1619	11:50
27	KATIE VASEK	TX	33	F	1	M1619	11:50
28	HALEY BURTON	TX	33	F	1	M1619	11:50
29	JEREMIAH DUENES	TX	33	F	1	M1619	11:50
30	ASHTON NILSEN	TX	33	F	1	M1619	11:50
31	ALLISON MALDONADO	TX	33	F	1	M1619	11:50
32	LACHELLE BUTCHER	TX	33	F	1	M1619	11:50
33	KELLYE GAONA	TX	33	F	1	M1619	11:50
34	BRANDON HALL	TX	33	F	1	M1619	11:50
35	TAMMY MORIARTY	TX	33	F	1	M1619	11:50
36	BRYAN HALL	TX	33	F	1	M1619	11:50
37	KENZI CALLOWAY	TX	33	F	1	M1619	11:50
38	REBEKAH JONES	TX	33	F	1	M1619	11:50
39	LIZZIE ELSTON	TX	33	F	1	M1619	11:50
40	SCOTTY BLSTON	TX	33	F	1	M1619	11:50
41	REX REXRODE	TX	33	F	1	M1619	11:50
42	RON LUBOWICZ	TX	33	F	1	M1619	11:50
43	LINDSEY LEWALLEN	TX	33	F	1	M1619	11:50
44	NATALIE BIRKHOFF	TX	33	F	1	M1619	11:50
45	SHANNON ANDERSON	TX	33	F	1	M1619	11:50
46	JESSICA LOPEZ	TX	33	F	1	M1619	11:50
47	DANIEL D GONZALES	TX	33	F	1	M1619	11:50
48	MADISON MCINTIRE	TX	33	F	1	M1619	11:50
49	AMANDA COLE	TX	33	F	1	M1619	11:50
50	LEANNA VALENZUELA	TX	33	F	1	M1619	11:50
51	LUKE STUTLER	TX	33	F	1	M1619	11:50
52	LOGAN VIGIL	TX	33	F	1	M1619	11:50
53	CARLY DURHAM	TX	33	F	1	M1619	11:50
54	MOLLY MANNING	TX	33	F	1	M1619	11:50
55	MACIE WILLIAMS	TX	33	F	1	M1619	11:50
56	LARRY BLOSKAS	TX	33	F	1	M1619	11:50
57	TAMMY BLACKBURN	TX	33	F	1	M1619	11:50
58	NICOLE RISENHOVER	TX	33	F	1	M1619	11:50
59	MANDY SATTERWHITE	TX	33	F	1	M1619	11:50
60	DARCY JONES	TX	33	F	1	M1619	11:50
61	KAITTY DIAZ	TX	33	F	1	M1619	11:50
62	LINDSEY SPRUELL	TX	33	F	1	M1619	11:50
63	RALPH WOLF	TX	33	F	1	M1619	11:50
64	AARON SHOTTS	TX	33	F	1	M1619	11:50

Place	Name	St	Ag	S	Div	2	Pace
65	ERICA PRIETO	TX	38	M	19	F1315	16:44
66	RUSTY BRAWLEY	TX	38	M	4	M539	16:46
67	CYRENA VALLES	TX	28	F	20	F1315	16:54
68	CYMBER TIDALE	TX	28	F	3	F2529	16:55
69	LOGAN STUTLER	TX	28	F	15	M1315	16:58
70	CATLIN KATTINKLE	TX	28	F	21	F1315	16:56
71	CHARLIS BRAWLEY	TX	28	F	22	F1315	17:11
72	LARISSA LYNSKEY	TX	28	F	23	F1315	17:11
73	ISAAC SR MUNOZ	TX	52	M	1	M5054	17:26
74	KENDAL SHOULDERS	TX	43	M	2	M4044	17:28
75	CARL SPRUELL	TX	43	M	4	F2529	17:49
76	STARR PRUMER	TX	29	F	4	F2529	17:49
77	DAN LASSITER	TX	48	M	3	CLYDES	18:05
78	KATELYN POPE	TX	12	F	6	F0112	18:06
79	SHANNON McDONALD	TX	12	F	7	F0112	18:07
80	JIM HARRIS	NM	64	M	2	M6064	18:09
81	BRENDA CAMPBELL	TX	48	F	1	F4549	18:12
82	AERIAL GARCIA	TX	14	F	25	F1315	18:14
83	KOBE PETERS	TX	13	M	16	M1315	18:17
84	CAMIE HOLCOMBE	TX	34	F	4	F3034	18:31
85	PAULETTE STURDIVANT	TX	32	F	5	F3034	18:31
86	DANIEL J GONZALES	TX	12	M	5	M0112	18:36
87	JAMES BONE	TX	68	M	1	M6569	18:46
88	KEELI BOYLES	TX	17	F	4	F1619	18:55
89	LAUREN JONES	TX	14	F	26	F1315	19:16
90	MOLLY MOORE	TX	13	F	27	F1315	19:17
91	EMILY LEWALLEN	TX	13	F	28	F1315	19:24
92	PEYTON LEWALLEN	TX	10	F	8	F0112	19:29
93	SHAWNA HAYNIE	TX	37	F	2	F3539	19:29
94	TAMMY WILLIAMS	TX	39	F	3	F3539	19:39
95	SUSAN LEWALLEN	TX	39	F	4	F3539	19:39
96	KALYN BATEMAN	TX	39	F	4	F3539	19:39
97	TYKA DIPPREY	TX	14	F	29	F1315	20:11
98	ASHLEN ELLIOT	TX	14	F	30	F1315	20:12
99	JORDAN RITCHIE	TX	12	F	9	F0112	20:27
100	CALLI POLLARD	TX	17	F	5	F1619	20:30
101	DANIELLE COLE	TX	14	F	31	F1315	20:33
102	CHADWICK WILCOX	TX	16	F	6	F1619	20:36
103	ALLISON SIMPSON	TX	31	M	4	CLYDES	20:39
104	ALLIE WEBER	TX	13	F	32	F1315	20:43
105	SHELBI ROFFE	TX	16	F	7	F1619	20:44
106	KENDALL HIGGINS	TX	16	F	8	F1619	20:51
107	BRYAN HASTINGS	TX	13	M	17	M1315	20:56
108	JORDYN OLIPHANT	TX	45	M	2	M4549	21:01
109	SUSAN WILCOX	TX	29	F	5	F2529	21:20
110	LINDSEY ABLES	TX	29	F	5	F2529	21:33
111	ADRIANNA GONZALES	TX	12	F	10	F0112	22:22
112	NICKOLAUS HOEVE	TX	10	M	6	M0112	22:51
113	JOSIE ALEMAN	TX	56	F	1	F5559	23:55
114	SUZAN CAUDLE	TX	54	F	1	F5054	24:54
115	LIZ HEINEN	TX	14	F	34	F1315	25:00
116	BRANDON HASTINGS	TX	12	M	7	M0112	29:27
117	JEANETTE HASTINGS	TX	34	F	6	F3034	30:35
118	REBEKAH HASTINGS	TX	10	F	12	F0112	31:17



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

W.T.R.C. 2007 CHALLENGE SERIES STANDINGS AFTER 9 EVENTS MALE

Table with columns: YTD TOTALS (AGE, PTS, MILES, EVT, VOL), 0-12 MALE, 13-15 MALE, 16-19 MALE, 20-24 MALE, 25-29 MALE, 30-34 MALE, 35-39 MALE, 40-44 MALE, 45-49 MALE, 50-54 MALE, 55-59 MALE, 60-64 MALE, 65-69 MALE, 70-99 MALE.

Please note that 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: (808) 865-9300 or e-mail him at: billfelton@hotmail.com. Thank you. Also, you must be a current paid member of the WTRC, run in at least 3 events, and volunteer as a non-runner in at least 1 other event in order to be eligible for Challenge Series awards.

W.T.R.C. 2007 CHALLENGE SERIES STANDINGS AFTER 9 EVENTS FEMALE

Table with columns: YTD TOTALS (AGE, PTS, MILES, EVT, VOL), 0-12 FEMALE, 13-15 FEMALE, 20-24 FEMALE, 25-29 FEMALE, 30-34 FEMALE, 35-39 FEMALE, 40-44 FEMALE, 45-49 FEMALE, 50-54 FEMALE, 55-59 FEMALE, ATHENA-age graded, 60-99 FEMALE, CLYDESDALE - age graded.

Please note that 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: (808) 865-9300 or e-mail him at: billfelton@hotmail.com. Thank you. Also, you must be a current paid member of the WTRC, run in at least 3 events, and volunteer as a non-runner in at least 1 other event in order to be eligible for Challenge Series awards.

MEMBERSHIP NEWS

We have some good news and bad news to report this month. First, the good news!

Quent Bearden, 32, a recent member, who has moved to San Diego, California, came in 4th place overall in the August Leadville Trail 100 with a time of 19:58:57. That is nineteen hours, fifty-eight minutes and 57 seconds - quite an endurance contest especially in the mountains of Colorado. This remarkable time was good for first place in his age group of 30-34.

In our quest for future Quents in our Club we have two excellent teenage prospects in Nick Wargo, 16, of Coronado H.S., who finished among the top 20 in the Sept. 8th Class 5A-4A Plainview Invitational cross country meet and came in 7th with a time of 17:06.68 in the Sept. 15th West Texas Micro-Graphics Invitational at Mae Simmons Park.

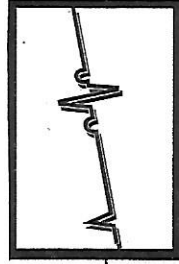
Our other budding Quent, who is running away with the Club's Challenge Series point total with 91, so far is Lucas (Luke) Morris, 15, running as an Independent, who came in 9th at the Slaton Run At The Canyon on Sept. 15th with a time of 20:57.10. Keep up the good work guys! Now the bad news.

Ann Cruce-Roberts gave this report on Dick Baker, an associate at work, and fellow road racing member of our Club: "Dick was injured on the 20th of August while running in the early morning about sunrise. He was hit by a car at the intersection of 90th and Indiana. Dick was hospitalized with non-life threatening injuries at Covenant. Dick sustained injuries to his hands, knees, and, especially, to his ear. His ear required one surgery while he was in the hospital. Dick was released from the hospital on the 23rd. Since his release, Dick has had an additional surgery to repair the damage to his ear. Dick is doing better but will not be running anytime soon. You can call Dick at 441-1916."

Even worst news was the sudden, unexpected death of member Dr. Joseph (Nate) & Dr. Selma Wilson's son Nathan Tate Wilson, 23, in a tragic accident on Sept. 6th.

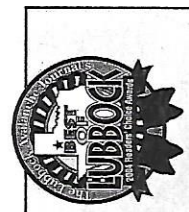
TEXAS TECH - HOSTING THE BIG 12 CROSS COUNTRY CHAMPIONSHIPS

This is an excellent opportunity to see the best long distance runners in the Big 12 Conference in action including Tech's 2006 defending national cross country champion, Sally Kipyego. Come out & watch and be a race course official on Friday, October 26th at the Rawls Golf Course on the Tech campus. Officials will meet at 8:30 a.m. for the races which start at 10 a.m. & 11 a.m. Please contact: Jon Murray at (806) 252-3165 or e-mail him at: jonathan.murray@ttu.edu



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

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



Shallowater Stampede - Race Director's Report

The 19th Annual Shallowater Stampede took place on Saturday, September 8, 2007. The new (from last year) out & back course was chosen as the official Stampede Course. (FYI - This course has been measured and marked for certification purposes.) There were 118 runners in the 2-mile race (17 more than last year) and 66 runners in the 10 K race. Way to go Runners!

As in the past few years, having the Shallowater Middle School and High School athletes participating helped these numbers. We appreciate their coaches for encouraging the kids to participate in the race. Our overall winners this year were: Jason Fellers, 10 K-Male, with a time of 41:43; Laura Baay of Amarillo, 10-K Female, with a time of 44:43; Drew Jones, 2-Mile Male, with a time of 11:50; and, Brittany Hall, 2-Mile Female, with a time of 13:29.

As always, I want to give special thanks is given to the many volunteers who assisted with the race. It would absolutely be impossible to put on this (or any) race without the extra help you provide. Volunteers from the WRTC included: Tom Griffin, Randy Holloway, George Jury, Tony Aleman, Jim Higgins, Cheryl and Fred Weber, Bonnie Watts, Rose Hoeve, Eddie Morelock, the Farrell Martin Family, I appreciate you all.

Special thanks to Jay Jones and the Shallowater High School Senior Parents - they manned our water stops as well as cheering and slowing traffic along the course. Their support allows more runners to be able to participate in the race. We are always grateful for their support of our race.

In case you didn't know, the Stampede T-shirts are their biggest fundraiser for the Substance-free Graduation Party, sponsored by these parents each year. Thank you also to David Higgins, (faithful club photographer - check out the photos on the website), Tom Weiss (water & Gatorade) and Ron Lubowicz (bagels and bananas). To my wife, Sheri - thank you - I couldn't do it without you!

Dwayne Oakeley - Race Director

Active West Texas Running Club Members' Birthdays - October

- Joseph Wilson 52 on 10/1 Jerry Dwyer 48 on 10/2 Rose Hoeve 40 on 10/3\*
- Chadwick Wilcox 32 on 10/4 Raymond Brady 64 on 10/7 Wallace Dean 67 on 10/7
- Arlan Patton 53 on 10/10 Tom Weis 56 on 10/10 Jim Harris 65 on 10/11\*
- Denise Bray 46 on 10/13 Daniel Gonzales 42 on 10/13 Tammy Moriearty 34 on 10/13
- Gene Adams 73 on 10/14 Ann Cruce-Roberts 32 on 10/15 Nick Wargo 17 on 10/15
- Madonne Miner 55 on 10/16\* Ryan Enriquez 12 on 10/17 John Price 53 on 10/17
- Jim Wilhelm 57 on 10/17 Larry Bloskas 46 on 10/22 Craig Jackson 43 on 10/22
- Reid Lassiter 14 on 10/22 PJ Mitchell 63 on 10/23 Sandy Jansen 36 on 10/26
- Jill Aleman 30 on 10/28\* Tammy Aleman 33 on 10/28 Ronnie Nugent 61 on 10/28
- Jana St.Clair 31 on 10/29 Adam Barron 45 on 10/30\* Robert Bloodworth 43 on 10/30

\* = New Age Group

10  
RED RAIDER ROAD RACE  
10K EVENT RECORDS  
Since 1982

NAME	AGE	TIME	YEAR
0-19 Veronica Cavazos	18	38:48	1982
20-24 Idalia Gastano	23	41:22	1991
25-29 Beverly Watkins	28	37:52	1983
30-34 Marjory Stewart	34	36:43	1993
35-39 Marjory Stewart	35	37:41	1994
40-44 Bobby Jester	40	44:41	1994
45-49 Colleen Isdale	45	46:45	1996
50+ Madonne Miner	50	45:42	2003
Athena Kanny Philbrick	43	56:45	2004

NAME	AGE	TIME	YEAR
0-19 Richard Oropeza	19	33:04	1988
20-24 Red Clout	23	31:29	1994
25-29 Michael Njenga	26	30:57	1988
30-34 James Mays	32	33:01	1991
35-39 Scott Brickerd	35	32:19	1988
40-44 Bobby Cunningham	42	34:52	1982
45-49 Ron Lubowicz	45	35:33	1988
50-54 George W. Jury	50	37:23	1986
55-59 George W. Jury	56	39:15	1992
60-64 Ed Craighead	60	42:10	2004
65-69 Ralph Wolf	66	51:04	2003
70+ Don Sanderson	71	48:26	2001
Clyde Farrell Martin	37	39:53	2003

5K EVENT RECORDS  
(Since 1988)

NAME	AGE	TIME	YEAR
0-15 Addison Lemaster	15	19:56	2004
16-19 Brittone Yosten	19	18:25	2002
20-24 Bridget Tidwell	20	17:44	2002
25-29 Brenda Lauten	29	19:52	1994
30-34 Kay Schmidt	34	20:39	1992
35-39 Brenda Lauten	37	21:09	2002
40-44 Caylene Caddell	43	20:54	1995
45-49 Caylene Caddell	45	21:45	1997
50+ Caylene Caddell	50	22:28	2002
Athena Rebecca Zacharias	29	28:19	2001

NAME	AGE	TIME	YEAR
0-15 Ryan Maney	15	17:21	2001
16-19 Kyle Atwood	18	16:15	2002
20-24 Dwayne Benoit	20	15:52	2002
25-29 Josephat Keino	25	16:11	2006
30-34 Martin Leodgard	31	15:44	1995
35-39 Bob Finn	39	16:57	1994
40-44 Tony Collins	44	17:43	1994
45-49 James Leser	47	17:54	1993
50-54 Ed Craighhead	52	18:41	1995
55-59 Gary Schmidt	55	18:48	1992
60-64 Don Sanderson	63	21:11	1993
65-69 David Lard	66	22:23	2003
70+ Don Sanderson	74	24:41	2004
Clyde Douglas Gardner	30	19:58	1995

\* Overall Men's and Women's event records

11

WEST TEXAS RUNNING CLUB'S  
26th ANNUAL RED RAIDER ROAD RACE  
10K and 5K RUNS  
USA T&F CERTIFIED  
10K #TX97071ETM 5K #TX97070ETM

EVENT NUMBER 10 of the WTRC CHALLENGE SERIES

WHEN: SATURDAY, October 6, 2007  
RACE START: 8:00 A.M., 10K and 5K

WHERE: TEXAS TECH UNIVERSITY CAMPUS, Lubbock, TX  
University Recreation Center, Main and Hartford

COURSE: 5K, Flat, Single Loop of Campus on Asphalt  
10K, Double Loop of Same Route

ENTRY FEE: Early Registration: by mail thru SEP. 28th,  
\$15 (WTRC members), \$20 non-members.  
(pick up packets/T Shirts Oct. 5th & 6th at  
Rec Center, Main & Hartford)

Late Reg; Friday, Oct. 5th, also at Rec.Center  
10am to 6pm, \$20 (everyone)

Raceday; 6:30 to 7:30 A.M. only, \$25  
Student Recreation Center, Main and Hartford

AGE DIVISIONS: 10K

MEN: 13-19; 20-24; 25-29; 30-34; 35-39; 40-44;  
45-49; 50-54; 55-59; 60-64; 65-69; 70 Plus

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

(Additional 6-12, 13-15 & 16-19 age  
groups in the 5K)

AWARDS: 1st Place Male and Female as well as 1st  
Master(Age Graded) each race receive a special  
Plaque. 1st 3 in each Age Group receive medals  
Clydesdales/Athena, 1st 3 each race (Age Graded)  
Long sleeved T Shirts to all entrants

VOLUNTEERS: Are needed, Call George Jury  
806-792-3291

RACE DIRECTORS: George Jury & Jill Haukos



# Sea of Red 9th Annual Red Ribbon Run



When: Saturday, October 13, 2007

Registration: 8:00-8:45 a.m.

Race Starts: 9:00 a.m.

Where: Buddy Holly Park, North University  
& Canyon Lake Drive

Entry Fee: Pre-registration \$10.00 per person if post marked by October 10, 2007. Registrations after October 10, or on site \$12.00, \$30.00 for school groups (including two sponsors). T-shirts will be given to the first 100 Individual registrations. Age group awards will be given. Traveling trophy for Elementary, Junior and Senior High Schools with the most participants. Only first 10 students to register for each school group will get a free t-shirt. T-shirts on race day will be \$5.00 while supplies last.

### 5K Male & Female age categories

Under 12, 12-15, 16-19, 20-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-Over  
1st, 2nd, & 3rd Place medals will be awarded in each age and gender category.

### 1 Mile Male & Female age categories

5-7, 8-11, 12-14

1st, 2nd, & 3rd Place medals will be awarded in each age and gender category.



Mail Pre-registrations to  
Safe & Drug Free Schools & Communities  
c/o Rose Hoeve, 1628 19th Street, Lubbock, TX 79401

For questions call 766-1968

**Make checks payable to West Texas Institute**



Waiver – All participants must read and sign

The West Texas Running Club, Sea of Red Committee, agents, or representative of the run, or any volunteer shall not be responsible for, and shall be saved and held harmless by myself, from and against any and all claims and damages of every kind, for injury to, for death of any person or persons and for damages to or loss of property arising out of or attributed to indirectly, to participants in the 2007 Red Ribbon Run. This indemnity shall extend to and shall be binding on their heirs, legatees, administrators, and assigns. My signature hereto verifies that participation in this event is inherently dangerous and could result in bodily injury or death and that proper physical training is necessary prior to such participation. Roller blades, skates, skateboards, strollers, and pets are not permitted on the race course and earphones are strongly discouraged because of the probability of increased injuries. This entry is not valid unless signed by the participant, guardian, conservator, or parent for Participant under 18 years of age.

Participant's name (Please Print) \_\_\_\_\_ Name of School \_\_\_\_\_

Names of sponsors: (1) \_\_\_\_\_ (2) \_\_\_\_\_

Age (Day of the Race) \_\_\_\_\_ Male \_\_\_\_\_ Female \_\_\_\_\_ T-shirt Size \_\_\_\_\_

Participant's Signature \_\_\_\_\_ Address \_\_\_\_\_ City \_\_\_\_\_ ZIP \_\_\_\_\_

Signature of Guardian (If minor) \_\_\_\_\_

Home Phone \_\_\_\_\_ School/Work Phone # \_\_\_\_\_ 5K \_\_\_\_\_ 1Mile Fun Run/Walk \_\_\_\_\_

Sponsored by: West Texas Running Club, Lubbock ISD, Healthy Lubbock,  
TTU Center for Prevention & Resiliency