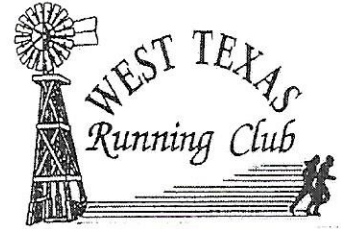




27th Annual Red Raider Road Race 5K & 10K



October 2008

Volume 1, Issue 9

NOTES FROM THE PRESIDENT

I need you to build on what I am about to write ... something that several of us think is the tip of a very good idea; one that will not only further fulfill this club's mission statement while possibly building our membership, but also put us more in the public's eye as a real contributor to the fabric of Lubbock's vitality.

A small group of WTRC members from the Tech faculty have privately begun holding running "clinics" for participants in the "Get Fit Lubbock" program. This is sort of an ease-in transition from walking to running, complete with web-based advice on how to begin training for 5K & 10K runs. This group obviously takes teaching seriously, and by their nature are wanting to share this valuable not-of-the-classroom knowledge they possess with a totally different kind of student, the one thirsting for lifestyle knowledge. Are you applauding them yet?

What can the Club do during this transitional period? We already have added a short race to most of our events and are trying to adapt the others to include a shorter course for the not-ready-for-prime-time runners. And there is some discussion about creating a first year only reduced-fee membership (thereby getting them race entries at Club prices) for people in programs such as "Get Fit Lubbock" who cannot yet see themselves as "runners".

I know that there are other good ideas out there among you ... please do not let them rot inside your head. Let's work together to make our wonderful sport a part of more and more people's lives. It will be good for them and good for your Club.

SYOTR, Ron

W. T. R. C. RACES ARE USUALLY HELD THE 2ND SATURDAY OF EACH MONTH. The WTRC monthly business meeting is on Wednesday, Oct. 1, 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 27th Annual Red Raider Road Race
 Saturday, October 11, 2008
 Race Starts @ 8:00 a.m.
 10K & 5K Runs
 Texas Tech University Campus
 Student Recreation Center
 Main and Hartford
 Jill Haukos
 (806) 797-2012 (home)
 (806) 894-9611 x 2308 (work)
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 Haukos@aol.com

WTRC Officers

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- Internal Vice-President - Eric Ford
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 (H) 785-8562 (O) 795-5823
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Directors

- Newsletter Director - Rose Hoeve
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- Internal Race Director
 Randy Holloway
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 E-mail: randyholloway@sbcglobal.net
- Equipment Director
 (Position Needs Volunteer)
- Race Calendar Director
 Suzan Caudle
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 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

The **WTRC CHALLENGE SERIES** continues for 2008, as a 12 month series of 13 races culminating in year-end awards for performance, endurance and participation by club members in our monthly club races. The schedule of events is listed on the website and in the calendar of each newsletter, and each designated race will be detailed in the W.T.R.C. Newsletter prior to that race. Additional categories this year will again recognize non running volunteers.

All members desiring to participate in the Challenge Series must volunteer to serve as a non-running worker at one Challenge Series event as an entry requirement. (There will be no duplication of awards) The Challenge Series features these categories:

1. **66 Mile Club** ** All members completing 66 miles in qualifying events will receive an award denoting that achievement. There will be a total of 101 qualifying miles available. Any member serving as RACE DIRECTOR will be credited with double mileage for the most miles in that event. Any member who serves as a volunteer will be credited for the most miles at those races with more than one distance.

2. **MILEAGE AWARD** ** An award will be presented to the male and female members who accumulate the most miles for the year in qualifying events. All provisions for Race Directors and volunteers listed above apply to this category.

3. **PARTICIPATION AWARD** ** An award will be presented to the female and male members who participate in the greatest number of qualifying events. All provisions for Race Directors and volunteers apply to this category.

4. **VOLUNTEER OF THE YEAR** ** Up to three awards will be given to those Non runners who help the most at club sanctioned events. These selections will be made by the Race Directors.

5. **VICTOR'S RANKINGS** **** Points will be earned at each qualifying event in the following Age and Sex groupings:

A. Divisions will include:

MALE AGE GROUPS

06-12, 13-15, 16-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-99,

FEMALE AGE GROUPS

06-12, 13-15, 16-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-99

CLYDESDALE CATEGORY

Men over 190 pounds (Age Graded Scoring)

ATHENA CATEGORY

Women over 150 pounds (Age Graded Scoring)

B. The 1st place finisher in each division at each distance at each qualifying event will earn 10 points, the 2nd place, 9 points, 3rd place, 8 points, and so on down to 1 point for 10th place finisher. This rewards both performance and participation, i.e., if a runner finishes last in their division, but only 3 other runners in that division attend that race, the last place finisher would still earn 7 points for a 4th place finish. This allows slower runners who attend more races to accumulate additional points over their faster competitors who do not participate as often. For example, a runner who attends 10 events and earns 6 points at each would have more points than a competitor who won each of 5 events he entered, thus rewarding participation and performance. Also, runners may enter any distance available at a qualifying event and still earn points. (Except those under 13 years of age must run in the shortest race)

C. For each race, the runner's age division will be determined by their age on race day. Challenge Series division will be determined by the runner's age at the end of each year. All points earned during the year will be credited in the Challenge Series division at the end of the year. For example, a runner might compete in 5 events at 39 years of age; then have a birthday and compete in 3 events at age 40. For Challenge Series awards, that runner would be considered as 40 for the entire year, with all points earned during the year being credited for awards consideration in the 40-44 division. *Jul cutoff* **No**

D. Awards will be presented to a minimum of 3 and up to 5 of the top point scorers in each division. Awards will be presented at a year end (January) club social/membership meeting.

E. To win a "Points" award a member must have run in at least 3 events and volunteered for at least one other.

F. Monthly Challenge Series Statistical Updates will appear in the newsletter and on the website.

10K OVERALL RESULTS

Place Name	Town	St Ag S Div Div	10k	Pace
1 BRADLEY WHITWORTH	LUBBOCK	TX 22 M	1 M2024	38:38 6:14
2 JERRY DWYER	LUBBOCK	TX 48 M	1 M4549	39:00 6:17
3 MARTIN MONTALVO	PLAINVIEW	TX 43 M	1 M4044	39:55 6:26
4 TIM KEY	LUBBOCK	TX 41 M	2 M4044	41:25 6:40
5 LEE COHEN	LUBBOCK	TX 36 M	1 M3539	41:39 6:43
6 ADAM BARRON	LUBBOCK	TX 45 M	2 M4549	42:18 6:49
7 DON KOONTZ	LUBBOCK	TX 34 M	1 M3034	42:45 6:53
8 KATIE LEONARD	LUBBOCK	TX 24 F	1 F2024	43:29 7:00
9 EDDY MORELOCK	LUBBOCK	TX 37 M	2 M3539	43:35 7:01
10 SHANNON ANDERSON	LUBBOCK	TX 37 M	3 M3539	43:49 7:04
11 PAUL PARE	LUBBOCK	TX 46 M	3 M4549	43:58 7:05
12 VICTOR MALDONADO	SHALLOWATER	TX 43 M	3 M4044	44:29 7:10
13 CHRIS LONNGREN	LUBBOCK	TX 49 M	4 M4549	44:54 7:14
14 FARRELL MARTIN	SHALLOWATER	TX 42 M	4 M4044	46:35 7:30
15 TARA LOAN	LUBBOCK	TX 25 F	1 F2529	47:16 7:37
16 CHRIS TOELLE	LUBBOCK	TX 34 M	2 M3034	48:17 7:38
17 ERIC FORD	LUBBOCK	TX 43 M	5 M4044	47:29 7:39
18 LAWRENCE SCHOVANEC	LUBBOCK	TX 55 M	1 M5559	47:45 7:42
19 ROBERT RODRIGUEZ	LUBBOCK	TX 31 M	3 M3034	48:17 7:47
20 TRACY MACK	LUBBOCK	TX 43 M	6 M4044	48:38 7:50
21 JON DAVID BRUEGEL	LUBBOCK	TX 16 M	1 M1619	49:17 7:57
22 JOE KUESER	LUBBOCK	TX 46 M	5 M4549	49:28 7:58
23 RONNIE TROLLINGER	LUBBOCK	TX 48 M	6 M4549	50:41 8:10
24 CRAIG HANNAH	LUBBOCK	TX 39 M	4 M3539	50:48 8:11
25 FARRELL GALE	LUBBOCK	TX 59 M	2 M5559	51:19 8:16
26 KEITH WHITWORTH	LUBBOCK	TX 51 M	1 M5054	51:42 8:20
27 CHRIS GALLARNEAU	LUBBOCK	TX 32 M	4 M3034	51:59 8:23
28 JOEY THACKER	LUBBOCK	TX 61 M	1 M6064	52:08 8:24
29 AARON MORRIS	LUBBOCK	TX 25 M	1 M2529	52:37 8:29
30 MIKE HEATH	LUBBOCK	TX 55 M	3 M5559	52:56 8:32
31 ANDREW HUFF	LUBBOCK	TX 26 M	2 M2529	53:24 8:36
32 AMBER WRIGHT	LUBBOCK	TX 22 F	2 F2024	53:44 8:39
33 JENNIFER SNEAD	LUBBOCK	TX 38 F	1 F3539	53:45 8:40
34 SCOTTY ELSTON	SHALLOWATER	TX 47 M	7 M4549	53:47 8:40
35 LEDAH WELCH	WOLFFORTH	TX 26 F	2 F2529	54:03 8:43
36 SHAUN FANT	LUBBOCK	TX 40 M	7 M4044	54:17 8:45
37 PAIGE CORTINAZ	LUBBOCK	TX 24 F	3 F2024	54:34 8:47
38 JASON BURLEY	BROWNFIELD	TX 32 M	5 M3034	54:40 8:49
39 RANDY BUNYARD	LUBBOCK	TX 50 M	2 M5054	54:58 8:51
40 JOHN CAGLE	LUBBOCK	TX 55 M	4 M5559	55:06 8:53
41 KIM RODRIGUEZ	LUBBOCK	TX 30 F	1 F3034	55:07 8:53
42 GORDEN JENKINS	AMARILLO	TX 68 M	1 M6569	55:12 8:54
43 DEB HENDLEY	LUBBOCK	TX 59 F	1 F5559	55:17 8:54
44 CHRIS MILFORD	LUBBOCK	TX 35 M	5 M3539	55:39 8:58
45 GARRETT HEATH	SAN ANTONIO	TX 26 M	3 M2529	55:41 8:58
46 RALPH WOLF	LUBBOCK	TX 71 M	1 M7099	56:15 9:04
47 SID WALKER	SHALLOWATER	TX 48 M	8 M4549	57:13 9:13
48 CARL SPRUELL	SHALLOWATER	TX 44 M	8 M4044	57:14 9:13
49 JAMES LIVERMORE	LUBBOCK	TX 61 M	2 M6064	57:28 9:16
50 GABRIEL OLIVAREZ	LUBBOCK	TX 31 M	6 M3034	57:55 9:20
51 KAMMY PHILBRICK	LUBBOCK	TX 47 F	1 F4549	58:06 9:22
52 AVERY NUNEZ	PLAINVIEW	TX 13 M	1 M1315	58:39 9:27
53 STEPHANIE RUSHING	LUBBOCK	TX 30 F	2 F3034	58:45 9:28
54 CHARTER RUSHING	LUBBOCK	TX 35 M	6 M3539	58:46 9:28
55 DOUG FAIRBANKS	SHALLOWATER	TX 38 M	7 M3539	58:54 9:29
56 AMELIA SNIDER	LUBBOCK	TX 21 F	4 F2024	59:20 9:34
57 STEPHANIE WEHMEIER	LUBBOCK	TX 39 F	2 F3539	59:23 9:34
58 GREG MILFORD	LUBBOCK	TX 38 M	8 M3539	1:00:57 9:49
59 WENDY ANDERSON	LUBBOCK	TX 38 F	3 F3539	1:01:40 9:56
60 ETTA MAYER	LUBBOCK	TX 59 F	2 F5559	1:02:45 10:07
61 LISA POSEY	CANYON	TX 26 F	3 F2529	1:03:42 10:16
62 SUSAN WILCOX	LUBBOCK	TX 30 F	3 F3034	1:04:36 10:24
63 SHAWNA HARDAWAY	SHALLOWATER	TX 39 F	4 F3539	1:05:11 10:30
64 MALINDA COLWELL	LUBBOCK	TX 35 F	5 F3539	1:05:19 10:31
65 CLARE EDWARDS	LUBBOCK	TX 20 F	5 F2024	1:05:55 10:37
66 CASEY POSEY	CANYON	TX 29 M	4 M2529	1:06:49 10:46
67 GREG DEFEVER	SHALLOWATER	TX 46 M	9 M4549	1:11:02 11:27
68 CHADWICK WILCOX	LUBBOCK	TX 32 M	7 M3034	1:12:01 11:36

2 MILE OVERALL RESULTS

Place Name	Town	St Ag S Div Div	2	Pace
1 CHRIS RAMIREZ	LUBBOCK	TX 25 M	1 M2529	11:22 5:41
2 LUCAS MORRIS	LUBBOCK	TX 16 M	1 M1619	11:29 5:45
3 Abraham Islas	SHALLOWATER	TX 16 M	2 M1619	11:57 5:59
4 Conner Loftis	SHALLOWATER	TX 14 M	1 M1315	11:58 5:59
5 Trevor Franklin	SHALLOWATER	TX 14 M	2 M1315	12:13 6:07
6 JACKIE CANNON	AMARILLO	TX 52 M	1 M5054	12:13 6:07
7 Ryan Eckles	SHALLOWATER	TX 15 M	3 M1315	12:23 6:12
8 Andrew Smith	SHALLOWATER	TX 15 M	4 M1315	12:31 6:16
9 Tobias Sultan	SHALLOWATER	TX 14 M	5 M1315	12:32 6:16
10 Johnny Fowler	SHALLOWATER	TX 18 M	3 M1619	12:33 6:17
11 RENE GONZALEZ	LEVELLAND	TX 43 M	1 M4044	12:34 6:17
12 MATTHEW ISLAS	SHALLOWATER	TX 14 M	6 M1315	12:59 6:30
13 Rebecca Spruell	SHALLOWATER	TX 14 F	1 F1315	13:00 6:30
14 JAKE BROWNFIELD	LUBBOCK	TX 10 M	1 M0112	13:05 6:33
15 TIMOTHY PEIKERT	LUBBOCK	TX 14 M	7 M1315	13:11 6:36
16 STEPHEN ROMERO	LUBBOCK	TX 27 M	2 M2529	13:13 6:37
17 JR ORTIZ	SHALLOWATER	TX 15 M	8 M1315	13:15 6:38
18 Grant Spruell	SHALLOWATER	TX 17 M	4 M1619	13:17 6:39
19 Brittany Hall	SHALLOWATER	TX 14 F	2 F1315	13:20 6:40
20 Kenzi Callaway	SHALLOWATER	TX 14 F	3 F1315	13:24 6:42
21 Carson Defever	SHALLOWATER	TX 14 M	9 M1315	13:29 6:45

2 MILE OVERALL RESULTS

Place Name	Town	St Ag S Div Div	2	Pace
22 Alex Johnson	SHALLOWATER	TX 16 M	5 M1619	13:31 6:46
23 Joseph Striednig	SHALLOWATER	TX 15 M	10 M1315	13:39 6:50
24 Haley Burton	SHALLOWATER	TX 16 F	1 F1619	13:44 6:52
25 Cole Nelson	SHALLOWATER	TX 14 M	11 M1315	13:45 6:53
26 CODY MILLER	LUBBOCK	TX 42 M	2 M4044	13:48 6:54
27 Lachelle Butcher	SHALLOWATER	TX 16 F	2 F1619	13:54 6:57
28 HEATH PENNELL	LUBBOCK	TX 40 M	3 M4044	13:54 6:57
29 Graham Nelson	SHALLOWATER	TX 12 M	2 M0112	14:04 7:02
30 DOUG PROVENCE	SAN DIEGO	CA 35 M	1 M3539	14:09 7:05
31 DAVID DOYLE	LUBBOCK	TX 49 M	1 M4549	14:12 7:06
32 Kylee Smith	SHALLOWATER	TX 14 F	4 F1315	14:13 7:07
33 Tyler Eubanks	SHALLOWATER	TX 13 M	12 M1315	14:14 7:07
34 ANTHONY ARAGON	LITTLEFIELD	TX 41 M	4 M4044	14:15 7:08
35 TAMMY MORIEARTY	LUBBOCK	TX 34 F	1 F3034	14:16 7:08
36 AL GARDNER	LEVELLAND	TX 52 M	2 M5054	14:17 7:09
37 Luke Stutler	SHALLOWATER	TX 14 M	13 M1315	14:29 7:15
38 ROD BURGETT	SHALLOWATER	TX 43 M	5 M4044	14:31 7:16
39 Allison Maldonado	SHALLOWATER	TX 13 F	5 F1315	14:33 7:17
40 Kobe Peters	SHALLOWATER	TX 14 M	14 M1315	14:35 7:18
41 MARTY MANUEL	WELLINGTON	TX 35 M	2 M3539	14:42 7:21
42 Ashlea Mild	SHALLOWATER	TX 16 F	3 F1619	14:46 7:23
43 JAKE MCMILLIN	SHALLOWATER	TX 12 M	3 M0112	14:49 7:25
44 Ashton Nilsen	SHALLOWATER	TX 16 F	4 F1619	14:49 7:25
45 Rebekah Jones	SHALLOWATER	TX 14 F	6 F1315	14:52 7:26
46 Logan Vigil	SHALLOWATER	TX 13 M	15 M1315	14:53 7:27
47 Lane Tyson	SHALLOWATER	TX 13 M	16 M1315	14:54 7:27
48 BRIAN HALL	ANTON	TX 11 M	4 M0112	14:57 7:29
49 Jessica Lopez	SHALLOWATER	TX 14 F	7 F1315	15:04 7:32
50 Sara Warren	SHALLOWATER	TX 15 F	8 F1315	15:05 7:33
51 LUIS CARDENAS	LUBBOCK	TX 56 M	1 M5559	15:14 7:37
52 DEREK VIGIL	SHALLOWATER	TX 9 M	5 M0112	15:28 7:44
53 Lizzie Elston	SHALLOWATER	TX 17 F	5 F1619	15:30 7:45
54 Tara Pison	SHALLOWATER	TX 12 F	1 F0112	15:32 7:46
55 MILT BROWNFIELD	LUBBOCK	TX 50 M	3 M5054	15:34 7:47
56 Chelsea Hill	SHALLOWATER	TX 17 F	6 F1619	15:34 7:47
57 Logan Stutler	SHALLOWATER	TX 14 M	17 M1315	15:35 7:48
58 KATY WEBB	LUBBOCK	TX 20 F	1 F2024	15:36 7:48
59 MELISSA PIERCE	LUBBOCK	TX 26 F	1 F2529	15:39 7:50
60 Molly Moore	SHALLOWATER	TX 14 F	9 F1315	15:41 7:51
61 Carly Durham	SHALLOWATER	TX 14 F	10 F1315	15:47 7:54
62 KYLE EDGINGTON	ALLEN	TX 31 M	1 M3034	15:55 7:58
63 BRIAN HALL	SHALLOWATER	TX 36 M	3 M3539	15:56 7:58
64 RUDY RAMIREZ	LUBBOCK	TX 44 M	6 M4044	16:02 8:01
65 Amanda Cole	SHALLOWATER	TX 13 F	11 F1315	16:06 8:03
66 Leanna Valenzuela	SHALLOWATER	TX 13 F	12 F1315	16:10 8:05
67 MANDY POKLIKUHA	LUBBOCK	TX 30 F	2 F3034	16:14 8:07
68 Ashton Elliott	SHALLOWATER	TX 13 F	13 F1315	16:20 8:10
69 GARRETT MCKINNON	LUBBOCK	TX 36 M	4 M3539	16:32 8:16
70 MATEO GONZALEZ	LEVELLAND	TX 10 M	6 M0112	16:34 8:17
71 LINDSEY SPRUELL	SHALLOWATER	TX 10 F	2 F0112	16:38 8:19
72 Katie Vasek	SHALLOWATER	TX 16 F	7 F1619	16:40 8:20
73 STAN WARREN	SHALLOWATER	TX 50 M	4 M5054	16:45 8:23
74 DAMON PROVENCE	SUDAN	TX 57 M	2 M5559	16:50 8:25
75 Kellie Gaona	SHALLOWATER	TX 16 F	8 F1619	16:51 8:26
76 Lauren Jones	SHALLOWATER	TX 15 F	14 F1315	16:51 8:26
77 Allie Weber	SHALLOWATER	TX 16 F	9 F1619	16:52 8:26
78 TROY PRATT	LUBBOCK	TX 42 M	7 M4044	16:53 8:27
79 HEDDY MARTIN	LUBBOCK	TX 32 M	2 M3034	17:08 8:34
80 Connor Elston	SHALLOWATER	TX 13 M	18 M1315	17:12 8:36
81 Hannah Vigil	SHALLOWATER	TX 12 F	3 F0112	17:16 8:38
82 Briana Vines-Brown	SHALLOWATER	TX 12 F	4 F0112	17:17 8:39
83 Jaycie Willer	SHALLOWATER	TX 12 F	5 F0112	17:34 8:47
84 JONAH NELSON	SHALLOWATER	TX 8 M	7 M0112	17:35 8:48
85 PJ MITCHELL	LUBBOCK	TX 62 F	1 F6099	17:39 8:50
86 Maki Mitchell	SHALLOWATER	TX 12 F	6 F0112	18:03 9:02
87 ROSE HOEVE	RANSOM C	TX 40 F	1 F4044	18:05 9:03
88 Sharon Harkey	SHALLOWATER	TX 12 F	7 F0112	18:09 9:05
89 GILBERT NUNEZ	PLAINVIEW	TX 38 M	5 M3539	18:10 9:05
90 AUSTIN MARTIN	SHALLOWATER	TX 13 M	19 M1315	18:13 9:07
91 JILL HUKOS	LUBBOCK	TX 44 F	2 F4044	18:23 9:12
92 CRAIG PETERSON	HOBBS	NM 51 M	5 M5054	18:31 9:16
93 GLENN BEYER	LUBBOCK	TX 50 F	1 F5054	18:31 9:16
94 JIMMY CLARK	LUBBOCK	TX 56 M	3 M5559	18:50 9:25
95 Calli Pollard	SHALLOWATER	TX 15 F	15 F1315	18:57 9:29
96 JOE FRANK MARTIN	LUBBOCK	TX 49 M	2 M4549	19:17 9:39
97 AMY HANCOCK	LUBBOCK	TX 26 F	2 F2529	19:24 9:42
98 Jordyn Oliphint	SHALLOWATER	TX 15 F	16 F1315	20:25 10:13
99 Courtney Heinrich	SHALLOWATER	TX 12 F	8 F0112	20:33 10:17
100 RICK LAMPE	LUBBOCK	TX 64 M	1 M6064	20:41 10:21
101 ALLISON MARTIN	SHALLOWATER	TX 11 F	9 F0112	20:45 10:23
102 JASON HANCOCK	LUBBOCK	TX 27 M	3 M2529	21:28 10:44
103 LAURA LAPPE	LUBBOCK	TX 42 F	3 F4044	21:30 10:45
104 GABBY MILLER	LUBBOCK	TX 10 F	10 F0112	23:03 11:32
105 JOSIE ALEMAN	LUBBOCK	TX 57 F	1 F5559	23:19 11:40
106 JACLYN CANAS	LUBBOCK	TX 29 F	3 F2529	23:27 11:44
107 JOSHUA HOEVE	RANSOM C	TX 10 M	8 M0112	23:34 11:47
108 DEBBY LOYD	LUBBOCK	TX 26 F	4 F2529	24:24 12:12
109 MARCY KIRBY	MIDLAND	TX 37 F	1 F3539	24:25 12:13
110 KENDALL HIGGINS	LUBBOCK	TX 14 M	20 M1315	24:35 12:18
111 BRENDA CAMPBELL	LUBBOCK	TX 49 F	1 F4549	24:36 12:18
112 SHAWNA HAYNIE	SHALLOWATER	TX 38 F	2 F3539	24:38 12:19
113 JOSHUA BROWNFIELD	LUBBOCK	TX 12 M	9 M0112	24:48 12:24
114 NICKOLAUS HOEVE	RANSOM C	TX 11 M	10 M0112	24:52 12:26
115 SUZAN CAUDLE	LUBBOCK	TX 55 F	2 F5559	28:07 14:04

Happy Birthday

Joseph N. Wilson	53 on (10-01)
Jerry Dwyer	49 on (10-02)
Rose Hoeve	41 on (10-03)
Chad Wilcox	33 on (10-05)
David Doyle	50 on (10-06)
Wallace Dean	68 on (10-07)
Raymond Brady	65 on (10-07)
David Hilburn	61 on (10-07)
Tom Weis	57 on (10-10)
Jim Harris	66 on (10-11)
Janet Duke	57 on (10-13)
Tammy Moriearty	35 on (10-13)
Daniel Gonzales	43 on (10-13)
Gene Adams	74 on (10-14)
Jon P. Gonzales	28 on (10-16)
Lyndsey Dean	15 on (10-16)
John Price	54 on (10-17)
Craig Jackson	44 on (10-22)
Austin Atencio	08 on (10-25)
Stephanie Wehmeier	40 on (10-26)
Tammy Aleman	34 on (10-28)
Jill Aleman	31 on (10-28)
Ronnie Nugent	62 on (10-28)
Adam Barron	46 on (10-30)
Robert Bloodworth	44 on (10-30)
Aaron Kelly	26 on (10-30)
Ginny McMinn	29 on (10-30)
David Pyle, Jr	10 on (10-30)



RRCA Safety Reminders!

Today, while reading the **Washington Post**, I was reminded about the importance of continually sharing the **RRCA Running Safety Tips**. The following is an excerpt from the news article written by Dan Morse, **Washington Post** staff writer:

"A 30-year-old jogger was raped Monday night after being pulled into a wooded area of Rock Creek Park just south of Kensington, marking the second time in the last week a Montgomery County woman has been taken into the woods and sexually assaulted, police said."

Investigators are examining whether the events are related, but thus far have found no evidence to that effect. In the most recent incident, the 30-year-old started her run about 7:45pm, wearing a portable music player. As she jogged along a footpath in the area that crosses under Connecticut Avenue, just north of the Beltway, a man came up from behind and grabbed her. After the attack, she was unable to find help from passing motorists, so she walked home to Kensington, and was driven to a local hospital, where she was treated for the assault and trauma to her face, neck and shoulders, police said. She remained hospitalized today."

Our sympathies go out to this women as she recovers from this traumatic incident. As a result, I implore everyone in the running community to email their members or email event participants and remind the ever growing number of runners to practice safe running which includes leaving the headphones at home.

The RRCA offers a variety of running safety tips that can be found on our website:
RRCA

Sincerely,
Jean Knaack, Road Runners Club of America



David,

Congratulations, the West Texas Running Club's Buffalo Wallow 2 Mile race has been selected as the 2008 RRCA Texas State 2-Mile Championship race!

Since 1958, the RRCA has awarded championship events. The goal of the RRCA Championship Events is to help the host club or event recruit top performing runners, attract sponsors, and improve civic and media support. A championship designation communicates to athletes and the community that the race organizers have agreed to follow approved guidelines in the conduct of the event. The RRCA establishes guidelines and standards for championship races, but conduct of the event is the responsibility of the host member.

If you would like to accept this race distinction please complete the embedded document then send to me by October 1, 2008.

Championship Events may qualify to receive the following benefits:

- FuelBelt, Inc premiums
- Corporate Supporter coupons for event participants
- [Discounted services from Active.com](#)
- [Preferred pricing on participant shirts from Sportscience](#)

All RRCA Championship Events may check-out an RRCA Championship banner from their State Rep.

Don't hesitate to contact me with any questions and congratulations again,

~K2

RRCA State Rep-North TX

Road Runners Club of America-We run the nation!

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

<u>FEMALE</u>						<u>FEMALE</u>					
YTD TOTALS						YTD TOTALS					
0 - 12 FEMALE	AGE	PTS	MILES	EVT	VOL	35 - 39 FEMALE	AGE	PTS	MILES	EVT	VOL
Kathleen Adams	7	29	7	3		Lee Handlin	39	66	37.5	7	
Lindsey Spruell	10	29	6	3		Stephanie Wehmeier	39	52	40.5	6	
Kristina Dean	12	27	9	4		Kippi Buchanan	37	37	24.3	4	
Allyson Martin	11	20	6	3		Wendy Anderson	38	33	16.2	4	
Peyton Lewallen	10	10	2	1		Malinda Colwell	35	33	27.2	4	
Camille Ford	6	8	2	1		Michelle Eckstein	36	27	17	3	
Brittney Dean	12	8	19	4	*	Carol Hise	3	6	25	27.3	3
Alexis Cortez	11	6	11.3	2	*	Susan Alger	36	10	2	1	
<u>13 - 15 FEMALE</u>						<u>40 - 44 FEMALE</u>					
Hannah Layman	15	46	18	6	*	Angie Hines	42	70	22	7	
Colleen Adams	15	42	26.2	4		Marsha Bennett	44	54	53.5	7	*
Turner Adams	13	40	12	4		Rose Hoeve	40	35	32.5	6	*
Lindsey Lewallen	13	32	6	3		Karen Pyle	40	34	32.5	5	*
Lyndsey Dean	14	24	6	3		Laura Lappe	42	27	10	3	
Rebecca Spruell	14	20	4	2		Jill Haukos	44	25	9	3	
<u>16 - 19 FEMALE</u>						<u>45 - 49 FEMALE</u>					
Tamra Jernigan	17	33	7	3		Linda Jama	43	22	7	3	
Allison Pyle	16	28	25.3	4	*	Hollye Martinez	40	19	4	2	
Kayla Hendrix	17	20	10	2		Deanna Martin	40	17	4	2	
Mariah Dillard	16	19	4	2		Lordes Juan	41	13	5	2	
Kristie Whipple	16	11	4	1		Cynthia Sorrensen	43	10	8	1	
<u>20 - 24 FEMALE</u>						<u>50 - 54 FEMALE</u>					
Amanda Boston	23	48	44.2	6	*	Leesa Price	51	40	33.3	4	
Jamie Wheeler	22	25	30.3	3		Glenna Beyer	50	50	13	5	
Sarah Livingston	24	20	13	2		Susan Tomlinson	50	7	5	1	
Allison Higgins	21	10	2	1		Marti Greer	50	0	4	1	
Therese Harduk	21	10	6	1		<u>55 - 59 FEMALE</u>					
Kelsey Kelso	23	5	12	2	*	Josie Aleman	56	78	21	9	
<u>25 - 29 FEMALE</u>						<u>60 - 99 FEMALE</u>					
Amy McAlexander	27	51	32.4	7	*	P. J. Mitchell	62	30	38.2	8	*
Emily Wyatt	28	47	21.2	5		<u>ATHENA-age graded</u>					
Angie Sonnenberg	28	20	13	2		Donna Dean	51	28	13.2	4	*
Tara Loan	25	20	11.2	2		Elizabeth Linder	52	0	38.3	5	*
Kara Richardson	29	18	4	2		** = RACE DIRECTOR * = VOLUNTEER					
Jennifer Farris	29	10	4	1							
Jennifer Haddock	27	10	10	1							
Renee Prince	25	6	2	1							
<u>30 - 34 FEMALE</u>											
Tammy Moriearty	34	74	23	8							
Mandy Poklikuha	30	73	17	8							
Iris Rivero	33	62	43	6	*						
Susan Wilcox	30	52	45.7	7							
Sarah Skelton	33	38	26.3	4							
Sara Miller	32	27	8	3							
Ann Cruce-Roberts	32	10	11	2	*						
Michelle Cohen	32	8	2	1							
Amy Harlien	31	8	5	1							
Amanda Keys	31	6	8	1							
Myriam Guardiola	34	0	38.7	6	*						

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
792-3291 (d) , 792-1237 (n)

We need your help with the Red Raider Road Race, volunteers are needed to help with Friday, October 10th packet pick up and late registration and a lot are needed for race day. Some that are going to run could sure be used at the early Saturday morning race day packet pick up and late registration, and then still be able to run the race. If you would like to help us please contact Jill Haukos @ HAUKOS@aol.com, by phone @ 797-2012 or 894-9611, Ext. #2308

RED RAIDER ROAD RACE
WEST TEXAS RUNNING CLUB'S
EVENT RECORDS (Since 1982)

10K

MEN

DIV	NAME	TOWN	AGE	TIME	YEAR
13-15	Frank Sumpster, Jr.	Lamesa	15	38:02	1990
16-19	Richard Oropeza	Lubbock	19	33:04	1988
20-24	Red Cloud	Lubbock	23	31:29	1984
25-29	Michael Njenga	Lubbock	26	30:57	*1988
30-34	James Mays	Lubbock	33	33:01	*1991
35-39	Scott Brickerd	Lubbock	35	32:19	1988
40-44	Bobby Cunningham	Abernathy	42	34:52	1982
45-49	Ron Lubowicz	Lubbock	45	35:33	1988
50-54	George W. Jury	Lubbock	50	37:23	1986
55-59	George W. Jury	Lubbock	56	39:15	1992
60-64	Ed Craighead	Dalhart	60	42:10	2004
65-69	Ralph Wolf	Abernathy	66	51:04	2003
70 Plus	Don Sanderson	Tulia	31	48:26	2001
Clydes	Farrell Martin	Lubbock	37	37:53	2003

WOMEN

13-15	Hope Jimenez	Lamesa	13	45:17	1997
16-19	Veronica Cavazos	Lubbock	18	38:48	1982
20-24	Idalia Casiano	Lubbock	23	41:22	1991
25-29	Beverly Watkins	Amarillo	28	37:52	1983
30-34	Marjory Stewart	Lubbock	34	36:43	*1993
35-39	Marjory Stewart	Lubbock	35	37:41	1994
40-44	Bobby Jester	Amarillo	40	44:41	1994
45-49	Colleen Isdale	Belton	45	46:45	1996
50-54	Madonne Miner	Lubbock	50	45:42	2003
55-59					
60 Plus					
Athena	Edie Abel	Lubbock	40	51:34	2006

5K

Men

06-12	Chris Reyes	Floydada	12	20:28	2000
13-15	Ryan Maney	Tulia	15	17:21	2001
16-19	Kyle Atwood	Lubbock	18	16:15	2002
20-24	Dwayne Benoit	Lubbock	20	15:52	2002
25-29	Josephat Keino	Lubbock	25	16:11	2006
30-34	Martin Leodgard	Lubbock	31	15:44	1995
35-39	Bob Finn	Big Spring	39	16:57	1994
40-44	Tony Collins	Pittsburg	44	17:43	1994
45-49	Jim Lesser	Lubbock	47	17:54	1993
50-54	Ed Craighead	Dalhart	52	18:41	1995
55-59	Gary Schmidt	Alpine	55	18:48	1992
60-64	Ed Craighead	Dalhart	64	20:32	2007
65-69	David Lard	Amarillo	66	22:23	2003
70 +	Don Sanderson	Tulia	74	24:41	2004
Clydes	Douglas Gardner	Lubbock	30	19:58	1995

Women

06-12	Hope Jimenez	Lamesa	12	20:40	1996
13-15	Addison Lemaster	Tulia	15	19:56	2004
16-19	Brionne Yosten	Lubbock	19	18:25	2002
20-24	Bridget Tidwell	Lubbock	20	17:44	2002
25-29	Brenda Lauten	Houston	29	19:52	1994
30-34	Kay Schmidt	Alpine	34	20:39	1992
35-39	Brenda Lauten	Houston	37	21:09	2002
40-44	Caylene Caddell	Lubbock	43	20:54	1995
45-49	Caylene Caddell	Lubbock	45	21:45	1997
50-54	Caylene Caddell	Lubbock	50	22:28	2002
55-59					
60 +					
Athena	Lee Handlin	Lubbock	38	26:50	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.

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
27th Annual Red Raider road Race
(10K and 5K Runs)

EVENT # 10 OF THE W.T.R.C. CHALLENGE SERIES

WHEN: Saturday, October 11, 2008
Race Day Registration: 6:30-7:30 a.m. (only)
Races start: 8:00 a.m., 10K & 5K

WHERE: Texas Tech University Campus. Lubbock, TX - University Recreation Center, Main & Hartford

COURSE: 5K Flat, Single Loop of Campus on Asphalt
10K, Double Loop of same route.

ENTRY FEE: **Early Registration:** By mail before Oct. 6th, \$15 (WTRC members), \$20 non-members.

Late Registration & Packet Pick-Up, \$20 (everyone) Fri., Oct. 10th, 10a.m.-6p.m. @ Student Rec. Ctr., Main & Hartford, TTU Campus

On-Line Registration:

<http://wtrc.tripod.com> No on-line registration Will be accepted after October 6, 2008

Race Day Registration 6:30a.m.- 7:30a.m. Only, \$25 Student Recreation Center, Main & Hartford

AGE DIVISIONS:

(10K & 5K Runs)

MEN: 13-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70 Plus

WOMEN: 13-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60 Plus

Special Divisions: Clydesdale/Athena, both raced: Men 190 lbs. +; Women 150 lbs. +

5K only - 12 & Under; 13-15; 16-19

AWARDS: 1st Place Male & Female as well as 1st Master (Age-Graded) each race receive a special plaque. 1st 3 in each age group receive medals Clydesdales/Athena, 1st 3 each race (Age Graded) long sleeved t-shirts to all entrants.

VOLUNTEERS: Are needed, Call Jill Haukos, RD @ 806-797-2012 (h), 894-9611 x2308 (o), 786-7899 (c)

WTRC Calendar

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

- OCT 01 W.T.R.C. Board Meeting: Wednesday, 7:00pm
Wade Wilson's Office, 8215 Nashville
- OCT 04 RACE FOR THE CURE: 5K/1M, 9:00am, Lubbock
Memorial Civic Center
- OCT 04 4TH ANNUAL WHITE BUFFALO STAMPEDE: 5K,
8:30am, 1K, 8:15am, Courthouse Square (Bus. 180 & Hwy
350) www.whitebuffalostampede.com or Sherrill Easterling,
seasterling@wtc.edu
- OCT 04 2008 Crossroads Marathon: Boston Qualifier, Between
Midland and Odessa, www.crossroadsmarathon.com
- * OCT 11 RED RAIDER ROAD RACE: 10k/5k, TTU campus, Jill
Haukos, RD., haukos@aol.com
- OCT 18 Marathon2Marathon: Marathon/Relay/10K, 8:00am,
www.marathon2marathon.net
- OCT 25 Lubbock ISD - Red Ribbon Run 5K & 1 Mile Fun Run
Buddy Holly Park, North University & Canyon Lake Run
Lubbock, TX Race Director: Rose Hoeve, call
806-766-1968
- OCT 25 D-FY-IT RED RIBBON RUN: 10K/5K/1K run/walk, 9:00am,
Greentree CC, Midland, TX, FMI call 432-685-3645
- NOV 08 BUFFALO WALLOW RACES: Half Marathon, 2MI,
9:00am, Buffalo Springs Lake, Mike Kelley, RD 806-
765-0441

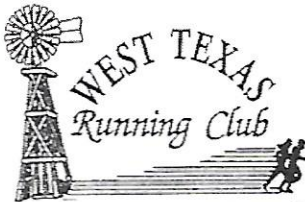
- NOV 27 WTRC TURKEY TROT: 12K, 2MI, 9:00am, MacKenzie
Park Outdoor Center, contact Ron, 806-632-4926
- *DEC 13 Redline/Toys4Tots: 4 MI, 10:00am, Mae Simmons Park,
Tom Griffin, RD, 806-787-4295.
- DEC 14 Dallas White Rock Marathon: Dallas, TX
www.runtherock.com
- JAN 10 Lope The Lake: 5MI, 2MI, 10:00am, Buddy Holly
Recreation Area, Jimmy Clark, RD
- FEB 14 COTTON PATCH RUNS: 8MI/4MI/RELAY, 10:00 am,
Buddy Holly Recreation Area, Jimmy Clark, RD.
- FEB 28 Cowtown Marathon: FT. Worth, TX
www.cowtownmarathon.org
- MAR 14 PRAIRIE DOG TOWN RUNS: 4mi/2mi, 9:00AM,
Mackenzie Park, Lubbock, Mike Greer, RD

Calendar, Photos, Online registration, Membership, etc.

WTRC Web Address:

<http://>

wtcr.tripod.com



5 W. Lakeshore Drive
Ransom Canyon, TX 79366



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Campus as part of
Tech's Homecoming
Weekend!**

October 11, 2008