

June 2008

Volume 1, Issue 5

**Club Member Spotlight
2008 Nightingale Award Winner
P.J. Mitchell
Rose Family Medicine**

In the January 3, 2008 edition of the Avalanche-Journal Living Section, Beth Phillips wrote an article telling the story of Albert Anthony Castro, III, of Idalou. Albert is a 13-year-old boy who was diagnosed with cardiomyopathy, a serious heart condition which causes the heart to lose the ability to pump blood properly. He and his family were faced with a move to Houston to await a heart transplant at Texas Children's Hospital, which they hope would save his life.

P.J. Mitchell read the article and was moved by Albert's and his family's plight. P.J. and her sister, Nancy Alaniz, pooled their money to purchase a flat screen television to use as a raffle prize to raise funds for the Castro family. The tickets were sold for \$1 each and a total of \$2,951 was raised through ticket sales and donations.

One of Lubbock's most experienced marathon runners, P.J. recently completed the New York Marathon (the 35th of her career). In May, she will participate in a sponsored half marathon at Buffalo Springs to raise additional money for Albert.

P.J. is a gentle, caring nurse who works for Dr. Christopher Rose. She is a tiny human, with a loving and generous personality. Her goal is that, in part with her financial help, she will be able to run with Albert after his heart transplant. The line from Henry Wadsworth Longfellow's poem "Santa Filomena," which read, "Honor to those whose words or deeds thus help us in our daily needs," truly describes P.J. Mitchell. We are proud to nominate P.J. and feel she is very worthy of the honor of the Nightingale Award.

Nomination submitted by : Stephen & Trois Payne

Lubbock Avalanche-Journal. Saturday, May 3, 2008-5

Congratulations to Bill Felton who just returned from the **Mississippi Sr. Olympics** where he qualified in seven (7) events (400,800,1500), 5K road Race and Table Tennis (singles, men's doubles & mixed doubles) for the 2009 Nationals to be held in San Francisco.

W. T. R. C. RACES ARE USUALLY HELD THE 2ND SATURDAY OF EACH MONTH.
The WTRC monthly business meeting is on Wednesday, June 4, 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 Levelland Lope
(10K & 2 MI)
Saturday, June 14, 2008
Race Starts @ 8:00 a.m.
At
South Plains College
Levelland
Bill Roger
Race Director
(806) 894-7911**

WTRC Officers

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Event Records History
By George Jury

In recent months I have endeavored to bring the current event records in line with our present age group divisions. What made this task rather daunting was the rather broad groupings which were used in the early years of the club. The modern 5 year age grouping was initiated in 1991 and even then the 20-29 group was lumped together for record purposes, even though we began splitting this group in two for the bigger races in 1991. For the upper ages we only had women 50 plus and men, 60 plus until 1997 when we began having enough older runners to justify going to our current groups for women, 60 plus and men, 70 plus.

In the early days of the club, a sign-up sheet was used for scoring and had the following groups. High school, open (which was anyone after high school to age 29), 30-39 and 40 plus. In many cases the exact age was not given, so in researching to determine if a person was eligible for a record in the current groupings, many times I would have to look for results in other races to determine the individuals age.

In updating the Run For The Arts (RFA) 2 mile records which date back to 1982, I had to refer to my personal journals as well as old newsletters for data. And even at the time I'm writing this, I have found some results from 1986, 1990 and 1991 that will change several more divisions. You will notice that in the records published in the April newsletter two individuals were credited with records when I could not establish the exact age at the time they ran. Because of the section on "Alumni News" in the most recent "TECHSAN" the publication of the TTU Alumni organization, I found that the record holder for the mens' 2 Mile, Glen Morris, was 23 years old when he graduated in 1983, with a degree in Advertising. He now holds the rank of Lt. Colonel, in the reserve, and lives in San Diego, CA. He wrote a book called the "Babylon Blog" while serving a tour of duty in Iraq. He is a former elementary school principal and a seminary student. I have also found that Cindy Mott is also a TTU alumni and I may well be looking for the real F25-29 2 mile record holder. The alumni assn. has forwarded my inquiry to her. In the meantime, I have inserted Cindy Rowell who ran 13:45 in 1991 in the F25-29 age division. Her exact age is not known.

Some fast 2 mile times were uncovered for two of our "high profile" members, in their earlier running careers, before bad backs and knees slowed them down, although our president has been busy recently setting 60-64 and now 65-69 age division standards. Look at these times!

Josie Aleman, 34 (14:18), 35 (14:05), 36 (14:02), 37 (13:50) and at 39 (13:40)
Ron Lubowicz, 41 (10:28), 44 (10:52), and at 47 (11:26)

2008 Horseshoe Bend Race Report

I don't think we can find a better place to road race in West Texas than the Horseshoe Bend Canyon area. Couple that with great weather and we had ideal conditions for racing this year. We had 121 runners compete in the three distances this year.

The overall winners this year were:

11 Mile—Michael Njenga, Male; Iris Rivero, Female
6 Mile—Cornelis Puiulet, Male; Kippi Buchanan, Female
2 Mile—Lucas Morris, Male; Lindsey Lewallen, Female

George Jury furnished me with some information about our winners. Michael Njenga is the current Red Raider Road Race 10k record holder with a time of 30:57 (1998) and Cornelis Puiulet was the overall winner of the 11 mile HSB in 1996 with a 6:14 pace.

As a race director and a member of the WTRC I know how important volunteers are. Horse Shoe Bend was blessed with a great group this year. I want to thank Lawrence Schovanec, Fred Weber, Ed Debrowski, George Jury, Debbie Wilson, David Higgins, Ben Boston, Jon Bruegal, Elizabeth Linder, Larry Bird, Brenda Campbell and Tony Aleman for working this race. They did a great job.

Thanks for racing HSB this year and see you at Levelland Lope.

Randy Holloway—HSB Race Director

Letter to the Editor:

WTRC: Please Don't Become "Fun Police"

Sometimes while running I like to hear the birds singing. Sometimes I want to shut out the whistling wind in my ears. Sometimes I need a strong musical beat to keep my pace up or delay fatigue. Always, I want to be the one to choose these options. Earphones or not,...my choice.

I say, let's not impose more rules than we absolutely have to in order to protect others. I can accept a rule infringing on my rights in order to prevent harm to others, but I seethe at one made against my will "for my own good", either physical or moral. I cannot rightfully be compelled to do or refrain because, in the opinion of others, it would be wise, or even right.*

Sorry for the following digression, but I was originally a history major, including the history of philosophy, and I still remember that the 18th and 19th centuries were radical times in Europe and America. As monarchies were overthrown, leaders had to really discuss what laws are actually meant to do. They are meant to keep us from injuring others. Thus we are not allowed to drive while drunk, we are supposed to stop at stop signs, etc. Nowadays, we can see that Congress passes laws under pressure of and for the benefit of big business (oil companies, banking and insurance industry, pharmaceutical companies) and does not always apply the philosophical standards of early American government. (The mandatory change of all TV broadcasting to "high definition" comes to mind.) We can remain true to the purpose of law, however.

I realize that a rule against earphones may eventually be required by our insurance company in a litigious world, along with mandatory pre-race cardiac stress testing, cancellation of races when the wind is roaring over 30 mph, pre-season hearing tests and denial of entry to those hard of hearing (maybe eliminating the 55+ age groups altogether). But until that time, let's let people be, to enjoy their sport with small comforts and fun.

*Paraphrased from The Philosophy of John Stuart Mill, 1874.

Cheryl Weber

Club members that ran in the 3200M at the state meet were Kayla Hendrix of Frenship (4A) who finished 5th out of 8 with a time of 11:26.58 which was close to her regional qualifying time. Colleen Adams of Wall, (2A) finished 6th with a time of 12:17.94. Re-member, Colleen is only a freshman.

Colby Lowe, the distance phenomenon from Southlake Carroll, missed the state record in the 3200M by 1.12 second, when he ran 8:53.32. As mentioned earlier, the state record for this event is 8:52.2 set by Eric Henry of Conroe McCullough in 1987. He also won the 1600M in a time of 4:06.87. The state record is 4:03.27 in 2003 by Steve Magness, Klein Oak, while the national High school record is 3:59.51 in 2001 by Alan Webb, Reston South Lakes, VA



LOW COST SUBSCRIPTIONS FOR RUNNING CLUBS

Inside Texas Running (ITR) is a publication specifically edited for the Texas runner. It is in its 30th year of serving the Texas running community.

In this regard, we are eager to work with all running clubs in Texas. One of our major thrusts is to make the magazine available to all club members at a substantial discount via their club membership. The magazine subscription is \$15.00; we will sell it to club members for \$8.00 a year. Eight dollars is as low as we can go and still have the subscription certified as a bona fide "paid" subscription for 2nd class circulation permits (Not less than 51% of the regular price)

Basically, there are 2 ways you can offer this to your members:

1. Include the \$8.00 subscription fee in with their membership fee or;
2. Make it optional

In either case, the club submits the names of the subscribers and pays with one club check. The subscriber name should be accompanied with his or her address including zip, phone number and email address.

As an additional benefit, each subscriber will receive a \$10.00 gift certificate which can be redeemed at various participating running/sports stores. Now, this is a deal you can't beat-spend \$8.00 and get back \$10.00.

Other ways in which we can support your club is to include a listing of any events you may sponsor in our calendar for free. We also would like to hear about what your club is doing. If you have a newsletter, put us on your mailing list. And don't forget that we want to list the results of any race or event you sponsor on our website. Our website will tell you how to go about submitting these results.

In the meantime, lets arrange for your members to get INSIDE TEXAS RUNNING at a substantial discount. I look forward to hearing from you. Call us toll-free at 1 800 441 9837

Sincerely,

Marie Sheffer
 Runner Triathlete News/Inside Texas Running
 2470 Gray Falls, Suite 110
 Houston, TX 77077
marie@runningmags.com
 1-800-441-9837
 281-759-0555

The WTRC Board wanted to share the letter above with all of our club members. If someone is interested in purchasing the ITR subscription please email, Rose Hoeve @ rhoeve@lubbockisd.org

Buffman & Squeaky International Distance Triathlon

The triathlon took place at Buffalo Springs Lake and there were at least 7 WTRC members that participated. Jarred Hurst 25-29 1st place in his age group with a 2:19:52. Tim Key was 2nd in 2:19:08 in 40-44, Wade Wilson was 2nd in 2:33:53 in 50-54, Farrel Martin was 2nd in Clydes with a 3:04:07; Cheryl Weber was 3rd with 3:32:58 in 55-59 for women. In the separate event the Dog-house Sprint: Fred Weber was 2nd in 1:44:51 (55-59), Jim Beck, was 1st in 1:46:05 in the Clydes with Jill Haukos 2nd in the Women's 40-44 with a 1:51:37.

RUN FOR THE ARTS ARTIST

The featured artist for this year's Lubbock ARTS FESTIVAL was Duward Campbell, who is the husband of club member Brenda Campbell. They have one son, Curtis, who is in the first grade.



June 14, 2008

Mail	\$5.00 WTRC members, \$10.00 non-members, \$15 Race Day	Races start at 8:00 A.M.
Registration	Make Checks payable to: WTRC	South Plains College Texan Dome
Thru June 9th	Mail checks & entry forms to: David Higgins	Levelland, Texas
	3401 Alcove Ave	Bill Roger, Race Director
	Lubbock, TX 79407	(806) 894-7911

WAIVER OF LIABILITY

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, 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.**

This entry is not valid unless signed by the entrant, guardian, conservator, or parent for entrants under 18 years old.

Signature of entrant _____ Signature of guardian (minors) _____

Age____ (on race day) Distance (circle one) 2 mile____ 10 km _____ Male_____ Clydesdale (190 lbs or more)

Name _____ Female _____ Athena (150 lbs or more)

City _____ State _____ Phone Number _____

39th Annual Firecracker Runs July 4th 2008

Mail	\$5.00 WTRC members, \$10.00 non-members, \$15 Race Day	Races start at 8:00 A.M.
Registration	Make Checks payable to: WTRC	Terry County Park
Thru June 30th	Mail checks & entry forms to: David Higgins	Brownfield, Texas
	3401 Alcove Ave	Jim Harris, Race Director
	Lubbock, TX 79407	(505)-392-8945

WAIVER OF LIABILITY

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, 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.**

This entry is not valid unless signed by the entrant, guardian, conservator, or parent for entrants under 18 years old.

Signature of entrant _____ Signature of guardian (minors) _____

Age____ (on race day) Distance (circle one) 3 mi 10 mi 1 mi kids _____ Male_____ Clydesdale (190 lbs +)

Name _____ Female _____ Athena (150 lbs +)

City _____ State _____ Phone Number _____

WTRC Challenge Series through May 2008

<u>Male Age Group 1 (12 & Under)</u>	<u>Total Miles</u>	<u>Point Series Total</u>	<u>Male Age Group 9 (45-49)</u>	<u>Total Miles</u>	<u>Point Series Total</u>
Walker Adams	5	10	Ronnie Trollinger	21	35
David Pyle *	5	0	Paul Paré	26	42
Zachary Smith	4	10	Brent Lowrey	17	34
Joshua Hoeve	9	0	Jim Higgins	15	31
Nick Hoeve	2	3	Epi Aguirre	13	10
Thomas Pitman	4	19	Edson Pinto	37	35
<u>Male Age Group 2 (13-15)</u>			Bob Jackson	8	10
Luke Samarron	8	31	Adam Barron *	33	28
Daniel J. Gonzales#	4	18	Jerry Dwyer	22	25
Austin Martin	2	8	Edwin Young # *	26	16
Kendall Higgins*	16	31	Warner Alexander*	5	0
Migue Johnson	2	9	David Doyle	4	20
Tyler Schovanec	9	0	<u>Male Age Group 10 (50-54)</u>		
Jon Key	2	6	Jackie Cannon	10	40
Jordon Quinton	2	9	Jimmy Samarron	8	28
Bobby Cunningham	2	10	Lorenzo Padilla	4	8
<u>Male Age Group 3 (16-19)</u>			Randy Bunyard	17	23
Jon D. Bruegel *	48	37	<u>Male Age Group 10 (50-54)</u>		
Lucas Morris*	16	42	Terry Dalton *	26	0
Aaron St. Clair #	5	8	Randy Holloway *	26	0
Victor Ramirez	4	18	Frank Sumpter *	5	0
John Keith	4	10	Randy Egenbacker	4	7
<u>Male Age Group 4 (20-24)</u>			Gonzalo Ramirez	8	27
Clayton Kelso*	10	8	Russel Martin	9	9
Trevor Dalton *	5	0	Tom Clemmons	2	7
David Boston	4	11	Mark Garland*	4	0
Cory Higgins	2	11	Rick Syper	9	8
Zach Quinones	19	32	<u>Male Age Group 11 (55-59)</u>		
<u>Male Age Group 5 (25-29)</u>			Lawrence Schovanec	37	39
Aaron Self	22	34	Fred Weber	29	18
Brett Hart	8	40	Mike Kelley	22	31
Jon Paul Gonzales	4	9	Tom Wise	23	20
Andres Pedroza	9	9	David Higgins *	42	10
Jason Fellers	4	9	Tom Griffin *	23	9
Caleb Prince	2	8	Richard Gale	12	27
Jarred Hurst	4	10	Tony Aleman *	33	7
<u>Male Age Group 6 (30-34)</u>			Jim Wilhelm *	5	0
John Barrientos*	13	20	Jimmy Waechter	2	10
Chris Gallarneau*	37	33	Wayne Sullivan*	9	0
Jason Burley	11	24	Jimmy Clark	21	10
Michael Harlien	5	6	<u>Male Age Group 12 (60-64)</u>		
Joseph Hernandez	9	9	Ronnie Nugent *	5	0
Damon Chase	17	30	James Livermore	11	10
Chris Toelle	15	19	<u>Male Age Group 13 (65-69)</u>		
<u>Male Age Group 7 (35-39)</u>			Gorden Jenkins	22	50
Lee Cohen*	26	40	Mike Greer *	16	10
Chris Milford # *	26	36	Jim Harris	6	30
Greg Milford	22	18	Larry Byrd *	32	0
Glen Poklikuha	15	30	Ron Lubowicz *	19	10
Eddy Morelock *	17	27	<u>Male Age Group 14 (70+)</u>		
Ram Iyer *	13	8	Ralph Wolf	21	39
Mark Smith	8	8	Bill Felton*	17	39
Shannon Anderson*	26	35	George Jury *	37	0
Jon M. Bruegel*	9	0	<u>Clydesdale</u>		
Tommie Farrell*	4	0	Robert Bloodworth	26	39
<u>Male Age Group 8 (40-44)</u>			Ferrell Martin	18	27
Tim Key	28	37	Larry Bloskas *	21	29
Martin Montalvo	26	48	Jim Beck	42	30
Eric Ford	37	31	Craig Peterson	26	46
James Layman	11	23	Preston Smith	4	9
Sean Schwarzentraub	13	13	Steve Odorizzi	14	19
Daniel Gonzales	4	20	Brent Smith	2	6
Brian Alger	6	27	Chad Wilcox	24	18
Cliff Lewallen	11	21	Rick Lampe	13	18
Jeffrey Haag *	8	0			
Brad Ewing	9	17			
Ricky Martinez	13	19			

WTRC Challenge Series through May 2008

<u>Female Age Group 1 (12 & Under)</u>	<u>Total Miles</u>	<u>Point Series Total</u>
Turner Adams	5	10
Peyton Lewallen	2	10
Allyson Martin	4	18
Camille Ford	2	8
Alexis Cortez	9	0
Brittney Dean	2	3
Krista Dean	2	7
Catherine Cannon	2	10
<u>Female Age Group 2 (13-15)</u>		
Hannah Layman	8	29
Colleen Adams	5	11
Lindsey Lewallen	9	32
Mariah Dillard	4	19
Victoria Anderson	2	10
<u>Female Age Group 3 (16-19)</u>		
Kristie Whipple	4	11
Allison Pyle *	22	20
Glenna Beyer	6	20
Kayla Hendrix	5	9
<u>Female Age Group 4 (20-24)</u>		
Sarah Livingston	13	20
Kelsey Kelso *	12	5
Amanda Boston *	12	19
Allison Higgins	2	10
Amy Montalvo	4	8
Channing Alba	2	10
<u>Female Age Group 5 (25-29)</u>		
Emily Wyatt	15	37
Jennifer Farris	6	21
Ginny McMinn	4	10
Susan Wilcox	28	35
Amy McAlexander	20	26
Renee Prince	2	6
<u>Female Age Group 6 (30-34)</u>		
Iris Rivero	17	42
Myriam Guardiola	26	0
Tammy Moriearty	16	45
Sara Miller	21	29
Sara Skelton	21	29
Mandy Poklikuha #	12	48
Malinda Colwell	16	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
<u>Female Age Group 7 (35-39)</u>		
Lee Handlin	33	47
Michelle Eckstein	17	26
Susan Alger	2	10
Stephanie Wehmeier	18	35
Lou Anna Arterburn	8	8
Kippi Buchanan	24	27
<u>Female Age Group 8 (40-44)</u>		
Angie Hines	15	40
Cynthia Sorrensen	8	10
Susan Lewallen	2	10
Karen Pyle *	26	26
Jill Haukos	7	16
Rose Hoeve *	21	8
Deana Martin	4	17
Irma Valles	2	6

<u>Female Age Group 8 (40-44)</u>	<u>Total Miles</u>	<u>Point Series Total</u>
Deanne Milford	2	9
Holley Martinez	4	19
Marsha Bennett	21	34
<u>Female Age Group 9 (45-49)</u>		
Kammy Philbrick	18	29
Brenda Campbell *	21	9
Debbie Wilson *	19	0
Marti Greer	4	0
Cynthia Dillard	4	18
Mary Branscome	9	20
Barbara Slaton	4	9
<u>Female Age Group 10 (50-54)</u>		
Deborah Ford #	2	10
Susan Tomlinson	5	8
Elizabeth Linder *	28	0
Leesa Price	22	40
Glenna Beyer	4	20
<u>Female Age Group 11 (55-60)</u>		
Cheryl Weber #	29	30
Josie Aleman	12	49
Etta Mayer	22	38
Susan Caudle *	23	27
Sara Gaxiola	9	8
Sherill Easterling	9	10
Janis Waechter	2	10
<u>Female Age Group 12 (60+)</u>		
P. J. Mitchell	50	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."



Local High School Long Distance Runners

Finishing in the top 2 places at the regional meets earns a trip to the state meet in Austin. Two of our club members made this elite group. Kayla Hendrix of Frenship pulled out a personal best of 11:26 to finish 2nd at the 4A regional and Colleen Adams of Wall finished 2nd at the Region 1 2A meet with a 12:02 to qualify. Kayla is a senior who has a scholarship to run at Midwestern University, while Colleen is only a freshman. Missing from this years regional qualifiers were Kyra Sloan and Drew Jones who both made it to state last year. Drews' twin sister, Darcy Jones (Shallowater) did get to go to state with a second place in the triple jump! Kyra was unable to participate in this springs meets because of an unusual injury acquired in the off season after winning the 1A Texas State Cross Country meet last fall.

5A REGIONAL TRACK MEET

All club members should make an effort to see this meet held each spring at the TTU R.C. Fuller track. Unfortunately you may not know it is even happening as the Lubbock AJ had no pre event publicity as far as I know. The paper also did not print the entire final results! I make it a point to try to see both the boys and girls 3200M and 1600M events. While anticipating the 3200 events late in the afternoon, I was able to witness a future TTU runner Markus Henderson of Lewisville come close to Jeremy Wariners' meet record of 20.41 with a 20.64 second performance in the 200M. I am proud to say I was on hand in 2002 to see Jeremy set both the 200M and 400M regional records. In case you are not informed, Jeremy Wariner won Olympic Gold in the 400M and anchored the mens 4 X 400 relay to gold. On TV I was able to see Jeremy anchor the USA team to a win in under 3 minutes at the famous Penn Relays on April 26th. Barring an injury, he is sure to break Michael Johnsons world record this year. Guess what, his biggest supporter is Michael Johnson himself!

WTRC members should be watching for the efforts of young freshman, Donovan Torres of Coronado High in the long distance events and in cross country this fall. Donovan finished 6th behind the astonishing Colby Lowe of Southlake Carroll who reset both his 3200M and 1600M regional records. The only one who could stay anywhere close was his own teammate, Chris Brown. Donovan finished in a pack 4th through 7th place that were all within 3 seconds of one another. Below is the final standings of the first 10.

Event 502 Men 3200 Meter Run 5A

Meet Record: * 9:02.07 4/24/2008 Colby Lowe, Southlake Carroll

Name	School	Seed	Finals
1 Colby Lowe	Southlake Carroll	9:08.76	9:02.07*
2 Chris Brown	Southlake Carroll	9:31.33	9:17.98
3 Craig Lutz	Lewisville Marcus	9:39.63	9:26.85
4 Curtis Patton	Lewisville Flower	9:56.33	9:49.07
5 Britt Koestler	Justin Northwest	9:45.80	9:50.96
6 Donovan Torres	Lubbock Coronado	10:19.88	9:51.66
7 Rodney Snyder	EL Paso Socorro	10:09.03	9:51.97
8 Jim Stitt	Timberview	10:00.00	9:55.76
9 Hugo Corral	Odessa High Scho	10:05.90	9:56.70
10 John Valentine	Arlington Martin	9:58.36	10:02.77

The state record for this event is 8:52.2 set by Eric Henry of Conroe McCullough in 1987.

**Active West Texas Running Club
Member's Birthdays**

Josie Aleman	54 on (06-01)
Veronica Anna	35 on (06-04)
Jade Ratliff	32 on (06-04)
Susan Alger	37 on (06-07)
Kevin Glasheen	46 on (06-08)
Lindsey Lewallen	14 on (06-09)
Emily Lewallen	14 on (06-09)
Susan Tomlinson	51 on (06-10)
James Livermore	61 on (06-11)
Tony Aleman	59 on (06-13)
Lara Adair	42 on (06-15)
Mike Morris	53 on (06-17)
Kim Clemmons	40 on (06-18)
Randy Gattis	24 on (06-23)
Jennifer Lockwood	28 on (06-24)
Sara Bruegel	13 on (06-25)
Fred Weber	57 on (06-25)
Jill Haukos	44 on (06-26)
Noe Valles	42 on (06-27)
Alison Higgins	22 on (06-28)
Edwin Young	45 on (06-28)
Glen Poklikuha	37 on (06-30)

**WEST TEXAS RUNNING CLUB'S
29th Annual Bobby Birdsong Memorial Levelland Lope
(10K and 2 Mile Races)**

EVENT # 6 OF THE W.T.R.C. CHALLENGE SERIES

WHEN: SATURDAY, June 14, 2008
Race Day Registration: 7:00-7:45 a.m.

Races start at 8:00 a.m.
Pre-Registration: \$5.00 Members,
\$10.00 Non-Members,
On site registration \$15.00 for all

WHERE: TEXAN DOME, South Plains College,
Levelland, Texas
From Lubbock, take Highway 114 West, turn
left (South) on Sherman, drive two blocks south
of the College Track

COURSE: flat, both Races out and back on city Streets

AID STATIONS: At least, every 2 Miles, splits at 1 mile

ON-LINE REGISTRATION DEADLINE: Noon, Friday, June 11,
2008 at <http://wtrc.tripod.com>

AGE DIVISIONS:

Awards

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 6-12, 13-15 & 16-19 age groups in the 2 Mile)

(13-15 and 16-19 age groups in the 6 Mile)

Clydesdale and Athena, 1st three

AWARDS: Medallions to the first three finishers in The Age Group
Divisions Described Above and up to 50% of each group.

RACE DIRECTOR: Bill Rogers 806-894-7911

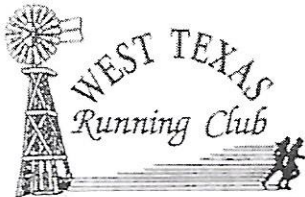
West Texas Running Club Event Calendar

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

- JUN 04 W.T.R.C. Business Meeting: Wednesday, 7pm, Wade Wilson's Office, 8215 Nashville
- JUN 07 MYRICK 2nd ANNUAL 5K; 5K, 8:30am, Hereford, TX Sherriffs Office, 806-364-2311.
- * JUN 14 LEVELLAND LOPE: 10k, 2Mile, 8:00am, South Plains College, Levelland (Texan Dome), Bill Roger, RD, 806-894-7911
- JUN 14 BILLY THE KID TOMBSTONE RACE: 10K, 5K, 6:00pm, Fort Sumner School Football Field, Fort Sumner, NM, 575-355-7705, fsumnercoc@plateaukel.net
- JUN 18 TTU-FULL MOON LUNAR LOPE: 5K, 10:00PM, Tech Rec Ctr. Betty Blanton, 806-742-3828.
- JUN 21 GIRLSTOWN GALLOP: 5k, 9:00am, Cal Farley's Girlstown, USA, Jesse Pape, RD, 806-229-6361
- * JUL 4 39th ANNUAL FIRECRACKER RUNS: Brownfield-Terry Co Park, 8:00am, 10 Mile/3 Mile, Jim Harris RD
- JUL 12 GIRLSTOWN'S TOUR DE NOWHERE; Bike Tours 20/40/60, 8:00am, Levelland City Park, Jesse Pape, RD, 806-229-6361
- JUL 26 14th ANNUAL PAUL & MIKE'S EXCELLENT MILE; 1MI, 1MI Kids Fun Run, 8:00am, Thompson Park, Amarillo, TX, Mike RD, 806-467-9194
- AUG 3 PRUDE RANCH RACES; 1/2 Marathon, 10K/5K, 7:30am, Fort Davis, TX.
- * AUG 9 HOT DAM RUNS: 5MI, 2MI, 8:00am, Canyon Lakes #6, 22nd And MLK JR, Etta Mayer, RD.
- AUG 30 BOYS RANCH-RODEO RUN, 5K/1MI, 8:00 AM, Cal Farley's Boys Ranch, Amarillo, TX, Paul Jones, RD, 806-534-2270 or 806-534-2307
- 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, Russel Martin RD

Calendar, Photos, Online registration, Membership, etc.

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



5 W. Lakeshore Drive
Ransom Canyon, TX 79366

