

# CALENDAR

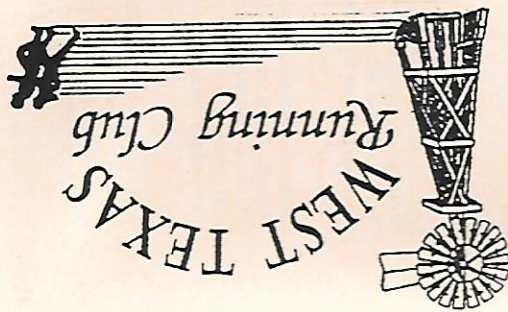
- \* Indicates W.T.R.C. Monthly Race and CHALLENGE SERIES EVENT
- SEP 04 W.T.R.C. Business meeting: Tuesday, 7pm, West Texas Peterbilt (Tom's Office), 45th & Ave A.
- SEP 01 WATERMELON ROUNDUP 5K/10K RUN: 7:30am, Old Court House, Plains, TX., Mark Anna, RD, 806-456-8087, 806-456-6365, 806-215-3168.
- \* SEP 08 SHALLOWATER STAMPEDE: 10K, 2MI, 8:00am, Shallowater High School. Dwayne Oakeley, RD, 806-799-4473
- SEP 15 COTTON COUNTRY SPRINT: 5K/3MI BIKE/300YD SWIM, South Plains College, Levelland, Deede Odorizzi, RD, 806-894-9611 x2236, [dodorizzi@southplainscollege.edu](mailto:dodorizzi@southplainscollege.edu)
- SEP 22 13<sup>th</sup> RACE FOR THE CURE: 8:30am, 5K, 1MI, Lubbock Civic Ctr., 1501 6<sup>th</sup> Street, [www.komen-lubbock.org](http://www.komen-lubbock.org)
- SEP 22 3<sup>RD</sup> ANNUAL PIONEER ROAD RACE: 5k, 8:30am, Hutcherson Ctr, Wayland Campus, Plainview, TX, Brian Whitlock, RD, 806-291-1150, [whitlockb@wbu.edu](mailto:whitlockb@wbu.edu)
- SEP 29 WHITE BUFFALO STAMPEDE: 5K, 1K 8:45am, Courthouse Square, Snyder, TX Sherill Easterling, RD, [seasterling@wtc.edu](mailto:seasterling@wtc.edu), [whitebuffalostampe.com](http://whitebuffalostampe.com)
- \* OCT 6 RED RAIDER ROAD RACE: 10K/5K, 8:00am, Texas Tech-Campus Rec. Ctr., George Jury, RD, 806-792-3291, Jill Haukos, Assistant RD, 806-797-2012
- OCT 13 9<sup>th</sup> ANNUAL RED RIBBON RUN, 5K, 1MI 9:00am, Buddy Holly Park, N University & Canyon Lake Dr., Rose Hoeve, RD, 806-766-1968
- 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)
- \* NOV 10 BUFFALO WALLOW: ½ MARATHON, 2MI., 9:00am, Buffalo Lakes, Mike Kelley, RD. 765-0441
- \* NOV 22 TURKEY TROT: 2MI, 12K, 9:00am, MacKenzie Park, Outdoor Ctr., contact Ron Lubowicz, 806-632-4926
- \* DEC 08 TOYS FOR TOTS-REDLINE CROSS-COUNTRY RUN: 4MI, Mae Simmons Park, Tom Griffin, RD. 806-787-4295

<http://wtcr.tripod.com>

Calendar, Photos, Online registration, Membership, etc.

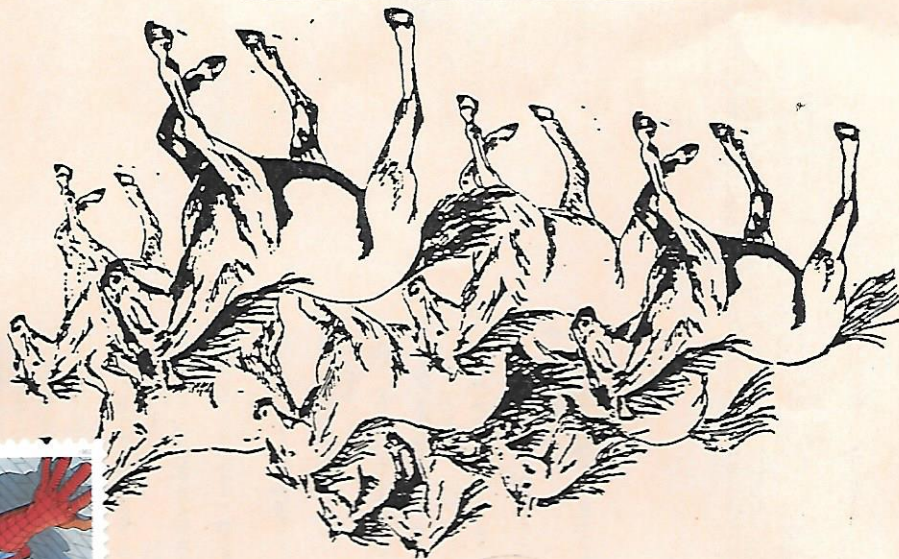


WTRC Newsletter  
9505 Viola Ave.  
Lubbock, TX 79424-7518  
September 2007



Shallowater Stampede  
8am, Sat., September 8, 2007  
Shallowater, Texas, 10K & 2M  
Details inside back cover

David and Kendall Higgins  
3401 Alcove  
Lubbock TX 79407



# 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  
E-mail: eric.ford@ttu.edu

External Vice-President - Tom Griffin  
(H) 698-1503  
E-mail: tomgrwp@hotmail.com

Secretary - Iris Rivero  
(H) 722-7026  
E-mail: iris\_rivero3@hotmail.com

Treasurer - David Higgins  
(H) 785-8562 (O) 795-5823  
E-mail: d\_higgins69@hotmail.com

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

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, September 4, 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

The WTRC Board has agreed to take a long, hard look into what the Club can/should do to make our sport and its life benefits real to our region's children. We have had a "kickoff" of sorts ... an agreement among board members to assemble a core group of club members and interested physical education staffers to bring ideas and proposals before the Board, and to be open-minded about how we enter into this effort.

This is an invitation to all of you to participate ... especially those of you with young children and those of you who have coaching or school policy/administrative experience. But because we must look at this from every angle in order to launch a safe and meaningful program, we need all the input we can get. Some of you can introduce us to similar efforts elsewhere; others of you might open our eyes to special safety issues; still others of you might have promotional talents to help us introduce and expand whatever program we come up with, etc.

The point is, our club is made up of runners with many talents and many gifts, some of which could help us in creating not just a good program, but a great program for kids. If you are one of these people, please try to make our next meeting (see calendar) and get involved. If that is not convenient, or if you're just plain shy, send me an e-mail with your thoughts. This could be a very, very good thing if we do it right.

SYOTR, Ron

## 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 Oakley  
(H) 799-4473  
E-mail: dsoakley@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

West Texas Running Club  
20th ANNUAL HOT DAM  
2 Mile and 5 Mile Road Races  
Lubbock, Texas August 11, 2007

\* New Age Group Record

## 5 MILE OVERALL RESULTS

Place	Name	St	Ag	S	Div	Div	5	5	Pace
	Town								
1	JACOB LOZANO	NH	16	M	1	M1619		27:52	5:35
2	BOB JACKSON	NH	48	M	1	M4549		28:58	5:48
3	DAVID GONZALES	TX	28	M	1	M2529		30:06	6:02
4	HUNTER BRADSHAW	TX	17	M	2	M1619		32:23	6:29
5	JOHN PRYOR	TX	25	M	2	M2529		32:58	6:36
6	NICK WARGO	TX	16	M	3	M1619		34:12	6:51
7	JENNIFER STICKSEL	TX	35	F	1	F3539		34:39	6:56
8	JERRY DWYER	LUBBOCK	47	M	2	M4549		35:03	7:01
9	SARAH SPILMAN	LUBBOCK	24	F	1	F2024		35:04	7:01
10	EDDY MORELOCK	LUBBOCK	35	M	1	M3539		35:04	7:01
11	MADISON KAUFFMAN	LUBBOCK	12	F	1	F0112		35:42	7:09
12	PARRELL MARTIN	LUBBOCK	41	M	1	CLYDES		35:53	7:11
13	JAMES BAUMANN	LUBBOCK	38	M	2	M3539		36:12	7:15
14	ANN CRUCE-ROBERTS	LUBBOCK	31	F	1	F3034		36:18	7:16
15	JEFFREY HAAG	LUBBOCK	38	M	3	M3539		36:19	7:16
16	ADAM BARRON	LUBBOCK	44	M	1	M4044		36:47	7:22
17	IRIS RIVERO	LUBBOCK	32	F	2	F3034		36:53	7:23
18	FREDERICK FURLONG	MIDLAND	40	M	3	M4044		37:20	7:28
19	TOM WEIS	LUBBOCK	55	M	1	M5559		37:42	7:33
20	RANDY HOLLOWAY	LUBBOCK	50	M	1	M5054		38:13	7:39
21	ERIC FORD	LUBBOCK	42	M	4	M4044		38:25	7:41
22	KYLE ASHLEY	LUBBOCK	45	M	3	M4549		38:46	7:46
23	TARA IOAN	LUBBOCK	24	F	2	F2024		38:46	7:46
24	HEIDI WLEDENFELD	LUBBOCK	39	F	2	F3539		38:50	7:46
25	JOSH SAVAGE	LUBBOCK	32	M	1	M3034		38:52	7:47
26	JOEL HERNANDEZ	LDALOU	29	M	3	M2529		38:59	7:48
27	ANGIE SONNENBERG	LUBBOCK	28	F	1	F2529		39:27	7:54
28	RONNIE PRIGG	LUBBOCK	56	M	4	M5559		39:51	7:59
29	TOMMIE FAURELL	LUBBOCK	36	M	2	M3539		39:55	7:59
30	VICTOR MAGRI	LUBBOCK	41	M	2	CLYDES		39:56	8:00
31	AL GARDNER	LEVELLAND	51	M	2	M5054		39:57	8:00
32	AARON MORRIS	LUBBOCK	24	M	1	M2024		40:05	8:01
33	FRED WEBER	LUBBOCK	56	M	3	M5559		40:09	8:02
34	SIGI DIAZ	PLANO	53	M	3	M5054		40:22	8:05
35	MARK ALBUS	LUBBOCK	50	M	4	M5054		40:39	8:08
36	BROOKE PITTMAN	LUBBOCK	29	F	2	F2529		41:07	8:14
37	EPL AGUIRRE	LUBBOCK	48	M	4	M4549		41:16	8:16
38	CHRIS COLEMAN	LUBBOCK	32	M	2	M3034		41:30	8:18
39	LISA PRICE	LUBBOCK	51	F	1	F5054		41:43	8:21
40	JON DAVID BRUEGEL	TX	15	M	1	M1315		42:42	8:33
41	GORDEN JENKINS	LUBBOCK	66	M	1	M6569		43:15	8:39
42	MARIA DELEON	LUBBOCK	46	F	1	F4549		43:39	8:44
43	JASON BURLEY	LUBBOCK	31	M	3	M3034		43:41	8:45
44	ISAAC MUNCZ JR	LUBBOCK	31	M	4	M3034		43:42	8:45
45	BRYAN CONYERS	MIDLAND	33	M	5	CLYDES		43:45	8:45
46	KAMRY PHILBRICK	LUBBOCK	46	F	2	F4549		43:48	8:46
47	TERRY DALTON	LUBBOCK	52	M	5	M5054		44:10	8:50
48	ALBERT TELFAN	LUBBOCK	41	M	4	M4044		44:11	8:51
49	P. J. MITCHELL	LUBBOCK	62	F	1	F6099		44:14	8:51
50	ASHLRE DUINN	MIDLAND	31	F	3	F3034		45:16	9:04
51	TOM VALDEZ	LUBBOCK	50	M	6	M5054		45:26	9:06
52	LEE ANN ROBERTS	LUBBOCK	40	F	1	F4044		45:42	9:09
53	CHERYL WEBER	LUBBOCK	54	F	2	F5054		45:58	9:12
54	DAVID HIGGINS	LUBBOCK	55	M	4	M5559		46:08	9:14
55	JAMES LIVERMORE	LUBBOCK	60	M	1	M6064		46:42	9:21
56	ERIC YOUNG	LUBBOCK	36	M	5	M3539		46:49	9:22
57	KEITH TURMAN	MIDLAND	24	M	2	M2024		47:33	9:31
58	KELLEY WEIL	LUBBOCK	31	F	4	F3034		47:56	9:36
59	BONNIE WATTS	LUBBOCK	45	F	3	F4549		47:57	9:36
60	DICK BAKER	LUBBOCK	62	M	2	M6064		48:41	9:45
61	CRAIG PETERSON	HOBBS	50	M	4	CLYDES		48:51	9:47
62	RACHEL MCNEW	LUBBOCK	23	F	3	F2024		48:56	9:48
63	KIM CLEMMONS	LUBBOCK	39	F	3	F3539		49:07	9:50
64	TRACI PAYNE	LUBBOCK	34	F	5	F3034		49:11	9:51
65	JILL HAKOUS	LUBBOCK	43	F	2	F4044		49:14	9:51
66	MALINDA COLWELL	LUBBOCK	33	F	6	F3034		49:19	9:52
67	JAMY YOUNG	LUBBOCK	36	F	4	F3539		50:57	10:12
68	CHRISTIE ZINGERMAN	LUBBOCK	33	F	1	ATHENA		51:27	10:18
69	JIMMY CLARK	LUBBOCK	55	M	6	CLYDES		51:48	10:22
70	AARON SELF	LUBBOCK	28	M	4	M2529		52:20	10:28

71 IRMA SANCHEZ	TX 36 F	5 F3539	52:42	10:33
72 RICK LAMEE	TX 63 M	3 CLYDES	53:02	10:37
73 MONICA HARN	TX 39 F	6 F3539	53:30	10:42
74 SUZAN CAUDLE	TX 54 F	3 F5054	1:14:11	14:51

New Event - No Records Established

2 MILE OVERALL RESULTS							
Place	Name	St	Ag	Div	Div	2	Pace
1	TYLER LIVERMORE	TX	17	M	1	M1619	11:38 5:49
2	LUCAS MORRIS	TX	15	M	1	M1315	11:39 5:50
3	RICKY MARTINEZ	TX	39	M	2	M3539	12:00 6:00
4	GLEN FOKLIKUHA	TX	36	M	1	M3539	12:03 6:02
5	JACKIE CANNON	TX	51	M	1	M5054	12:09 6:05
6	JESSE GONZALEZ	TX	13	M	2	M1315	12:48 6:24
7	ROBERT DURAN	TX	15	M	3	M1315	12:54 6:27
8	VICTOR RAMIREZ	TX	16	M	2	M1619	13:17 6:39
9	MIC MARTINEZ	TX	28	M	1	M2529	13:17 6:39
10	NATE WILSON	TX	51	M	2	M5054	13:21 6:41
11	LUKE SMARRON	TX	14	M	4	M1315	13:31 6:46
12	PATRICK TONE	TX	14	M	5	M1315	13:56 6:58
13	JIMMY SMARRON	TX	52	M	3	M5054	14:02 7:01
14	JOSH WILSON	TX	17	M	3	M1619	14:37 7:19
15	GONZALO RAMIREZ	TX	51	M	4	M5054	14:40 7:20
16	MARK SMITH	TX	36	M	3	M3539	14:48 7:24
17	NOE VALLES	TX	41	M	1	M4044	14:49 7:25
18	BRETT HART	TX	28	M	2	M2529	14:53 7:27
19	NAKINA LOPEZ	TX	13	F	1	F1315	15:39 7:50
20	TAMMY MORLEARTY	TX	33	F	1	F3034	15:40 7:50
21	JOHN BARRIENTOS	TX	33	M	1	M3034	15:46 7:53
22	LORENZO PADILLA	LUBBOCK	53	M	5	M5054	15:54 7:57
23	GABRIELE AGUIRRE	LUBBOCK	14	F	2	F1315	16:03 8:02
24	CELESTINA LOPEZ	LEVELLAND	12	F	1	F0112	16:34 8:17
25	MIKE TONE	LUBBOCK	42	M	2	M4044	16:55 8:28
26	HOLLYE MARTINEZ	SEUR	39	F	1	F3539	17:02 8:31
27	MANDY SATTERTHWHITE	LUBBOCK	29	F	1	F2529	17:09 8:35
28	LARRY BLOSAS	ANTON	45	M	2	CLYDES	17:15 8:38
29	ISAAC MUNOZ SR	LUBBOCK	52	M	1	CLYDES	17:29 8:45
30	CYBER TISDALE	BROWNFIELD	28	F	2	F2529	17:38 8:49
31	DANIELLE BOENKER	LUBBOCK	26	F	3	F2529	17:40 8:50
32	JOSHUA FORD	LUBBOCK	27	M	3	M2529	17:40 8:50
33	BILL FELTON	LUBBOCK	72	M	1	M7099	17:41 8:51
34	SUSAN TOMLINSON	LUBBOCK	50	F	1	F5054	17:50 8:55
35	JIM HARRIS	HOBBS	64	M	1	M6064	18:18 9:09
36	MARLENE LOPEZ	LEVELLAND	36	F	2	F3539	18:35 9:18
37	BRENDA CRAPPELL	LUBBOCK	49	F	1	F4549	19:14 9:37
38	KEN LOKEY	LUBBOCK	66	M	1	M6569	21:23 10:42
39	ANNE JOHNSON	AUSTIN	29	F	4	F2529	22:31 11:16
40	JAMES MILFORD	LUBBOCK	37	M	4	M3539	22:31 11:16
41	ISAIAH MUNOZ	LUBBOCK	12	M	1	M0112	23:03 11:32
42	NICOLE MCNEW	LUBBOCK	19	F	1	F1619	23:17 11:39
43	KENDALL HIGGINS	TX	13	M	6	M1315	24:29 12:15
44	JOSIE ALEMAN	LUBBOCK	56	F	1	F5559	24:48 12:24



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

**HOT DAM RUNS - RACE DIRECTOR'S REPORT**

The 2007 Hot Dam races were held on a hot, humid August morning, making the run across the rolling inclines of the course a bit more challenging than its been in previous years. 2007 was the first year we included a two-mile race in this event. This was a welcomed addition because it gave those folks who have neither the time nor desire to run 5 miles an opportunity to compete as well.

Our numbers this year marked a noteworthy boost in participation. Registered entries this year totalled 149 ( 57 -2 mile, 92 - 5 mile); finishers totalled 118 (44 - 2 mile, 74 - 5 mile). 2006 totals were 122 and 100, respectively. It is always nice to see an increase in the number of entrants for running events in our community! A couple of records were set this year.

Bob Jackson (M45-49) ran the 5 mile race in 28:58, breaking Jim Leser's time of 29:55 in 1993. New member Madison Kauffman (F0-12) ran the 5-miler in 35:42, breaking Colleen Adams' 2004 record of 35:53.

PJ Mitchell (F60-99) ran 5 miles in 44:14, breaking her old record of 45:36 in 2006. Christie Zingerman (Athena) ran the 5 in 51:13, breaking Suzan Caudle's record of 1:00:43 in 2004.

This year we were once again fortunate to offer t-shirts to the first 75 paid entrants (courtesy of Apria Healthcare and Rose Medical) along with door prizes. I would like to express my deepest appreciation to the sponsors who so generously donated these items to our event. I particularly want to extend a special thanks to PJ Mitchell who took her time to procure sponsors, screen print t-shirts and caps and arrange for door prize items for 2007 Hot Dam.

My sincerest appreciation to those who gave up their Saturday mornings to volunteer for our race. Tom Griffin and Tara worked the computer; Edson Pinto and Mike Greer worked registration; Lee Cohen and Larry Byrd worked the store and brought the bagels/bananas; Hannah Layman and James Layman worked the turnaround; George Jury, Chris Longren, Robert Bloodworth, Sarah Gaxiola and James Bone worked the water stops; John Bruegel, Tony Aleman and Marsha Bennett worked the finish line. Mary Harris & Rene' Gonzales took pictures for the website. Thank you, too, to running volunteers Randy Holloway for his organizational advice and Tom Weis for schlepping the water. If I inadvertently left some folks off this list please forgive the omission - I am truly grateful for each and every one's extraordinary efforts.

Last, but never least, thank you to ALL runners who participated in this race. You are all courageous and dedicated souls. Hope to see everyone next year; thanks again for making this event a success.  
 Eita Mayer - Race Director

**Active West Texas Running Club Members' Birthdays - SEPTEMBER**

Tim Key	40 on 9/1*	Cynthia Sorrensen	44 on 9/1	Wade Wilson	49 on 9/1
Korbin Martinez	10 on 9/3	Bryan Beaver	28 on 9/5	Bonnie Watts	46 on 9/6
Don Appling	49 on 9/7	Todd Cepica	40 on 9/8*	Bruce Fellers	54 on 9/8
Eddy Morelock	36 on 9/8	Rick Nathan	63 on 9/8	Randy Holloway	51 on 9/9
Bob Blake	43 on 9/11	Aaron Peters	33 on 9/11	Epi Aguirre	49 on 9/12
Samuel Ayers	45 on 9/12*	Andrew Azab	42 on 9/12	Marti Greer	49 on 9/14
Bobbie Black	26 on 9/15	Aubrey Bridges	54 on 9/18	Jimmy Clark	56 on 9/18
Randy Egenbacher	52 on 9/18	Bill Felton	73 on 9/18	Jeff Jury	47 on 9/19
Tom Clemmons	54 on 9/21	Terry Dalton	53 on 9/21	Lourdes Juan	41 on 9/22
Karen Sanderson	64 on 9/23	Greg Hoeve	43 on 9/24	David Mangold	59 on 9/26
Greg Milford	38 on 9/30				

\* = New Age Group

W.T.R.C. 2007 CHALLENGE SERIES STANDINGS AFTER 8 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, 70-89 MALE.

W.T.R.C. 2007 CHALLENGE SERIES STANDINGS AFTER 8 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, 60-64 FEMALE, 65-69 FEMALE, 70-89 FEMALE.

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) 866-9300 or e-mail him at: bicafelton@hotmail.com.Thankyou.

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.

The WTRC CHALLENGE SERIES continues for 2007, 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 on the website and 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. 66 Mile Club \*\* All members completing 66 miles in qualifying events will receive an award denoting that achievement. There will be a total of 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**

06-12, 13-15, 16-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-99,

**FEMALE AGE GROUPS**

06-12, 13-15, 16-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-99

**CLYDESDALE CATEGORY**

Men over 190 pounds (Age Graded Scoring)

**ATHENA CATEGORY**

Women over 150 pounds (Age Graded Scoring)

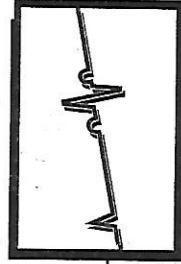
B. The 1st place finisher in each division at each distance at each qualifying event will earn 10 points, the 2nd place, 9 points, 3rd place, 8 points, and so on down to 1 point for 10th place finisher. This rewards both performance and participation, i.e., if a runner finishes last in their division, 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. For each race, the runner's age division will be determined by their age on race day. Challenge Series division will be determined by the runner's age at the end of each year. All points earned during the year will be credited in the Challenge Series division at the end of the year. For example, a runner might compete in 5 events at 39 years of age; then have a birthday and compete in 3 events at age 40. For Challenge Series awards, that runner would be considered as 40 for the entire year, with all points earned during the year being credited for awards consideration in the 40-44 division.

D. 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 (January) club social/membership meeting.

E. To win a 'Points' award a member must have run in at least 3 events and volunteered for at least one other.

F. Monthly Challenge Series Statistical Updates will appear in the newsletter and on the website.



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



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

Pager 806-742-9940

## The Running Scene in Kenya

Jerry Dwyer

Kenya may be known to many as a home for some of the world's greatest distance runners. But within the country there is little sense of that. Newspapers and public discourse is more concerned with politics and crime and poverty. I have seen very few runners apart from the elite who zoom by from time to time. There are almost no joggers or people out running for fitness reasons. In the schools there are several sports and there is a games period each week. There is a mix of soccer and other sports and some running but little evidence that this is where Boston winners are born and bred. Occasionally as I run a few kids will join me for a few hundred meters. But there is no sign of the kids who "run miles" to school every day! Of course, I am currently near Nairobi where the terrain and environment are not conducive to any sporting activity and the situation may be different when I move towards Eldoret and the Kalenjin districts that are home to the champions.

I have had some interesting experiences while running. Most Kenyans have little sense of time or direction. One morning a Kenyan joined me and said he wanted to run about 90 minutes slowly. He was not an elite and just runs to see if he can improve. After 90 minutes he said we had about 4km to go. After 2 hours he said we had 4km to go. After 2 hours and 20 minutes he had to stop. I knew the way home and finished in 2 hours 40 minutes. I think he just ran out of fuel and I was lucky I had a good dinner the previous evening! Another morning a guy joined me who was moving rather well. He said he was second in Boston last year. I am never sure whom to believe - but he moved away very fast and may have been telling the truth. Other Kenyan visitors will know the scene where kids look on in awe at the "mzungu" (white person) and invariably shout "how are you!" to which you must respond "fine!"

Running in Eldoret also did not turn out to be as pleasant as expected. There was heavy rainfall most days and the dirt paths were extremely muddy and each run had an extra pound of mud attached to the shoes. There is still a pall of smoke hanging over the rural areas as there is much burning of charcoal taking place. On this visit I met up with a typical runner who is just off of the elite status. We ran together and chatted a lot. He is a teacher in the school and he began running seriously about 4 years ago at the age of 30. A recent 10KM run in 30:45 at 7000 feet elevation is impressive but still only got 56th place. However he did get an invitation to an international event in Malaysia with some expenses paid. But he was unable to pay the airfare and had to miss out. This is typical of the real people I meet on this trip - compared to the small number who make it to the top of the running world. Kenya is much more about struggling in every way (including running) than it is about the elites.

On returning to the Nairobi area running continued to pose all sorts of challenges. The heavy rains in Eldoret made the dirt roads impassable and I was glad to be back on drier ground for my next run. However I must have not been sufficiently careful as I managed to trip over myself on a dirt path and hit the ground hard with my right knee. I hobbled home and was unable to walk for a day. I took some longer walks before painfully returning to jogging. The positive aspect of this was that I discovered some open spaces in an area adjacent to the school that had been waterlogged earlier. I have now found a completely new series of trails that are away from the road and the pollution. Running finally became quite a pleasure compared to what it was for the first couple of weeks. It is amazing that there are such vacant open spaces within half a mile of major urban centers. The sprawl here is different to that in western cities where every available acre is taken over by developers. Another positive aspect is the fact that this open space is so near to the school and provides a wonderful haven for visitors or volunteers who want to enjoy nature and escape the crowds.

Editor's Note: For a more comprehensive report of Jerry's recent trip to Kenya, please visit his website at:  
[www.webpages.fdu.edu/jadwyer/gssa.htm](http://www.webpages.fdu.edu/jadwyer/gssa.htm)

## News from George Jury

Former club member Bill Ham, who was a volunteer many times including Race Director for RRRR in 1992 and 1993, was in town Saturday, August 11<sup>th</sup> for a visit on the way to Santa Fe. His wife and stepson ran the Hot Dam 5 mile road race. Bill is now a professor at Lamar University in Beaumont after having been in Ashville, NC for many years. Bill was a pretty fast runner and held several age group records (M 35-39) for several years.

## WEST TEXAS RUNNING CLUB'S 19th ANNUAL "SHALLOWATER STAMPEDE" 10K and TWO MILE RUNS

EVENT NUMBER 9 of the WTRC CHALLENGE SERIES

WHEN: SATURDAY, SEPTEMBER 8, 2007

REGISTRATION: 7:00 to 7:45A.M. (Race day) ...  
 Early Registration is encouraged, please fill out and return form to get T-Shirt preference.  
 (T-Shirt sizes guaranteed to Pre-registered and paid)

or register online before noon, Sept 7th

RACE START: 8:00 A.M., 10K and 2 Mile

WHERE: SHALLOWATER HIGH SCHOOL in Shallowater, Tx

COURSE: FLAT, OUT and BACK ON ASPHALT

ENTRY FEE: WTRC MEMBERS \$5; NON-MEMBERS \$10  
 RACE DAY ENTRY; \$15 for everyone

Long sleeved T-Shirt available for \$ 10 extra.  
 Proceeds benefit Shallowater H.S. Senior Safe Graduation event.

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

(Additional 6-12 age group in the 2 Mile only)

AT LEAST 3 "Stampepe" Medallion AWARDS  
 WILL BE GIVEN IN EACH CATEGORY and up to 50  
 percent of each division will receive awards  
 (Maximum of 5)

Volunteers needed; call or email Dwayne:  
 dsoakeley@sbcglobal.net  
 RACE DIRECTOR: Dwayne Oakeley: 799-4473

Snyder Chamber of Commerce  
PO Box 840  
Snyder, TX 79550



**September 29<sup>th</sup>, 2007**

**1K Fun/Run 8:45 am**

**5K Stampede 9:00 am**

**White Buffalo Stampede**

**-Challenging Course-**

**-Great Awards-**

**-Mean Buffalo-**

# White Buffalo 5K Stampede Snyder, Texas

When: Saturday  
September 29th, 2007

Time: 8:45 a.m.  
(1K Fun Run/Walk)  
9:00 a.m. (5k Run)

Where: Court House Square

Entry: \$12.00 Early  
\$15.00 Late  
(late is after September 24<sup>th</sup>)  
Check to "Snyder Chamber of Commerce"



T-Shirt to all 1K and 5K Entrants  
(Pre-registered have size guaranteed)

## 5K Awards

\$100 Overall Male and \$100 Overall Female

Awards to top three finishers in 14 age divisions

(9 & under, 10-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70 and over )

## 1K Awards

Ribbons to all finishers

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Mail to: Snyder Chamber of Commerce  
P.O. Box 840, Snyder, Tx 79550  
Phone: 325-573-3558 e-mail [seasterling@wtc.edu](mailto:seasterling@wtc.edu)  
[www.whitebuffalostampede.com](http://www.whitebuffalostampede.com)

Name \_\_\_\_\_ Age \_\_\_\_\_ Gender: M F  
Address: \_\_\_\_\_

City, State, Zip \_\_\_\_\_

Phone # \_\_\_\_\_ E-mail \_\_\_\_\_ Size: XS S M L XL

Waiver Statement: (Must be signed and submitted with entry). In consideration of this registration entry, I, the undersigned, assume full responsibility for any injury or accident which may occur during my participation in the race, or while I am on the premises of this event from any and all injury and damage, whether it be caused by negligence of the sponsors, promoters, or other persons or entities associated with the event, or otherwise. Further, I hereby grant full permission to any and all the foregoing to use any photographs or any other records of this event.

Signature of participant  
or Guardian for minor \_\_\_\_\_ Date: \_\_\_\_\_