

August 2008

Volume 1, Issue 7



Notes From the President

Several decades ago our Founding Runners created the WTRC and established the Club 's purpose to be to put on regular races for this region 's runners and to generally support the sport of distance running.

Today, that mandate has evolved into our 13 exceptionally managed WTRC races each year , a high quality newsletter and website, regular assists with the Red Ribbon Run, the Girlstown Gallop, and the Buffalo Springs Late Half-ironman, and equipment rentals (occasionally with volunteers) for other regional events.

If you think we should be doing more (or even doing less) please come to one of our monthly meetings and discuss your ideas with the Board ... remember, this is YOUR club.

SYOTR, Ron

W. T. R. C. RACES ARE USUALLY HELD THE 2ND SATURDAY OF EACH MONTH. The WTRC monthly business meeting is on Wednesday, Aug. 6, 2008 @ 7:00 p.m. at BSGM, 8215 Nashville (East of the Veteran's War Memorial). All Members are welcome.

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2008 Hot Dam Runs
Saturday, August 9, 2008
Race Starts @ 8:00 a.m.
5 & 2 Miles
22nd & MLK Jr. Blvd.
Etta Mayer, Race Director
(806) 742-7070 x294
(806) 792-1471

WTRC Officers

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Race Directors Report 39th Firecracker Runs, 2008

Keeping in mind that I'm not normally into big time exaggeration, I want you to know that Friday July 4th, 2008, was the best day for running I have ever experienced. Unfortunately, I did not get to experience racing the Firecracker Runs since I was serving as race director for this oldest of the WTRC races. As many of you know, this race, first run in 1969, was the impetus for creating the WTRC, which formed in Brownfield three years later in 1972.

To tell the truth, it has been an honor to be race director at the Firecracker for the last few years. Though it can get a bit hectic at times--when we don't have enough water stations or when mud slides onto the pavement causing us to chart another course or when the commodes in the clubhouse overflow--it's a pleasure to help put on the races and get to know the folks of Brownfield, especially the city fathers and workers who did much to make the 2008 races a success. I would like to encourage all of WTRC members to consider serving as a race director.

A big thanks to all the individuals who make our races possible. Here is a list of volunteers for this year: Craig Peterson, Bret Harte, Jason Burley, Heather Basson, Britney Dean, Pat Jury, Larry Byrd, Ron Lubowicz, Shannon Anderson, Edwin Young, and of course Randy, Tom, and Tony who are always there at the starting line for us. A special thanks to George Jury who managed the kid's race, with the help of his walker. And a very special thanks to Chad and Susan Wilcox who did double and triple duty on July 4. With the help of Pat Jury, Susan did an outstanding job of handing out awards.

Here is some 2007 and 2008 data from Tom Griffin:

Last Year - 97 3 mile registered - 87 finishers; 61 10 mile registered - 53 finishers - 158 total registered - 140 total finishers

This year - 98 3 mile registered - 93 finishers; 46 10 mile registered - 35 finishers - 144 total registered - 128 total finishers

These figures do not include the one-mile kids run. This year we had 18 children running on the course altered because of the mud on the road. It's a great sight to see the young ones on the road to good health.

In spite of the mud, this was a fine day for running. Thanks again to everyone for the 39th Firecracker Runs.

Jim Harris

WEST TEXAS RUNNING CLUB'S 21st Annual "Hot Dam Run" (5 Mile & 2 Mile Races)

EVENT # 8 OF THE W.T.R.C. CHALLENGE SERIES
Saturday, August 9, 2008
Race Day Registration: 7:00-7:45 a.m.
Races start: 8:00 a.m.

WHERE: Martin Luther King, Jr. Memorial Area (near water fall) on Canyon Lake #6) East of MLK Blvd at E. 22nd street, Lubbock, TX

COURSE: Five Mile and Two Mile, out and back on asphalt, Two short steep hills.

ENTRY FEE: Pre-Registration \$5.00 for WTRC Members and \$10.00 for non-Members, Race Day Registration is \$15.00

ON-LINE REGISTRATION DEADLINE: Please check Web-site at <http://wtrc.tripod.com>

AGE DIVISIONS: (5 Mile/ 2 Mile)

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

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

Special age division for 2 Mile: 6-12

AWARDS: Medallions will be awarded to the first 3 and up to 50 percent in each age group, 5 Maximum

RACE DIRECTOR: Elta Mayer, (806) 742-7070 X294,
(806) 792-1471

10 MILE OVERALL RESULTS

Place	Name	Town	SI	Ag	S	Div	Div	3	Place
1	JACOB LOZANO	HOBBS	NM	17	M	1	MOALL	56:19	5:38
2	ANTON GUTIERREZ	SAN ANGELO	TX	19	M	1	M1619	58:44	5:53
3	TIMMY MCCUNE	PLAINVIEW	TX	21	M	1	M2024	1:01:00	6:06
4	KT MANIS	HOBBS	NM	15	M	1	M1315	1:04:29	6:27
5	ANDREW LANCASTER	PLAINVIEW	TX	19	M	2	M1019	1:05:21	6:33
6	JERRY DWYER	LUBBOCK	TX	48	M	1	M4549	1:06:17	6:38
7	BLAKE BERNHARZ	LUBBOCK	TX	22	M	2	M2024	1:06:39	6:40
8	RENE DOMINGUEZ	HOBBS	NM	17	M	3	M1619	1:06:43	6:41
9	INA ABLES	TULSA	OK	20	F	1	FOALL	1:07:56	6:48
10	POPCORN LEONARD	MIDLAND	TX	47	M	2	M4549	1:09:21	6:57
11	ADAM BARRON	LUBBOCK	TX	45	M	3	M4549	1:09:57	7:00
12	LEE COHEN	LUBBOCK	TX	38	M	1	M3539	1:10:55	7:06
13	PAUL PARE	LUBBOCK	TX	49	M	4	M4549	1:14:33	7:28
14	RICHARD HOBBS	LUBBOCK	TX	27	M	1	M2529	1:14:53	7:30
15	COLLEEN ADAMS	WALL	TX	15	F	1	F1315	1:15:37	7:34
16	IRIS RIVERO	LUBBOCK	TX	33	F	1	F3034	1:19:21	7:57
17	RUSSEL MARTIN	HALLOWATER	TX	50	M	1	M5054	1:21:53	8:12
18	EDSON PINTO	LUBBOCK	TX	47	M	5	M4549	1:22:56	8:18
19	AMANDA BOSTON	LUBBOCK	TX	24	F	1	F2024	1:22:57	8:18
20	DIENNIS VASICEK	BROKEN ARROW, OK	40	M	1	M4044	1:23:43	8:23	
21	RICK LILES	BIG SPRING	TX	51	M	2	M5054	1:24:07	8:25
22	ERIC FORD	LUBBOCK	TX	42	M	2	M4044	1:24:14	8:26
23	RICHARD GALE	LUBBOCK	TX	58	M	1	M5559	1:24:45	8:29
24	BILL ROGERS	SAN ANGELO	TX	61	M	1	M6064	1:25:41	8:35
25	JENNIFER HADDUCK	LUBBOCK	TX	27	F	1	F2529	1:28:37	8:52
26	RONNIE PRIGG	LUBBOCK	TX	57	M	2	M5559	1:31:06	9:07
27	TIM CAMPAGNA	MIDLAND	TX	46	M	6	M4549	1:32:13	9:14
28	JAMIE WHEELER	LUBBOCK	TX	22	F	2	F2024	1:35:18	9:32
29	BERNELL EASTERLING	SNYDER	TX	59	F	1	F5559	1:37:47	9:47
30	ANNAH GAMBOLA	LUBBOCK	TX	55	F	2	F5559	1:39:21	9:56
31	CAROL HISE	LUBBOCK	TX	36	F	1	F3539	1:39:36	9:58
32	MALINDA COLWELL	LUBBOCK	TX	34	F	2	F3034	1:40:44	10:05
33	ETTA MAYER	LUBBOCK	TX	59	F	3	F5559	1:46:51	10:42
34	MIKE KELLEY	LUBBOCK	TX	59	M	3	M5559	1:53:49	11:23
35	MARGSHA BENNETT	LUBBOCK	TX	44	F	1	F4044	2:01:22	12:09

3 MILE OVERALL RESULTS

Place	Name	Town	SI	Ag	S	Div	Div	3	Place
1	JULIAN FLORES	HOBBS	NM	15	M	1	MOALL	16:03	5:21
2	KEVIN DARR	SAN ANGELO	TX	16	M	1	M1619	17:08	5:43
3	DUSTIN FRANCKE	LUBBOCK	NM	17	M	2	M1619	17:30	5:50
4	SALAS MORRIS	LUBBOCK	TX	16	M	3	M1619	17:36	5:52
5	LUC DUARTE	HOBBS	NM	16	M	4	M1619	17:53	5:58
6	ROBERT HUMMINGBIRD	SAN ANGELO	TX	18	M	5	M1619	18:03	6:01
7	BROCK MILLER	HEREFORD	TX	18	M	6	M1619	18:30	6:10
8	CHRISTOPHER RAMIREZ	LUBBOCK	TX	25	M	1	M2529	18:41	6:14
9	SHAUN WAINES	HOBBS	NM	17	M	7	M1619	19:14	6:25
10	JUSTIN HESSE	AWARILLO	TX	27	M	2	M2529	19:46	6:36
11	LUCI SAMARRON	LEVELLAND	TX	14	M	1	M1315	19:47	6:36
12	RENE GONZALEZ	LEVELLAND	TX	43	M	1	M4044	20:15	6:45
13	CHAD WHEELER	LUBBOCK	TX	24	M	1	CLYDE	20:24	6:48
14	CODY MILLER	LUBBOCK	TX	42	M	2	M4044	20:26	6:49
15	SHANNON ANDERSON	LUBBOCK	TX	36	M	1	M3539	20:29	6:50

3 MILE OVERALL RESULTS

Place	Name	Town	SI	Ag	S	Div	Div	3	Place
16	TAMARA JENNIGAN	SHAMROCK	TX	17	F	1	FOALL	20:33	6:51
17	WALKER ADAMS	WALL	TX	11	M	1	M0112	20:40	6:54
18	RANDY HOLLOWAY	LUBBOCK	TX	51	M	1	M5054	20:50	6:57
19	RAHN GRUCE-ROBERTS	LUBBOCK	TX	32	F	1	F3034	20:54	6:58
20	JESSE GONZALEZ	LEVELLAND	TX	14	M	2	M1315	20:57	6:59
21	EMELINE CRUTCHER	WELLMAN	TX	17	F	1	F1619	21:04	7:02
22	ROBERT DURAN	LUBBOCK	TX	15	M	3	M1315	21:12	7:04
23	JIMMY SAMARRON	LEVELLAND	TX	53	M	2	M5054	21:15	7:05
24	JON DAVID BRUEGEL	LUBBOCK	TX	16	M	8	M1619	21:23	7:08
25	TURNER ADAMS	WALL	TX	13	F	1	F1315	21:38	7:12
26	PATRICK DECESARO	LUBBOCK	TX	32	M	1	M3034	22:18	7:26
27	RONNIE TROLLINGER	LUBBOCK	TX	48	M	1	M4549	22:19	7:27
28	DAVID DOYLE	LUBBOCK	TX	49	M	2	M4549	22:36	7:32
29	ROD BURGETT	SHALLOWATER	TX	43	M	3	M4044	23:09	7:43
30	DAVID PYLE	SLATON	TX	42	M	4	M4044	23:12	7:44
31	MICHAEL JOHNSON	ODESSA	TX	41	M	5	M4044	23:13	7:45
32	MARTY MANUEL	WELLINGTON	TX	35	M	2	M3539	23:25	7:49
33	TAMMY MOREAKTY	WOLFFORTH	TX	34	F	2	F3034	23:27	7:49
34	FRANK SUMPTER	LEVELLAND	TX	33	M	2	M3034	23:39	7:53
35	KEVIN NOLES	LUBBOCK	TX	25	M	3	CLYDE	23:54	7:58
36	SHAUN FANT	LUBBOCK	TX	40	M	6	M4044	23:59	8:00
37	KEN JENNIGAN	SHAMROCK	TX	56	M	1	M5559	24:01	8:01
38	FRED WEBER	LUBBOCK	TX	57	M	2	M5559	24:07	8:03
39	MARK GRIMALDO	HOBBS	NM	13	M	4	M1315	24:13	8:05
40	RON LUBOWICZ	LUBBOCK	TX	65	M	1	M6559	24:14	8:05
41	NATALIE TEDFORD	BROWNFIELD	TX	17	F	2	F1619	24:27	8:09
42	LEE HANDLIN	LUBBOCK	TX	39	F	1	F5339	24:30	8:10
43	MICHELLE ELDRIDGE	SEMINOLE	TX	28	F	1	F2529	24:35	8:12
44	JENNIFER PAGE	SEMINOLE	TX	28	F	2	F2529	24:35	8:12
45	MELISSA PIERCE	LUBBOCK	TX	28	F	3	F2529	24:42	8:14
46	JAMES LAYMAN	HEREFORD	TX	42	M	7	M4044	24:57	8:19
47	ANGIE HINES	SUNDOWN	TX	42	F	1	F4044	24:59	8:20
48	SANDRA SAENZ	LUBBOCK	TX	33	F	3	F3034	25:04	8:22
49	LUIS CARDENAS	LUBBOCK	TX	56	M	3	M5559	25:23	8:28
50	DARRREL MCMLLEN	LUBBOCK	TX	61	M	1	M6064	25:28	8:30
51	MANDY FOKUKUHA	LUBBOCK	TX	30	F	4	F3034	26:02	8:41
52	AMY MCALEXANDER	LUBBOCK	TX	27	F	4	F2529	26:10	8:44
53	BILL FELTON	LUBBOCK	TX	73	M	1	M7099	26:30	8:50
54	CHERYL WEBER	LUBBOCK	TX	55	F	1	F5559	26:37	8:53
55	KENT CRUTCHER	BROWNFIELD	TX	55	M	4	M5559	26:38	8:53
56	LORAN PRESLEY	LUBBOCK	TX	20	F	1	F2024	26:41	8:54
57	JEFF JONES	LUBBOCK	TX	39	M	3	M3539	26:44	8:55
58	CRAIG FELTY	BIG SPRING	TX	53	M	2	CLYDE	26:52	8:58
59	BRITNEY WANER	ODESSA	TX	22	F	2	F2024	27:08	9:03
60	ALISON PYLE	SLATON	TX	16	F	3	F1619	27:29	9:10
61	HANNAH LAYMAN	HEREFORD	TX	15	F	2	F1315	27:32	9:11
62	KATHLEEN ADAMS	WALL	TX	7	F	1	F0112	27:35	9:12
63	GENE ADAMS	WALL	TX	50	M	3	M5054	27:46	9:16
64	WENDY ANDERSON	LUBBOCK	TX	38	F	2	F3539	28:03	9:41
65	SHAWNDELLE KREGER	WOLFFORTH	TX	34	F	1	ATHEN	28:19	9:47
66	LARA ADAIR	WELLMAN	TX	42	F	2	F4044	29:21	9:47
67	JIM BECK	LUBBOCK	TX	49	M	4	CLYDE	28:39	9:53
68	DICK BAKER	LUBBOCK	TX	63	M	2	M6064	29:56	9:59
69	ROSE HOEVE	RANSOM CANYON	TX	40	F	3	F4044	30:22	10:08

3 MILE OVERALL RESULTS

Place	Name	Town	Sex	Age	Div	Time	Place
70	ROSA SALES	BROWNFIELD	TX	49 F	1 F4549	30:30	10:10
71	TYLER DEAN	LUBBOCK	TX	11 M	2 M0112	30:45	10:15
72	MIKE MALONE	WOLFFORTH	TX	51 M	4 M0504	30:46	10:16
73	LAURA ADAMS	WALL	TX	41 F	4 F4044	30:52	10:18
74	JASON HANCOCK	LUBBOCK	TX	20 M	3 M0520	31:04	10:22
75	LEAH BEIKMANN	LUBBOCK	TX	10 F	2 F0112	31:11	10:24
76	GLENNA BEYER	LUBBOCK	TX	50 F	1 F5054	31:13	10:25
77	RICK LAMPE	LUBBOCK	TX	04 M	3 M0604	31:39	10:32
78	LINDA JAMA	LUBBOCK	TX	43 F	5 F4044	31:43	10:37
79	SAM PROSE	LUBBOCK	TX	09 M	5 M0509	32:26	10:49
80	AMY HANCOCK	LUBBOCK	TX	20 F	3 M0520	32:27	10:49
81	KAYELIN FANT	LUBBOCK	TX	10 F	3 F0112	32:28	10:50
82	MARTHA CRUCE	LUBBOCK	TX	27 F	5 F2529	32:51	10:57
83	NICOLE MONEW	LUBBOCK	TX	20 F	3 F0204	32:53	10:58
84	JHARLYNN LOZANO	HOBBS	NM	11 F	4 F0112	33:35	11:12
85	CODY PITMAN	LUBBOCK	TX	10 M	3 M0112	33:57	11:19
86	STEWART MANN	ODESSA	TX	20 M	4 M2520	34:13	11:25
87	LOURDES JUAN	LUBBOCK	TX	41 F	6 F4044	34:50	11:37
88	PAULA MANN	HOBBS	NM	41 F	7 F4044	36:56	12:19
89	JOSIE ALEMAN	LUBBOCK	TX	00 F	2 F5559	37:07	12:23
90	MARTHA ARANDA	LUBBOCK	TX	52 F	2 F5054	37:30	12:30
91	GAIL MCCOY	LUBBOCK	TX	55 F	3 F5559	37:32	12:31
92	KRISTINA DEAN	LUBBOCK	TX	12 F	5 F0112	40:56	13:39
93	DONNA DEAN	LUBBOCK	TX	51 F	3 M0512	40:59	13:40



THE "HOT DAM RUN" 5 MILE
WEST TEXAS RUNNING CLUB'S
ANNUAL AUGUST RACE
EVENT RECORDS (Since 1988)
USATF CERTIFIED, TX93059ETM

DIV	NAME	MEN TOWN	AGE	TIME	YEAR
06-12	Drew Soucy	Lubbock	12	37:27	2000
13-15	Guy Lackey, Jr.	Brownfield	15	28:51	2002
16-19	Chris Trull	Lovington	19	27:09	1994
20-24	James Bungol	Lubbock	22	24:13	*1991
25-29	Josie Williams	Lubbock	25	26:24	2003
30-34	Wilson Kigen	Plainview	30	26:38	1988
35-39	Bob Jackson	Hobbs, NM	37	27:20	1996
40-44	Bob Jackson	Hobbs, NM	43	27:57	2002
45-49	Bob Jackson	Hobbs, NM	48	28:28	2007
50-54	George Jury	Lubbock	53	30:18	1989
55-59	George Jury	Lubbock	55	31:37	1991
60-64	George Jury	Lubbock	60	34:00	1996
65-69	Don Sanderson	Tulla	66	36:04	1996
70 Plus	Don Sanderson	Tulla	71	39:55	2001
Clydes	Farrrel Martin	Lubbock	37	32:48	2003
WOMEN					
06-12	Madison Kauffman	Lubbock	12	35:42	2007
13-15	Christina Vasquez	Lubbock	15	34:37	1989
16-19	Josie Martinez	Plainview	19	32:53	1996
20-24	Rosa Ibarra	Plainview	22	30:08	*1993
25-29	Janda Ibbelton	Lubbock	29	34:19	1999
30-34	Marjory Stewart	Lubbock	32	30:12	*1991
35-39	Marjory Stewart	Lubbock	35	30:30	2003
40-44	Diane Calhoun	Idalou	41	37:38	2000
45-49	Mary Branscome	Lubbock	45	36:46	2005
50-54	P. J. Mitchell	Lubbock	50	40:55	1995
55-59	Sherill Easterling	Snyder	56	44:47	2006
60 Plus	P. J. Mitchell	Lubbock	62	44:14	2007
Athena	Christino Zingerman	Lubbock	33	51:27	2007

2 Mile Records—Since 2007

Men	Women				
06-12	Isaiah Munoz	Lubbock	12	23:03	2007
13-15	Lucas Morris	Lubbock	15	11:39	2007
16-19	Tyler Livermore	Lubbock	12	11:38	*2007
20-24	Mac Martinez	Lubbock	28	13:17	2007
25-29	John Barrientos	Lubbock	33	15:46	2007
30-34	Ricky Martinez	Spur	39	12:00	2007
35-39	Noe Valles	Lubbock	41	14:49	2007
40-44	Jackie Cannon	Amarillo	51	12:09	2007
45-49	Jim Harris	Hobbs	64	18:18	2007
50-54	Ken Lokoy	Lubbock	66	21:23	2007
55-59	Bill Felton	Lubbock	72	17:41	2007
60-64	Isaac Munoz, Sr.	Lubbock	52	17:29	2007
65-69	Celestina Lopez	Levelland	12	16:34	2007
70 +	Makina Lopez	Levelland	13	15:39	2007
Clydes	Nicole McNew	Lubbock	19	23:17	2007
	Mandy Sattenwhite	Lubbock	29	17:09	2007
	Tammy Morearty	Wolfforth	33	15:40	2007
	Hollye Martinez	Spur	39	17:02	2007
	Brenda Campbell	Lubbock	48	19:14	2007
	Susan Tomlinson	Lubbock	50	17:50	2007
	Josie Aleman	Lubbock	56	24:48	2007

Athena ==
 **Note: ages 1-12 are no longer eligible to participate in our longer events.
 This applies to male or female and any distance over 4 miles.

WTRC Challenge Series through July 2008

Male Age Group 1 (12 & Under)	Total Miles	Point Series Total	Male Age Group 8 (40-44)	Total Miles	Point Series Total
Walker Adams	11.2	19	Daniel Gonzalez	4	20
David Pye	7	18	Brian Alger	8	37
Zachary Smith	6	18	Cliff Lewallen	11	21
Noshua Hoover*	11.32	7	Jeffrey Huang*	8	0
Nick Hoover	4	10	Bret F wing	20.32	17
Thomas Pelt	4	20	Craig Donahy	23.52	26
Christie De Leon	13.32	17	Noe Valen	8.2	18
Tyler Dean	4	17			
Carter Tate	9.32	10			
Jake Brownfield	6	20			
Male Age Group 2 (13-15)			Male Age Group 9 (45-49)		
Luke Samarron	10	41	Ronnie Trollinger	16.2	35
Daniel J. Gonzales#	4	18	Paul Paré	43.5	51
Austin Martin	2	8	Brent Lowrey	28	34
Kendall Higgins*	18	40	Jim Higgins	28	41
Miguel Johnson	2	8	Epi Aguirre	13	10
Tyler Schovanec	9.32	0	Edeon Plato	32.52	35
Jon Key	2	6	Bob Jackson	8	10
Jordon Quinton	2	9	Adam Barron*	34.72	38
Bobby Cunningham	2	10	Jerry Dwyer	39.52	33
			Edwin Young II*	43.52	24
Male Age Group 3 (16-19)			Warner Alexander*	5	0
Jon D. Bruegel*	43.52	43	David Doyle	6	29
Lucas Morris*	18	52	Chris Longren	11	5
Aaron St. Clair #	5	8	Wade Wilson	17.2	13
Victor Ramirez	6	25			
John Keith	4	10			
Anton Gutierrez	11.2	21			
Ford Danile	9.32	10			
			Male Age Group 10 (50-54)		
Male Age Group 4 (20-24)			Jackie Cannon	10	40
Clayton Keiso*	10	8	Jimmy Santaroh	10	38
Trevor Dalton*	11.2	0	Lorenzo Padilla	4	8
David Boston	4	11	Randy Bunyard	17.32	23
Cory Higgins	2	11	Terry Dalton*	26.32	0
Zach Quiñones	19.32	32	Randy Holloway*	0	0
Jeremy Single	4	15	Frank Sumpter*	5	0
Pedro Vargas	21.32	29	Randy Egenbacker	4	7
			Gonzalo Ramirez	8	27
Male Age Group 5 (25-29)			Russel Martin	15.52	18
Aaron Seif	24.32	42	Tom Clemmons	2	7
Brett Hart	10	49	Mark Garland*	4	0
Jon Paul Gonzales	4	9	Rick Sybert	9.32	8
Andrea Pedroza	9.32	9	Rick Liles	25.2	30
Jason Feilers	4	9			
Caleb Prince	2	8			
Jarred Hurst	4	10			
Richard Hobblins	26.52	15			
			Male Age Group 11 (55-59)		
Male Age Group 6 (30-34)			Lawrence Schovanec	43.52	49
John Barriontos*	13.32	20	Fred Weber	35.52	26
Chris Gallameau*	38.72	43	Mike Kelley	33.32	31
Jason Burley	17.2	33	Tom Wise	34.32	20
Michael Harlen	5	6	David Higgins*	43.52	19
Joseph Hernandez	9.32	9	Tom Griffin*	31.52	17
Damon Chase	17.32	30	Richard Gale	29.2	36
Chris Toelle	10.2	19	Tony Aleman*	39.52	7
Chris Bautweel	4	20	Jim Wilhelm*	5	0
			Jimmy Wacchler	9.32	10
			Wayne Sullivan*	22.4	20
			Jimmy Clark		
Male Age Group 7 (35-39)					
Leo Cohen*	43.52	50			
Chris Milford #	48.52	42	Male Age Group 12 (60-64)		
Greg Milford	28.52	23	Ronnie Nugent*	5	0
Glen Poklikuha	15.32	30	James Livermore	12.4	20
Eddy Morelock*	34.2	35			
Ram Iyer*	13	8			
Mark Smith	14.2	15	Male Age Group 13 (65-69)		
Shannon Anderson*	43.52	44	Gorden Jenkins	39.52	59
Jon M. Bruegel*	9.32	0	Mike Greer*	16	10
Tommie Farrell*	4	0	Jim Harris	8	40
			Larry Byrd*	43.52	0
			Ron Lubowitz*	25.52	20
			Bill Roger, Sr.	12	0
Male Age Group 8 (40-44)			Male Age Group 14 (70+)		
Tim Key	23.2	37	Ralph Wolf	.21	39
Martin Montaivo	37.32	48	Bill Felton*	17	39
Eric Ford	32.52	31	George Jury*	37	0
James Layman	13	32			
Sean Schwarzentraub	13	13			
Ricky Martinez	8.2	19			

WTRC Challenge Series through July 2008

Male City/State	Total Miles	Point Series Total	Female Age Group 7 (35-39)	Total Miles	Point Series Total
Robert Bloodworth	37.32	35	Lee Handlin	34.72	56
Ferrell Martin	18.32	27	Michelle Eckstein	17	20
Larry Blossas *	21.32	29	Susan Alger	2	10
Jim Beck	37.52	30	Stephanie Wehmler	29.32	35
Craig Peterson	21.2	46	Leu Anna Afterburn	8	8
Preston Smith	16.2	18	Kippi Buchanan	19.52	27
Steve Odonizzi	14.32	19	Carol Hilo	17.32	15
Brent Smith	2	6	Gloria Quinton	13.32	10
Chad Wilcox	19.52	18			
Rick Lampe	8.2	19			
Mitt Brownfield	13.32	20			
			Female Age Group 8 (40-44)		
Female Age Group 1 (12 & Under)			Angie Hines	17	50
Turner Adams	7	20	Cynthia Sorensen	8	10
Peyton Lewallen	2	10	Susan Lewallen	2	10
Alyson Martin	4	18	Karen Pyle *	32.52	34
Camille Ford	2	8	Jill Haukoos	7	16
Alexis Cortez	11.32	6	Rose Hoovo *	27.52	17
Brittney Dean	4	18	Deana Martin	2	9
Krista Dean	4	14	Irma Valles	4	16
Catherine Cannon	4	19	Laura Lappo	8.2	19
			Kimberly Terry	9	18
Female Age Group 2 (13-15)			Laura Holmus	9.32	11
Hannah Layman	10	37			
Colleen Adams	11.2	22			
Lindsey Lewallen	9	32			
Mariah Dillard	4	19			
Victoria Anderson	2	10			
Lyndsey Dean	4	16			
			Female Age Group 8 (40-44)		
Female Age Group 3 (16-19)			Deanne Milford	2	9
Kristie Whipple	4	11	Holley Martinez	4	19
Allison Pyle *	22.32	20	Marsha Bennett	38.52	44
Glenna Boyer	6	20			
Kayla Hendrix	5	9			
Lindsey Shelton	5	8			
			Female Age Group 9 (45-49)		
Female Age Group 4 (20-24)			Kammy Philbrick	18.32	29
Sarah Livingston	13	20	Brenda Campbell *	21	9
Kelsey Kelso *	12	5	Debbie Wilson *	19	0
Amanda Boston *	29.2	29	Marti Greer	4	0
Allison Higgins	2	10	Cynthia Dillard	4	18
Amy Montalvo	4	8	Mary Branscimo	20.32	20
Channing Alba	2	10	Barbara Slaton	4	9
Jamie Wheeler	20.32	16	Amy Andrus	2	10
Female Age Group 5 (25-29)			Female Age Group 10 (50-54)		
Emily Wyatt	21.2	47	Deborah Ford #	2	10
Jennifer Farris	6	21	Susan Tomlinson	5	8
Ginny McMinn	4	10	Elizabeth Linder *	28.32	0
Susan Wilcox	29.72	45	Leesa Price	33.32	40
Amy McAlexander	21.4	35	Glenna Boyer	10	40
Renee Prince	2	6			
Angie Sonthenberg	13	20			
Kara Richardson	4	18			
			Female Age Group 11 (55-60)		
Female Age Group 6 (30-34)			Cheryl Weber #	30.72	40
Iris Rivero	28	42	Josie Aleman	14	59
Myriam Guardiola	32.52	0	Elta Mayer	39.32	47
Tammy Montearry	18	55	Susan Caudle *	23.32	36
Sara Miller	8	26	Sara Gaxiola	15.52	16
Sara Skelton	21.32	29	Sherill Easterling	9.32	10
Mandy Pokkikaha #	14	57	Janis Waechter	2	10
Mallinda Colwell	11.2	18			
Amy Harlien	5	7			
Michelle Cohen	2	7			
Amanda Keys	8	6			
Dawn Smith	2	7			
Ann Cruce-Roberts *	8	0			
Jobi Martinez	2	6			
Kelley Weil	13	16			
			Female Age Group 12 (60+)		
			P. J. Mitchell	43.52	20

* Indicates Volunteer
Indicates that there has been an adjustment to race day scoring to place the contestant in their appropriate age group per the WTRC's new Challenge Series policy (see Web-site).

Please Note: "If you have not paid your 2008 membership dues your challenge series points and miles to-date are not listed. If you have been erroneously omitted please contact Eric Ford at eric.ford@tu.edu and he will seek to rectify the mistake."

Training: Training Essentials

The Pack Rules: Beat the Heat

Advice from runners and readers about training in hot and humid conditions.
By Yvonne Lee

1. Drink Up

"When it's hot, I drink at least two more cups of water than usual," says Robert McLane of Scottsdale, Arizona. "If you're going out early, hydrate throughout the day before." says Aaron Runyon of Pace, Florida. The rule of thumb is to aim for 16 to 32 ounces of fluid per hour of exercise, or three to six ounces every 15 to 20 minutes. "Make sure you hydrate with fluids containing electrolytes since you will be sweating a lot of salt out," says John Eng of New York City. Look for a drink that contains 25 to 50 grams of carbs, 230 to 345 milligrams of sodium, and 40 to 100 milligrams of potassium.

2. Run Very Early (or Very Late)

"We meet up anytime between 3 and 5 a.m. so we can be done around the time the sun rises," says Elizabeth Hensley of the running club The Bee Team in Tucson, where the normal high in July is 100° F. If you can't go early, go as late in the day as possible. Although the sun is highest in the sky at noon, the earth's surface heat peaks between 3 and 5 p.m. "I run at mid-night," says Nick Davis of Middleham, Virginia. "I wear just shorts and shoes."

3. Plan Ahead

Run in a park with water fountains or on a route with convenience stores. "I map my run to make sure I can refill my bottles," says Dominique Perrier of New Orleans. Or stash a cache. "My weekday runs are usually a series of loops in the neighborhood, so I can double past my house, where I leave water or a sports drink by my mailbox," says Warren Budde of Brandon, Mississippi. "I sometimes ride my bike or drive the route and leave some water along the way," says Sloan McLaughlin, who lives in Egypt. Jesse Mack of Boston keeps a cooler at the end of his street with water, Gatorade, and a hat. "I grab a drink, and switch off hats, so I get a cooldown every loop."

4. Check the Index

It's not the heat, it's the humidity! "Last July, it was 99 degrees at 8 p.m., but it's the 100 percent humidity that will get ya," says Runyon of Florida. Moist air slows down your body's ability to cool itself through sweat. The heat index combines temperature with relative humidity to give you the apparent temperature—how hot it actually feels—and the National Weather Service issues a heat advisory when that hits 105. "I check the weather forecast the day before my long run to decide how early to go out," says Perrier of New Orleans. "Here the temperature doesn't drop much at night, and humidity is higher in the early hours."

Caution!

The National Weather Service considers it dangerous to exercise when the heat and humidity meet (or exceed) the below combinations.

HEAT HUMIDITY

86° F 90%

88° F 80%

90° F 70%

92° F 60%

94° F 55%

96° F 45%

98° F 40%

(See noaa.gov for the complete chart.)

5. Wear the Right Stuff

"Last summer, I ran with a lightweight long-sleeved top that wicks," says Gaeten Dominic of Philadelphia. "My skin temperature stayed cooler for a more pleasant run." Lightweight clothing reflects heat, and a loose fit lets air circulate. Hats are useful for more than blocking rays. "I pack ice under my hat, which lasts about 40 minutes," says Roger Trudreau, who lives in Tunisia. "The cooling effect of the water running down over me makes all the difference."

6. Get Used to It

The good news is your body begins to adapt to elevated heat in only three or four days, though it might take up to two weeks to acclimatize. "Running in Guadalajara, Mexico, it's hot most of the time, so my secret against heat is facing it on a daily basis," says Alberto Aguirre. "Long-distance runs of 30-K at noon are tough, but if you do it twice, you will be ready to finish even if the heat is on."

7. But Be Sensible

"If you ever feel nauseous or heavy-headed, stop immediately, get in the shade, and drink something cold," says Rit van der Vaart, who speaks from experience, having suffered heat stroke when he first moved to tropical Aruba 10 years ago. Tara Sweeney of Boston adds to the list of warning signs: "If you are feeling dizzyier than normal, are feeling sick, or are not sweating, then you need to stop and get inside somewhere cool." Michael Bower of San Jose, California, says, "Above all, listen to your body and what it says. It knows more than you do."

8. Seek Shade

Elizabeth Hensley's Tucson club heads to the canyons for shade or the mountaintops for cooler temperatures. "Any time you can spend in the shade will help—stretching, warm-ups, even water breaks," says Bower, a high school runner in San Jose. Plot routes through residential areas. "There's more shade in the neighborhoods, plus there's usually the opportunity to run through a few sprinklers," says Corinne Makarewicz of Harrisonburg, Virginia. Or run by larger bodies of water: "I run near a river or reservoir since it is naturally cooler," says Déjana Knih, who swears Calgary can get "very hot" in the summer.

9. Race Easy

Save the 26.2-milers for fall, since the optimum marathon temperature is 54° F, according to Dr. David Martin of Georgia State University. Every seven degrees above that, your overall time slows by a minute or more. "My 10-K race pace at 80 degrees is at least 10 percent slower than at 60 degrees," says John McCoach of North Vancouver, British Columbia. Jeannie Runyon of Pace, Florida, says she and her husband stick to local 5-Ks. "They have sprinklers set up as cooling stations at the finish line." Even with the shorter distances, forget about PRs. "You can't expect to race all out," says Jennifer Kimble of Dallas.

10. Enjoy!

"I put on a pair of lightweight racing shoes, sunglasses, and racing shorts, and run shorter routes more often," says St. John Fletcher of Cincinnati. "I feel like I'm flying." Cool off by standing under a garden hose, as does Victoria Stopp in Pensacola, Florida, taking a cold shower, or getting in a pool. "I jump into the pool and cool my body off before I start," says Donna Parsons of Colchester, Ontario. Amanda James of Annapolis, Maryland, freezes paper cups of Gatorade with popsicle sticks for a post-run recovery snack. Appreciate the light mornings and the absence of snowbanks. Remember, it'll be cold again soon enough.

For more collective wisdom or to share advice, go to runnersworld.com/thepackrules

WTRC Calendar

* Indicates WTRC Monthly Race and Challenge Series Event

AUG 09 14TH ANNUAL PAUL'S & MIKE EXCELLENT MILE: 1M, 8:00am, Thompson Park, Amarillo, TX
<http://www.lonestarrunnersclub.net>

AUG 09 PRUDE RANCH RACES: 1/2 Marathon, 10K/5K, 7:30am, Fort Davis, TX. www.fitnesscamp.org/ranchrace.html

AUG 08 W.T.R.C. Business Meeting: Wednesday, 7:00pm

WADE WILSON'S OFFICE, 8215 Nashville

* AUG 08 HOT DAM RUNS: 5M, 2MI, 8:00am, Canyon Lakes #6, 22nd and MILK JR BLVD, Elta Mayer, RD. 806-792-1471

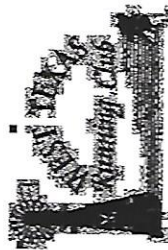
AUG 16 LUBBOCK SENIOR GAMES ROAD RACE(AGES 50 & OVER):10K/5K, 7:30am, MacKenzie Park, contact, Bill Felton, 806-866-9300

AUG 30 BOYS RANCH-RODEO RUN: 5K/1MI, 8:00am, Cal Farley's Boy Ranch, Amarillo, Tx., Paul Jones, RD, 806-534-2270 see WTRC website calendar for flyer

AUG 30 WATERMELON ROUND-UP RUN: 10K/5K, 8:30am, Plains, Tx., Mark or Veronica Anna, 806-456-6365 or 806-456-8087.

*SEP 13 SHALLOWATER STAMPEDE: 10K, 2MI, 8:00am, Shallowater High School, Race Dir: Russel Martin, 806-832-5615

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5 W. Lakeshore Drive
 Ransom Canyon, TX 79366



- SEP 27 ST ANNE'S "9K TO THE FAIR": 10K/5K, 8:00am, St Ann's School, Midland, TX.
- SEP 27 41TH ANNUAL PIONEER ROAD RACE: 5K, 8:30, Wayland Baptist University, corner of Vernon & 7th, Plainview, TX, Brian Whitlock, RD, 806-291-1143 or whitlockb@wbu.edu
- OCT 04 RACE FOR THE CURE: 5K/1M, 9:00am, Lubbock Memorial Civic Center
- OCT 04 4TH ANNUAL WHITE BUFFALO STAMPEDE: 5K, 8:30am, 1K, 8:15am, Courthouse Square(Bus. 180 & Hwy 350) www.whitebuffalostampe.com or Sherrill Easterling, seesterling@wtrc.edu
- * OCT 11 RED RAIDER ROAD RACE: 10k/5k, TTU campus, Jill Haukoos, RD , haukoos@aol.com
- OCT 25 D.FY-IT RED RIBBON RUN: 10K/5K/1K run/walk, 9:00am, Greentree CC, Midland, TX, FMI call 432-685-3645
- NOV 08 BUFFALO WALLOW RACES: Half Marathon, 2MI, 9:00am, Buffalo Springs Lake, Mike Kelley, RD 806-705-0441
- NOV 27 WTRC TURKEY TROT: 12K, 2MI, 9:00am, MacKenzie Park Outdoor Center, contact Ron, 806-632-4926

Calendar, Photos, Online registration, Membership, etc.

WTRC Web Address: <http://wtrc.tripod.com>