

May 2008

Volume 1, Issue 4

### Notes from the President

How do you feel about running with earphones? If you are an open-ears runner (as I am), and if you run in low-to-moderate traffic (which I do not), your chances of having or causing an accident (broadly defined to include stepping off the pavement and twisting an ankle) decreases by about 400% compared to runners with earphones according to one recent study. (Who in the heck comes up with this stuff anyway?)

Then why do so many of us run wired for sound? The journals are filled with accounts ranging from overcoming boredom to dramatically enhancing performance. So maybe the answer is in the same realm as answers to such questions as "what running shoes do you prefer?" or "why do you run alone?" or "how can you run so early in the morning?" ... there is no answer.

My guess is that someday there will be a "rule" that will prohibit the use of earpieces during formal events ... if our legal system stays on its current course, this is almost a sure thing. Should the WTRC worry about this in a preemptive way or should we just wait and see what happens out there (hopefully to some other club)?

If you have strong feelings on either side of this issue, please pen them in and we will publish your "letters to the editor" in future issues. Thanks for joining in.

SYOTR, Ron

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W. T. R. C. RACES ARE USUALLY HELD THE 2ND SATURDAY OF EACH MONTH. The WTRC monthly business meeting is on Wednesday, May 7, 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 Horseshoe Bend  
Canyon  
(11, 6 & 2 MI)  
Race Starts @ 8:00 a.m.  
At  
Horseshoe Bend Canyon  
North of Slaton, Texas  
Randy Holloway,  
Race Director  
(806) 789-1547 Mobile

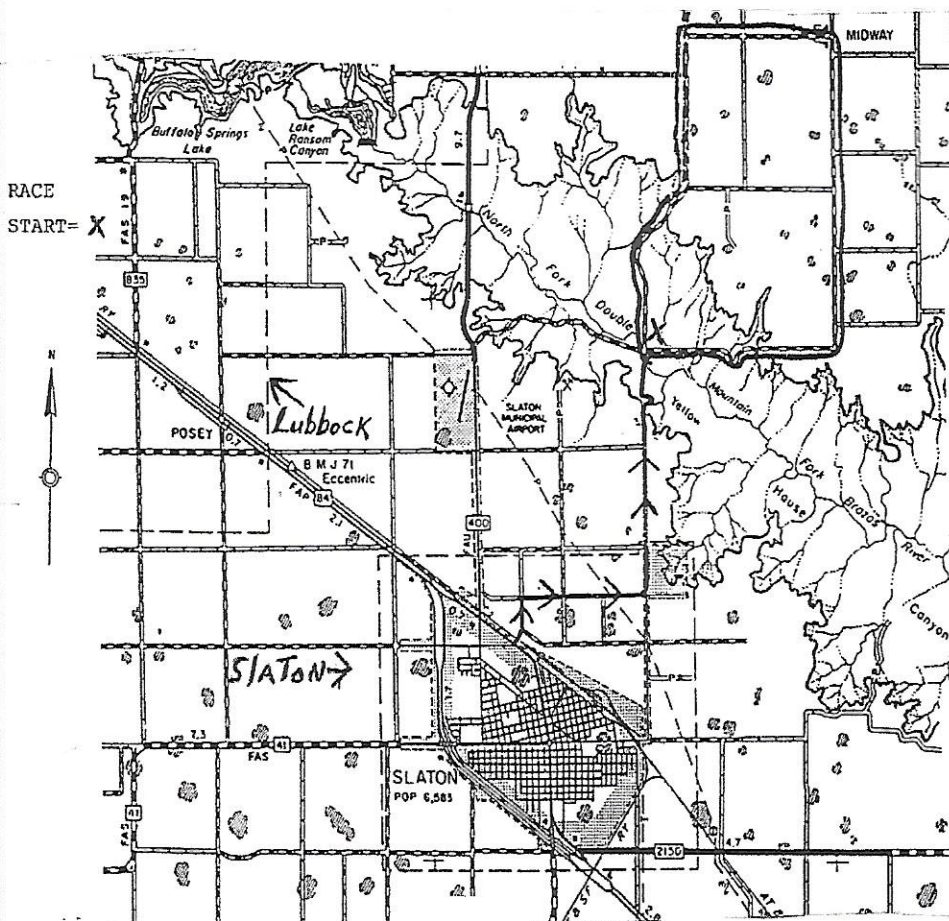
## 2008 Run for the Arts Race Report

Perfect 58 degree weather greeted the 149 finishers in the 2008 Run for the Arts; 72 in the 15K and 77 in the 2 Mile. There were numerous outstanding performances and several new records. Highlighting the great races were Zach Quinones 50:57 winning performance in the 15K as well as Laura Helmus' 1:08:54 top female performance. New records in the 15K were registered by Mary Branscome in the 45-49 bracket with a 1:17:10 and Leesa Price's 1:15:33 in the 50-54 age group.

The winning 2 Mile times were recorded by Eric Ayala (10:38) and Liz Tate (15:23). New 2 Mile Men's age group records at both ends of the spectrum were recorded by Carter Tate (13:43 in the Men's 6-12) at one end and Ron Lubowicz (15:53 in the Men's 65-69) at the other end. In the Women's 2 Mile, both new records were set at the senior end of the slate with Janis Waechter running a 22:04 in the 55-59 bracket and P.J. Mitchell turning in a 17:37 to win the 60 and up bracket (P.J. set the 60 and up 15K record last year and also holds the 45-49 record in the 2 Mile).

Although the running performances were outstanding, the volunteer turnout this year was the best ever. Manning the packet pick-up table at the Arts Festival Friday were President and Mrs. Lubowicz, David Higgins, Susan Caudle and Tom Griffin. In addition to the timing team of Tom Griffin, Myriam Guardiola, Trevor Dalton, and Tara Madrigal, the Saturday volunteers included Randy Holloway, Susan Caudle, Elizabeth Linder, Rose Hoeve, Alexis Cortez, Joshua Hoeve, Glenn Poklikuha, Jon and Jon David Bruegel, Milt Brownfield, Tony Aleman, Jimmy Clark, John Barrientos, Wayne Sullivan, Fred and Cheryl Weber, Lee Cohen, Eric Ford, Tyler Schovanec, Milynda Weis, and Matt and Corinne Weis. Special thanks to George Jury for certifying the 15K course prior to the event as well setting up the signs on the course and serving as lead cyclist through most of the race. Additional thanks go out to the girls from Girlstown who once again took charge of the Broadway aid station.

I would also like to add my personal thanks to United Supermarkets, the Lubbock Police Department and the Lubbock Arts Festival (Elizabeth Regner). United supplied the fresh fruit at the finish as well as over half of the T-Shirt costs; the LPD was super in insuring runner safety and Elizabeth is always super to work with year in and year out.



Active West Texas Running Club  
Member's Birthdays

Ida Sumpter	52 on (05-01)
Susan Wilcox	30 on (05-03)
Austin Martin	13 on (05-04)
Aaron St. Clair	16 on (05-04)
Mary Harris	63 on (05-05)
Allyson Martin	11 on (05-05)
Joann Barrientos	35 on (05-08)
Lucas Morris	16 on (05-08)
Tyler Dean	11 on (05-08)
Jordan Quinton	14 on (05-10)
Richard Gale	59 on (05-11)
Carol Felton	65 on (05-14)
Richard Hobbins	27 on (05-14)
Noel Luna	41 on (05-15)
Robert St. Clair	60 on (05-17)
Michelle Eckstein	37 on (05-18)
John Gregorcyc	58 on (05-19)
Mark C. Smith	37 on (05-22)
Shaun Schwarzentraub	41 on (05-23)
Jerred Hurst	29 on (05-24)
Walker Adams	11 on (05-28)
Dean Smith	64 on (05-28)
Farrell Martin	42 on (05-29)
Bryan D. Hastings	46 on (05-30)
Chris Lonngren	49 on (05-30)



West Texas Running Club  
The Run For The Arts  
2 Mile and 15K Runs  
Lubbock, Texas April 19, 2008

* NEW RECORD			
15K			
AGE GROUP RESULTS			
***** MALE OVERALL WINNER *****			
Place Name	Ag Town	15k	Pace
1 ZACK QUINONES	21 LUBBOCK	50:57	5:28
MALE AGE GROUP: 16 - 19			
Place O'All Name	Ag Town	St 15k	Pace
1 3 DANIEL FORD	19 WILSON	TX 1:03:36	6:50
MALE AGE GROUP: 20 - 24			
Place O'All Name	Ag Town	St 15k	Pace
1 2 PEDRO VARGAS	23 LUBBOCK	TX 56:44	6:06
2 12 JOSHUA DELGADO	20 LUBBOCK	TX 1:11:28	7:40
3 14 BRIAN STEPHENS	22 LUBBOCK	TX 1:12:51	7:49
4 27 ARBY NICHOLS	24 LUBBOCK	TX 1:18:51	8:28
5 35 ALEX ARNOLD	21 LUBBOCK	TX 1:21:33	8:45
6 54 LANCE WILEY	22 LUBBOCK	TX 1:30:27	9:43
MALE AGE GROUP: 25 - 29			
Place O'All Name	Ag Town	St 15k	Pace
1 6 RICHARD HOBBS	26 LUBBOCK	TX 1:05:14	7:00
2 11 ANDRES PEDROZA	26 OLTON	TX 1:10:51	7:37
3 24 AARON SELF	28 LUBBOCK	TX 1:17:34	8:20
4 47 CHRIS BERRY	29 LUBBOCK	TX 1:25:24	9:10
5 64 JOEY PORTER	26 LUBBOCK	TX 1:41:50	10:56
MALE AGE GROUP: 30 - 34			
Place O'All Name	Ag Town	St 15k	Pace
1 10 DAMON CHASE	31 LEVELLAND	TX 1:10:10	7:32
2 19 JOEY HERNANDEZ	31 SUNDOWN	TX 1:15:21	8:06
3 29 CHRIS GALLARNEAU	32 LUBBOCK	TX 1:20:05	8:36
4 41 CHRIS BAUTWEOL	33 LUBBOCK	TX 1:22:45	8:53
MALE AGE GROUP: 35 - 39			
Place O'All Name	Ag Town	St 15k	Pace
1 9 SHANNON ANDERSON	35 LUBBOCK	TX 1:09:09	7:26
2 40 TYLER MOORE	38 CLOVIS	NM 1:22:26	8:51
3 45 CHRIS MILFORD	35 LUBBOCK	TX 1:24:12	9:02
4 55 KERRY GILBERT	38 LUBBOCK	TX 1:30:45	9:45
5 60 GREG MILFORD	38 LUBBOCK	TX 1:37:21	10:27
MALE AGE GROUP: 40 - 44			
Place O'All Name	Ag Town	St 15k	Pace
1 5 MARTIN MONTALVO	43 PLAINVIEW	TX 1:05:06	7:00
2 16 CRAIG DOMINY	42 LUBBOCK	TX 1:13:16	7:52
3 34 EDWIN YOUNG	44 LUBBOCK	TX 1:21:29	8:45
4 38 BRAD EWING	44 LUBBOCK	TX 1:22:07	8:49
MALE AGE GROUP: 45 - 49			
Place O'All Name	Ag Town	St 15k	Pace
1 4 POPCORN LEONART	47 MIDLAND	TX 1:03:59	6:52
2 7 ADAM BARRON	45 LUBBOCK	TX 1:06:38	7:09
3 17 J EDSON PINTO	46 LUBBOCK	TX 1:14:33	8:00
4 18 PAUL PARE	46 LUBBOCK	TX 1:14:49	8:02
5 26 JERRY DWYER	48 LUBBOCK	TX 1:18:00	8:23
6 36 JAVIER PENA	47 AUSTIN	TX 1:21:47	8:47
MALE AGE GROUP: 50 - 54			
Place O'All Name	Ag Town	St 15k	Pace
1 28 PAUL HUDSON	51 COLLEYVILLE	TX 1:19:14	8:31
2 30 RUSSEL MARTIN	50 SHALLOWATER	TX 1:20:11	8:37
3 31 RICK SYPERT	52 LUBBOCK	TX 1:20:15	8:37
4 51 RANDY BUNYARD	50 LUBBOCK	TX 1:29:01	9:33
MALE AGE GROUP: 55 - 59			
Place O'All Name	Ag Town	St 15k	Pace
1 25 LAWERENCE SCHOVAN	55 LUBBOCK	TX 1:17:59	8:22
2 58 MIKE KELLEY	59 LUBBOCK	TX 1:32:46	9:58
OVERALL MALE CLYDESDALE 15K RESULTS			
Place Name	Ag Town	St 15k	Agegrad
1 FARRELL MARTIN	41 SHALLOWATER	TX 1:11:52	1:07:57
2 STEVE ODORIZZI	46 LUBBOCK	TX 1:24:11	1:16:31
3 JASON MILLS	32 LUBBOCK	TX 1:20:55	1:20:42
4 ROBERT BLOODWORTH	43 LUBBOCK	TX 1:31:32	1:25:13
5 JIM BECK	48 LUBBOCK	TX 1:40:53	1:30:13
6 CHADWICK WILCOX	32 LUBBOCK	TX 1:45:09	1:44:51
***** FEMALE OVERALL WINNER *****			
Place Name	Ag Town	15k	Pace
1 LAURA HELMUS	44 AMARILLO	1:08:54	7:24
FEMALE AGE GROUP: 16 - 19			
Place O'All Name	Ag Town	St 15k	Pace
1 59 ALLISON PYLE	16 SLATON	TX 1:36:20	10:21
FEMALE AGE GROUP: 20 - 24			
Place O'All Name	Ag Town	St 15k	Pace
1 20 MINDI QUINN	21 LUBBOCK	TX 1:15:32	8:07
2 22 MAEGAN GARCIA	23 LUBBOCK	TX 1:16:43	8:14
3 33 JAMIE WHEELER	22 LUBBOCK	TX 1:21:22	8:44
4 46 CAROLINE WILYLIE	22 LUBBOCK	TX 1:25:20	9:10
5 65 HEATHER WESTFAL	24 LUBBOCK	TX 1:41:51	10:56

FEMALE AGE GROUP: 25 - 29			
Place O'All Name	Ag Town	St 15k	Pace
1 67 SUSAN WILCOX	29 LUBBOCK	TX 1:44:06	11:11
FEMALE AGE GROUP: 30 - 34			
Place O'All Name	Ag Town	St 15k	Pace
1 15 SARAH SKELTON	33 LUBBOCK	TX 1:12:58	7:50
FEMALE AGE GROUP: 35 - 39			
Place O'All Name	Ag Town	St 15k	Pace
1 37 TAMMY BALES	35 MIDLAND	TX 1:22:03	8:49
2 39 STEPHANIE WEHMEIER	39 LUBBOCK	TX 1:22:14	8:50
3 42 KIPPI BUCHANAN	38 LUBBOCK	TX 1:24:00	9:01
4 43 LEE HANDLIN	39 LUBBOCK	TX 1:24:01	9:01
5 52 CAROL HISE	36 LUBBOCK	TX 1:29:21	9:36
6 62 GLORIA QUINTIN	37 LUBBOCK	TX 1:39:36	10:42
FEMALE AGE GROUP: 40 - 44			
Place O'All Name	Ag Town	St 15k	Pace
1 50 CINDI FAZ	41 LUBBOCK	TX 1:27:31	9:24
2 66 KAREN PYLE	40 SLATON	TX 1:42:04	10:57
3 70 MARSHA BENNETT	44 LUBBOCK	TX 1:47:55	11:35
4 71 TRACY MCCASLAND	40 LUBBOCK	TX 2:04:25	13:21
FEMALE AGE GROUP: 45 - 49			
Place O'All Name	Ag Town	St 15k	Pace
* 1 23 MARY BRANSCOME	48 LUBBOCK	TX 1:17:10	8:17
2 48 KAMMY PHILBRICK	47 LUBBOCK	TX 1:26:33	9:18
3 53 MARIA DELEON	47 LUBBOCK	TX 1:29:40	9:38
FEMALE AGE GROUP: 50 - 54			
Place O'All Name	Ag Town	St 15k	Pace
* 1 21 LEESA PRICE	51 LUBBOCK	TX 1:15:33	8:07
FEMALE AGE GROUP: 55 - 59			
Place O'All Name	Ag Town	St 15k	Pace
1 56 SHERILL EASTERLING	58 SNYDER	TX 1:30:53	9:46
2 61 ETTA MAYER	59 LUBBOCK	TX 1:38:16	10:33
3 69 SARAH GAXIOLA	55 LUBBOCK	TX 1:45:15	11:18
4 72 CYNTHIA BROWN	56 AUSTIN	TX 2:05:31	13:28
2 MILE			
AGE GROUP RESULTS			
***** MALE OVERALL WINNER *****			
Place Name	Ag Town	2	Pace
1 ERIC AYALA	22 LUBBOCK	10:38	5:19
MALE AGE GROUP: 12 and Under			
Place O'All Name	Ag Town	St 2	Pace
* 1 7 CARTER TATE	11 MIDLAND	TX 13:43	6:52
2 8 JAKE BROWNFIELD	10 LUBBOCK	TX 14:01	7:01
3 21 CHRISTIAN DELEON	10 LUBBOCK	TX 16:39	8:20
4 37 KADE GILBERT	8 LUBBOCK	TX 18:44	9:22
5 47 AUSTIN MARTIN	12 SHALLOWATER	TX 20:17	10:09
6 48 JOSHUA BROWNFIELD	12 LUBBOCK	TX 20:40	10:20
7 53 JOHN SHIN	8 LUBBOCK	TX 21:42	10:51
8 56 NICKOLAUS HOEVE	10 RANSOM CANYON	TX 23:07	11:34
MALE AGE GROUP: 13 - 15			
Place O'All Name	Ag Town	St 2	Pace
1 2 LUCAS MORRIS	15 LUBBOCK	TX 11:25	5:43
2 45 KENDALL HIGGINS	14 LUBBOCK	TX 20:10	10:05
MALE AGE GROUP: 25 - 29			
Place O'All Name	Ag Town	St 2	Pace
1 5 BRETT HART	28 LUBBOCK	TX 13:23	6:42
2 6 MAC MARTINEZ	29 LUBBOCK	TX 13:33	6:47
3 24 CALEB PRINCE	25 LUBBOCK	TX 16:47	8:24
4 44 MATT WEIS	28 LUBBOCK	TX 20:05	10:03
MALE AGE GROUP: 30 - 34			
Place O'All Name	Ag Town	St 2	Pace
1 12 JASON BURLEY	32 BROWNFIELD	TX 15:00	7:30
MALE AGE GROUP: 35 - 39			
Place O'All Name	Ag Town	St 2	Pace
1 16 ERIC CARROLL	37 WICHTA	KA 15:52	7:56
MALE AGE GROUP: 40 - 44			
Place O'All Name	Ag Town	St 2	Pace
1 3 RICKY MARTINEZ	40 SPUR	TX 12:06	6:03
2 9 NOE VALLES	41 LUBBOCK	TX 14:17	7:09
3 18 BRIAN ALGER	41 LUBBOCK	TX 16:15	8:08
MALE AGE GROUP: 45 - 49			
Place O'All Name	Ag Town	St 2	Pace
1 11 DAVID DOYLE	49 LUBBOCK	TX 14:58	7:29

**MALE AGE GROUP: 50 - 54**  
Place O'All Name      Ag Town      St 2      Pace

1	4 JACKIE CANNON	52 AMARILLO	TX	12:51	6:26
2	10 CHARLIE DELEON	50 LUBBOCK	TX	14:39	7:20
3	13 GONZALO RAMIREZ	52 LUBBOCK	TX	15:14	7:37
4	23 TOM CLEMMONS	54 LUBBOCK	TX	16:45	8:23

**MALE AGE GROUP: 55 - 59**  
Place O'All Name      Ag Town      St 2      Pace

1	36 JIMMY WAECHTER	55 HOBBS	NM	18:37	9:19
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**MALE AGE GROUP: 65 - 69**  
Place O'All Name      Ag Town      St 2      Pace

* 1	17 RON LUBOWICZ	65 LUBBOCK	TX	15:53	7:57
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**MALE AGE GROUP: 70 - 99**  
Place O'All Name      Ag Town      St 2      Pace

1	46 BILL FELTON	73 LUBBOCK	TX	20:15	10:08
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**OVERALL MALE CLYDESDALE 2 MILE RESULTS  
AGEGRADED**

Place Name	Ag Town	St 2	Agegrad
1 LARRY BLOSKAS	46 ANTON	TX	16:41 15:18
2 CRAIG PETERSON	51 LUBBOCK	TX	17:42 15:36
3 RICK LAMPE	63 LUBBOCK	TX	19:57 15:48
4 DAVID ORTIZ	22 LUBBOCK	TX	20:50 20:50
5 CHRISTOPHER WHITE	36 PLANO	TX	23:09 22:49
6 JEFF HOLLAND	37 LUBBOCK	TX	31:51 31:10

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

Place Name	Ag Town	St 2	Pace
1 LIZ TATE	42 MIDLAND	15:23	7:42

**FEMALE AGE GROUP: 12 and Under**  
Place O'All Name      Ag Town      St 2      Pace

1	27 CATHERINE CANNON	8 LUBBOCK	TX	17:04	8:32
2	50 ALLYSON MARTIN	10 SHALLOWATER	TX	20:57	10:29
3	57 BRANDY WHITE	11 LUBBOCK	TX	23:08	11:34
4	60 KRISTINA DEAN	12 LUBBOCK	TX	23:58	11:59
5	61 DACIA HANNEL	7 LUBBOCK	TX	24:38	12:19
6	64 SKYE LYTWYN	12 LUBBOCK	TX	24:50	12:25
7	65 ADDISON RICHARDS	9 LUBBOCK	TX	24:52	12:26
8	68 BRITNEY DEAN	12 LUBBOCK	TX	27:03	13:32
9	71 SIDEE HANNEL	5 LUBBOCK	TX	31:51	15:56

**FEMALE AGE GROUP: 16 - 19**  
Place O'All Name      Ag Town      St 2      Pace

1	41 MARIAH DILLARD	16 LUBBOCK	TX	19:54	9:57
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**FEMALE AGE GROUP: 20 - 24**  
Place O'All Name      Ag Town      St 2      Pace

1	26 CHANNING ALBA	21 LUBBOCK	TX	16:49	8:25
2	29 CASSIE SKINNER	21 LUBBOCK	TX	17:20	8:40
3	38 CARRIE GALLOWAY	23 ROUND ROCK	TX	18:48	9:24

**FEMALE AGE GROUP: 25 - 29**  
Place O'All Name      Ag Town      St 2      Pace

1	15 EMILY WYATT	28 LUBBOCK	TX	15:38	7:49
2	25 AMY MCALEXANDER	27 LUBBOCK	TX	16:48	8:24
3	33 KARA RICHARDSON	29 LUBBOCK	TX	17:47	8:54
4	43 CORINNE WEIS	29 LUBBOCK	TX	20:04	10:02
5	73 RENEE PRINCE	25 LUBBOCK	TX	32:29	16:15
6	75 MICHELLE DODGIN	28 LUBBOCK	TX	33:52	16:56

**FEMALE AGE GROUP: 30 - 34**  
Place O'All Name      Ag Town      St 2      Pace

1	19 MANDY POKLIKUHA	30 LUBBOCK	TX	16:33	8:17
2	35 SARA MILLER	32 LUBBOCK	TX	18:32	9:16
3	62 LORENA HANNEL	30 LUBBOCK	TX	24:41	12:21
4	66 TAMMY MORIEARTY	34 WOLFFORTH	TX	26:54	13:27

**FEMALE AGE GROUP: 35 - 39**  
Place O'All Name      Ag Town      St 2      Pace

1	67 SHERRY GILBERT	37 LUBBOCK	TX	26:54	13:27
2	74 DEANNE MILFORD	36 LUBBOCK	TX	33:52	16:56
3	76 GINA MILFORD	35 LUBBOCK	TX	33:53	16:57

**FEMALE AGE GROUP: 40 - 44**  
Place O'All Name      Ag Town      St 2      Pace

1	20 ANGIE HINES	42 SUNDOWN	TX	16:38	8:19
2	30 HOLLYE MARTINEZ	40 SPUR	TX	17:24	8:42
3	34 JILL HAUROS	43 LUBBOCK	TX	18:01	9:01
4	51 DEANA MARTIN	40 SHALLOWATER	TX	21:04	10:32
5	55 IRMA VALLES	44 LUBBOCK	TX	22:43	11:22

**FEMALE AGE GROUP: 45 - 49**  
Place O'All Name      Ag Town      St 2      Pace

1	28 AMY ANDRUS	45 LUBBOCK	TX	17:09	8:35
2	40 BRENDA CAMPBELL	49 LUBBOCK	TX	19:17	9:39
3	52 CYNTHIA DILLARD	47 LUBBOCK	TX	21:07	10:34
4	70 SARAH HUDSON	45 COLLEYVILLE	TX	28:23	14:12

**FEMALE AGE GROUP: 50 - 54**  
Place O'All Name      Ag Town      St 2      Pace

1	39 GLENNA BEYER	50 LUBBOCK	TX	18:55	9:28
2	77 SERENA VOSS	52 POST	TX	34:41	17:21

**FEMALE AGE GROUP: 55 - 59**  
Place O'All Name      Ag Town      St 2      Pace

* 1	54 JANIS WAECHTER	56 HOBBS	NM	22:04	11:02
2	59 JOSIE ALEMAN	56 LUBBOCK	TX	23:34	11:47

**FEMALE AGE GROUP: 60 - 99**  
Place O'All Name      Ag Town      St 2      Pace

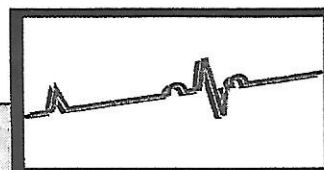
* 1	31 P.J. MITCHELL	62 LUBBOCK	TX	17:37	8:49
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**OVERALL FEMALE ATHENA 2M RESULTS**

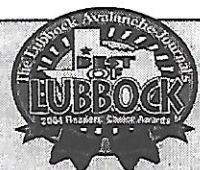
Place Name	Ag Town	St 2	Agegrad
1 DONNA DEAN	51 LUBBOCK	TX	27:03 20:58
2 LYNDSEY DEAN	14 LUBBOCK	TX	24:49 21:18

Congratulations to the WTRC Members that participated and conquered the 26.2 Mile Boston Marathon and the Oklahoma City Marathon.

- |                    |                  |
|--------------------|------------------|
| Brent Lowery       | 3:28:00 (Boston) |
| Nicholas Reeves    | 3:31:58 (Boston) |
| Iris Rivero        | 3:54:08 (Boston) |
| Jim Higgins        | 4:07:05 (Boston) |
| Lee Cohen          | 3:08:00 (OKC)    |
| Justin Kime        | 3:19:19 (OKC)    |
| Lawrence Schovanec | 3:36:16 (OKC)    |
| Eddy Morelock      | 3:36:47 (OKC)    |
| Lee Irons          | 3:38:45 (OKC)    |
| Landi Kime         | 3:42:48 (OKC)    |
| Sarah Spilman      | 3:44:56 (OKC)    |
| Paul Pare          | 3:39:01 (OKC)    |
| Jeffrey Hancock    | 3:51:43 (OKC)    |
| Derek Kester       | 3:56:32 (OKC)    |
| Deb Hendley        | 4:35:07 (OKC)    |
| Christy Gillespie  | 4:56:10 (OKC)    |
| Noel Cleveland     | 5:16:09 (OKC)    |
| Gabe Gillespie     | 5:19:53 (OKC)    |
| Gloria Cleveland   | 5:27:57 (OKC)    |



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



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Lubbock, Texas 79410  
806-791-3999

Pager 806-742-9940

April 10, 2008, 1:33AM

RUNNING NOTEBOOK

## Defibrillator policy essential

Man treated after collapsing at Bellaire event

By ROBERTA MACINNIS

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Volunteers have staffed hundreds of Houston races during the past nine years without needing to use their defibrillators. That changed Saturday when a runner collapsed during the last mile of the Chevron Bellaire Trolley Run. The volunteers, members of the Houston Area Road Runners Association's CPR/AED team, used their portable life-saving cardiac equipment for the first time. An automated external defibrillator is a portable version of the machine that can restore an irregular heartbeat with a jolt of electricity.

The victim, a man in his 60s, is reportedly stable in the Texas Medical Center. Medical personnel haven't released his name because of medical privacy laws.

"You train for these things, and you hope you never have to do anything," said Ron Morgan, the first team member to reach the fallen runner.

Morgan was unpacking his AED when Dr. Bob Hoekman, HARRA's medical director and the team's leader, arrived. Two volunteers — one a nurse — from a nearby water station were administering CPR, Hoekman said. Together they continued CPR — and used the defibrillator — until Bellaire EMTs arrived.

"I can't thank them enough for their quick response, their professionalism, their kindness to everyone," said Jane Dembski, director of Bellaire's parks and recreation department, which co-sponsors the 14-year-old race with Al Lawrence Running Club. "They just worked so well with our police and fire department."

"I've been telling everyone on the team that we were long overdue, statistically," said Hoekman, a retired orthopedic surgeon.

Hoekman approached HARRA about establishing a team in 1999 when he realized that emergency medical personnel — and their equipment — are stationed at the start and finish lines of most races.

Though exercise reduces the chance of a heart attack, the risk of sudden death, however small, jumps 700 percent during intense exercise, he said.

Hoekman wanted to have a defibrillator within three minutes of every runner because minutes are critical when trying to resuscitate someone in cardiac arrest. He felt so strongly about it that he not only offered to train volunteers, he paid for the equipment.

"People think because they're fit and good runners, they're not at risk," Hoekman said.

The team has become a fixture at area HARRA races, easily recognizable in their bright yellow T-shirts as they cycle alongside the runners.

"I have no idea how many hours — time and work — I've put in, but it's been a lot. Now it's really all paid off," Hoekman said.

Morgan, who's been riding with the team for two years, estimates it took him about 30 seconds to reach the fallen runner after he heard voices yelling two blocks behind him.

"I didn't sleep Saturday and Sunday night," Morgan said. "I kept seeing him on the ground there. It's so different when you're there.

"But we might have saved his life. I was kind of hoping his family would get in touch with the race director just to let us know how he was."

Morgan, who was on the HARRA board when Hoekman made his pitch nine years ago, says Hoekman should be recognized for his efforts. Others agree.

The team will be honored with a special award, said Susan Middleton, the event's co-director and a member of the Al Lawrence Running Club.

"The key is the availability of the AED," Hoekman said. "It saves lives."

[roberta.macinnis@chron.com](mailto:roberta.macinnis@chron.com)

# WTRC Challenge Series Results through April 2008

<u>Male Age Group 1 (12 &amp; Under)</u>	<u>Total Miles</u>	<u>Point Series Total</u>
Walker Adams	5	10
David Pyle *	5	0
Zachary Smith	4	10
Joshua Hoeve	9	0
Nick Hoeve	2	3
<b><u>Male Age Group 2 (13-15)</u></b>		
Luke Samarron	6	21
Daniel J. Gonzales#	2	9
Austin Martin	2	8
Kendall Higgins*	14	23
Migue Johnson	2	9
Tyler Schovanec	9	0
<b><u>Male Age Group 3 (16-19)</u></b>		
Jon D. Bruegel *	26	27
Lucas Morris*	14	31
Aaron St. Clair #	5	8
Victor Ramirez	2	9
<b><u>Male Age Group 4 (20-24)</u></b>		
Clayton Kelso*	10	8
Trevor Dalton *	5	0
David Boston	4	11
Cory Higgins	2	11
<b><u>Male Age Group 5 (25-29)</u></b>		
Aaron Self	22	34
Brett Hart	6	30
Jon Paul Gonzales	4	9
<b><u>Male Age Group 6 (30-34)</u></b>		
John Barrientos*	13	20
Chris Gallameau*	26	24
Jason Burley	11	24
Michael Harlien	5	6
Chadwick Wilcox	13	11
Joseph Hernandez	9	9
<b><u>Male Age Group 7 (35-39)</u></b>		
Lee Cohen*	26	30
Chris Milford # *	26	29
Greg Milford	22	18
Glen Poklikuha	13	20
Eddy Morelock *	17	18
Ram Iyer *	13	8
Mark Smith	8	8
Shannon Anderson*	27	27
Jon M. Bruegel*	9	0
Tommie Farrell*	4	0
<b><u>Male Age Group 8 (40-44)</u></b>		
Tim Key	17	27
Martin Montalvo	26	38
Eric Ford	26	25
James Layman	9	15
Sean Schwarzentraub	13	13
Daniel Gonzales	2	10
Brian Alger	6	27
Cliff Lewallen	9	12
Jeffrey Haag *	8	0
<b><u>Male Age Group 9 (45-49)</u></b>		
Ronnie Trollinger	10	27
Paul Paré	26	35
Brent Lowrey	17	25
Jim Higgins	15	23
Epi Aguirre	13	10
Edson Pinto	26	26
Bob Jackson	8	10
Adam Barron *	22	18
Jerry Dwyer	22	15
Edwin Young # *	26	13
Warner Alexander*	5	0
<b><u>Male Age Group 10 (50-54 )</u></b>		
Jackie Cannon	10	40
Jimmy Samarron	6	18
Lorenzo Padilla	4	8
Randy Bunyard	17	23

<u>Male Age Group 10 (50-54 )</u>	<u>Total Miles</u>	<u>Point Series Total</u>
Terry Dalton *	26	0
Randy Holloway *	26	0
Frank Sumpter *	5	0
Randy Egenbacker	4	7
Gonzalo Ramirez	6	18
Russel Martin	9	9
Tom Clemmons	2	7
Mark Garland*	4	0
<b><u>Male Age Group 11 (55-59)</u></b>		
Lawrence Schovanec	26	39
Fred Weber	18	18
Mike Kelley	22	23
Tom Wise	23	10
David Higgins *	31	10
Tom Griffin *	23	9
Richard Gale	12	18
Tony Aleman *	22	7
Jim Wilhelm *	5	0
Jimmy Waechter	2	10
Wayne Sullivan*	9	0
Jimmy Clark	10	2
<b><u>Male Age Group 12 (60-64)</u></b>		
Ronnie Nugent *	5	0
<b><u>Male Age Group 13 (65-69)</u></b>		
Gorden Jenkins	22	40
Mike Greer *	16	10
Jim Harris	4	20
Larry Byrd *	8	0
Ron Lubowicz *	19	10
<b><u>Male Age Group 14 (70+)</u></b>		
Ralph Wolf	10	29
Bill Felton*	15	29
George Jury *	26	0
<b><u>Clydesdale</u></b>		
Robert Bloodworth	26	29
Ferrell Martin	18	27
Larry Bloskas *	12	19
Jim Beck	31	22
Craig Peterson	15	37
Preston Smith	4	9
Steve Odorizzi	14	19
Brent Smith	2	6
<b><u>Female Age Group 1 (12 &amp; Under)</u></b>		
Turner Adams	5	10
Peyton Lewallen	2	10
Allyson Martin	4	18
Camille Ford	2	8
Alexis Cortez	9	0
<b><u>Female Age Group 2 (13-15)</u></b>		
Hannah Layman	6	19
Colleen Adams	5	11
Lindsey Lewallen	7	21
Mariah Dillard	4	19
<b><u>Female Age Group 3 (16-19)</u></b>		
Kristie Whipple	4	11
Allison Pyle *	22	20
Glenna Beyer	6	20
Kayla Hendrix	5	9
<b><u>Female Age Group 4 (20-24)</u></b>		
Sarah Livingston	13	20
Kelsey Kelso *	12	5
Amanda Boston *	12	10
Allison Higgins	2	10
Amy Montalvo	4	8

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) or phone 806-787-3267

### West Texas Running Club

<u>Female Age Group 5 (25-29)</u>	<u>Total Miles</u>	<u>Point Series Total</u>
Emily Wyatt	15	37
Jennifer Farris	6	21
Ginny McMinn	4	10
Susan Wilcox	17	26
Amy McAlexander	9	16

#### Female Age Group 6 (30-34)

Iris Rivero	17	31
Myriam Guardiola	26	0
Tammy Moriearty	14	35
Sara Miller	8	26
Sara Skelton	21	29
Mandy Satterwhite-Poklikuha #	10	39
Malinda Colwell	5	8
Amy Harlien	5	7
Michelle Cohen	2	7
Amanda Keys	8	6
Dawn Smith	2	7
Ann Cruce-Roberts*	8	0

#### Female Age Group 7 (35-39)

Lee Handlin	22	37
Michelle Eckstein	17	26
Susan Alger	2	10
Stephanie Wehmeier	18	25
Lou Anna Arterburn	8	8

#### Female Age Group 8 (40-44)

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

#### Female Age Group 9 (45-49)

Kammy Philbrick	18	29
Brenda Campbell *	10	9
Debbie Wilson *	8	0
Marti Greer	4	0
Cynthia Dillard	4	18
Mary Branscome	9	10

#### Female Age Group 10 (50-54)

Deborah Ford #	2	10
Susan Tomlinson	5	8
Elizabeth Linder *	17	0

#### Female Age Group 11 (55-60)

Cheryl Weber #	18	20
Josie Aleman	10	39
Etta Mayer	22	28
Susan Caudle *	21	18
Sara Gaxiola	9	8

#### Female Age Group 12 (60+)

P. J. Mitchell	2	10
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\* 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@ttu.edu](mailto:eric.ford@ttu.edu) and he will seek to rectify the mistake."

### HORSESHOE BEND CANYON SPRING FROLIC RUNS

#### 11 MILE (1985) (12 Mile Originally) WOMEN

<u>DIV</u>	<u>NAME</u>	<u>TOWN</u>	<u>ST</u>	<u>AGE</u>	<u>TIME</u>	<u>YEAR</u>
16-19						
20-24	Leigh Daniel	Lubbock	TX	22	1:11:04	*2001
25-29	Sue Houle	Lubbock	TX	26	1:15:35	1987
30-34	Marjory Stewart	Lubbock	TX	34	1:12:22	1993
35-39	Marjory Stewart	Lubbock	TX	35	1:13:16	1994
40-44	Denise Bray	Lubbock	TX	41	1:25:20	2003
45-49	Mary Branscome	Lubbock	TX	45	1:29:49	2005
50-54	Madonne Miner	Lubbock	TX	51	1:32:02	2004
55-59	P.J. Mitchell	Lubbock	TX	58	1:43:38	2003
60+	P.J. Mitchell	Lubbock	TX	61	1:45:31	2007
	Athena Lee Handlin	Lubbock	TX	38	1:52:55	2007

#### MEN

<u>DIV</u>	<u>NAME</u>	<u>TOWN</u>	<u>ST</u>	<u>AGE</u>	<u>TIME</u>	<u>YEAR</u>
13-15	Jared Davis	Bledsoe	TX	15	1:23:19	2002
16-19	Brian Brashears	Lubbock	TX	18	1:08:15	1989
20-24	Rodney Hendrix	Lubbock	TX	23	1:00:49	* 1991
25-29	Case Shay	Lubbock	TX	26	1:02:09	1991
30-34	Tim Key	Lubbock	TX	30	1:07:38	1996
35-39	Joe Post	Lubbock	TX	38	1:09:29	1989
40-44	Joe Post	Lubbock	TX	40	1:12:22	1996
45-49	Jerry Dwyer	Lubbock	TX	47	1:11:33	1986
50-54	George Jury	Lubbock	TX	52	1:10:10	1989
55-59	George Jury	Lubbock	TX	58	1:20:25	1995
60-64	Tom Bowser	Abilene	TX	62	1:29:59	1989
65-69	Lorenzo Ramirez	Rotan	TX	65	1:35:37	2000
70+	Don Sanderson	Tulia	TX	74	1:38:26	2004
	Clydes Farrell Martin	Lubbock	TX	35	1:16:47	2001

\* Overall Men's and Women's course records

\*\*Note: ages 13-15 are no longer eligible to participate in our longer events. This applies to male or female and any distance over 6 miles.

#### 6 MILE EVENT RECORDS (Since 1989) WOMEN

<u>DIV</u>	<u>NAME</u>	<u>TOWN</u>	<u>ST</u>	<u>AGE</u>	<u>TIME</u>	<u>YEAR</u>
13-15	Hope Jimenez	LaMesa	TX	13	44:39	1997
16-19	Becca Rapstine	White Deer	TX	16	47:36	2005
20-24	Rebecca Warminski	Lubbock	TX	20	47:37	2005
25-29	Laurie Welch	Lubbock	TX	29	46:46	1992
30-34	Janda Ibbetson	Lubbock	TX	30	44:22	*2000
35-39	Denise Bray	Lubbock	TX	38	45:15	2000
40-44	Melanie McVey	Sundown	TX	41	49:29	2003
45-49	Shirley Wigley	Lubbock	TX	48	55:29	2002
50-54	Madonne Miner	Lubbock	TX	52	53:37	2005

60+  
Athena

#### MEN

<u>DIV</u>	<u>NAME</u>	<u>TOWN</u>	<u>ST</u>	<u>AGE</u>	<u>TIME</u>	<u>YEAR</u>
6-12	Justin Lambert	Lubbock	TX	12	14:12	2006
13-15	Patrick Ponce	Abernathy	TX	15	11:07	1984
16-19	Tim Green	Lubbock	TX	18	10:28	1984
20-24	Glen Morris	Lubbock	TX		9:45	* 1983
25-29	Cliff McCurdy	Canadian	TX	29	10:00	1982
30-34	Brent Tidwell	Lubbock	TX	32	12:21	1989
35-39	Mark Bass	Lubbock	TX	39	11:07	1991
40-44	Ron Lubowicz	Lubbock	TX	41	10:28	1984
45-49	Ron Lubowicz	Lubbock	TX	47	11:26	1990
50-54	George Jury	Lubbock	TX	53	12:01	1990
55-59	John Stalcup	Lubbock	TX	55	14:00	1989
60-64	Jim Harris	Hobbs	NM	63	14:36	2006
65-69	James Bone	Lubbock	TX	67	18:45	2007
70+	Bill Felton	Lubbock	TX	71	15:57	2006
	Clydes Mike Lawson	Levelland	TX	47	13:08	2006

\* Overall Men's and Women's course records



**2 MILE EVENT RECORDS  
MEN**

DIV	NAME	TOWN	ST	AGE	TIME	YEAR
06-12	Carter Tate	Midland	TX	10	13:17	2007
13-15	Trey Jernigan	Sundown	TX	13	11:34	1991
16-19	Carlos Ybarra	LaMesa	TX	17	9:59	1980
20-24	Quinn Smith	Lovington	NM	21	9:50	1981
25-29	Cliff McCurdy	Lubbock	TX	25	9:33	1979
30-34	John Bednarski	Odessa	TX	30	9:32	*1979
35-39	Brent Tidwell	Lubbock	TX	38	11:14	1996
40-44	Bobby Cunningham	Abernathy	TX	43	10:32	1983
45-49	Jim Leser	Lubbock	TX	49	11:46	1996
50-54	George Jury	Lubbock	TX	51	11:25	1988
55-59	Jim Harris	Hobbs	NM	57	13:24	2000
60-64	Jim Harris	Hobbs	NM	60	14:03	2003
65-69	===					
70 +	===					
Clydes	Milt Brownfield	Lubbock	TX	48	13:1	2006

**WOMEN**

DIV	NAME	TOWN	ST	AGE	TIME	YEAR
06-12	Hope Jimenez	LaMesa	TX	11	14:51	1995
13-15	Rendi Royal	Abernathy	TX	14	13:13	1997
16-19	Mindy Mayfield	Lubbock	TX	17	12:29	1979
20-24	Annie McCormick	Lubbock	TX	20	14:29	1996
25-29	Judy Partin	Lubbock	TX	25	13:13	1987
30-34	Pat Dolan	Lubbock	TX	30	14:09	1980
35-39	Josie Aleman	Lubbock	TX	37	13:58	1989
40-44	Ann Gordhammer	Lubbock	TX	41	14:03	1984
45-49	Cheryl Weber	Lubbock	TX	46	14:49	1999
50-54	Cheryl Weber	Lubbock	TX	53	17:10	2005
55-59	Estella Galvan	Brownfield	TX	59	20:17	2002
60 +	Estelaa Galvan	Brownfield	TX	60	19:10	2003
Athena	Suzan Caudle	Lubbock	TX	51	24:50	2004

\* Overall Men's and Women's course records

**WEST TEXAS RUNNING CLUB'S 36th ANNUAL  
2008 Horseshoe Bend Spring Frolic  
(11, 6 and 2 Mile Races)**

**EVENT # 5 OF THE W.T.R.C. CHALLENGE SERIES**

**WHEN:** SATURDAY, May 10, 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 \$15.00

**WHERE:** HORSESHOE BEND CANYON; North of Slaton, TX, from Lubbock, take US 84 to the first Slaton exit; turn left t Slaton Gas & Equip. on Golf Course Road, follow the pavement north, 2 miles past the golf course to the crossroads at the bottom of the canyon.

**COURSE:** 11 Mile; Loop, one long hill between mile 1 & 2, 6 mile; out and back, long hill between mile 1 & 2 mile; out and back

**AID STATIONS:** At least, every 2.5 Miles

**ON-LINE REGISTRATION DEADLINE:** Noon, Friday, May 9, 2008 at <http://wtrc.tripod.com>

**AGE DIVISIONS:**

**Awards**

**MEN:** 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:** 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 Miles)  
(13-15 and 16-19 age groups in the 6 Mile)

Clydesdale and Athena, 1st three

**AWARDS:** Engraved Medallions to the overall winners & medals to the first three finishers in The Age Group Divisions Described Above and up to 50% of each group.

**RACE DIRECTOR:** Randy Holloway 806-789-1547  
E-mail, [randyholloway@sbcglobal.net](mailto:randyholloway@sbcglobal.net)

**Horseshoe Bend Canyon Spring Frolic  
May 10, 2008**

Mail In \$5.00 WTRC members, \$10.00 non-members, \$15 Race Day  
Registration Make Checks payable to: WTRC  
Thru May 6th Mail checks & entry forms to: David Higgins  
3401 Alcove Ave  
Lubbock, TX 79407

Races start promptly at 8:00 A.M.  
at Horseshoe Bend Canyon  
North of Slaton, Texas  
Randy Holloway, Race Director  
(806) 789-1547 Mobile

**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. Club races prohibit with strollers, skates, bicycles or animals.

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 Race) 2 miles 6 miles 11 miles \_\_\_\_\_ Male \_\_\_\_\_ Clydesdale (190 lbs or more)

Name \_\_\_\_\_ Female \_\_\_\_\_ Athena (150 lbs or more)

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

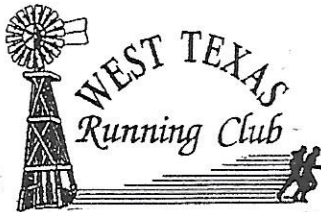
## West Texas Running Club Event Calendar

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

- MAY 03 HealthyBodies-HealthyMinds; 5K/1MI, 8:30am, Comanche Trail Park, Big Spring, TX.
- MAY 07 W. T. R. C. Business Meeting: Wednesday, 7pm, Wade Wilson's Office, 8215 Nashville
- \* MAY 10 HORSESHOE BEND SPRING FROLIC: 11MI, 6Mi, 2Mi, 8:00am, Horseshoe Bend Canyon-Slaton, TX, Randy Holloway, RD, 806-789-1547
- MAY 17 LUBBOCK ARTHRITIS WALK: 3MI, 1MI, 9:00am, Recreational Sports Main Office, Hartford and Main, www.lubbockarthritiswalk.org
- MAY 17 RUN FOR THE ARTS; 10K/5K, 8:30 am, Midland, TX.
- MAY 31 2008 CROSS-COUNTRY EXTRAVAGANZA; UTAB, 10:00 am, Odessa, TX.
- JUN 07 MYRICK 2nd ANNUAL 5K; 5K, 8:30am, Hereford, TX Sherrifs 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 Fottball Field, Fort Sumner, NM, 575-355-7705, fsumnercoc@plateaukel.net
- 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,
- 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

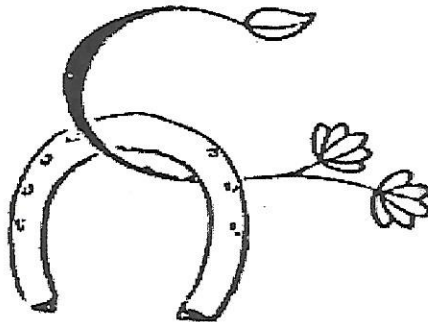
Calendar, Photos, Online registration, Membership, etc.

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



5 W. Lakeshore Drive  
Ransom Canyon, TX 79366

2008



David and Kendall Higgins  
3401 Alcove  
Lubbock, TX 79407