

Newsletter  
P. O. Box 2921  
Lubbock, Texas 79408

February 2008

Volume I, Issue I

## Notes From the President

### GOVERNMENT FINDS SHOES OF MEMBERS OF THE WEST TEXAS RUNNING CLUB TO EXCEED FEDERALLY MANDATED TOXICITY LEVELS

Quite a headline ... something you might find in "The Onion" someday, but never in our newsletter or on our website. We publish only the best there is about running in this part of the Country ... results of your last race, pictures of your kids smiling or your worst competition grimacing in pain, info on upcoming events, Challenge Series standings, etc.

As I have said in several previous newsletters, this is YOUR club. Therefore these are YOUR newsletter and YOUR website as well. We have been told that our publications are pretty darn good. Wonderful! But could they be even better?

Please don't be shy, share your thoughts with us. Rose Hoeve will be working some of her ideas into the upcoming newsletters and David Higgins is constantly tweaking our website with innovations. They would love to hear from you with ways to improve their offerings to our membership.

SYOTR, Ron

W. T. R. C. RACES ARE USUALLY HELD THE 2ND SATURDAY OF EACH MONTH.

The WTRC monthly business meeting is on Wednesday, February 6, 2008 @ 7:00 p.m. at BSGM, 8215 Nashville (East of the Veteran's War Memorial). All Members are welcome.

#### In This Issue

- New Challenge Series & Race Day Scoring.....2
- Loop The Lake Race Report.....2
- 17th Annual Loop the Lake .....3  
2 Mile & 5 Mile Overall Results
- 17th Annual Loop the Lake.....4  
5 Mile List of Finishers by Age Group
- 17th Annual Loop the Lake.....5  
2 Mile List of Finishers by Age Group
- Kids on The Run.....7
- W.T. R. C. Cotton Patch Runs.....7

Race Information

### Cotton Patch Runs

8M, 4M, & 4M Relay  
10:00 AM, Saturday,  
February 9, 2008  
Friendship High School  
Wolfforth, TX  
David Higgins, RD  
(806) 785-8562

#### WTRC Officers

President – Ron Lubowicz  
(H) 784-1855, (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  
Debbie Wilson  
(O) 239-1792  
E-mail: debwilsonmt06@sbcglobal.net

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

#### Directors

Newsletter Director - Rose Hoeve  
(H) 829-2381, (O) 766-1968  
E-mail: rhoeve@lubbockisd.org

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

Equipment Director - Terry Dalton  
(C) 548-0294  
E-mail: Terry.Dalton@sprint.com

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: bobblake@ttu.edu

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

Dear WTRC Members:

As the new keeper of the Challenge Series scoring I would like to encourage all of our members to participate in this fun, informative and motivational part of the Club's races. In addition, I'd like to briefly describe the two Programs that comprise the series and make you aware of some changes to the scoring systems that the board has approved.

The first Program is the 66 mile challenge. To achieve recognition in this part of the program an individual needs to run in and volunteer for races summing to 66 or more miles. Volunteering is an important aspect of this activity and many of our club members volunteer at several races on their way to earning this recognition. Each club member that achieves the 66 mile requirement (combined running and service) receives a long-sleeve shirt at the annual banquet held in January.

The second part of the Challenge Series is the age group classifications, Athena and Clydesdale competitions. Many of our members use this part of the series to gauge the progress in their training regime and motivate themselves to get out and train a little harder. The Challenge Series requires members to volunteer for at least one race and run three others.

In 2008 the WTRC Board has made some changes to Series rules to correct an issue in the scoring. In previous years, when a member moved from one age group to another they took the points earned with them to the new group. By 'exporting points' from one age group to another it is possible for a runner who consistently finished behind another competitor to accrue more points in the age-group point standings. While this is a relatively rare occurrence, the ripple effect invariably affects four or five members. In the group where the runner departs, members are artificially advanced. In the group the runner enters runners are systematically moved back.

In order to correct the scoring aberration, the WTRC Board has made two changes to the Challenge Series and Race Day Scoring rules. The WTRC Board realizes that there is a potential incongruence in the two scoring rules. However, the current timing system used to manage race day activities does not possess the capability to 're-classify' runners in accordance with Rule 1. A similar problem exists with the Athena and Clydesdale winners having to be removed from the age-grouped classifications for awards purposes. Therefore the WTRC is making the following change to the Challenge Series Scoring.

#### **New Challenge Series and Race Day Scoring Rules**

1. Challenge Series year-end division standings will be determined by the runner's age at the mid-point of the calendar year (June 30<sup>th</sup>). Runners born in the first half of the year will be moved into the older age-grade classification when the majority of the year is spent in the next grouping. For example, a runner born April 18<sup>th</sup> and turning 40 years old will compete in the 40-44 age-group classification since they will spend the majority of the year at that age. A runner born November 13<sup>th</sup> and turning 40 will remain in the 35-39 age group for the point series scored in that year (they were 39 for 11.5 months). The aim of this rule is to have the same group of runners competing head-to-head for the entire year.

2. For each race, the runner's age-group division will be determined by their age on race day.

#### **Loop The Lake Race Report**

A beautiful morning greeted us all for the running of the Loop the Lake five and two mile. This was a nice relief after last years battles with the snow and ice. We had 116 finishers and two new records. First overall male in the five mile was Anton Gutierrez in a time of 30:43. First place female was Colleen Adams (age 14) in 34:42. First overall female in the two mile was Lucas Morris in 12:23 and first female was Jennifer Farris in 16:00 flat. Angie Sonnenberg set a new course record in the female 25-29 age group, five mile with a time of 38:05. A special note of interest: Overall Female 5 mile winner Colleen Adams was the state class 2A cross country champion at only 14 years old. (For Wall HS) The girls team won the state championship and I believe the boys team placed 2nd. She just missed the F13-15 Loop record by 8 seconds. Little brother, Walker Adams also set a new 12 and under record by one minute. Little sister, Turner also finished first in the F12 & under. Their father, Gene also brought the first and second place boys from San Angelo.

Congrats to the Turner family.

Volunteers were: Randy Holloway—Start, Finish and much more, Ronnie Nugent—Course, Jim Wilhelm--1 mile splits, Frank Sumpter—Course and Finish, Tony Aleman—Finish Timing, Warner Alexander—Course, Tom Griffin—Registration (he ran too), George Jury—a little bit of everything and everywhere, Bill Felton—Membership (registration) and finish, Trevor Dalton—Registration and Course, Terry Dalton—Course, Eddie Morlock—Course, Karen, Allison and David Pyle--Water, refreshments, Myriam Guardiola – Registration and awards, and Tara Madrigal—Computer. Thanks to all of you we could not do it without you, a special note to Jimmy Clark who will be taking over as race director next year. He was a big help as he learned the ropes. Since I am leaving as race director I want to say a special thanks to Ronnie Nugent and Jim Wilhelm. They have been volunteers for me every year and were always ready and eager to help. Your consistency was appreciated. I encourage all of you out there to help volunteer for at least one race a year. Until you do you will not know how much work goes into it. The board has done a great job of streamlining the work of the director but many volunteers are still needed. Some of you may also want to give some directors a break for a while and learn the ins and outs of putting on a race. As many people as we have in the club we should all be able to share the load so all can enjoy this sport of ours. Please do your part as part of the running community in West Texas. See you at the races, Jim Beck



**West Texas Running Club**  
**17th ANNUAL LOOP THE LAKE**  
**2 Mile and 5 Mile Road Races**  
**Lubbock, Texas January 12, 2008**

\* NEW RECORD

**5 MILE**

**LIST OF FINISHERS - BY AGE GROUP**

\*\*\*\*\* MALE OVERALL WINNER \*\*\*\*\*

Place Name	Ag Town	St 5	Pace
1 ANTON GUTIERREZ	19 SAN ANGELO	TX	30:43 6:09

MALE AGE GROUP: 12 & Under

Place O'All Name	Ag Town	St 5	Pace
* 1 15 WALKER ADAMS	10 SAN ANGELO	TX	36:10 7:14

MALE AGE GROUP: 13 - 15

Place O'All Name	Ag Town	St 5	Pace
1 31 AARON ST.CLAIR	15 LUBBOCK	TX	40:44 8:09

MALE AGE GROUP: 16 - 19

Place O'All Name	Ag Town	St 5	Pace
1 2 ROBERT HUMMINGBIRD	17 SAN ANGELO	TX	30:52 6:11
2 22 JON DAVID BRUEGEL	16 LUBBOCK	TX	38:55 7:47

MALE AGE GROUP: 25 - 29

Place O'All Name	Ag Town	St 5	Pace
1 5 JON PRYOR	25 LUBBOCK	TX	34:35 6:55
2 36 AARON SELF	28 LUBBOCK	TX	41:57 8:24

MALE AGE GROUP: 30 - 34

Place O'All Name	Ag Town	St 5	Pace
1 10 BRIAN ROSE	31 LUBBOCK	TX	35:21 7:05
2 24 JOSH SAVAGE	32 LUBBOCK	TX	39:25 7:53
3 26 CHRIS GALLARNEAU	32 LUBBOCK	TX	39:28 7:54
4 45 JASON BURLEY	32 BROWNFIELD	TX	43:31 8:43
5 49 CHRIS MILFORD	34 LUBBOCK	TX	44:32 8:55
6 51 MICHAEL HARLIEN	32 LUBBOCK	TX	44:52 8:59

MALE AGE GROUP: 35 - 39

Place O'All Name	Ag Town	St 5	Pace
1 3 LEE COHEN	35 LUBBOCK	TX	32:17 6:28
2 17 SHANNON ANDERSON	36 LUBBOCK	TX	37:00 7:24
3 43 RAM IYER	38 LUBBOCK	TX	43:29 8:42
4 72 GREG MILFORD	38 LUBBOCK	TX	51:47 10:22

MALE AGE GROUP: 40 - 44

Place O'All Name	Ag Town	St 5	Pace
1 4 TIM KEY	40 LUBBOCK	TX	33:42 6:45
2 20 MARTIN MONTALVO	43 PLAINVIEW	TX	37:12 7:27
3 25 ERIC FORD	42 LUBBOCK	TX	39:27 7:54
4 28 SEAN SCHWARZENTRAUB	40 LUBBOCK	TX	40:08 8:02
5 29 EDWIN YOUNG	44 LUBBOCK	TX	40:13 8:03
6 59 CLIFF LEWALLEN	44 LUBBOCK	TX	46:06 9:14
7 66 JAMES LAYMAN	41 HEREFORD	TX	48:33 9:43

MALE AGE GROUP: 45 - 49

Place O'All Name	Ag Town	St 5	Pace
1 7 PAUL PARE'	45 LUBBOCK	TX	34:43 6:57
2 8 ADAM BARRON	45 LUBBOCK	TX	34:46 6:58
3 9 EPI AGUIRRE	49 LUBBOCK	TX	35:02 7:01
4 11 BRENT LOWERY	46 LUBBOCK	TX	35:43 7:09
5 13 JIM HIGGINS	47 LUBBOCK	TX	35:58 7:12
6 19 JERRY DWYER	48 LUBBOCK	TX	37:09 7:26
7 23 J EDSON PINTO	46 LUBBOCK	TX	39:20 7:52
8 40 HAROLD TERRY	48 PORTALES	TX	42:55 8:35
9 69 DUANE JONES	47 LUBBOCK	TX	50:19 10:04

MALE AGE GROUP: 50 - 54

Place O'All Name	Ag Town	St 5	Pace
1 58 GENE ADAMS	50 SAN ANGELO	TX	45:55 9:11
2 60 CRAIG PETERSON	51 LUBBOCK	TX	46:14 9:15

MALE AGE GROUP: 55 - 59

Place O'All Name	Ag Town	St 5	Pace
1 12 TOM WEIS	56 LUBBOCK	TX	35:48 7:10
2 18 LAWRENCE SCHOVANEC	55 LUBBOCK	TX	37:08 7:26
3 32 FRED WEBER	56 LUBBOCK	TX	41:01 8:13
4 35 RICHARD GALE	58 LUBBOCK	TX	41:52 8:23
5 56 MIKE KELLEY	59 LUBBOCK	TX	45:26 9:06

MALE AGE GROUP: 65 - 69

Place O'All Name	Ag Town	St 5	Pace
1 46 GORDEN JENKINS	67 AMARILLO	TX	43:36 8:44

\*\*\*\*\* FEMALE OVERALL WINNER \*\*\*\*\*

Place Name	Ag Town	St 5	Pace
1 COLLEEN ADAMS	14 SAN ANGELO	TX	34:42 6:57

FEMALE AGE GROUP: 12 & Under

Place O'All Name	Ag Town	St 5	Pace
1 39 TURNER ADAMS	12 LUBBOCK	TX	42:51 8:35

FEMALE AGE GROUP: 13 - 15

Place O'All Name	Ag Town	St 5	Pace
1 41 LINDSEY LEWALLEN	13 LUBBOCK	TX	43:13 8:39

FEMALE AGE GROUP: 16 - 19

Place O'All Name	Ag Town	St 5	Pace
1 14 BRITTANI SIGLE	19 LUBBOCK	TX	36:09 7:14
2 27 KAYLA HENDRIX	17 LUBBOCK	TX	39:29 7:54
3 52 LINDSEY SHELTON	19 LUBBOCK	TX	44:56 9:00
4 54 COURTNEY RYBUM	19 LUBBOCK	TX	45:17 9:04

FEMALE AGE GROUP: 20 - 24

Place O'All Name	Ag Town	St 5	Pace
1 30 SARAH E. LIVINGSTON	24 LUBBOCK	TX	40:33 8:07
2 55 JORDAN GROVES	20 LUBBOCK	TX	45:23 9:05

# West Texas Running Club Membership Form

**Membership Details**

**Today's Date** \_\_\_\_\_

Membership in the West Texas Running Club (WTRC) is for a calendar year. All memberships expire on December 31 of each year and must be renewed to continue to receive membership benefits. All members must sign the waiver and agree to its terms to be eligible for membership.

**Annual Membership Rates:**

Standard membership: \$15.00

Standard membership including pre-payment for all races and T-shirts: \$100.00

Family membership: \$3.00 for each additional WTRC member at the same address.

Student membership: \$10.00. Please indicate the name of your school \_\_\_\_\_.

Half-year membership (New members joining after July 1<sup>st</sup>): \$8.00

**Memberships are not valid until payment is received by WTRC. Your fee must be mailed with this form to: WTRC-c/o David Higgins, Treasurer, 3401 Alcove Ave, Lubbock 79407**  
**Thank you for joining!**

**Membership Benefits**

Members receive the monthly WTRC club newsletter, reduced entry fees, and eligibility to participate in the challenge series. In order to be eligible for the Challenge Series Awards, you must volunteer in at least one club race in which you do not run.

**Family Address** (This is the address the club newsletter will be sent to)

**Family E-mail** (for WTRC communication only). Please print clearly!

**Check here if you want the newsletter by e-mail instead of regular mail.**

**Family Members** (List each family member below)

First name	Last Name	sex (M/F)	Date of Birth (MM/DD/YY)	Home phone (###) ###-####	Work phone (###) ###-####

**All applicants must sign the waiver on the reverse of this sheet to be eligible for membership.**

## Membership Waiver

I know that running and volunteering to work in club races are potentially hazardous activities. I should not enter and run in club activities unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running and volunteering to work in club races including, but not limited to, falls, contact with other participants, the effects of the weather, including high heat and/or humidity, my own health conditions, whether known or unknown to me, the conditions of the road and traffic on the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, **I, FOR MYSELF AND ANYONE ENTITLED TO ACT ON MY BEHALF, WAIVE AND RELEASE THE WEST TEXAS RUNNING CLUB AND ALL SPONSORS, THEIR REPRESENTATIVES AND SUCCESSORS, INCLUDING THE LUBBOCK COUNTY WATER CONTROL AND IMPROVEMENT DISTRICT NO.1, FROM ALL CLAIMS OR LIABILITIES OF ANY KIND ARISING OUT OF MY PARTICIPATION IN THE RACE OR THE CLUB'S ACTIVITIES, EVEN THOUGH THAT LIABILITY MAY ARISE OUT OF NEGLIGENCE OR CARELESSNESS, IN PART OR WHOLE, OF THE WEST TEXAS RUNNING CLUB OR OTHER SPONSORS REFERENCED ABOVE.**

I grant permission to all of the foregoing to use any photographs, video tapes, recordings or any other record of club event for any legitimate purpose.

For members under the age of 18, a signature of a parent or official guardian is required.

**By checking this box, I(we) agree with the above waiver.**

Printed name for each applicant	Signature for each applicant (applicant or parent of applicant, if applicant is under 18 years of age)	Date

If you wish to volunteer to help the WTRC, please circle the categories that you will assist with. To be eligible for a Challenge Series Award, you must volunteer for at least one club race in which you do not run.

- |                    |                       |                           |              |
|--------------------|-----------------------|---------------------------|--------------|
| Membership         | Race results/Computer | Club socials              | Club races   |
| Non-club races     | Club equipment        | Newsletter                | Scholarships |
| Historical records | Club website          | Race and Course standards |              |

# Kid's on the Run

## Running Club Team Kids Cafe to help in fight against childhood obesity

By Allison Griest | AVALANCHE-JOURNAL

**Tuesday, January 15, 2008**

*Story last updated at 1/15/2008 - 1:58 am*

Living a healthy lifestyle requires more than just a healthy diet. It requires physical activity. In fact, the combination of a healthy diet and physical activity is precisely what Team Kids Cafe, a running program, is all about.

Many children in the Lubbock community battle hunger, and sometimes the only food available to them holds very little nutritious value. These circumstances lead to childhood obesity. Lubbock is taking steps to fight childhood obesity through Team Kids Cafe, a new element of the South Plains Food Bank's Kids Cafe program. Kids Cafe is an after-school feeding program at 12 locations designed to give kids healthy and nutritious meals. According to the South Plains Food Bank, one in four children in Lubbock goes home hungry every day. Tammy Hester, Kids Cafe program director and executive chef, works hard to develop menus for the program.

"Kids Cafe is here to help the kids," Hester says. David Weaver, the food bank's executive director, is one of the initiators of the running program. Team Kids Cafe's mission is to encourage a healthy lifestyle through diet and exercise. The program focuses on the benefits of running. Weaver, a runner himself, is passionate about the South Plains Food Bank and Team Kids Cafe. "The food bank is a bridge between compassion and need," says Weaver. Team Kids Cafe needs all kinds of volunteers, especially volunteer coaches and assistant coaches. Coaches will work with the kids from Kids Cafe at least twice a week for one hour. Kids will learn about nutrition as well as the benefits of running. "We want to provide good role models for the kids," says Weaver.

Weaver's running partner, Terry Dalton, is spearheading Team Kids Cafe. Together, Weaver and Dalton brainstormed the running program into reality. Dalton gained support from the West Texas Running Club, which is dedicating its Prairie Dog Run to Team Kids Cafe. On March 8, the Prairie Dog/Kids Cafe Fun Run at Mackenzie Park will include 1-mile, 2-mile and 4-mile runs. "There is a natural partnership between the West Texas Running Club and Team Kids Cafe," Dalton says. "We're going to try to present running in a positive way. "Team Kids Cafe is a win-win situation for everybody." Dalton hopes to see about 500 kids at the event. All kids in the Lubbock community are welcomed and encouraged to participate. More information about the program and volunteer opportunities can be found by visiting the South Plains Food Bank's Web site, [www.spfb.org](http://www.spfb.org), or by contacting Terry Dalton at 548-0294.

### Youth Movement

PUBLISHED 04/23/2007 Runner's World

By Marc Bloom

If you've ever watched children chasing squirrels in the backyard or sprinting to the corner mailbox, you know they don't just run--they fly

With arms jutting out, knees high, and big smiles. No rules, just pure joy. Stay out of the way, parents! No structure or programs or advice. No "training," no goals, and no plans for the Junior Olympics. Right?

Well, yes and no

Studies show that 17 percent of American children ages 2 to 19 are overweight and that fewer than eight percent of elementary schools and 6.4 percent of middle schools provide daily P.E. class, so it's obvious that kids need to move their bodies more. And what better activity than running? "Children involved in running can carry it on as a lifestyle that is maintained into adulthood," says Teri McCambridge, M.D., chair of the American Academy of Pediatrics (AAP) Council on Sports Medicine and Fitness. "Kids get used to being active," agrees Bill Roberts, M.D., past president of the American College of Sports Medicine.

Still, things don't look great at the opposite end of the spectrum either. Yes, we have a lot of young couch potatoes in dire shape, but we also have overbooked, overstressed, overtrained young athletes, including runners, immersed in parent-driven year-round competition, resulting in an epidemic of youth injury and burnout. According to the AAP, children and teens ages 5 to 14 now account for 40 percent of all sports-related injuries. In track and cross-country, stress fractures, especially among girls, are increasingly prevalent. One of the largest studies of high school sports injuries, covering 60,000 athletes in Seattle from 1979 to 1993, showed girls cross-country runners with the highest rate of injury--even greater than football players. The coauthor of that study, Stephen Rice, M.D., now the director of the Sports Medicine Center at Jersey Shore University Medical Center in Neptune, New Jersey, believes the data still stands. "If anything, today's young athletes are more intense in their training," says Dr. Rice. "Sports are year-round, and there's a lot of overuse injury."

But there is a middle ground between too little activity and too much adult-generated structure. People involved in running--from coaches and teachers to doctors and parent-runners--have created hundreds of inspiring running programs for kids nationwide. For example, more than 80,000 youngsters participate in the national Marathon Kids program, receiving free running and nutrition advice. The New York Road Runners oversee activities for more than 17,000 kids. And the St. Louis Read, Right and Run program provides training tips for 3,000 children who read 26 books "right" the community with 26 good deeds, and run 26.2 miles over six months.

But whether they run with Mom or Dad or join school programs, kids aren't merely smaller versions of adult runners. They require particular care at every step of their development. So with the help of medical experts and experienced coaches, we've established the important guidelines for each growth stage to safeguard kids' health and ensure their running enjoyment. Your role? Counsel, encouragement, and, yes, an occasional pair of shoes.



Find this page online at: [http://www.coolrunning.com/engine/3/3\\_1/zap-fitness-men-run-ohio-.shtml](http://www.coolrunning.com/engine/3/3_1/zap-fitness-men-run-ohio-.shtml)

**ZAP Fitness (men), Run Ohio Racing Team (women) take team titles at USATF National Club Cross Country Championships**

Posted Monday, 10 December, 2007

From Paul Merca

WEST CHESTER, Ohio - Led by Ryan Warrenburg's overall win, the men from ZAP Fitness won their second consecutive team championship, while the Run Ohio Racing Team won the women's title at the ninth annual USATF National Club Cross Country Championships today at Voice of America Park in West Chester, Ohio.

In the town where the Voice of America transmitted news, music, and information to listeners throughout the world, the strains of the Plain White T's song "Hey There Delilah" was broadcast through the airwaves of Voice of America Park as Delilah DiCrescenzo (the inspiration for the Grammy nominated hit) of Conshohocken, Pennsylvania emerged victorious in the open women's race at the USATF National Club Cross Country Championships. Running with the lead pack early, the former Columbia University steeplechase standout DiCrescenzo who was 11th in last year's contest in San Francisco, along with Serena Ramsey of Columbia, Missouri and Julie Culley of Baltimore, Maryland (Pacers Brooks), broke away shortly before the two mile mark. Down the final stretch, DiCrescenzo separated herself from Culley and cruised to a two-second victory, running 20:31 over the 6 km course. Culley held on for second in 20:33, and Ramsey finished in third, running 20:41.

In a very close and hotly contested team race, the Run Ohio squad, led by former NCAA 10 km champion **Leigh Daniel (eighth in 20:59), earned its first national title, with a score of 157 points.** New Balance Boston took second with 159, and the Boulder Running Company/adidas finishing third with 160 points. The defending champion Boston Athletic Association finished fourth with 188 points. Saturday's races were held under cloudy skies, with temperatures beginning in the high 30s and traces of snow on the course slowly turning to mud in spots as the temperature rose as America's top post-collegiate club teams came to Voice of America Park for the event, which featured open and masters races at 10-kilometers for men and 6-kilometers for women.

The USATF National Club Cross Country Championships featured the elite clubs from across the United States vying for top honors and bragging rights as the nation's best cross country teams. Over 110 clubs and 1130 competitors took part in the event.

For more information about the 2007 USATF National Club Cross Country Championships, along with complete results, visit [www.usatf.org](http://www.usatf.org).

Contact:  
Jim Estes  
Senior Manager of LDR and Marketing  
USA Track & Field  
317-713-4661

**W.T.R.C. 2008 Challenge Series Standings After 1 Event**  
\*\* = RACE DIRECTOR \* = VOLUNTEER

Age Pts Miles Evt					Age Pts Miles Evt				
<b>0-12 Female</b>					<b>16- 19 Male</b>				
Turner Adams	12	10	5		Jon David Bruegel	16	9	5	
Peyton Lewallen	10	10	2		<b>25 - 29 Male</b>				
Allyson Martin	10	9	2		Brett Hart	28	10	2	
Camille Ford	6	8	2		Aaron Self	28	9	5	
<b>13-15 Female</b>					<b>30 - 34 Male</b>				
Colleen Adams	14	11	5		John Barrientos	34	10	2	
Hannah Layman	15	10	2		Chris Gallarneau	32	8	5	
Lindsey Lewallen	13	10	5		Jason Burley	32	7	5	
Allison Pyle	15	0	5	*	Chris Milford	34	6	5	
<b>16 - 19 Female</b>					<b>35 - 39 Male</b>				
Kayla Hendrix	17	9	5		Glen Poklikuha	36	10	2	
<b>20 - 24 Female</b>					<b>40 - 44 Male</b>				
Sarah Livingston	24	10	5		Daniel Gonzales	42	10	2	
<b>25 - 29 Female</b>					<b>45 - 49 Male</b>				
Mandy Satterwhite	29	10	2		Paul Pare	45	10	5	
Angie Sonnenberg	28	10	5		Ronnie Trollinger	48	10	2	
Emily Wyatt	28	9	5		Adam Barron	45	9	5	
Amy McAlexander	27	8	5		Epi Aguirre	45	8	5	
<b>30 - 34 Female</b>					<b>50 - 54 Male</b>				
Tammy Moriearty	34	10	2		Jackie Cannon	52	10	2	
Iris Rivero	32	10	5		Gene Adams	50	10	5	
Sara Miller	32	9	2		Jimmy Samarron	52	9	2	
Kelley Weil	31	9	5		Craig Peterson	51	9	5	
Malinda Colwell	34	8	5		Frank Sumpter	54	0	5	*
Michelle Cohen	32	8	2		Terry Dalton	53	0	5	*
Amy Harlien	31	7	5		Randy Holloway	51	0	5	*
Myriam Guardiola	33	0	5	*	<b>55 - 59 Male</b>				
<b>35 - 39 Female</b>					<b>60 - 64 Male</b>				
Lee Handlin	38	10	5		Gordon Jenkins	67	10	5	
Susan Alger	36	10	2		Jim Harris	65	10	2	
Stephanie Wehmeier	39	9	5		<b>70 - 99 Male</b>				
Michelle Eckstein	36	8	5		Ralph Wolf	70	10	2	
Karen Pyle	39	0	5	*	Bill Felton	73	0	5	*
<b>40 - 44 Female</b>					<b>65 - 69 Male</b>				
Angie Hines	42	10	5		Gordon Jenkins	67	10	5	
Susan Lewallen	40	10	2		Jim Harris	65	10	2	
Laura Lappe	42	9	2		<b>70 - 99 Male</b>				
Jill Haukos	43	8	5		Ralph Wolf	70	10	2	
<b>45 - 49 Female</b>					<b>65 - 69 Male</b>				
Kammy Philbrick	47	10	5		Bill Felton	73	0	5	*
Glenna Beyer	49	10	2		George Jury	71	0	5	*
Deborah Ford	49	9	2		<b>CLYDESDALE - age graded</b>				
<b>50 - 54 Female</b>					<b>70 - 99 Male</b>				
Cheryl Weber	54	8	5		Steve Odorizzi	45	10	5	
Susan Tomlinson	50	7	5		Larry Bloskas	46	10	2	
<b>55 - 59 Female</b>					<b>70 - 99 Male</b>				
Etta Mayer	58	10	5		Farrell Martin	41	8	5	
Josie Aleman	56	10	2		Robert Bloodworth	43	5	5	
Suzan Caudle	55	9	2		Jim Beck	48	0	10	**
<b>0-12 Male</b>					<b>70 - 99 Male</b>				
Walker Adams	10	10	5		George Jury	71	0	5	*
DJ Gonzales	12	9	2		<b>CLYDESDALE - age graded</b>				
Austin Martin	12	8	2		Steve Odorizzi	45	10	5	
David Pyle	9	0	5	*	Larry Bloskas	46	10	2	
<b>13 - 15 Male</b>					<b>70 - 99 Male</b>				
Lucas Morris	15	11	2		Farrell Martin	41	8	5	
Aaron St. Clair	15	10	5		Robert Bloodworth	43	5	5	
Luke Samarron	14	10	2		Jim Beck	48	0	10	**
Kendall Higgins	14	9	2						



FEMALE AGE GROUP: 25 - 29

Place	O'All Name	Ag Town	St 5	Pace
* 1	21 ANGIE SONNENBERG	28 LUBBOCK	TX	38:05 7:37
2	57 EMILY WYATT	28 LUBBOCK	TX	45:39 9:08
3	70 AMY MCALEXANDER	27 LUBBOCK	TX	50:27 10:06

FEMALE AGE GROUP: 30 - 34

Place	O'All Name	Ag Town	St 5	Pace
1	16 IRIS RIVERO	32 LUBBOCK	TX	36:15 7:15
2	44 KELLEY WEIL	31 LUBBOCK	TX	43:30 8:42
3	65 MALINDA COLWELL	34 LUBBOCK	TX	47:27 9:30
4	75 AMY HARLIEN	31 LUBBOCK	TX	52:23 10:29

FEMALE AGE GROUP: 35 - 39

Place	O'All Name	Ag Town	St 5	Pace
1	50 LEE HANDLIN	38 LUBBOCK	TX	44:44 8:57
2	63 STEPHANIE WEHMEIER	39 LUBBOCK	TX	47:09 9:26
3	64 MICHELLE ECKSTEIN	36 LUBBOCK	TX	47:15 9:27

FEMALE AGE GROUP: 40 - 44

Place	O'All Name	Ag Town	St 5	Pace
1	62 ANGIE HINES	42 SUNDOWN	TX	47:04 9:25
2	71 KIMBERLY TERRY	41 PORTALES	TX	50:51 10:11
3	73 JILL HAUKOS	43 LUBBOCK	TX	52:21 10:29

FEMALE AGE GROUP: 45 - 49

Place	O'All Name	Ag Town	St 5	Pace
1	61 KAMMY PHILBRICK	47 LUBBOCK	TX	46:23 9:17

FEMALE AGE GROUP: 50 - 54

Place	O'All Name	Ag Town	St 5	Pace
1	34 LEESA PRICE	51 LUBBOCK	TX	41:21 8:17
2	42 BETH GERKEN	53 AMARILLO	TX	43:15 8:39
3	67 CHERYL WEBER	54 LUBBOCK	TX	49:47 9:58
4	74 SUSAN TOMLINSON	50 LUBBOCK	TX	52:22 10:29

FEMALE AGE GROUP: 55 - 59

Place	O'All Name	Ag Town	St 5	Pace
1	76 ETTA MAYER	58 LUBBOCK	TX	52:59 10:36

OVERALL CLYDESDALE 5 MILE RESULTS

AGEGRADED

Place Name	Ag Town	St 5	Agegrad
1 STEVE ODORIZZI	45 LUBBOCK	TX	42:19 38:31
2 CLAY INGRAM	23 LUBBOCK	TX	41:04 41:04
3 FARRELL MARTIN	41 SHALLOWATER	TX	43:49 41:06
4 TODD DOWNEY	44 LUBBOCK	TX	45:07 41:23
5 CHRIS BOUTWELL	33 LUBBOCK	TX	42:13 41:44
6 ROBERT BLOODWORTH	43 LUBBOCK	TX	50:14 46:25

TWO MILE

LIST OF FINISHERS - BY AGE GROUP

\*\*\*\*\* MALE OVERALL WINNER \*\*\*\*\*

Place Name	Ag Town	St 2	Pace
1 LUCAS MORRIS	15 LUBBOCK	TX	12:23 6:12

MALE AGE GROUP: 12 & Under

Place O'All Name	Ag Town	St 2	Pace
1 18 THOMAS PITMAN	9 LUBBOCK	TX	17:48 8:54
2 20 DJ GONZALES	12 LUBBOCK	TX	18:08 9:04
3 23 AUSTIN MARTIN	12 SHALLOWATER	TX	18:33 9:17
4 30 CHRISTIAN DELEON	10 LUBBOCK	TX	20:09 10:05

MALE AGE GROUP: 13 - 15

Place O'All Name	Ag Town	St 2	Pace
1 4 LUKE SAMARRON	14 LEVELLAND		13:17 6:39
2 34 KENDALL HIGGINS	14 LUBBOCK	TX	21:31 10:46

MALE AGE GROUP: 20 - 24

Place O'All Name	Ag Town	St 2	Pace
1 5 ALEX CONDON	20 LUBBOCK	TX	13:22 6:41
2 15 RICHARD CRIM	21 BROWNFIELD	TX	16:44 8:22
3 22 JEREMY SIGLE	22 LUBBOCK	TX	18:28 9:14

MALE AGE GROUP: 25 - 29

Place O'All Name	Ag Town	St 2	Pace
1 7 BRETT HART	28 LUBBOCK	TX	14:35 7:18

MALE AGE GROUP: 30 - 34

Place O'All Name	Ag Town	St 2	Pace
1 9 JOHN BARRIENTOS	34 LUBBOCK	TX	15:39 7:50

MALE AGE GROUP: 35 - 39

Place O'All Name	Ag Town	St 2	Pace
1 2 GLEN POKLIKUHA	36 LUBBOCK	TX	12:41 6:21

MALE AGE GROUP: 40 - 44

Place O'All Name	Ag Town	St 2	Pace
1 12 DANIEL D GONZALES	42 LUBBOCK	TX	16:08 8:04
2 14 BRIAN ALGER	41 LUBBOCK	TX	16:40 8:20

MALE AGE GROUP: 45 - 49

Place O'All Name	Ag Town	St 2	Pace
1 8 RONNIE TROLLINGER	48 LUBBOCK	TX	15:28 7:44

**MALE AGE GROUP: 50 - 54**

Place	O'All Name	Ag Town	St 2	Pace
1	3 JACKIE CANNON	52 AMARILLO	TX	13:07 6:34
2	6 JIMMY SAMARRON	52 LEVELLAND	TX	14:30 7:15

**MALE AGE GROUP: 55 - 59**

Place	O'All Name	Ag Town	St 2	Pace
1	11 DAVID HIGGINS	55 LUBBOCK	TX	16:04 8:02
2	33 TOM GRIFFIN	59 LUBBOCK	TX	21:22 10:41

**MALE AGE GROUP: 65 - 69**

Place	O'All Name	Ag Town	St 2	Pace
1	26 JIM HARRIS	65 HOBBS	NM	19:11 9:36

**MALE AGE GROUP: 70 - 99**

Place	O'All Name	Ag Town	St 2	Pace
1	19 RALPH WOLF	70 LUBBOCK	TX	17:57 8:59

**\*\*\*\*\* FEMALE OVERALL WINNER \*\*\*\*\***

Place	Name	Ag Town	St 2	Pace
1	JENNIFER FARRIS	29 LUBBOCK	TX	16:00 8:00

**FEMALE AGE GROUP: 12 & Under**

Place	O'All Name	Ag Town	St 2	Pace
1	29 PEYTON LEWALLEN	10 LUBBOCK	TX	20:08 10:04
2	35 ALLYSON MARTIN	10 SHALLOWATER	TX	22:19 11:10
3	40 CAMILLE FORD	6 LUBBOCK	TX	44:40 22:20

**FEMALE AGE GROUP: 13 - 15**

Place	O'All Name	Ag Town	St 2	Pace
1	25 HANNAH LAYMAN	15 HEREFORD	TX	18:56 9:28

**FEMALE AGE GROUP: 25 - 29**

Place	O'All Name	Ag Town	St 2	Pace
1	16 MANDY SATTERWHITE-POKLIKUHA	29 LUBBOCK	TX	16:52 8:26

**FEMALE AGE GROUP: 30 - 34**

Place	O'All Name	Ag Town	St 2	Pace
1	13 TAMMY MORIEARTY	34 LUBBOCK	TX	16:10 8:05
2	21 SARA MILLER	32 LUBBOCK	TX	18:25 9:13
3	24 MICHELLE COHEN	32 LUBBOCK	TX	18:43 9:22

**FEMALE AGE GROUP: 35 - 39**

Place	O'All Name	Ag Town	St 2	Pace
1	28 SUSAN ALGER	36 LUBBOCK	TX	19:55 9:58

**FEMALE AGE GROUP: 40 - 44**

Place	O'All Name	Ag Town	St 2	Pace
1	31 SUSAN LEWALLEN	40 LUBBOCK	TX	20:14 10:07
2	32 LAURA LAPPE	42 LUBBOCK	TX	20:59 10:30

**FEMALE AGE GROUP: 45 - 49**

Place	O'All Name	Ag Town	St 2	Pace
1	27 GLENNA BEYER	49 LUBBOCK	TX	19:18 9:39
2	39 DEBORAH FORD	49 LUBBOCK	TX	42:31 21:16

**FEMALE AGE GROUP: 55 - 59**

Place	O'All Name	Ag Town	St 2	Pace
1	36 JOSIE ALEMAN	56 LUBBOCK	TX	24:37 12:19
2	38 SUZAN CAUDLE	55 LUBBOCK	TX	25:46 12:53

**OVERALL CLYDESDALE 2 MILE RESULTS**

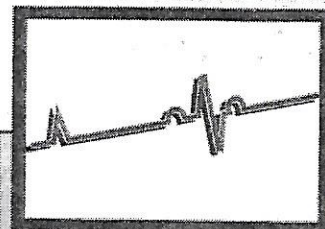
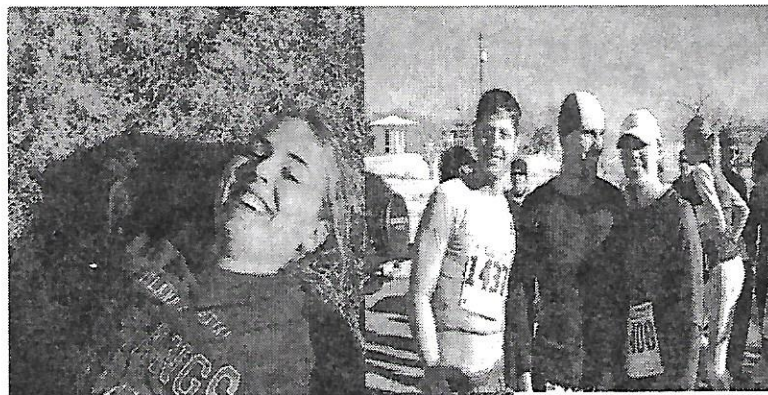
**AGEGRADED**

Place	Name	Ag Town	St 2	Agegrad
1	LARRY BLOSKAS	46 LUBBOCK	TX	17:12 15:47

**OVERALL ATHENA 2 MILE RESULTS**

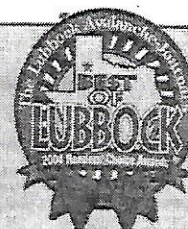
**AGEGRADED**

Place	Name	Ag Town	St 2	Agegrad
1	BETHANY TIBBETTS	31 LUBBOCK	TX	24:39 24:39



**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

**COTTON PATCH RUNS**  
Since 1973  
**EVENT RECORDS 1990 to Lubbock**

**8 MILE**

**MEN**

	NAME	TOWN	AGE	TIME	YEAR
15 &					
Under	Carlos Ybarra	Lamesa	15	42:54	1981
16-19	Don Wise	Lubbock	16	47:37	1981
20-24	Sam Sitonik	Levelland	23	41:54	*1981
25-29	Jesse Williams	Lubbock	25	43:23	2003
30-34	John Bednarski	Odessa	31	44:14	1981
35-39	Scott Brickerd	Lubbock	36	43:09	1989
40-44	Bob Jackson	Hobbs	40	43:46	1999
45-49	Bobby Cunningham	Abernathy	46	48:14	1986
50-54	Don Webb	Coahoma	53	50:23	1981
55-59	George Jury	Lubbock	55	51:41	1992
60-64	Don Sanderson	Tulia	64	59:18	1994
65-69	David Lard	Amarillo	67	1:07:13	2005
70+	Don Sanderson	Tulia	71	1:06:11	2001
Clydes	Farrell Martin	Lubbock	36	55:37	2003

**WOMEN**

15 &					
Under	Jamie Francis	Lubbock	15	1:01:27	2001
16-19	Hope Jimenez	Lamesa	16	59:01	2001
20-29	Sue Houle	Lubbock	28	54:36	1990
30-34	Marjory Stewart	Lubbock	32	49:01	*1991
35-39	Marjory Stewart	Lubbock	35	50:37	1994
40-44	Marjory Stewart	Lubbock	41	55:55	2000
45-49	Mary Branscome	Lubbock	47	1:05:41	2007
50-54	Madonne Miner	Lubbock	50	1:07:08	2003
55-59	Sherill Easterling	Snyder	55	1:11:18	2005

60+  
Athena

\* Overall Event Record  
+ Noteworthy times

**4 MILE (1985)**

**MEN**

	NAME	TOWN	AGE	TIME	YEAR
12 &					
Under	Trey Jernigan	Sundown	12	26:49	1990
13-15	Jacob Lozano	Hobbs	15	22:20	2007
16-19	Larry Millard	Lubbock	18	21:45	1986
20-24	Jose Montoya	Hobbs, NM	20	21:02	* 1985
25-29	Van Gunnell	Soda Sprgs, ID	27	22:50	2005
30-34	John Bednarski	Odessa	37	21:26	1987
40-44	Frank Sumpter, Sr.	Lamesa	42	23:34	1996
45-49	Bobby Cunningham	Abernathy	45	22:48	1985
50-54	Jim Leser	Lubbock	53	25:10	2000
	+Jackie Cannon	Amarillo	51	25:19	2007
55-59	Jim Harris	Hobbs	58	27:51	2001
	John Trompler	Lubbock	55	27:51	2003
(TIE)					
60-64	Ron Lubowicz	Lubbock	60	27:57	2003
65-69	Don Sanderson	Tulia	66	28:17	1996
70+	Bill Felton	Lubbock	71	33:36	2006
	+Don Sanderson	Tulia	72	33:43	2002
Clydes	Kevin Lair	Lubbock	38	27:40	2000

**WOMEN**

12 &					
Under	Hope Jimenez	Lamesa	12	28:21	1997
13-15	Tara Jernigan	Hawley	15	28:31	1997
16-19	Laci Jackson	Hobbs	17	26:13	* 1999
20-29	Linda Northrup	Lubbock	26	29:00	2001
30-34	Maira Ridley	Lubbock	34	30:14	2000
	+Annette Boles	Lubbock	32	30:20	2007
35-39	Denise Bray	Lubbock	38	29:23	2000
40-44	Diane Calhoun	Idalou	41	28:37	2000
45-49	Martha Martinez	Lubbock	45	32:27	2001
	Melanie McVey	Sundown	45	32:27	2007 (TIE)
50-54	Madonne Miner	Lubbock	51	32:37	2004
55-59	Estella Galvan	Brownfield	59	44:28	2002
60+	Estella Galvan	Brownfield	60	39:18	2003
	+Cathy Nathan	Lubbock	62	41:59	2007
Athena	Lee Handlin	Lubbock	37	37:02	2007

\* Overall Event Record  
+ Noteworthy times

WEST TEXAS RUNNING CLUB'S

COTTON PATCH RUNS

4 MILE & 8 MILE

4 MILE RELAY

EVENT # 2 OF THE W.T.R.C. CHALLENGE SERIES

WHEN: SATURDAY, FEBRUARY 9, 2008

Register online at <http://wtrc.tripod.com>

See Enclosed Mail in Form for Information

On Site Registration: 9:00 to 9:45 A.M

Races Start at 10:00 A.M.

WHERE: FRENSHIP HIGH SCHOOL

WOLFFORTH, TEXAS

REGISTER INSIDE AT THE HIGH SCHOOL

COURSE: FLAT

WTRC Rules Do Not Permit Pets, Skates, Strollers, or Bicycles

AGE DIVISIONS:

MEN: 12 & Under; 13-15; 16-19; 20-29; 30-34; 35-39; 40-44; 45-49; 50-54; 55-59; 60-64; 65-69; 70 Plus

WOMEN: 12 & Under; 13-15; 16-19; 20-29; 30-34; 35-39; 40-44; 45-49; 50-54; 55-59; 60 Plus

Clydesdale and Athena

Two and Four Person Relay Teams in the Four Mile

AWARDS: Medals Will Be Awarded to at

Least the first three finishers in each Age Group Division and up to 50% of each group—5 Maximum

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

Non Members \$ 10.00, Race Day \$15 Everyone

RACE DIRECTOR: David Higgins 785-8562 (H)  
535 7788 (C)



Newsletter  
P.O. Box 2921  
Lubbock, Texas 79408

### West Texas Running Club Event Calendar

- Indicates W.T.R.C. Monthly Race and CHALLENGE SERIES EVENT

\* FEB 06 W.T.R.C. Business Meeting: Wednesday, 7pm, BSGM Building  
8215 Nashville (Just East of the Veteran's War Memorial)

\* FEB 09 **COTTON PATCH RUNS**: 8MI, 4MI, 4mi Relay, 10:00am  
Frenship High School, Wolfforth, David Higgins, RD, 806-785-8562

FEB 17 AT&T AUSTIN MARATHON: [www.attaustinmatathon.com](http://www.attaustinmatathon.com)

FEB 23 Cowtown Marathon: Ft Worth, TX, Marathon,  
Half Marathon, 7:30am, [www.cowtownmarathon.org](http://www.cowtownmarathon.org)

\* MAR 08 **PRAIRIE DOG TOWN**: 4M/2M, 9:00AM, MacKenzie Park,  
Lubbock, Mike Greer, RD 806-535-1224

MAR 29 **THE GREAT H.O.G.G. RACE**: Marathon, Half Marathon,  
10K, 5K, Lamesa, TX, 8:00am, contact - 806-759-8245.

APR 06 **BIG D TEXAS MARATHON**: 7:30am, Marathon, Half  
Marathon, And 5K, Fair Park, Dallas, TX  
[www.texasmarathon.com](http://www.texasmarathon.com)

\* APR 19 **RUN FOR THE ARTS**: 15K, 2MI, 8:00, Lubbock Memorial  
Civic Center, Tom Weis, RD, 806-928-0482

\* MAY 10 **HORSESHOE BEND SPRING FROLIC**: 11Mi, 6Mi, 2Mi,  
8:00am, Horseshoe Bend Canyon-Slaton, TX, Randy Holloway,  
RD, 806-789-1547

\* JUN 14 **LEVELLAND LOPE**: 10k, 2Mile, 8:00am, South Plains  
College, Levelland (Texan Dome), Bill Roger, RD,  
806-894-7911

JUN 21 **GIRLSTOWN GALLOP**: 5k, 9:00am, Cal Farley's Girlstown,  
USA, Jesse Pape, RD, 806-229-6361

\* JUL 4 **39<sup>TH</sup> ANNUAL FIRECRACKER RUNS**: Brownfield-Terry Co  
Park, 8:00am, 10 Mile/3 Mile, Jim Harris RD,

\* AUG 9 **HOT DAM RUNS**: 5MI, 2MI, 8:00am, Canyon Lakes #6, 22nd  
And MLK JR, Etta Mayer, RD.

\* SEP 13 **SHALLOWATER STAMPEDE**: 10K, 2MI, 8:00am,  
Shallowater High School, Race Director Needed.

Calendar, Photos, Online registration, Membership, etc.

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