

November 2008

Volume 1, Issue 10

### NOTES FROM THE PRESIDENT

We are all being bombarded with election messages these days. Fortunately you will have a month or so to wind down before you have to focus on the truly important one ... the election of the 2009 WTRC officers and directors.

This club has been really fortunate to have had so many dedicated members take responsibility for its well being over the years. Our current board, including the several interim members who stepped up to fill vacancies created by geographic relocations and conflicts with career demands, has done an exceptional job. I thank them regularly and am now in the process of polling them to see whether they can continue their service thru 2009.

But I also want to poll you who have not yet had a chance to bring your thoughts and talents to our club's service ... I want to invite you to call me and look with me at the many possibilities for such service. Your stepping forward, one member at a time, is the only way to insure the continued health of this wonderful organization.

SYOTR, Ron

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

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**2008 36th Annual  
Buffalo Wallow Races**  
Half Marathon and 2 Miles  
Saturday, November 08,  
2008  
Race Starts @ 9:00 A.M.  
Church Parking Lot  
Buffalo Springs Lake Park  
Mike Kelley, Race Director  
(806) 765-0441

**WTRC Officers**

President – Ron Lubowicz  
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E-mail: ronlubo@aol.com

Internal Vice-President - Eric Ford  
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edwiny@oakgrovefarm.com

Secretary– Wendy Anderson  
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Treasurer - David Higgins  
(H) 785-8562 (O) 795-5823  
E-mail: d\_higgins69@hotmail.com

Past President - Mike Kelley  
(H) 765-0441  
E-mail: mkelleyrun@yahoo.com

**Directors**

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

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

Equipment Director - Tim Key  
tim.key@gmail.com

Race Calendar Director  
Suzan Caudle  
(H) 799-3813  
E-mail: suzieq5279407@yahoo.com

Membership Director -  
Debbie Wilson  
E-mail: debwilsonmt06@sbcglobal.net

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







Place	Name	Town	St Ag	S	5k	Agegrad
1	JERRY DWYER	LUBBOCK	TX 49	M	18:42	16:30
2	JACKIE CANNON	AMARILLO	TX 52	M	20:17	17:28
3	DAVID LARD	AMARILLO	TX 71	M	25:43	18:36
4	BILL FELTON	LUBBOCK	TX 74	M	27:27	19:01
5	AL GARDNER	LEVELLAND	TX 52	M	22:34	19:26
6	PJ MITCHELL	LUBBOCK	TX 62	F	29:13	19:35
7	MIKE MENCHACA	PLAINVIEW	TX 50	M	22:33	19:44
8	HOLLY REEVES	LUBBOCK	TX 42	F	23:08	19:50
9	KELLEY LITSCH	RANSOM CANYON	TX 48	M	22:53	20:21
10	DEE HARGIS	CORPUS CHRISTI	TX 49	F	25:52	20:39
11	FRED WEBER	LUBBOCK	TX 57	M	25:05	20:43
12	MELANIE MCVEY	SUNDOWN	TX 47	F	25:32	20:53
13	DAVID DOYLE	LUBBOCK	TX 50	M	23:55	20:56
14	CHUCK DeLEON	LUBBOCK	TX 50	M	23:57	20:57
15	MIKE TIBBIT	LUBBOCK	TX 47	M	23:39	21:12
16	MILT BROWNFIELD	LUBBOCK	TX 50	M	24:14	21:12
17	GEORGE ROMO	LUBBOCK	TX 43	M	22:58	21:14
18	MARSHALL NELSON	ODESSA	TX 55	M	25:36	21:30
19	JOHN SAVAGE	LUBBOCK	TX 59	M	27:29	22:18
20	DAMON PROVENCE	SUDAN	TX 57	M	27:25	22:38
21	CHERYL WEBER	LUBBOCK	TX 55	F	30:43	22:42
22	DAVID MANGOLD	LUBBOCK	TX 60	M	28:36	23:01
23	JUDY FLEMING	LUBBOCK	TX 44	F	27:24	23:06
24	JIM HARRIS	LUBBOCK	TX 66	M	30:38	23:21
25	DENNIS O'RILEY	ROWLETT	TX 50	M	26:57	23:35
26	ROBERT ROMERO	LUBBOCK	TX 53	M	27:37	23:35
27	MICHAEL EPPS	LUBBOCK	TX 57	M	28:35	23:36
28	GLENNA BEYER	LUBBOCK	TX 50	F	30:02	23:41
29	CHRIS BAGBY	ARLINGTON	TX 43	M	26:05	24:07
30	DANIEL GONZALES	LUBBOCK	TX 42	M	26:04	24:17
31	JAMES DECKER	LUBBOCK	TX 47	M	27:19	24:29
32	GARY HOUSOUER	PLANO	TX 42	M	26:23	24:34
33	WYNN ROSS	AMARILLO	TX 55	F	33:30	24:46
34	TERRY RICHARDSON	LUBBOCK	TX 59	M	30:31	24:46
35	BRIAN ALGER	LUBBOCK	TX 41	M	26:29	24:51
36	JIMMY CLARK	LUBBOCK	TX 57	M	30:12	24:56
37	KAYLA MORRISON	LORENZO	TX 47	F	30:48	25:11
38	DEBBIE CRISWELL	TULIA	TX 45	F	30:23	25:22
39	KIM CLEMMONS	LUBBOCK	TX 40	F	29:12	25:24
40	WENDY ROYAL	ABERNATHY	TX 45	F	30:41	25:37
41	SAMUEL AYERS	LUBBOCK	TX 46	M	28:28	25:42
42	CRAIG PETERSON	HOBBS	NM 51	M	30:00	26:02
43	JOE MARTIN	LUBBOCK	TX 49	M	29:48	26:17
44	TROY PRATT	LUBBOCK	TX 42	M	28:30	26:32
45	JANA NAFZGER	LUBBOCK	TX 41	F	30:58	26:45
46	CHRISTY HURST	IDALOU	TX 51	F	34:25	26:48
47	PAT ROSE	WOLFFORTH	TX 45	M	29:30	26:51
48	DAWNDR A MEERS-SCOTT	LUBBOCK	TX 41	F	31:18	27:03
49	CRISS CLEAVINGER	LUBBOCK	TX 53	F	35:59	27:18
50	LARRY DeLEON	LUBBOCK	TX 48	M	31:01	27:35
51	JOSIE ALEMAN	LUBBOCK	TX 57	F	38:39	27:49
52	DENNIS BOEDEKER	PEARLAND	TX 50	M	32:01	28:01
53	DEE CALVERLEY	SAN ANTONIO	TX 48	M	32:00	28:27
54	JAMES PRATT	RULE	TX 66	M	38:04	29:01
55	MARY BAIZA	POST	TX 64	F	44:47	29:09

## RRCA WINTER SAFETY TIPS

Winter is the season for runners to be extra vigilant to ensure their personal safety. During these winter months, keep these important tips in mind:

1. **DON'T WEAR HEADSETS.** Use your ears to be aware of your surroundings. Your ears may help you avoid dangers your eyes miss during evening or early morning runs.
2. Wear bright colored reflective clothing or a reflective vest so you are noticeable to area traffic. For added visibility, wear a lightweight headlamp or flashing light.
3. Stay alert and aware of your surroundings and the weather conditions. The more aware you are, the less vulnerable you are.
4. Carry a cell phone or change for a phone call. Know the locations of all call boxes and telephones along your regular route.
5. Carry identification or write your name, phone number, and blood type on the inside sole of your running shoe. Include any medical information. There are many great runners' ID products on the market. Choose the one that works best for you.
6. Write down or give word of the direction of your run. Tell friends and family your favorite running routes.
7. Run with a partner. If it's your favorite four-legged friend, protect their feet against the cold and ice as well as yours.
8. Avoid unpopulated areas, deserted streets, and overgrown trails. Avoid unlit areas, especially at night. Run clear of parked cars or bushes but be mindful of oncoming traffic.

27<sup>th</sup> Annual Red Raider Road Race

October 11, 2008

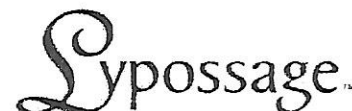
What a great day for a race! We woke up to temperatures in the upper 60's and they didn't change all morning. The clouds promised rain at some point but thankfully, it held off until most of the 10k runners were done. The 27th Annual Red Raider Road Race had 528 registered runners and 457 came out and finished their race - running around the Texas Tech Campus that was in full regalia for Homecoming. We had both local high school and Texas Tech cross country runners that provided us with blistering paces. The overall winner of the 10k, Zachary Quinones (TTU cross country) set a pace of 5:22, beating the overall 5k winner, Isacc Plancia (Lubbock High cross country) who ran at a 5:44 pace. They were amazing to watch. The overall female winners were 5k: Briselda Ramos (20:57) and 10k: Katy Leonard (41:47). There was one record set: PJ Mitchell ran a 29:13 5k setting the record for the female 60+ division. In the Master's division we had some overall winners. 5k: Male winner = Jerry Dwyer - 16:30 and Female winner = PJ Mitchell 19:35; 10k: Male winner = David Rogowski - 36:14 and Female winner = Beth Gerken - 40:54. All Master's times were age-graded.

I have a fantastic group of volunteers to thank (extra special thanks to those folks who helped on BOTH Friday and Saturday):

**Friday's packet pick-up:** Randy Bunyard, Suzan Caudle, Laura Lappe, Mandy Poklikuha, Leesa Price, Emily Wyatt, and Edwin Young.

**Saturday's race:** Epi Aguirre, Tony Aleman, Shannon Anderson, Anthony Aragon, Randy Bunyard, Larry Byrd, Suzan Caudle, Trevor Dalton, Brittney and Kristine Dean, Kristi Dodson, Chris Gallarneau, Dave and Katie Haukos, David & Kendall Higgins Rose Hoeve, Randy Holloway, George Jury, Mike Kelley, James Livermore, PJ Mitchell, Kammy Philbrick, Angie Sonnenberg, Susan Tomlinson, Tom and Matt Weis, Wade Wilson, Edwin Young, and all of the students from the National Student Speech Language Hearing Association (NSSLHA) who helped with the water stations and course directions.

Jill Haukos, Race Director




Body contouring & cellulite treatments  
that deliver healthy measurable results!

**P. J. Mitchell, C.C.T., LMT**

Certified Lypossage Practitioner  
& Massage Therapist

PAGER 806.742.9940

W.T.R.C. 2008 CHALLENGE SERIES  
STANDINGS AFTER 10 EVENTS

**MEN**

**YTD TOTALS**

**YTD TOTALS**

YTD TOTALS						YTD TOTALS					
AGE	PTS	MILES	EVT	VOL		AGE	PTS	MILES	EVT	VOL	
<b>0 - 12 MALE</b>						<b>45 - 49 MALE</b>					
Jake Brownfield	10	49	11.1	5		Paul Pare	46	75	65.9	8	
Walker Adams	11	39	16.2	4		Adam Barron	45	75	53.9	9	
Tyler Dean	11	38	12.1	5		Jerry Dwyer	49	54	47.8	7	
Austin Martin	12	14	4	2		Ronald Trollinger	48	50	30.2	7	
Joshua Brownfield	12	14	8	4		Jim Higgins	47	41	28	5	
Thomas Pittman	6	10	2	1		Brent Lowrey	46	41	34.2	5	
Zachary Smith	10	10	4	1		Edwin Young	45	40	65.9	9	
Cody Pittman	10	8	3	1		J. Edson Pinto	46	32	36.3	5	
Nick Hoeve	11	8	6	3		Epi Aguirre	49	20	24.2	4	
David Pyle	9	7	7	2	*	Chris Lonngren	49	20	23.4	3	
Joshua Hoeve	10	6	13.3	3	*	Bob Jackson	49	10	8	1	
						Mike Lawson	49	8	2	1	
						Sam Ayers	46	6	3.1	1	
<b>13-15 MALE</b>						<b>50 - 54 MALE</b>					
Lucas Samarron	15	61	15	6		Jackie Cannon	52	60	15.1	6	
Kendall Higgins	14	49	23.1	8	*	Jimmy Samarron	53	57	15	6	
D.J. Gonzales	13	27	9.1	4		David Doyle	50	55	14.1	6	
Aaron St. Clair	15	10	5	1		Gene Adams	50	36	19.2	4	
Cooper Cunningham	14	9	2	1		Gonzalo Ramirez	52	35	10	4	
Jordan Quinton	13	8	2	1		Randy Bunyard	50	33	25.7	4	
Austin Martin	13	0	2	1		Russel Martin	50	28	37.9	4	
Austin Martin	13	0	2	1		Wade Wilson	50	13	23.4	3	
						Randy Holloway	51	10	81.9	10	
<b>16-19 MALE</b>						<b>55 - 59 MALE</b>					
Lucas Morris	16	91	31.3	10	*	Lawrence Schovanec	55	67	55.9	8	
Jon David Bruegel	16	72	58.7	10	*	Richard Gale	58	62	50.4	7	
Victor Ramirez	17	36	8	4	*	Fred Weber	57	55	37.3	8	
Grant Spruell	17	19	7.1	3		Mike Kelley	59	39	49.5	6	
John Keith	19	10	4	1		Tom Weis	57	39	45.8	5	
						Jimmy Clark	56	36	31.6	6	
<b>20 - 24 MALE</b>						<b>60 - 64 MALE</b>					
Clayton Kelso	24	8	2	2	*	Ken Jernigan	56	30	7	3	
						David Higgins	55	19	58.5	9	
						Tom Griffin	59	18	44.3	7	
						Luis Cardenas	56	18	5	2	
						Jimmy Waechter	55	10	2	1	
						Ronnie Prigg	57	9	10	1	
						Terry Richardson	59	6	3.1	1	
						Tony Aleman	57	0	70.9	10	
						Jim Wilhelm	57	0	5	1	
<b>25 - 29 MALE</b>						<b>65 - 69 MALE</b>					
Brett Hart	29	64	25.1	8	*	Gorden Jenkins	68	78	47.6	8	
Aaron Self	28	42	24.3	5	*	Ron Lubowicz	65	40	24.2	5	
Aaron Kelley	25	20	11.2	2		Rick Lampe	64	37	15.2	5	
Jerred Hurst	29	19	10.2	2		Jim Harris	66	30	33.1	7	
Jason Fellers	27	9	4	1		Mike Greer	69	18	21	3	
Jon Paul Gonzales	27	9	4	1		Larry Byrd	65	0	70.9	10	
Caleb Prince	25	8	5.1	2		Bill Roger	65	0	12.4	1	
Andres Pedroza	27	8	6.2	1							
						<b>70 - 99 MALE</b>					
						Bill Felton	74	78	34.4	8	
						Ralph Wolf	71	48	22.4	5	
						George Jury	72	0	70.9	10	
<b>30 - 34 MALE</b>						<b>CLYDESDALE - age graded</b>					
Chris Gallameau	32	68	47.9	8	*	Craig Peterson	51	73	40.1	10	
Jason Burley	32	39	33.4	6	*	Milt Brownfield	50	50	20.4	6	
Chris Toelle	34	38	22.4	4	*	Larry Boskas	46	49	27.2	7	
John Barrientos	34	10	11.3	2	*	Farrell Martin	42	48	29.5	5	
Steve Smothers	30	6	6.2	1	*	Robert Bloodworth	43	39	42.3	6	
Michael Harlien	32	5	5	1	*	Jim Beck	48	36	40.3	6	
						Chad Wilcox	32	31	43.7	7	
						Craig Hannah	39	28	17.4	3	
						Steve Odorizzi	46	27	19.3	3	
						Shaun Fant	40	23	17.4	3	
						Preston Smith	61	18	10.2	2	
						David Ortiz	22	7	2	1	
						Warner Alexander	48	0	5	1	
<b>35 - 39 MALE</b>											
Lee Cohen	36	90	70.9	10	*						
Shannon Anderson	37	76	63.9	10	*						
Eddy Morelock	37	50	46.6	7	*						
Chris Milford	35	44	55.9	8	*						
Greg Milford	39	38	41.9	7	*						
Glen Poklikuha	36	30	6	4	*						
Mark Smith	37	15	14.2	2	*						
Ram Iyer	38	8	13	1	*						
Tommie Farrell	37	0	4	1	*						
Jon Bruegel	38	0	35.5	5	*						
<b>40 - 44 MALE</b>											
Martin Montalvo	43	75	54.7	8	*						
Tim Key	41	55	35.4	6	*						
Eric Ford	43	52	54.7	8	*						
Brian Alger	41	36	8	4	*						
Daniel Gonzales	42	36	9.1	4	*						
James Layman	42	35	21	6	*						
Noe Valles	42	26	19.4	4	*						
Rod Burgett	43	24	16.2	4	*						
Cliff Lewallen	44	20	11	3	*						
Tracy Mack	42	20	17.2	4	*						
Ricky Martinez	40	19	8	2	*						
Brad Ewing	44	16	20.3	2	*						
Sean Schwarzentraub	40	13	13	2	*						
Carl Spruell	43	12	12.2	2	*						
Jeffrey Haag	40	0	8	1	*						

\*\* = RACE DIRECTOR  
\* = VOLUNTEER

**W.T.R.C. 2008 CHALLENGE SERIES  
STANDINGS AFTER 9 EVENTS**

**FEMALE**

YTD TOTALS						YTD TOTALS					
<b>0 - 12 FEMALE</b>	<b>AGE</b>	<b>PTS</b>	<b>MILES</b>	<b>EVT</b>	<b>VOL</b>	<b>35 - 39 FEMALE</b>	<b>AGE</b>	<b>PTS</b>	<b>MILES</b>	<b>EVT</b>	<b>VOL</b>
Kathleen Adams	7	29	7	3		Lee Handlin	39	76	40.6	8	
Lindsey Spruell	10	29	6	3		Stephanie Wehmeier	39	57	46.7	7	
Kristina Dean	12	27	15.2	5	*	Wendy Anderson	38	40	19.3	5	
Allyson Martin	11	20	6	3		Kippi Buchanan	37	37	24.3	4	
Peyton Lewallen	10	10	2	1		Malinda Colwell	35	33	27.2	4	
Carmille Ford	6	8	2	1		Michelle Eckstein	36	27	17	3	
Brittney Dean	12	8	22.1	5	*	Carol Hise	36	25	27.3	3	
Alexis Cortez	11	6	11.3	2	*	Jennifer Snead	38	20	12.4	2	
						Susan Alger	36	10	2	1	
						LouAnna Arterburn	39	8	8	1	
						Gloria Quinton	37	8	13.3	2	
<b>13 - 15 FEMALE</b>						<b>40 - 44 FEMALE</b>					
Hannah Layman	15	46	18	6	*	Angie Hines	42	77	28.2	8	
Colleen Adams	15	42	26.2	4		Marsha Bennett	44	54	53.5	7	*
Turner Adams	13	40	12	4		Rose Hoeve	40	35	38.7	7	*
Lindsey Lewallen	13	32	6	3		Karen Pyle	40	34	32.5	5	*
Rebecca Spruell	14	30	7.1	3		Laura Lappe	42	33	13.1	4	
Lyndsey Dean	14	24	9.1	4		Jill Haukos	44	25	21.4	3	**
<b>16 - 19 FEMALE</b>						Linda Jama	43	22	7	3	
Tamra Jernigan	17	33	7	3		Hollye Martinez	40	19	4	2	
Allison Pyle	16	28	25.3	4	*	Deanna Martin	40	17	4	2	
Kayla Hendrix	17	20	10	2		Lordes Juan	41	13	5	2	
Mariah Dillard	16	19	4	2		Cynthia Sorrensen	43	10	8	1	
Kristie Whipple	16	11	4	1		Susan Lewallen	40	10	2	1	
						Sandra Spruell	44	9	8.2	2	*
						Kim Clemmons	40	8	3.1	1	
<b>20 - 24 FEMALE</b>						<b>45 - 49 FEMALE</b>					
Amanda Boston	24	57	50.4	7	*	Kammy Philbrick	47	39	28.7	5	
Jaimie Wheeler	22	25	30.3	3		Mary Branscome	48	29	26.5	3	
Sarah Livingston	24	20	13	2		Brenda Campbell	49	19	23	4	*
Allison Higgins	21	10	2	1		Cynthia Dillard	47	18	4	2	
Therese Haiduk	21	10	6	1		Deborah Ford	49	9	2	1	
Kelsey Kelso	23	5	12	2	*	Sandra Spruell	45	9	2	1	
						Debbie Wilson	49	0	24	3	*
<b>25 - 29 FEMALE</b>						<b>50 - 54 FEMALE</b>					
Amy McAlexander	28	57	38.6	8	*	Glenna Beyer	50	80	20.1	8	
Emily Wyatt	28	47	27.4	6	*	Leesa Price	51	40	39.5	5	*
Tara Loan	25	29	17.4	3		Susan Tomlinson	50	7	11.2	2	*
Angie Sonnenberg	28	20	19.2	3		Marti Greer	50	0	4	1	
Kara Richardson	29	18	4	2		<b>55 - 59 FEMALE</b>					
Jennifer Farris	29	10	4	1		Josie Aleman	56	96	24.1	10	
Jennifer Haddock	27	10	10	1		Etta Mayer	59	75	70.9	9	**
Renee Prince	25	6	2	1		Suzan Caudle	55	54	35.5	9	*
<b>30 - 34 FEMALE</b>						Cheryl Weber	55	50	37.6	8	*
Mandy Poktikuha	30	83	27.2	10	*	Sarah Gaxiola	55	25	30.5	4	*
Tammy Moriearty	34	83	26.1	9		Sherill Easterling	58	20	19.3	2	
Iris Rivero	33	62	43	6		<b>60 - 99 FEMALE</b>					
Susan Wilcox	30	52	51.9	8	*	P. J. Mitchell	62	40	41.3	9	*
Sarah Skelton	34	46	32.5	5		<b>ATHENA-age graded</b>					
Sara Miller	32	27	8	3		Donna Dean	52	37	16.3	5	*
Ann Cruce-Roberts	32	10	11	2	*	Elizabeth Linder	52	0	38.3	5	*
Brooke Pittman	31	10	6.2	1							
Michelle Cohen	32	8	2	1							
Amy Harlien	31	8	5	1							
Amanda Keys	31	6	8	1							
Myriam Guardiola	34	3	41.8	7	*						
Kristi Dodson	30	0	6.2	1	*						

\*\* = RACE DIRECTOR  
\* = VOLUNTEER

Dear club members;  
The challenge series has been recalculated and the status is reflected in the version in this issue. Please know that there very likely are some errors and if so please let me know all of the events and distances you have run in and I will get it corrected. Also, new members who I may have missed, if you want to be included in the Challenge Series, also give me the same data as above.

George W. Jury [rungwj@aol.com](mailto:rungwj@aol.com)  
792-3291 (d) , 792-1237 (n)

David, thank you and the WTRC for replacing my father masters Red Raider 5k plaques. He called me and you guys maid his day. It was also his birthday last Saturday. He was so excited to tell me that. I plan to return sometime to run some of the races. I really do miss the WTRC. I am so thankful for all who have supported my father.

Thank you,  
Hawk Harris

BUFFALO WALLOW RACES  
SINCE 1982  
WEST TEXAS RUNNING CLUB'S ANNUAL NOVEMBER RACE  
UPDATED EVENT RECORDS

\*overall category record\*

HALF MARATHON ALL-TIME RECORDS: MALE

DIV	RUNNER	CITY	AGE	TIME	YEAR
16-19	Ricardo Gonzalez	Plainview	19	1:17:34	1997
20-24	John Ruiz	Lubbock	21	*1:11:06*	1985
25-29	-	-	-	-	-
30-34	Tim Key	Lubbock	30	1:20:13	1997
35-39	Corky Fritch	Amarillo	36	1:17:59	1982
40-44	Bobby Cunningham	Abernathy	42	1:16:55	1982
45-49	Bobby Cunningham	Abernathy	46	1:23:19	1986
50-54	George Jury	Lubbock	50	1:23:58	1986
55-59	David Lard	Amarillo	57	1:34:39	1994
60-64	Ed Craighead	Dalhart	60	1:34:43	2003
65-69	Don Sanderson	Tulia	66	1:44:34	1996
70-99	Don Sanderson	Tulia	71	1:48:15	2001
Clydes	Farrell Martin	Lubbock	37	1:29:51	2003

HALF MARATHON ALL-TIME RECORDS: FEMALE

DIV	RUNNER	CITY	AGE	TIME	YEAR
16-19	Donna Pruitt	Levelland	16	1:41:52	1983
20-24	Bridget Tidwell	Lubbock	23	1:25:19	2005
25-29	Sue Houle/Spitz	Lubbock	27	1:34:55	1988
30-34	Marjory Stewart	Lubbock	34	*1:24:14*	1993
35-39	Marjory Stewart	Lubbock	38	1:37:15	1997
40-44	Aja James	Dallas	41	1:38:47	2000
45-49	Denise Bray	Lubbock	45	1:39:16	2006
50-54	Madonne Miner	Lubbock	51	1:43:49	2003
55-59	P.J.Mitchell	Lubbock	59	2:08:21	2003
60-99	P.J.Mitchell	Lubbock	61	2:05:46	2006
Athena	Melissa Bell	Lubbock	36	2:19:51	2007

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

BUFFALO WALLOW RACES  
SINCE 1973  
2 MILE EVENT RECORDS

\*overall category record\*

TWO-MILE ALL-TIME RECORDS: MALE

DIV	RUNNER	CITY	AGE	TIME	YEAR
06-12	-	-	-	-	-
13-15	Jacob Lozano	Hobbs,NM	15	10:46	2006
16-19	Marc Johnson	Lubbock	19	09:52	1975
20-24	Simon Lel	Lubbock	22	*09:28*	1995
25-29	-	-	-	-	-
30-34	Martin Leodgard	Lubbock	31	09:41	1995
35-39	Brent Tidwell	Lubbock	38	11:22	1995
40-44	Bobby Cunningham	Abernathy	43	11:02	1983
45-49	Jim Leser	Lubbock	48	11:17	1994
50-54	George Jury	Lubbock	53	11:33	1989
55-59	Ed Craighead	Dalhart	55	12:04	1998
60-64	Jim Harris	Hobbs, NM	61	13:33	2003
65-69	David Lard	Amarillo	66	13:44	2003
70-99	Don Sanderson	Tulia	73	16:03	2003
CLYDES	Milt Brownfield	Lubbock	48	13:15	2006

TWO-MILE ALL-TIME RECORDS: FEMALE

DIV	RUNNER	CITY	AGE	TIME	YEAR
06-12	-	-	-	-	-
13-15	Angela Welsh	Tarzan	15	13:04	1994
16-19	Isabel Navarro	Brownfield	17	*12:06*	1975
20-24	Rebecca Graf	Lubbock	20	12:22	1996
25-29	-	-	-	-	-
30-34	Sherril Easterling	Coahoma	32	12:27	1982
35-39	Sandra Grice	Lubbock	38	13:53	1990
40-44	Ann Gordhammer	Lubbock	40	14:03	1984
45-49	Cheryl Weber	Lubbock	45	14:44	1998
50-54	Beth Gerken	Amarillo	51	16:22	2005
55-59	Estella Galvan	Brownfield	59	18:46	2001
60-99	Estella Galvan	Brownfield	60	19:35	2002
ATHENA	Suzan Caudle	Lubbock	51	21:22	2004

WEST TEXAS RUNNING CLUB'S  
ANNUAL THANKSGIVING DAY TURKEY TROT  
EVENT RECORDS-12K & 2MILE

12K SINCE 1999  
USA T&F CERTIFIED, #TX01099ETM(12K)

12K ALL-TIME RECORDS: MALE

DIV	NAME	TOWN	AGE	TIME	YEAR
13-15	Jacob Lozano	Hobbs,NM	15	42:18	2006
16-19	Brandon Johnson	Lubbock	18	42:03	2006
20-24	Chris Layman	Lamesa	22	42:08	2006
25-29	Michael Sang	Lubbock	27	41:51	2005
30-34	Dave Smith	Lubbock	31	*40:20*	2000
35-39	Larry Millard	Spring Branch	39	42:19	2006
40-44	Bob Jackson	Hobbs,NM	43	41:48	2001
45-49	Bob Jackson	Hobbs,NM	48	44:06	2006
50-54	James Leser	Lubbock	54	50:30	2000
55-59	John Trompler	Lubbock	55	53:48	2002
60-64	Dennis Lee	Spring	60	1:01:45	2005
65-69	Ralph Wolf	Abernathy	68	1:03:21	2005
70-99	Don Sanderson	Tulia	72	1:01:46	2001
Clydes	Farrell Martin	Lubbock	37	49:26	2003

12K ALL-TIME RECORDS: FEMALE

DIV	NAME	TOWN	AGE	TIME	YEAR
13-15	Alyssa Preston	Lubbock	15	1:03:38	2003
16-19	Addison LeMaster	Tulia	18	52:45	2006
20-24	Leigh Daniel	Lubbock	21	*44:35*	1999
25-29	Linda Northrup	Lubbock	26	52:53	2000
30-34	Janda Ibbetson	Lubbock	32	53:00	2001
35-39	Nedra Bray	Austin	35	54:44	2006
40-44	Marjory Stewart	Lubbock	40	53:18	1999
45-49	Mary Branscome	Lubbock	45	59:32	2004
50-54	Madonne Miner	Lubbock	51	59:34	2003
55-59	Sherril Easterling	Snyder	56	1:07:18	2006
60+	P.J.Mitchell	Lubbock	61	1:08:36	2006
Athena	Edie Abel	Lubbock	40	1:06:38	2006

\*overall event record

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

WEST TEXAS RUNNING CLUB'S  
ANNUAL THANKSGIVING TURKEY TROT  
Since 1993  
2 MILE EVENT RECORDS

MEN

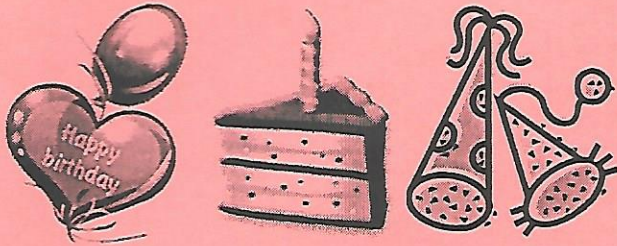
DIV	NAME	TOWN	AGE	TIME	YEAR
06-12	Mac McGuire	Southlake	12	12:28	2005
13-15	Gary Lackey	Brownfield	15	10:50	2002
16-19	Jay Truitt	Lovington,NM	19	9:35	*1997
20-24	Quent Bearden	Lubbock	22	9:46	1997
25-29	Chris Truitt	Lubbock	25	10:23	2000
30-34	Todd Mann	Lubbock	31	11:36	1996
35-39	Rene Gonzalez	Levelland	36	11:41	2001
40-44	Cliff McCurdy	Sanger	43	10:57	1997
45-49	Jim Leser	Lubbock	48	11:19	1994
50-54	Jackie Cannon	Amarillo	50	12:16	2006
55-59	Ron Lubowicz	Lubbock	59	12:59	2000
60-64	Jim Harris	Hobbs, NM	61	14:02	2003
65-69	Bill Felton	Lubbock	65	15:27	1999
70+	Don Sanderson	Tulia	75	16:41	2004
Clydes	Steve Bigham	Lubbock	50	16:14	2004

WOMEN

DIV	NAME	TOWN	AGE	TIME	YEAR
06-12	Allysa Preston	Lubbock	12	14:08	2000
13-15	Kyra Sloan	Crosbyton	13	13:01	2005
16-19	Laci Jackson	Hobbs,NM	16	11:39	*1997
20-24	Damaris King-Vaughn	San Angelo	20	11:40	1997
25-29	Katie Skeens	Lubbock	25	13:23	2007
30-34	Natalie Steadman	Lubbock	33	14:04	2000
35-39	Karen Hagner	Lubbock	35	14:33	1994
40-44	Cheryl Weber	Lubbock	41	14:13	1994
45-49	Martha Martinez	Colorado City	45	15:40	2000
50-54	Deb Hendley	Friona	54	16:26	2003
55-59	Estella Galvan	Brownfield	59	19:11	2001
60+	Estella Galvan	Brownfield	60	19:15	2002
Athena	Pauline Kumley	Lubbock	43	19:41	2003

\* OVERALL COURSE RECORDS





Frank McAndrew	72	on (11-01)
Brent Lowery	47	on (11-02)
Charlotte Sisk	30	on (11-02)
Chris Gallarneau	33	on (11-04)
Melvin Osburn	70	on (11-06)
Emily Wyatt	29	on (11-07)
Frank Sumpter	55	on (11-10)
Andrew Broselow	41	on (11-11)
Hawk Harris	32	on (11-12)
Frankki Waechter	31	on (11-12)
Lawrence Schovanec	56	on (11-14)
Landi Kime	27	on (11-15)
Rand Bunyard	51	on (11-16)
Gentry Smith-Diersing	27	on (11-16)
Mary Branscome	49	on (11-17)
Pauline Devos	51	on (11-18)
Hannah Layman	16	on (11-18)
Ronald Trollinger	49	on (11-18)
Hollye Martinez	41	on (11-19)
Jason Burley	33	on (11-20)
Myriam Guardiola	34	on (11-20)
Bob Jackson	50	on (11-20)
Amy Pharr	39	on (11-20)
Ken Spain	11	on (11-20)
Don Sanderson	79	on (11-21)
Jim Higgins	48	on (11-23)
Rebecca Spruell	12	on (11-23)
Bobby Mora	41	on (11-23)
Darrell McMillen	62	on (11-25)
Rocky Holly	55	on (11-27)
Jon David Bruegel	17	on (11-28)
Brad Ewing	45	on (11-29)

New Members, Welcome to the West Texas Running Club!  
If you would like to receive your newsletter via email rather  
than regular mail, please e-mail  
Rose Hoeve, WTRC newsletter editor at  
rhoeve@lubbockisd.org

## WEST TEXAS RUNNING CLUB'S 36th Annual Buffalo Wallow Half Marathon and 2 Mile Races

The Most Challenging Half-Marathon Course in Texas  
USA TRACK & FIELD Certified, TX#TX93078ETM

### EVENT # 11 OF THE W.T.R.C. CHALLENGE SERIES

- WHEN:** Saturday, November 08, 2008  
Register online at <http://wtrc.tripod.com>  
See enclosed mail in form for information.  
On Site Registration: 8:00 to 8:45 A.M.  
Race starts at 9:00 A. M.  
**Volunteers needed**, Please call  
Mike Kelley @ 765-0441
- WHERE:** Buffalo Springs Lake, Church Parking Lot  
  
A gate entry fee of \$5.00 per runner is  
required to enter Buffalo Springs Lake  
Park—Volunteers are free.
- COURSE:** Asphalt road—two mile course is out and  
back, flat.  
  
The half-marathon is a double loop of the  
lake with 3 challenging hills.
- AID STATIONS:** At 2.5, 7, 9.3 and 11.5 miles, Splits at 1  
and 5 Miles
- ENTRY FEE:** WTRC Members \$2.00, Non-Members  
\$10.00, Race Day Registration \$15.00  
Everyone.
- AWARDS:** A unique "Buffalo" medal will be awarded to  
at least the first three finishers in the age  
group divisions and up to 50% of each  
group

### AGE DIVISIONS: (10K & 5K Runs)

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

**WOMEN:** 13-15, 16-19, 20-29, 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)

Clydesdale and Athena group in both races.

**WTRC Calendar**

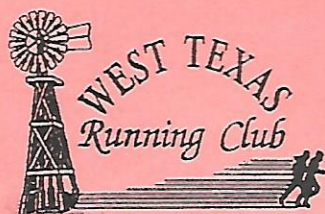
- Indicates W.T.R.C. Monthly Race and CHALLENGE SERIES EVENT

- NOV 02 Sul Ross University Homecoming '08 Fun Run/Walk 5K: Kokemot Lodge, Alpine, TX. Saul Garza, 432-837-8697  
Website [www.sulross.edu/pages/6634.asp](http://www.sulross.edu/pages/6634.asp)
- NOV 06 W.T.R.C. Board meeting: Thursday, 7:00pm Wade Wilson's office, 8215 Nashville
- \*NOV 08 BUFFALO WALLOW RACES: Half Marathon, 2MI, 9:00am, Buffalo Springs Lake, Mike Kelley, RD 806-765-0441
- \*NOV 27 WTRC TURKEY TROT: 12K, 2MI, 9:00am, MacKenzie Park Outdoor Center, contact Ron, 806-632-4926
- \*DEC 13 Redline/Toys4Tots: 4 MI, 10:00am, Mae Simmons Park, Irma Sanchez, RD, 806-783-9974 or 806-743-2387
- DEC 14 Dallas White Rock Marathon: Dallas, TX [www.runtherock.com](http://www.runtherock.com)
- \*JAN 10 Lope The Lake: 5MI, 2MI, 10:00am, Buddy Holly Recreation Area, Jimmy Clark, RD, 806-799-2592

- JAN 24 Mojo Madness (Jackalopes 5K/Slapjack Sprint): 9:00am, Ector Co. Coliseum, Odessa, TX, [www.jackalopes.org](http://www.jackalopes.org) Bill Levy, 432-552-7825
- FEB 14 COTTON PATCH RUNS: 8MI/4MI/RELAY, 10:00 am, Location pending. David Higgins, RD 806-785-8562
- FEB 15 Austin Marathon: 7:am, Austin, TX <http://youaustinmarathon.com>
- FEB 28 Cowtown Marathon: FT. Worth, TX [www.cowtownmarathon.org](http://www.cowtownmarathon.org)
- \*MAR 14 PRAIRIE DOG TOWN RUNS: 4MI/2MI, 9:00am, MacKenzie Park, Lubbock, Mike Greer, RD, 806-535-1224.
- MAR 28 The Great Hogg Race: [cornerstonelamesa@gmail.com](mailto:cornerstonelamesa@gmail.com) 806-872-0733.
- MAR 29 32<sup>nd</sup> Annual Statesman Capital 10,000: 10K, 8:30am, Austin, TX, [www.statesman.com](http://www.statesman.com)

Calendar, Photos, Online registration, Membership, etc.

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



5 W. Lakeshore Drive  
Ransom Canyon, TX 79366



P. J Mitchell  
3519 39<sup>th</sup> Street  
Lubbock, TX 79413