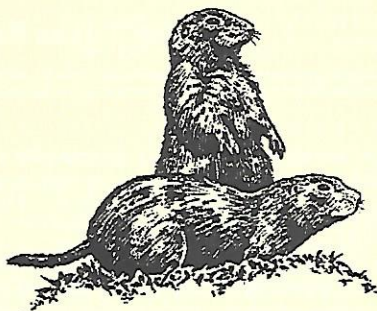
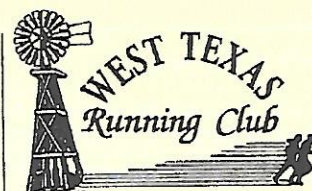




March 2008



Volume 1, Issue 2



Newsletter  
P.O. Box 2921  
Lubbock, Texas 79408

## Notes From the President

I had a rare opportunity at this year's Cotton Patch run which resulted in a wonderful rediscovery for me. Having lost track of the time on that Saturday morning, I was running more than a little late for picking up the bagels and bananas and arrived at the race barely 20 minutes before the start. Of course, by then everything was well under control and I knew that I was not going to be of much help ... so I just walked around and began talking to people I didn't really know and just generally observed the chemistry of the room. Then came the rediscovery ... I found the very same quality that got me into the Club years ago ... and for lack of a more defining term I will simply call it "kindness." It was in those brief conversations I shared with some of you, plus it sort of filled the room around me.

Question – could it be that a few hundred kinder-than-average people just happened to band together as the West Texas Running Club, or does the sport possibly give us more than healthy muscles, hearts and lungs?

I'm sure that many of you have already answered such questions ... and I know that these answers are personal and should never be published. In any event, you are a neat bunch, you really, really are. Thanks for being part of my life.

SYOTR, Ron

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

The WTRC monthly business meeting is on Wednesday, March 5, 2008 @ 7:00 p.m. at BSGM, 8215 Nashville (East of the Veteran's War Memorial). All Members are welcome.

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### Inserts

- WTRC Scholarship Information.....
- Kids on The Run.....
- Membership Renewal Form.....
- Registration for the Great HOGG Race.....

## Prairie Dog Town Races

4MI & 2 MI

March 8th, 2008

Starts at 9:00 A.M.

Team Kids Café

1M Kids Café Run

Starts @ 8:30 A.M.

Mackenzie Park on Park road  
Just North Of The Broadway Entrance

Lubbock, TX

Mike Greer, RD

(806)535-1224

### WTRC Officers

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Club Historian – James Livermore  
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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.

The WTRC is committed to accurately compiling, calculating, and recognizing the achievements and contributions of those who participate in our events. If you should notice any errors or have any questions regarding the Challenge Series, please contact Eric Ford by e-mail ([eric.ford@ttu.edu](mailto:eric.ford@ttu.edu)) or phone 806-787-3267

Cotton Patch Race Director's Report  
EVENT: 36TH Annual Cotton Patch Runs, Frenship High School,  
Wolfforth, TX  
When: Feb. 9, 2008  
# of Participants: 91  
Weather: Sunny and Mild/Excellent

**VOLUNTEERS:** Suzan Caudle(Asst RD), Tom Griffin, Terry Dalton, Larry Bloskas, Shannon Anderson, Tony Aleman, Amanda Boston, Kendall Higgins, Elizabeth Linder, Brenda Campbell, Adam Barron, Larry Byrd, Ann Cruce-Roberts, Jeffrey Haag, Girlstown-Jesse Pape and his crew, Randy Holloway, Lucas Morris, Chris Gallarneau, George Jury, Ron Lubowicz, Ram Iyer, Rose Hoeve, Myriam Guardiola, Debbie Wilson, Clayton and Kelsey Kelso.

**THANK YOU VERY MUCH!**

**4 Mile Relay Teams:** Yes, this is starting to grow! 4 teams, 3 of which were 4-person. 2 of the 4-person teams, Team Road Runners and Team Bears Running, were from Honey Elementary, courtesy of Coach Amy. Others were Team Martin and Team Gonzales.

**Overall Winners:** Zach Quinones and Sara Spillman in the 8 Mile. Luke Samarron and Kristie Whipple in the 4 Mile.  
**Photos:** Yes, see our website for a link to two slide shows, courtesy of Suzan Caudle and Jesse Pape.

Thanks again for a fun time!

David Higgins, Race Dir.



**WEST TEXAS RUNNING CLUB**  
**EIGHT MILE COTTON PATCH RUN**  
 USA T&F CERTIFIED, # 97110ETM

**8 MILE OVERALL RESULTS**

Place	Name	Town	St	Div	Div	Ag	S	C	8	Time	Pace
1	ZACH QUINONES	LUBBOCK	TX	1	M2024	21	M	N		47:45	5:59
2	BOB JACKSON	HOBBS	NM	1	M4549	49	M	N		48:44	6:06
3	PEDRO VARGAS	LUBBOCK	TX	2	M2024	23	M	N		50:25	6:19
4	LEE COHEN	LUBBOCK	TX	1	M3539	35	M	N		53:30	6:42
5	TIM KEY	LUBBOCK	TX	1	M4044	40	M	N		55:27	6:56
6	EDDY MORELOCK	LUBBOCK	TX	2	M3539	36	M	N		57:09	7:09
7	PAUL PARE	LUBBOCK	TX	2	M4549	45	M	N		57:16	7:10
8	BRENT LOWERY	LUBBOCK	TX	3	M4549	46	M	N		57:33	7:12
9	SARA SPILMAN	LUBBOCK	TX	1	F2529	25	F	N		57:45	7:14
10	MARTIN MONTALVO	PLAINVIEW	TX	2	M4044	43	M	N		58:42	7:21
11	ANDREW ORSA	LUBBOCK	TX	1	M1619	18	M	N		59:00	7:23
12	IRIS RIVERO	LUBBOCK	TX	1	F3034	32	F	N		1:00:24	7:33
13	LAWRENCE SCHOVANEC	LUBBOCK	TX	1	M5559	55	M	N		1:00:44	7:36
14	JIM HIGGINS	LUBBOCK	TX	4	M4549	47	M	N		1:00:46	7:36
15	ERIC FORD	LUBBOCK	TX	3	M4044	42	M	N		1:00:54	7:37
16	RICK LILES	BIG SPRING	TX	1	M5054	50	M	N		1:02:04	7:46
17	CRAIG DOMINY	LUBBOCK	TX	4	M4044	42	M	N		1:02:15	7:47
18	ANGIE SONNENBERG	LUBBOCK	TX	2	F2529	28	F	N		1:03:40	7:58
19	SEAN SCHWARZENTRAU	LUBBOCK	TX	5	M4044	40	M	N		1:03:58	8:00
20	SARAH E. LIVINGSTON	LUBBOCK	TX	1	F2024	24	F	N		1:04:06	8:01
21	JON DAVID BRUEGEL	LUBBOCK	TX	2	M1619	16	M	N		1:05:00	8:08
22	JEDSON PINTO	LUBBOCK	TX	5	M4549	46	M	N		1:05:57	8:15
23	EDWIN YOUNG	LUBBOCK	TX	6	M4044	44	M	N		1:06:25	8:19
24	JERRY DWYER	LUBBOCK	TX	6	M4549	48	M	N		1:06:33	8:20
25	RICHARD GALE	LUBBOCK	TX	2	M5559	58	M	N		1:06:49	8:22
26	CYNTHIA SORRENSEN	LUBBOCK	TX	1	F4044	44	F	N		1:06:55	8:22
27	SARAH SKELTON	LUBBOCK	TX	2	F3034	33	F	N		1:07:08	8:24
28	LEESA PRICE	LUBBOCK	TX	1	F5054	51	F	N		1:07:18	8:25
29	BOBBY ATCHLEY	WEATHERFORD	TX	7	M4549	47	M	N		1:09:42	8:43
30	EPI AGUIRRE	LUBBOCK	TX	8	M4549	49	M	N		1:10:31	8:49
31	MARK SMITH	LUBBOCK	TX	3	M3539	36	M	N		1:10:35	8:50
32	TAMMY MORIEARTY	LUBBOCK	TX	3	F3034	34	F	N		1:11:34	8:57
33	KELLEY WEIL	LUBBOCK	TX	4	F3034	31	F	N		1:12:53	9:07
34	MICHELLE ECKSTEIN	LUBBOCK	TX	1	F3539	36	F	N		1:13:34	9:12
35	CHRIS MILFORD	LUBBOCK	TX	1	M3034	34	M	N		1:14:32	9:19
36	AUBREY BRIDGES	LUBBOCK	TX	2	M5054	54	M	N		1:15:09	9:24
37	AMANDA KEYS	LUBBOCK	TX	5	F3034	31	F	N		1:16:09	9:32
38	MIKE KELLEY	LUBBOCK	TX	3	M5559	59	M	N		1:16:20	9:33
39	ALLISON PYLE	SLATON	TX	1	F1315	15	F	N		1:17:34	9:42
40	ANNETTE BOLES	LUBBOCK	TX	6	F3034	34	F	N		1:17:35	9:42
41	CAROL HISE	LUBBOCK	TX	2	F3539	36	F	N		1:18:37	9:50
42	JESSICA MORENO	LUBBOCK	TX	7	F3034	33	F	N		1:19:26	9:56
43	ROBERT BLOODWORTH	LUBBOCK	TX	1	CLYDE	43	M	Y		1:20:31	10:04
44	JIM BECK	LUBBOCK	TX	2	CLYDE	48	M	Y		1:23:55	10:30
45	MARSHA BENNETT	LUBBOCK	TX	2	F4044	44	F	N		1:24:47	10:36
46	MIKE GREER	LUBBOCK	TX	1	M6569	69	M	N		1:25:59	10:45
47	LOUJANNA ARTERBURN	LUBBOCK	TX	3	F3539	38	F	N		1:26:19	10:48
48	KAREN PYLE	SLATON	TX	3	F4044	40	F	N		1:26:32	10:49
49	ETTA MAYER	LUBBOCK	TX	1	F5559	58	F	N		1:26:35	10:50
50	GREG MILFORD	LUBBOCK	TX	4	M3539	38	M	N		1:26:44	10:51

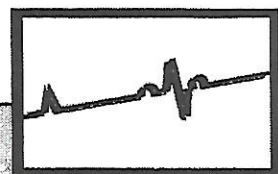
**4 MILE OVERALL RESULTS**

Place	Name	Town	St	Div	Div	Ag	S	C	4	Time	Pace
1	LUKE SAMARRON	LEVELLAND	TX	1	M1315	14	M	N		26:28	6:37
2	JACKIE CANNON	AMARILLO	TX	1	M5054	52	M	N		27:08	6:47
3	KRISTIE WHIPPLE	LUBBOCK	TX	1	F1619	16	F	N		30:02	7:31
4	LEEANN CARDONA	LEVELLAND	TX	1	F1315	15	F	N		30:04	7:31
5	AARON SELF	LUBBOCK	TX	1	M2529	28	M	N		30:52	7:43
6	JIMMY SAMARRON	LEVELLAND	TX	2	M5054	52	M	N		31:11	7:48
7	DAMON CHASE	LEVELLAND	TX	1	M3034	31	M	N		31:25	7:52
8	RONNIE TROLLINGER	LUBBOCK	TX	1	M4549	48	M	N		31:51	7:58
9	FAMILY MARTIN-RELAY	SHALLOWATER	TX	1	M4044	M	4			32:14	8:04
10	GINNY MCMINN	LUBBOCK	TX	1	F2529	28	F	N		32:36	8:09
11	FRED WEBER	LUBBOCK	TX	1	M5559	56	M	N		32:56	8:14
12	BEARS RUNNING-RELAY	LUBBOCK	TX	1	M0112	M	4			33:35	8:24
13	JAMES WALLACE	LUBBOCK	TX	2	M5559	57	M	N		33:39	8:25
14	KAMMY PHILBRICK	LUBBOCK	TX	1	F4549	47	F	N		33:56	8:29
15	LEE HANDLIN	LUBBOCK	TX	1	F3539	38	F	N		33:58	8:30
16	GORDEN JENKINS	AMARILLO	TX	1	M6569	67	M	N		34:09	8:33
17	JON PAUL GONZALES	LUBBOCK	TX	2	M2529	27	M	N		34:23	8:36
18	FAMILY GONZALES-TEAM	LUBBOCK	TX	2	M4044	M	2			34:59	8:45
19	HAROLD TERRY	PORTALES	NM	2	M4549	48	M	N		35:06	8:47
20	ROAD RUNNERS-RELAY	LUBBOCK	TX	1	F0112	F	4			35:13	8:49
21	EMILY WYATT	LUBBOCK	TX	2	F2529	28	F	N		35:27	8:52
22	JAMES LAYMAN	HEREFORD	TX	3	M4044	42	M	N		35:29	8:53
23	MANDY POKLIKUHA	LUBBOCK	TX	1	F3034	30	F	N		35:42	8:56
24	CRAIG PETERSON	LUBBOCK	TX	1	CLYDE	51	M	Y		35:43	8:56
25	BARBARA SLATON	MIDLAND	TX	2	F4549	49	F	N		35:46	8:57
26	ANGIE HINES	SUNDOWN	TX	1	F4044	42	F	N		36:42	9:11
27	LORENZO PADILLA	LUBBOCK	TX	4	M5054	53	M	N		36:59	9:15
28	RANDY BUNYARD	LUBBOCK	TX	5	M5054	50	M	N		37:17	9:20
29	BILL FELTON	LUBBOCK	TX	1	M7099	73	M	N		37:26	9:22
30	CHERYL WEBER	LUBBOCK	TX	1	F5054	54	F	N		37:31	9:23
31	SARA MILLER	LUBBOCK	TX	2	F3034	32	F	N		37:50	9:28
32	ZACHARY SMITH	LUBBOCK	TX	2	M0112	10	M	N		38:42	9:41
33	KIM TERRY	PORTALES	NM	2	F4044	41	F	N		39:00	9:45
34	DEBBIE BAYOUTH	LUBBOCK	TX	2	F3539	38	F	N		39:16	9:49
35	HANNAH LAYMAN	HEREFORD	TX	2	F1315	15	F	N		39:22	9:51
36	RALPH WOLF	LUBBOCK	TX	2	M7099	70	M	N		42:04	10:31
37	PRESTON SMITH	LUBBOCK	TX	2	CLYDE	61	M	Y		44:21	11:06
38	SUSAN WILCOX	LUBBOCK	TX	3	F2529	29	F	N		45:36	11:24
39	JILL JAUQUES	LUBBOCK	TX	3	F3034	30	F	N		46:10	11:33
40	JOSIE ALEMAN	LUBBOCK	TX	1	F5559	56	F	N		51:06	12:47
41	CHRISTA MOSER	PHOENIX	AZ	3	F3539	38	F	N		53:41	13:26



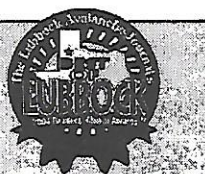
**Active West Texas Running Club Member's Birthdays**

Jackie Andrus	41 on (03-04)	Mitch Moore	48 on (03-18)
Carla Stence	50 on (03-04)*	Vickie Shrum	14 on (03-18)
Gabi Duarte	11 on (03-05)	Irma Sanchez	37 on (03-21)
Ronnie Prigg	57 on (03-06)	Larry Byrd	67 on (03-22)
Jimmy Samarron	53 on (03-08)	Bill Roger, Sr.	69 on (03-22)
Lissa Gilliam	29 on (03-09)	Deborah Ford	50 on (03-25)*
Joli Shipman	24 on (03-12)	Jason Fellers	28 on (03-26)
John Griffin	26 on (03-13)	Christina Truitt	28 on (03-26)
Francine Williams	33 on (03-14)	Therese Haiduk	21 on (03-27)
Larry Williams	41 on (03-15)	Brett Hart	29 on (03-28)
Bob Bernero	66 on (03-15)	Vijay Narendran	26 on (03-29)
Devin Mangold	10 on (03-15)	Iris Rivero	33 on (03-31)
Etta Mayer	59 on (03-15)		



**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



8 MILE LIST OF FINISHERS - BY AGE GROUP				
***** MALE OVERALL WINNER *****				
Place	Name	Ag Town	St	Pace
1	ZACH QUINONES	21 LUBBOCK	TX	47:45 5:59
MALE AGE GROUP: 16 - 19				
Place	O'All Name	Ag Town	St	Pace
1	11 ANDREW ORSA	18 LUBBOCK	TX	59:00 7:23
2	21 JON DAVID BRUEGEL	16 LUBBOCK	TX	1:05:00 8:08
MALE AGE GROUP: 20 - 24				
Place	O'All Name	Ag Town	St	Pace
1	3 PEDRO VARGAS	23 LUBBOCK	TX	50:25 6:19
MALE AGE GROUP: 30 - 34				
Place	O'All Name	Ag Town	St	Pace
1	35 CHRIS MILFORD	34 LUBBOCK	TX	1:14:32 9:19
MALE AGE GROUP: 35 - 39				
Place	O'All Name	Ag Town	St	Pace
1	4 LEE COHEN	35 LUBBOCK	TX	53:30 6:42
2	6 EDDY MORELOCK	36 LUBBOCK	TX	57:09 7:09
3	31 MARK SMITH	36 LUBBOCK	TX	1:10:35 8:50
4	50 GREG MILFORD	38 LUBBOCK	TX	1:26:44 10:51
MALE AGE GROUP: 40 - 44				
Place	O'All Name	Ag Town	St	Pace
1	5 TIM KEY	40 LUBBOCK	TX	55:27 6:56
2	10 MARTIN MONTALVO	43 PLAINVIEW	TX	58:42 7:21
3	15 ERIC FORD	42 LUBBOCK	TX	1:00:54 7:37
4	17 CRAIG DOMINY	42 LUBBOCK	TX	1:02:15 7:47
5	19 SEAN SCHWARZENTRAU	40 LUBBOCK	TX	1:03:58 8:00
6	23 EDWIN YOUNG	44 LUBBOCK	TX	1:06:25 8:19
MALE AGE GROUP: 45 - 49				
Place	O'All Name	Ag Town	St	Pace
1	2 BOB JACKSON	49 LUBBOCK	TX	48:44 6:06
2	7 PAUL PARE	45 LUBBOCK	TX	57:16 7:10
3	8 BRENT LOWERY	46 LUBBOCK	TX	57:33 7:12
4	14 JIM HIGGINS	47 LUBBOCK	TX	1:00:46 7:36
5	22 J EDSON PINTO	46 LUBBOCK	TX	1:05:57 8:15
6	24 JERRY DWYER	48 LUBBOCK	TX	1:06:33 8:20
7	29 BOBBY ATCHLEY	47 WEATHERFORD	TX	1:09:42 8:43
8	30 EPI AGUIRRE	49 LUBBOCK	TX	1:10:31 8:49
MALE AGE GROUP: 50 - 54				
Place	O'All Name	Ag Town	St	Pace
1	16 RICK LILES	50 BIG SPRING	TX	1:02:04 7:46
2	36 AUBREY BRIDGES	54 LUBBOCK	TX	1:15:09 9:24
MALE AGE GROUP: 55 - 59				
Place	O'All Name	Ag Town	St	Pace
1	13 LAWRENCE SCHOVANEC	55 LUBBOCK	TX	1:00:44 7:36
2	25 RICHARD GALE	58 LUBBOCK	TX	1:06:49 8:22
3	38 MIKE KELLEY	59 LUBBOCK	TX	1:16:20 9:33
MALE AGE GROUP: 65 - 69				
Place	O'All Name	Ag Town	St	Pace
1	46 MIKE GREER	69 LUBBOCK	TX	1:25:59 10:45
8 MILE OVERALL MALE CLYDESDALE RESULTS				
AGEGRADED				
Place	Name	Ag Town	St	Agegrad
1	ROBERT BLOODWORTH	43 LUBBOCK	TX	1:20:31 1:14:39
2	JIM BECK	48 LUBBOCK	TX	1:23:55 1:14:47

***** 8 MILE FEMALE OVERALL WINNER *****				
Place	Name	Ag Town	St	Pace
1	SARA SPILMAN	2 5 LUBBOCK	TX	57:45 7:14
FEMALE AGE GROUP: 13 - 15				
Place	O'All Name	Ag Town	St	Pace
1	39 ALLISON PYLE	15 SLATON	TX	1:17:34 9:42
FEMALE AGE GROUP: 20 - 24				
Place	O'All Name	Ag Town	St	Pace
1	20 SARAH E. LIVINGSTON	24 LUBBOCK	TX	1:04:06 8:01
FEMALE AGE GROUP: 25 - 29				
Place	O'All Name	Ag Town	St	Pace
1	18 ANGIE SONNENBERG	28 LUBBOCK	TX	1:03:40 7:58
FEMALE AGE GROUP: 30 - 34				
Place	O'All Name	Ag Town	St	Pace
1	12 IRIS RIVERO	32 LUBBOCK	TX	1:00:24 7:33
2	27 SARAH SKELTON	33 LUBBOCK	TX	1:07:08 8:24
3	32 TAMMY MORIEARTY	34 LUBBOCK	TX	1:11:34 8:57
4	33 KELLEY WEIL	31 LUBBOCK	TX	1:12:53 9:07
5	37 AMANDA KEYS	31 LUBBOCK	TX	1:16:09 9:32
6	40 ANNETTE BOLES	34 LUBBOCK	TX	1:17:35 9:42
7	42 JESSICA MORENO	33 LUBBOCK	TX	1:19:26 9:56
FEMALE AGE GROUP: 35 - 39				
Place	O'All Name	Ag Town	St	Pace
1	34 MICHELLE ECKSTEIN	36 LUBBOCK	TX	1:13:34 9:12
2	41 CAROL HISE	36 LUBBOCK	TX	1:18:37 9:50
3	47 LOUANNA ARTERBURN	38 LUBBOCK	TX	1:26:19 10:48
FEMALE AGE GROUP: 40 - 44				
Place	O'All Name	Ag Town	St	Pace
1	26 CYNTHIA SORRENSEN	44 LUBBOCK	TX	1:06:55 8:22
2	45 MARSHA BENNETT	44 LUBBOCK	TX	1:24:47 10:36
3	48 KAREN PYLE	40 SLATON	TX	1:26:32 10:49
FEMALE AGE GROUP: 50 - 54				
Place	O'All Name	Ag Town	St	Pace
1	28 LEESA PRICE	51 LUBBOCK	TX	1:07:18 8:25
FEMALE AGE GROUP: 55 - 59				
Place	O'All Name	Ag Town	St	Pace
1	49 ETTA MAYER	58 LUBBOCK	TX	1:26:35 10:50



## Kid's on the Run

The final date and time is set. Behind the scenes, many people are actively working making all the final preparations for another great West Texas Running Club event. On Saturday, March 8<sup>th</sup>, 2008, at 8:30 AM, over 100 kids from Team Kids Café, along with other kids from the Lubbock area, will be toeing the starting line of the first Team Kids Café 1 Mile Fun Run in Mackenzie Park.

The WTRC is donating all the proceeds from this run and the ensuing Prairie Dog Town Races to Kids Café, the after-school program of the South Plains Food Bank that gives kids from low income families a safe place to go for a hot meal, help with homework, and now with Team Kids Café, the opportunity to train for the upcoming Team Kids Café 1 Mile Fun Run. 20 volunteer coaches have been busy developing the Team Kids Café running teams at nine of the Kids Café locations. Several of these coaches are members of the WTRC, including Epi Aguirre, Tammy Moriearty, Angie Sonnenberg, Chadwick Wilcox, Susan Wilcox, and Shea Payne. All of these volunteer coaches have gone above and beyond to serve their community and their actions are helping to change the lives of many Lubbock kids fighting childhood obesity and teaching them ways to live healthier lives through running. All of these volunteers deserve recognition for their efforts.

By the time you read this story, all the Team Kids Café kids will be breaking in brand new running shoes as they prepare for Race Day. The new running shoes and Race Day

T-shirts were made possible by a grant from the South Plains Foundation. The expression on the kid's faces was like Christmas morning when they were told they would be receiving the new running shoes and t-shirts. A special Thank You goes out to David Weaver, Tammy Hester, Lyn Garcia and Becky Jennings from the South Plains Food Bank for making this possible.

As officers, directors, and members of the West Texas Running Club, we should all stand a little taller and a lot prouder to be a part of such a great organization of caring people.

Youth Movement (Part 2 of 4)  
PUBLISHED 04/23/2007 Runner's World By Marc Bloom

### PRESCHOOLERS

Doctors and coaches agree that kids should not start running in any purposeful way before they start kindergarten. That's because most children won't achieve a mature running gait until they are at least 5 years old. Duke University pediatric cardiologist Brenda Armstrong, M.D., who helps coach the Durham Striders youth track club for ages 6 and up, in North Carolina, says her biggest concern at this age is injuries. "I worry about shinsplints in a very young child whose gait is not yet coordinated," says Dr. Armstrong. Also, 3 and 4-year-olds have short attention spans, and their vision is not yet mature, making it difficult for them to track and judge the speed of moving objects.

A young child should still run as part of play and can try short children's races of up to a couple hundred yards. "As long as the child is capable of running without falling down, it's okay to run in brief spurts," says Teri McCambridge, M.D., a pediatric sports-medicine specialist. "If the parents do a 5-K race, a child can do the 'kiddie dash.'"

### AGES 5 - 8

Youngsters 5 to 8 years old should be encouraged to run as part of play, such as in games of tag, or in short bursts with walking or other activities in between. Running in this way allows children to use more of their body than if they were jogging continually in a straight path, which makes it less likely that they'll become bored or injured.

Longtime coach Bob Glover, who conducts the City Sports for Kids track program for the New York Road Runners Foundation, has his youngest charges, 5 to 8, work up to 20 or 30 minutes of movement, running, or walking three times a week. While running a couple of 200-meter laps, they play games like hiding behind the coach, and Glover takes frequent breaks to read running-related stories to the kids. "Most of the kids are having so much fun, they don't even know they're running," says Glover.

In the Durham Striders club, 6- to 8-year-olds do a few 100-meter repeats on the curve of the track or the grass infield. "The 6-year-olds can run or walk," says Frank Davis, one of the club's founders. Other days, Durham kids run hills, repeating bursts on a 50- to 75-meter incline.

Many experts, however, warn against 5-Ks for those under 8. "We're fine with a mile fun run, but nothing longer," says Brenda Armstrong, M.D., of Duke. "And a child who says he or she is hurting or tired must be allowed to stop." Bill Roberts, M.D., past president of the American College of Sports Medicine, has his own Happy Test. He believes that 7- or 8-year-olds can run a couple of miles, provided it's their choice and they enjoy it. How can you tell? "Smiles," he says.



**West Texas Running Club/Texas Tech University Scholarship**

West Texas Running Club is pleased to announce the West Texas Running Club/Texas Tech University Scholarship. Applicants must have a letter of nomination from a WTRC member, complete and submit a standardized application form and attend Texas Tech University. Preference will be given to undergraduate students who are permanent residents of West Texas as defined: the area north of Interstate 20 as far West as Pecos and to west of a line from Abilene to Wichita Falls. Preference will also be given to full-time students (minimum 12 credit hours) at who have completed at least one semester. Stipends of up to \$500 per semester will be awarded based on the following criteria: participation in extracurricular activities, participation in school activities, leadership positions held, academic record and financial need. Special consideration is given to candidates who participate in activities that are consistent with the goals of the club. It is expected that recipients of this scholarship either run in or volunteer at West Texas Running Club races, although exceptions can be made in extenuating circumstances. Scholarship applications are due on May 1, 2008. In the event that funds are still available after the initial awards have been made, late applications will be considered.

If you would like to submit an application please email [bob.blake@ttu.edu](mailto:bob.blake@ttu.edu) for an electronic copy of the scholarship application. Once you complete the application it can be electronically submitted to the same email address or mailed to Bob Blake, 2607 20<sup>th</sup> St., Lubbock, TX, 79410.

**Prairie Dog Town Races March 8<sup>th</sup>, 2008**

**Team Kids Café 1 Mile Run**

Mail	\$5.00 WTRC members, \$10.00 non-members, \$15 Race Day	Kids Café Run Starts at 8:30 A.M.
Registration	Make Checks payable to: WTRC	Prairie Dog Starts at 9:00 A.M.
By March 4th	Mail Checks and Entry Forms To: David Higgins	Mackenzie Park Canyon Lakes Drive
	3401 Alcove Ave.	Just North of Broadway
<b>12 &amp; Under Kids Café 1 Mile Fun Run \$5.00</b>	Lubbock, TX 79407	Mike Greer RD (806) 535-1224

**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) 1 mile Fun Run 2 mile 4 mile \_\_\_\_\_ Male \_\_\_\_\_ Clydesdale (190 lbs +)

Name \_\_\_\_\_ Female \_\_\_\_\_ Athena (150 lbs+)

School (1 Mile Team Kids Café Fun Run Participants) \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Phone Number \_\_\_\_\_

# The Great HOGG Race

(Healing Only God Gives)

March 29<sup>th</sup>, 2008

## Registration Information

Name _____	<b><u>T-Shirt Size</u></b>	<b><u>Event</u></b>
Address _____	<i>Adult Sizes</i>	<u>Early Registration- \$20 Adult</u>
City _____	S	<input type="checkbox"/> 1 Mile Run
State _____ Zip _____	M	<input type="checkbox"/> 1 Mile Walk
Phone _____	L	<input type="checkbox"/> 5K Run
E-mail _____	XL	<input type="checkbox"/> 5K Walk
<input type="checkbox"/> Male <input type="checkbox"/> Female    Age _____	XXL	<input type="checkbox"/> 10K Walk
	<i>Children Sizes</i>	<input type="checkbox"/> ½ Marathon Run (13.1 mi)
	S	<input type="checkbox"/> Marathon Run (26.2 mi)
	M	<u>Special Event</u>
	L	Early Registration \$10 Youth and Children
	(Circle Size)	<input type="checkbox"/> Youth 6 <sup>th</sup> -12 <sup>th</sup> grade
		<input type="checkbox"/> Children events K-5 <sup>th</sup> Grade

The entry fee **NON-REFUNDABLE** and **NON-TRANSFERABLE**. Early registration ends on March 15, 2008. Late registration fee is \$30 and \$15 for youth and children. Make all checks payable and return registration form to:

**HOGG RACE MEDICAL FUND**  
**C/O Cornerstone Fellowship**  
**P.O. Box 1492**  
**Lamesa, TX 79331**

*I understand that my participation and presence in this event is totally at my own risk. I personally accept any and all responsibility for personal injury, and I will not seek retribution from the City of Lamesa, or any of the event promoters or participants in case of any accident. I recognize that this is a benefit event for the HOGG Race Medical Fund. I am not competing in any way for any kind of awarded prizes. I will not participate in gambling in this event.*

**SIGNED** \_\_\_\_\_ **DATE** \_\_\_\_\_

**Parent Signature ( If Minor)** \_\_\_\_\_

Confirmation for 5K, 10K, and Marathon events will be sent via e-mail unless otherwise specified. All events will be held at Forrest Park in Lamesa. The registration booth will open at 7:30 a.m. T-shirts will be available at that time. Start times are 8:00 a.m. for Marathon events, 9:00 a.m. for 5K and 10K events, 10:00 a.m. for the 1 mile walk event, 10:30 a.m. for the one mile run event and 11:00a.m. for the special youth and children's events. Free lunch included for all registered participants.

**Sponsored by Cornerstone Fellowship**  
**P.O. Box 1492 Lamesa, TX 79331**  
**806-872-0733 or 806-759-8245**  
**e-mail [cornerstone@pics.net](mailto:cornerstone@pics.net) web site: [www.cornerstonelamesa.org](http://www.cornerstonelamesa.org)**



### 4 MILE LIST OF FINISHERS - BY AGE GROUP

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

Place Name	Ag Town	St 4	Pace
1 LUKE SAMARRON	14 LEVELLAND		26:28 6:37

#### MALE AGE GROUP: 12 and Under

Place O'All Name	Ag Town	St 4	Pace
1 32 ZACHARY SMITH	10 LUBBOCK	TX	38:42 9:41

#### MALE AGE GROUP: 25 - 29

Place O'All Name	Ag Town	St 4	Pace
1 5 AARON SELF	28 LUBBOCK	TX	30:52 7:43
2 17 JON PAUL GONZALES	27 LUBBOCK	TX	34:23 8:36

#### MALE AGE GROUP: 30 - 34

Place O'All Name	Ag Town	St 4	Pace
1 7 DAMON CHASE	31 LEVELLAND	TX	31:25 7:52

#### MALE AGE GROUP: 40 - 44

Place O'All Name	Ag Town	St 4	Pace
1 22 JAMES LAYMAN	42 HEREFORD	TX	35:29 8:53

#### MALE AGE GROUP: 45 - 49

Place O'All Name	Ag Town	St 4	Pace
1 8 RONNIE TROLLINGER	48 LUBBOCK	TX	31:51 7:58
2 19 HAROLD TERRY	48 LUBBOCK	TX	35:06 8:47

#### MALE AGE GROUP: 50 - 54

Place O'All Name	Ag Town	St 4	Pace
1 2 JACKIE CANNON	52 AMARILLO	TX	27:08 6:47
2 6 JIMMY SAMARRON	52 LEVELLAND	TX	31:11 7:48
3 27 LORENZO PADILLA	53 LUBBOCK	TX	36:59 9:15
4 28 RANDY BUNYARD	50 LUBBOCK	TX	37:17 9:20

#### MALE AGE GROUP: 55 - 59

Place O'All Name	Ag Town	St 4	Pace
1 11 FRED WEBER	56 LUBBOCK	TX	32:56 8:14
2 13 JAMES WALLACE	57 LUBBOCK	TX	33:39 8:25

#### MALE AGE GROUP: 65 - 69

Place O'All Name	Ag Town	St 4	Pace
1 16 GORDEN JENKINS	67 AMARILLO	TX	34:09 8:33

#### MALE AGE GROUP: 70 - 99

Place O'All Name	Ag Town	St 4	Pace
1 29 BILL FELTON	73 LUBBOCK	TX	37:26 9:22
2 36 RALPH WOLF	70 LUBBOCK	TX	42:04 10:31

### 4 MILE OVERALL MALE CLYDESDALE RESULTS AGEGRADED

Place Name	Ag Town	St 4	Agegrad
1 CRAIG PETERSON	51 LUBBOCK	TX	35:43 31:00
2 PRESTON SMITH	61 LUBBOCK	TX	44:21 35:22

### \*\*\*\*\* 4 MILE FEMALE OVERALL WINNER \*\*\*\*\*

Place Name	Ag Town	St 4	Pace
1 KRISTIE WHIPPLE	16 LUBBOCK	TX	30:02 7:31

#### FEMALE AGE GROUP: 13 - 15

Place O'All Name	Ag Town	St 4	Pace
1 4 LEEANN CARDONA	15 LEVELLAND	TX	30:04 7:31
2 35 HANNAH LAYMAN	15 HEREFORD	TX	39:22 9:51

#### FEMALE AGE GROUP: 25 - 29

Place O'All Name	Ag Town	St 4	Pace
1 10 GINNY MCMINN	28 LUBBOCK	TX	32:36 8:09
2 21 EMILY WYATT	28 LUBBOCK	TX	35:27 8:52
3 38 SUSAN WILCOX	29 LUBBOCK	TX	45:36 11:24

#### FEMALE AGE GROUP: 30 - 34

Place O'All Name	Ag Town	St 4	Pace
1 23 MANDY POKLIKUHA	30 LUBBOCK	TX	35:42 8:56
2 31 SARA MILLER	32 LUBBOCK	TX	37:50 9:28
3 39 JILL JAQUES	30 LUBBOCK	TX	46:10 11:33

#### FEMALE AGE GROUP: 35 - 39

Place O'All Name	Ag Town	St 4	Pace
1 15 LEE HANDLIN	38 LUBBOCK	TX	33:58 8:30
2 34 DEBBIE BAYOUTH	38 LUBBOCK	TX	39:16 9:49
3 41 CHRISTA MOSER	38 PHOENIX	AZ	53:41 13:26

#### FEMALE AGE GROUP: 40 - 44

Place O'All Name	Ag Town	St 4	Pace
1 26 ANGIE HINES	42 SUNDOWN	TX	36:42 9:11
2 33 KIM TERRY	41 LUBBOCK	TX	39:00 9:45

#### FEMALE AGE GROUP: 45 - 49

Place O'All Name	Ag Town	St 4	Pace
1 14 KAMMY PHILBRICK	47 LUBBOCK	TX	33:56 8:29
2 25 BARBARA SLATON	49 MIDLAND	TX	35:46 8:57

#### FEMALE AGE GROUP: 50 - 54

Place O'All Name	Ag Town	St 4	Pace
1 30 CHERYL WEBER	54 LUBBOCK	TX	37:31 9:23

#### FEMALE AGE GROUP: 55 - 59

Place O'All Name	Ag Town	St 4	Pace
1 40 JOSIE ALEMAN	56 LUBBOCK	TX	51:06 12:47





# WTRC 2008 Challenge Series Results through February 2208

<u>Male Age Group 12 &amp; Under</u>	<u>Total Miles</u>	<u>Point Series Total</u>
Walker Adams	5	10
Zachary smith	4	10
Thomas Pitman	2	10
Christian Deleon	2	9
<u>Male Age Group 13-15</u>		
Luke Samarron	6	21
Daniel J. Gonzales#	2	9
Austin Martin	2	8
Kendall Higgins*	10	7
<u>Male Age Group 16-19</u>		
Jon D. Bruegel	13	18
Lucas Morris*	10	11
Anton Gutierrez	5	11
Andrew Orsa	8	10
Robert Hummingbird	5	10
Aaron St. Clair #	5	8
<u>Male Age Group 20-24</u>		
Zach Quinones	8	11
Pedro Vargas	8	10
Alex Condon	2	10
Richard Crim	2	9
Jeremy Single	2	8
Clayton Kelso*	8	0
Trevor Dalton	5	0
<u>Male Age Group 25-29</u>		
Aaron Self	9	19
Jon Pryor	5	10
Brett Hart	2	10
Jon Paul Gonzales	4	9
<u>Male Age Group 30-34</u>		
Brian Rose	5	10
Damon Chase	4	10
John Barrientos	2	10
Josh Savage	5	9
Chris Gallarneau*	13	8
Jason Burley	5	7
Michael Harlien	5	6
<u>Male Age Group 35-39</u>		
Lee Cohen	13	20
Chris Milford #	14	14
Greg Milford	13	12
Glen Poklikuha	2	10
Shannon Anderson *	13	9
Eddy Morelock *	13	9
Ram Iyer *	13	8
Mark Smith	8	8
<u>Male Age Group 40-44</u>		
Tim Key	13	20
Martin Montalvo	13	18
Eric Ford	13	16
James Layman	9	15
Sean Schwarzentraub	13	13
Daniel Gonzales	2	10
Brian Alger	2	9
Craig Dominy	8	7
Cliff Lewallen	5	6
Jeffrey Haag *	8	0
<u>Male Age Group 45-49</u>		
Ronnie Trollinger	6	20
Paul Paré	13	19
Brent Lowrey	13	15
Jim Higgins	13	13
Harold Terry	9	11
Epi Aguirre	13	10
Edson Pinto	13	10
Bob Jackson	8	10
Adam Barron *	13	9
Jerry Dwyer	13	9
Edwin Young #	13	8
Bobby Atchley	8	3
Duane Jones	5	1
Warner Alexander *	5	0

<u>Male Age Group 50-54</u>		
Jackie Cannon	6	20
Jimmy Samarron	6	18
Rick Liles	8	10
Aubrey Bridges	8	9
Lorenzo Padilla	4	8
Randy Bunyard	4	7
Terry Dalton *	13	0
Randy Holloway *	13	0
Frank Sumpter *	5	0
<u>Male Age Group 55-59</u>		
Lawrence Schovanec	13	19
Fred Weber	9	18
Mike Kelley	13	14
Tom Wise	5	10
David Higgins	2	10
Tom Griffin *	10	9
Richard Gale	8	9
James Wallace	4	9
Tony Aleman *	13	7
Jim Wilhelm *	5	0
<u>Male Age Group 60-64</u>		
Ronnie Nugent *	5	0
<u>Male Age Group 65-69</u>		
Gorden Jenkins	9	20
Mike Greer	8	10
Jim Harris	2	10
Larry Byrd *	8	0
Ron Lubowicz *	8	0
<u>Male Age Group 70+</u>		
Ralph Wolf	6	19
Bill Felton*	9	10
George Jury *	13	0
<u>Clydesdale</u>		
Robert Bloodworth	13	14
Ferrell Martin	5	7
Larry Bloskas *	10	10
Jim Beck	8	9
Craig Peterson	9	19
Preston Smith	4	9
Steve Odorizzi	5	10
Clay Ingram	5	8
Todd Downey	5	6
Chris Boutwell	5	5
<u>Female Age Group 12 &amp; Under</u>		
Turner Adams	5	10
Peyton Lewallen	2	10
Allyson Martin	2	9
Camille Ford	2	8
<u>Female Age Group 13-15</u>		
Hannah Layman	6	19
Colleen Adams	5	11
Lindsey Lewallen	5	10
Lee Ann Cardona	4	10
<u>Female Age Group 16-19</u>		
Kristie Whipple	4	11
Allison Pyle *	13	10
Brittani Single	5	10
Glenna Beyer	2	10
Kayla Hendrix	5	9
Lindsey Shelton	5	8
Courtney Ryburn	5	7
<u>Female Age Group 20-24</u>		
Sarah Livingston	13	20
Jordan Groves	5	9
Kelsey Kelso *	8	0



### West Texas Running Club

<u>Female Age Group 25-29</u>	<u>Total Miles</u>	<u>Point Series Total</u>
Angie Sonhenberg	13	20
Emily Wyatt	9	18
Sara Spillman	8	11
Jennifer Farris	2	11
Ginny McMinn	4	10
Susan Wilcox	4	9
Amy McAlexander	5	8
<u>Female Age Group 30-34</u>		
Iris Rivero	13	20
Tammy Moriearty	10	18
Sara Miller	6	17
Kelley Weil	13	16
Sara Skelton	8	9
Mandy Satterwhite-Poklikuha #	2	9
Malinda Colwell	5	8
Jill Jaques	4	8
Amy Harlien	5	7
Michelle Cohen	2	7
Amanda Keys	8	6
Annette Boles	8	5
Jessica Moreno	8	4
Ann Cruce-Roberts	8	0
<u>Female Age Group 35-39</u>		
Lee Handlin	9	20
Michelle Eckstein	13	17
Susan Alger	2	10
Carol Hise	8	9
Stephanie Wehmeier	5	9
Debbie Bayouth	4	9
Lou Anna Arterburn	8	8
Christa Moser	4	8
<u>Female Age Group 40-44</u>		
Angie Hines	9	20
Kimberly Terry	9	18
Cynthia Sorrensen	8	10
Susan Lewallen	2	10
Marsha Bennett	8	9
Laura Lappe	2	9
Karen Pyle *	13	8
Jill Haukos	5	8
Rose Hoeve *	8	0
<u>Female Age Group 45-49</u>		
Kammy Philbrick	9	20
Barbara Slaton	4	9
Brenda Campbell *	8	0
Debbie Wilson *	8	0
<u>Female Age Group 50-54</u>		
Leesa Price	13	20
Deborah Ford #	2	10
Beth Gerken	5	9
Susan Tomlinson	5	8
Elizabeth Linder *	8	0
<u>Female Age Group 55-60</u>		
Cheryl Weber #	9	20
Josie Aleman	6	20
Etta Mayer	13	19
Susan Caudle *	10	9
<u>Athena</u>		
Bethany Tibbetts	2	10
<u>Female Volunteers</u>		
Myriam Guardiola *	13	0
Amanda Boston *	8	0

\* 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 Challen Series policy (see page 2).

### Prairie Dog Run 4 Mile Since 1983 EVENT RECORDS USA T&F Certified, #TX97108ETM

		MEN			
AGE	NAME	TOWN	AGE	TIME	YEAR
0-12	Ben Stewart	Lubbock	12	28:56	1999
13-15	Robert Jackson	Lubbock	15	24:01	1983
16-19	Si Reid	Tucumcari, NM	18	21:20	1997
20-29	Bob Jackson	Portales, NM	24	20:53	*1983
30-34	Cliff McCurdy	Canadian	30	21:20	1984
35-39	Bob Jackson	Hobbs, NM	38	21:34	1997
40-44	George Chaves	Tucumcari, NM	40	21:27	1994
45-49	Robert Guagardo	Levelland	48	23:55	1991
50-54	Jim Leser	Lubbock	51	24:01	1998
55-59	George Jury	Lubbock	55	24:22	1992
60-64	Jim Harris	Hobbs, NM	61	29:59	2004
65-69	Don Sanderson	Tulia	66	28:47	1996
70+	Bill Felton	Lubbock	71	33:23	2006
Clydes	Kevin Lair	Lubbock	38	26:13	2000
<b>WOMEN</b>					
0-12	Sara Aragon	Tucumcari, NM	12	29:41	1997
13-15	Laci Jackson	Hobbs, NM	15	26:33	1997
16-19	Anne Plachetka	Lubbock	18	32:26	1996
20-29	Sue Houle	Lubbock	28	26:19	1990
30-34	Marjory Stewart	Lubbock	32	23:58	*1991
35-39	Marjory Stewart	Lubbock	36	25:24	1995
40-44	Marjory Stewart	Lubbock	40	28:57	1999
45-49	Martha Martinez	Colorado City	45	30:58	2001
50-54	Madonne Miner	Lubbock	50	31:26	2003
55-59	P.J. Mitchell	Lubbock	57	36:13	2003
60+	P.J. Mitchell	Lubbock	60	38:15	2005
Athena	Edie Abel	Lubbock	39	35:48	2006

\* Overall Event Record

+ Noteworthy times

### WEST TEXAS RUNNING CLUB'S ANNUAL PRAIRE DOG TOWN RACES 4 MILE & 2 MILE & 1 MILE KIDS CAFÉ

EVENT # 3 OF THE W.T.R.C. CHALLENGE SERIES

WHEN: SATURDAY, MARCH 8, 2008

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

See Enclosed Mail in Form for Information

On Site Registration: 7:30 to 8:15 A.M.

Kids Café Run Starts at 8:30 A.M.

Praire Dog Town Races Start at 9:00 A.M.

WHERE: Mackenzie Park on Park Road Just North  
Of the Broadway EntrancePlease Note This Is A New Start Line For The Race  
Course: 2 and 4 Mile Races are on Asphalt and Hilly Kids Café Fun

Run is Flat on Asphalt

AID STATIONS: Approximately Every Two Miles

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

## AGE DIVISIONS:

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

Clydesdale and Athena group in both races.

AWARDS: A Unique Prairie Dog Medal will be awarded To at least  
the first three finishers in each age group in the 2 and 4 mile and up  
to 50% of each group.Kids Café 1 Mile Fun Run is \$5.00 and open to ages 13 and  
under.Entry Fee: W.T.R.C. Members \$5.00, Non Members \$10.00,  
Race day \$15.00 Everyone

RACE DIRECTOR: Mike Greer, 806-535-1224

WTRC RACE DIRECTOR: Randy Holloway 806-789-1547



## West Texas Running Club Event Calendar

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

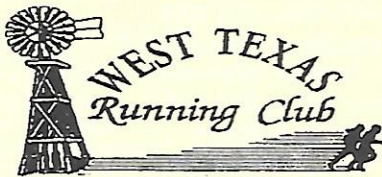
- MAR 05 W.T.R.C Business Meeting: Wednesday, 7pm, BSGM Building  
8215 Nashville (Just East of the Veteran's War Memorial)
- \* MAR 08 PRAIRIE DOG TOWN: 4M/2M, 9:00AM, MacKenzie Park,  
Lubbock, Mike Greer, RD 806-535-1224
- MAR 29 THE GREAT H.O.G.G. RACE: Marathon, Half Marathon,  
10K, 5K, Lamesa, TX, 8:00am, contact – 806-759-8245.
- APR 05 CASA 5K: 5K, Kid's 1MI, 9:00am, TTU Frazier Alumni Pavilion,  
Rose Carkeet, 806-763-2272, rosec@casa.com,  
www.Lubbockcasa.org
- 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 12 VICTORY OVER VIOLENCE: 5K, 1K, 8:00 am, Trinity Park  
Duck Pond, Fort Worth, TX, 817-927-4006
- \* 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: 1 MI, 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.

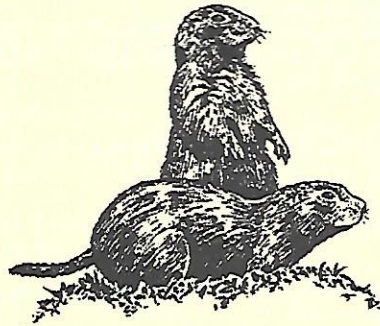
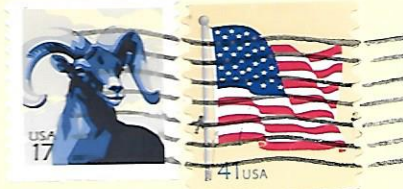
Calendar, Photos, Online registration, Membership, etc.

**WTRC Web Address:**

**<http://wtrc.tripod.com>**



Newsletter  
P.O. Box 2921  
Lubbock, Texas 79408



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Lubbock, TX 79407