

April 2009

Ransom Canyon



Volume 2, Issue 3



Newsletter  
P. O. Box 2921  
Lubbock, Texas 79408

## Notes From the President

After reading last month's blurb, where I drifted into something resembling an analogy between the formation of the West Texas Running Club and the underlying building blocks of our Nation, I began looking for ways to extend that analogy. My musings eventually took me outside of our Club, all the way into the larger universe of "runners" ... not just those of us in West Texas.

Who are runners? ... what makes them tick? ... what traits do they share? ... what values or characteristics are common to them? Consider these questions in the context of some of the principles shared by our Nation's founders.

I see runners as being all about **personal choice** and **personal responsibility**. I see us being passionately in pursuit of **life, liberty and happiness** ... always stubbornly exercising our **freedom** from the tyrannies of today's indulgent & sedentary lifestyles and their consequences.

We runners are the true patriots of living. Hopefully our example will be as powerful as that of our Country's early patriots and will inspire our families, friends and neighbors to someday embrace those principles that make runners' lives so truly full and free.

SYOTR, Ron

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

The WTRC monthly business meeting is on Thursday, April 2, 2009 @ 7:00 p.m. at BSGM, 8215 Nashville (East of the Veteran's War Memorial). All Members are welcome.

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### Inserts

- Registration for Ransom Canyon Runs

### Ransom Canyon Runs

April 11, 2009

2 Mile & 10K

Races Start at 9:00 am

Ransom Canyon

Shopping Center

East 50th Street

(Approximately 6 Miles outside Loop 289)

Rose Hoeve, Race Director

806-773-1856

### WTRC Officers

President -- Ron Lubowicz  
(O) 632- 4926  
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Internal Vice-President - George Jury  
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Secretary-- Wendy Anderson  
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(H) 785-8562 (O) 795-5823  
E-mail: d\_higgins69@hotmail.com

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(H) 765-0441  
E-mail: mkelleyrun@yahoo.com

### 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 - Tim Key  
(Cell) 806-544-1235  
E-mail: tim.key@gmail.com

Race Calendar Director  
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E-mail: suzieq5279407@yahoo.com

Membership Director  
Debbie Wilson  
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Club Historian -- James Livermore  
(H) 792-5815  
E-mail: jlmore@nts-online.net

Ransom Canyon





PRAIRIE DOG TOWN RUNS 2009  
RACE DIRECTORS REPORT

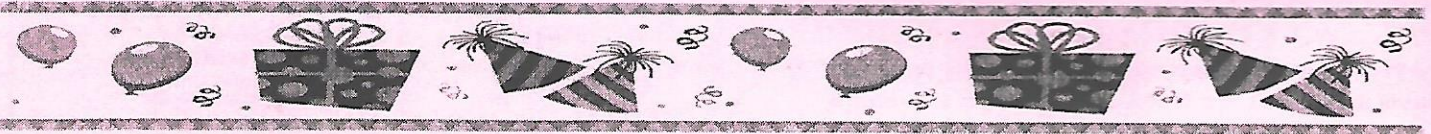
WOW!! What a day for an outdoor running race, 35 degrees, no wind and clean air to breath. That was the setting for the annual Prairie Dog Town Runs conducted at the MacKenzie State Park. The inhabitants of PDT were very happy to see the runners and recognized everyone by standing on their hind legs chewing on whatever they chew on. These are cute little varmints, but I have often wondered what they are good for other than to migrate to new locations, dig more holes, and stand by the entrances of these holes and chew. At any rate I am sure they were again impressed with the swift human body figures that came charging by their little town. Even though it was a great day for running it was not a big day for records falling, but some did, so please consult the web site for the records that were smashed! Thanks to all the runners who made this race possible, without them there would be no race!!

A special thanks is extended to all of those folks who offered to spend their valuable time as volunteers for this race, to name a few (and I hope I didn't miss any names): Randy Holloway (always there, always doing a great job), George Jury (does that guy ever get tired after years of service to the club?), David Higgins/ Edwin Young (without these two dudes you don't get your timely results), Rob Lubowicz (president of the WTRC and setting the example), Marti Greer (she took care of on site registration and got it organized), Vickie Woodell (a very welcome sight to see new volunteers to the sport), Susan Wilcox, Leesa Price (taking care of the pre-registered), Heath Pennell (making sure the runners turned around at the right spot, without him they could have ended up in Abernathy), Chris Milford, Wayne Sullivan (pulling those finish tags off so the results can be tabulated), Larry Bird/P.J. Mitchell (selling those WTRC t-shirts) and if I have missed anyone just slash me with a wet noodle, accept my apologies, and tell me who they are and we will mention them in future newsletters.

It is also my pleasure to thank Terry Dalton for the great job he did in organizing the Team of Kids Café run, for the second year. Terry is really exemplifying the mission statement of the WTRC in that this program promotes running and fitness, plus it helps teach the value of a healthy lifestyle through running. We also thank the South Plains Food Bank for their sponsorship and support of this program.

See you at the races next month in Ransom Canyon,

Mike Greer



## Happy Birthday

Shaun Fant	41	on (04-03)	Amanda Boston	25	on (04-07)
Steven Romero	28	on (04-03)	Dustin Gresham	29	on (04-09)
Douglas Sanford	61	on (04-03)	Lorenda Spain	50	on (04-09)
Turner Adams	14	on (04-04)	Maria Ramos	47	on (04-12)
Kevin Lair	48	on (04-04)	Krista Mora	28	on (04-13)
Laura Littlefield	13	on (04-05)	Liz Lonngren	45	on (04-14)
Paul Pare	47	on (04-06)	Briseida Ramos	26	on (04-18)
Donald Freeman	48	on (04-06)	Kathryn Brown	45	on (04-18)
Devyn Pratt	16	on (04-07)	Brenda Campbell	50	on (04-19)
Troy Pratt	43	on (04-07)	Justin Kime	31	on (04-19)



West Texas Running Club  
27th ANNUAL PRAIRIE DOG TOWN RUN  
2 Mile and 4 Mile Road Races  
Lubbock, Texas March 14, 2009

## 2 MILE OVERALL RESULTS

Place Name	Town	St Ag	S Div	Div 2	Pace
1 LUCAS MORRIS	LUBBOCK	TX 16 M	1 M1619	12:02	6:01
2 CHRIS TRUITT	LUBBOCK	TX 33 M	1 M3034	12:09	6:05
3 NATHAN CONROY	LUBBOCK	TX 17 M	2 M1619	13:02	6:31
4 JAKE BROWNFIELD	LUBBOCK	TX 11 M	1 M0112	13:33	6:47
5 LARISSA TRUE	LUBBOCK	TX 24 F	1 F2024	13:34	6:47
6 JACKIE CANNON	AMARILLO	TX 53 M	1 M5054	13:35	6:48
7 JAY WILLIAMS	WOLFFORTH	TX 39 M	1 M3539	13:40	6:50
8 KYRA SLOAN	LUBBOCK	TX 16 F	1 F1619	13:50	6:55
9 PAUL OLGUIN	LUBBOCK	TX 15 M	1 M1315	14:46	7:23
10 DAVID DOYLE	LUBBOCK	TX 50 M	2 M5054	14:50	7:25
11 TAMMY MORIEARTY	LUBBOCK	TX 35 F	1 F3539	15:00	7:30
12 AARON BENNETT	LUBBOCK	TX 21 M	1 M2024	15:00	7:30
13 LEE HANDLIN	LUBBOCK	TX 40 F	1 F4044	15:32	7:46
14 LORENZO PADILLA	LUBBOCK	TX 54 M	3 M5054	15:35	7:48
15 MILT BROWNFIELD	LUBBOCK	TX 51 M	4 M5054	15:54	7:57
16 CHRISTINA TRUITT	LUBBOCK	TX 28 F	1 F2529	16:07	8:04
17 JACOB THOMAS	LUBBOCK	TX 11 M	2 M0112	16:10	8:05
18 ZACHARY THOMAS	LUBBOCK	TX 7 M	3 M0112	16:14	8:07
19 CARLOS PEREZ	LUBBOCK	TX 32 M	2 M3034	16:33	8:17
20 LARRY BLOSKAS	ANTON	TX 47 M	1 M4549	16:36	8:18
21 MANDY POKLIKUHA	LUBBOCK	TX 31 F	1 F3034	16:41	8:21
22 JOSE PEREZ	LUBBOCK	TX 10 M	4 M0112	16:42	8:21
23 AMY MARTIN	LUBBOCK	TX 20 F	2 F2024	16:45	8:23
24 CATHERINE CANNON	LUBBOCK	TX 9 F	1 F0112	17:35	8:48
25 WILL OVERSTREET	LUBBOCK	TX 7 M	5 M0112	17:36	8:48
26 P.J. MITCHELL	LUBBOCK	TX 63 F	1 F6099	17:47	8:54
27 TROY PRATT	LUBBOCK	TX 42 M	1 M4044	17:48	8:54
28 EVAN GALLARNEAU	LUBBOCK	TX 9 M	6 M0112	18:06	9:03
29 RALPH WOLF	LUBBOCK	TX 71 M	1 M7099	18:08	9:04
30 JOE MARTIN	LUBBOCK	TX 49 M	2 M4549	19:01	9:31
31 EDGAR MARTINEZ	PLAINVIEW	TX 13 M	2 M1315	19:14	9:37
32 TAYLER HUCKABY	LUBBOCK	TX 22 F	3 F2024	19:26	9:43
33 DAKOTA HERNANDEZ	LUBBOCK	TX 8 M	7 M0112	19:29	9:45
34 JIM HARRIS	HOBBS	NM 66 M	1 M6569	19:40	9:50
35 GABRIEL MARTINEZ	PLAINVIEW	TX 47 M	3 M4549	19:42	9:51
36 GUADALUPE MARTINEZ	PLAINVIEW	TX 15 F	1 F1315	19:42	9:51
37 LARRY BURELSMITH	LUBBOCK	TX 59 M	1 M5559	19:43	9:52
38 SAVANNAH THOMAS	LUBBOCK	TX 9 F	2 F0112	19:46	9:53
39 GLENNA BEYER	LUBBOCK	TX 51 F	1 F5054	20:03	10:02
40 CHEROKEE HERNANDEZ	LUBBOCK	TX 11 F	3 F0112	20:14	10:07
41 JOHN SHIN	LUBBOCK	TX 9 M	8 M0112	20:25	10:13
42 BILL ROGER	LEVELLAND	TX 69 M	2 M6569	20:41	10:21
43 KAYELIN FANT	LUBBOCK	TX 11 F	4 F0112	21:38	10:49
44 BOB BRINKMAN	AUSTIN	TX 37 M	2 M3539	22:13	11:07
45 KENDALL HIGGINS	LUBBOCK	TX 15 M	3 M1315	22:40	11:20
46 KATIE HUKOS	LUBBOCK	TX 18 F	2 F1619	25:07	12:34
47 JOSIE ALEMAN	LUBBOCK	TX 57 F	1 F5559	25:07	12:34
48 SUZAN CAUDLE	LUBBOCK	TX 56 F	2 F5559	25:32	12:46
49 GABBY MILLER	LUBBOCK	TX 10 F	5 F0112	26:37	13:19
50 JOSHUA FREDENBURG	LUBBOCK	TX 7 M	9 M0112	30:01	15:01
51 BRANDON FREDENBURG	LUBBOCK	TX 42 M	2 M4044	33:23	16:42
52 JOHN FREDENBURG	LUBBOCK	TX 10 M	10 M0112	37:06	18:33

## 4 MILE OVERALL RESULTS

Place Name	Town	St Ag	S Div	Div 4	Pace
1 LEE COHEN	LUBBOCK	TX 36 M	1 M3539	26:27	6:37
2 EDDY MORELOCK	LUBBOCK	TX 37 M	2 M3539	27:13	6:49
3 CODY MILLER	LUBBOCK	TX 43 M	1 M4044	27:47	6:57
4 SHANNON ANDERSON	LUBBOCK	TX 37 M	3 M3539	27:55	6:59
5 PAUL PARE	LUBBOCK	TX 46 M	1 M4549	28:21	7:06
6 JON DAVID BRUEGEL	LUBBOCK	TX 17 M	1 M1619	28:36	7:09
7 FARRELL MARTIN	SHALLOWATER	TX 41 M	2 M4044	28:39	7:10
8 TARA LOAN	LUBBOCK	TX 26 F	1 F2529	28:43	7:11
9 CALEB BECK	LUBBOCK	TX 25 M	1 M2529	29:05	7:17
10 EPI AGUIRRE	LUBBOCK	TX 50 M	1 M5054	29:11	7:18
11 ANDRES PEDROZA	LUBBOCK	TX 27 M	2 M2529	29:14	7:19
12 KIRK PITTMAN	LUBBOCK	TX 36 M	4 M3539	29:19	7:20
13 IGNACIO VASQUEZ	LUBBOCK	TX 41 M	3 M4044	29:23	7:21
14 AARON SELF	UNIVERSAL CITY	TX 29 M	3 M2529	29:58	7:30
15 NATE WILSON	LUBBOCK	TX 53 M	2 M5054	30:11	7:33
16 JOEY HERNANDEZ	SUNDOWN	TX 32 M	1 M3034	30:15	7:34
17 RANDY HOLLOWAY	LUBBOCK	TX 52 M	3 M5054	30:17	7:35
18 ANDREW HUFF	LUBBOCK	TX 27 M	4 M2529	30:30	7:38
19 LAWRENCE SCHOVANEC	LUBBOCK	TX 56 M	1 M5559	30:40	7:40
20 ROD BURGETT	SHALLOWATER	TX 44 M	4 M4044	30:51	7:43
21 SAM HOHBEIN	LUBBOCK	TX 27 M	5 M2529	31:12	7:48
22 RICHARD SHAW	PLAINVIEW	TX 47 M	2 M4549	31:16	7:49
23 BRANDON BERKSHIRE	LUBBOCK	TX 25 M	6 M2529	31:21	7:51
24 J EDSON PINTO	LUBBOCK	TX 47 M	3 M4549	31:35	7:54
25 SCOTT BURRIS	LUBBOCK	TX 39 M	5 M3539	31:45	7:57
26 RONNIE TROLLINGER	LUBBOCK	TX 49 M	4 M4549	31:52	7:58
27 FRED WEBER	LUBBOCK	TX 56 M	2 M5559	31:56	7:59
28 MO HERNANDEZ	LUBBOCK	TX 38 M	6 M3539	32:13	8:04
29 MONT McCLENDON	LUBBOCK	TX 37 M	7 M3539	33:08	8:17
30 STEPHANIE WEBB	LUBBOCK	TX 25 F	2 F2529	33:53	8:29
31 HEDGE MARTIN	LUBBOCK	TX 33 M	2 M3034	33:56	8:29
32 AMY McALEXANDER	LUBBOCK	TX 28 F	3 F2529	33:59	8:30
33 SHAUN FANT	LUBBOCK	TX 40 M	5 M4044	34:27	8:37
34 AMANDA BOSTON	LUBBOCK	TX 24 F	1 F2024	35:00	8:45
35 KAMMY PHILBRICK	LUBBOCK	TX 48 F	1 F4549	35:16	8:49
36 ANGIE HINES	SUNDOWN	TX 43 F	1 F4044	35:25	8:52
37 JENNIFER HADDOCK	LUBBOCK	TX 28 F	4 F2529	35:34	8:54
38 CHRIS GALLARNEAU	LUBBOCK	TX 33 M	3 M3034	35:36	8:54
39 RONNIE PRIGG	LUBBOCK	TX 58 M	3 M5559	35:44	8:56
40 SUZANNE MOORE	LUBBOCK	TX 34 F	1 F3034	35:55	8:59
41 RANDY BUNYARD	LUBBOCK	TX 51 M	4 M5054	36:03	9:01
42 DAN HILARIO	LUBBOCK	TX 58 M	4 M5559	36:04	9:01
43 BILL FELTON	LUBBOCK	TX 74 M	1 M7099	36:39	9:10
44 JAMES WALLACE	LUBBOCK	TX 59 M	5 M5559	36:55	9:14
45 BEN BOSTON	LUBBOCK	TX 24 M	1 M2024	37:13	9:19
46 WENDY ANDERSON	LUBBOCK	TX 38 F	1 F3539	37:23	9:21
47 JOHN GRIFFIN	LUBBOCK	TX 27 M	7 M2529	37:41	9:26
48 CRAIG PETERSON	HOBBS	NM 52 M	5 M5054	37:44	9:26
49 CHERYL WEBER	LUBBOCK	TX 56 F	1 F5559	38:05	9:32
50 DOUGLAS SANFORD	LUBBOCK	TX 60 M	1 M6064	38:13	9:34
51 GREG MILFORD	LUBBOCK	TX 39 M	8 M3539	38:25	9:37
52 JILL HUKOS	LUBBOCK	TX 44 F	2 F4044	38:26	9:37
53 TODD SMITH	LUBBOCK	TX 44 M	6 M4044	38:52	9:43
54 JIMMY ISBELL	LUBBOCK	TX 47 M	5 M4549	38:56	9:44
55 ETTA MAYER	LUBBOCK	TX 60 F	1 F6099	39:15	9:49
56 MIKE KELLY	LUBBOCK	TX 60 M	2 M6064	39:17	9:50
57 KIM PERRY	LUBBOCK	TX 39 F	2 F3539	39:59	10:00
58 JIM BECK	LUBBOCK	TX 50 M	6 M5054	41:22	10:21
59 RUTH WARREN	LUBBOCK	TX 26 F	5 F2529	41:47	10:27
60 ERIC ROBERTSON	LUBBOCK	TX 39 M	9 M3539	41:51	10:28
61 ANNDEE McVICKER	LUBBOCK	TX 13 F	1 F1315	42:08	10:32
62 LINDSEY SMITH	LUBBOCK	TX 14 F	2 F1315	42:09	10:33
63 SUSIE HARENDT	LUBBOCK	TX 55 F	2 F5559	43:06	10:47
64 AMY HANCOCK	LUBBOCK	TX 26 F	6 F2529	43:07	10:47
65 MARSHA BENNETT	LUBBOCK	TX 45 F	2 F4549	43:31	10:53
66 SARAH GAXIOLA	LUBBOCK	TX 56 F	3 F5559	43:59	11:00
67 CHADWICK WILCOX	LUBBOCK	TX 33 M	4 M3034	44:52	11:13
68 RICK LAMPE	LUBBOCK	TX 64 M	3 M6064	46:45	11:42

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Join our "Insider Running Club" and get the following monetary perks:

- half price subscriptions to Inside Texas Running for all members
- year round free publicity for all your club sponsored events in the magazine and on our website

Inside Texas Running is a publication specifically edited for the avid runner and has been covering the running scene in Texas for more than 30 years. Our goal has always been to be the main communicator within the Texas running community.

When you become a member of the "Insider Club", each of the events sponsored by your club will be listed in our calendar of events every month for the whole year – in BOLD type - and also on our website calendar with your website address or other contact info.

In addition, your club will be listed – with your contact info – on our website club directory page.

Further, the magazine carries a house ad listing all of the participating "Insider Clubs", again with your contact info.

What a terrific way to promote new memberships as well as advertising your events to non-members in your surrounding area.

To join "Insider Club" we expect to have at least 12 members sign up for half price subscriptions. Most clubs add the \$8.00 subscription fee (half-normal subscription price that the post office allows to be counted as a paid subscriber) to the club membership dues. Then the club submits the names, addresses, phone numbers and e-mail addresses along with one payment on a club check. The club can subsequently submit new subscribers (one or more) after the initial enrollment of 12 subscribers has been met.

It is all pretty simple and straightforward. If you have any questions, give us a call toll free at 1-800-441-9837.

Let's work together, subscribe to Inside Texas Running at half price and let us promote your club and club events at no charge.

We look forward to hearing from you.

Sincerely,

A handwritten signature in black ink, appearing to read "Loran Sheffer".

Loran J Sheffer Jr.

# Ransom Canyon Runs

## April 11<sup>th</sup>, 2009

Mail  
Registration  
Thru April 6<sup>th</sup>

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

Races start at 9:00 A.M.  
Ransom Canyon Shopping Ctr.  
East 50<sup>th</sup> Street  
Lubbock, Texas  
Rose Hoeve, Race Director  
773-1856

### WAIVER OF LIABILITY

I know that running and volunteering to work in club races are potentially hazardous activities. I should not enter and run in club activities unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running and volunteering to work in club races including, but not limited to, falls, contact with other participants, the effects of the weather, including high heat and/or humidity, my own health conditions, whether known or unknown to me, the conditions of the road and traffic on the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, I, **FOR MYSELF AND ANYONE ENTITLED TO ACT ON MY BEHALF, WAIVE AND RELEASE THE WEST TEXAS RUNNING CLUB AND ALL SPONSORS, THEIR REPRESENTATIVES AND SUCCESSORS, FROM ALL CLAIMS OR LIABILITIES OF ANY KIND ARISING OUT OF MY PARTICIPATION IN THE RACE OR THE CLUB'S ACTIVITIES, EVEN THOUGH THAT LIABILITY MAY ARISE OUT OF NEGLIGENCE OR CARELESSNESS, IN PART OR WHOLE, OF THE WEST TEXAS RUNNING CLUB OR OTHER SPONSORS REFERENCED ABOVE.**

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

Signature of entrant \_\_\_\_\_ Signature of guardian (minors) \_\_\_\_\_

Age \_\_\_\_\_ (on race day) Distance (circle one) 2 mile 10k \* \_\_\_\_\_ Male \_\_\_\_\_ Clydesdale (190 lbs or more)

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

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

\*The 10K race is open to ages 13 year s and older.

For additional information contact Rose Hoeve RD Ransom Canyon Runs 773-1856

Or,

Randy Holloway, Race Director WTRC, 789 1547.



**W.T.R.C. 2009 Challenge Series  
Standings After 3 Events (Male)**

YTD TOTALS						YTD TOTALS					
0 - 12 MALE	AGE	PTS	MILES	EVT	VOL	45-49 MEN	AGE	PTS	MILES	EVT	VOL
Walker Adams	11	20	6	2		Ronald Trollinger	49	17	6	2	
Jake Brownfield	11	19	4	2		J. Edson Pinto	47	15	12.7	2	
Evan Gallarneau	9	10	4	2		Richard Shaw	47	9	4	1	
Joshua Brownfield	12	4	2	1		Adam Barron	46	8	8.7	1	
Dakota Hernandez	8	3	2	1		Brent Lowery	47	7	5	1	
William Pyle	7	0	5	1	*	Rod Burgett	45	7	13.7	2	*
David Pyle	9	0	5	1	*	Edwin Young	45	0	9	2	*
<b>13-15 MEN</b>						<b>50 - 54 MEN</b>					
Lucas Samarron	15	19	6	2		Jackie Cannon	53	30	8	3	
Kendall Higgins	15	16	12.7	3	*	Epi Aguirre	50	30	17.7	3	
K.T. Manis	15	10	5	1		Randy Holloway	52	25	14.7	3	
<b>16-19 MEN</b>						<b>55 - 59 MEN</b>					
Lucas Morris	16	33	8	3		Lawrence Schovanec	56	30	17.7	3	
Jon David Bruegel	17	29	17.7	3		James Wallace	59	21	13	3	
John Kieth	19	10	5	1		Richard Gale	59	18	13.7	2	
Nathan Conroy	17	10	4	1		Ken Spain	55	17	9	2	
<b>20-24 MEN</b>						<b>60-64 MEN</b>					
Ben Boston	24	10	4	1		Rick Lampe	64	28	13	3	
<b>25-29 MEN</b>						<b>65-69 MEN</b>					
Andres Pedroza	27	27	17.7	3		Jim Harris	66	20	4	2	
Andrew Huff	27	20	17.7	3		Gorden Jenkins	68	19	9	2	
Brandon Berkshire	25	12	9	2		Bill Roger	69	18	14.7	3	*
Stephen Romero	27	10	2	1		Ron Lubowicz	65	10	9	2	*
John Griffin	27	8	9	2		Larry Byrd	65	0	17.7	3	*
Aaron Self	28	8	4	1		Mike Greer	69	0	8	1	**
Jason Hancock	27	0	8.7	1	*	<b>70-99 MEN</b>					
<b>30-34 MEN</b>						<b>CLYDESDALE - Age Graded</b>					
Joey Hernandez	32	30	17.7	3		Craig Peterson	52	25	13	3	
Chris Gallarneau	33	18	9	2		Milt Brownfield	51	20	12.7	3	*
Chad Wilcox	33	18	9	2		Larry Bloskas	47	18	4	2	
Chris Truitt	33	10	2	1		Shaun Fant	40	16	9	2	
Bryan Duncan	31	9	8.7	1		Anthony Catherall	24	12	9	2	
Wesley Scholz	32	8	8.7	1		Joey Hernandez	32	10	5	1	
<b>35-39 MEN</b>						<b>75-79 MEN</b>					
Eddy Morelock	37	29	17.7	3		Bill Felton	74	30	10	3	
Jay Williams	39	26	15.7	3		Ralph Wolf	71	10	7	2	*
Marin Hernandez	38	25	10	3		George Jury	72	0	17.7	3	*
Lee Cohen	36	21	17.7	3	*	<b>80-84 MEN</b>					
Shannon Anderson	37	19	13	3	*	<b>85-89 MEN</b>					
Mont McClendon	37	13	8	2		<b>90-94 MEN</b>					
Greg Milford	39	11	9	2		<b>95-99 MEN</b>					
Kirk Pittman	36	8	4	1		<b>100+ MEN</b>					
Tyge Payne	37	6	8.7	1		<b>105-109 MEN</b>					
Chris Milford	35	0	9	2	*	<b>110-114 MEN</b>					
Jon Bruegel	38	0	13.7	2	*	<b>115-119 MEN</b>					
<b>40-44 MEN</b>						<b>120-124 MEN</b>					
David Rogowski	41	19	13.7	2		<b>125-129 MEN</b>					
Martin Montalvo	44	18	13.7	2		<b>130-134 MEN</b>					
Rod Burgett	44	16	17.7	3	*	<b>135-139 MEN</b>					
Todd Smith	44	15	12.7	2		<b>140-144 MEN</b>					
Daniel Gonzales	43	10	2	1		<b>145-149 MEN</b>					
Cody Miller	43	10	9	2	*	<b>150-154 MEN</b>					
Troy Pratt	42	10	2	1		<b>155-159 MEN</b>					
Tim Key	41	9	5	1		<b>160-164 MEN</b>					
David Pyle	43	9	9	2	*	<b>165-169 MEN</b>					
Ignacio Vasquez	41	9	4	1		<b>170-174 MEN</b>					
Heath Pennell	41	7	9	2	*	<b>175-179 MEN</b>					
<b>45-49 MEN</b>						<b>180-184 MEN</b>					
Jerry Dwyer	49	20	13.7	2		<b>185-189 MEN</b>					
RJoe Frank Martin	49	19	4	2		<b>190-194 MEN</b>					
Ray Major	48	19	9	2		<b>195-199 MEN</b>					
Paul Pare	46	19	12.7	2		<b>200-204 MEN</b>					
Jim Higgins	48	17	9	2		<b>205-209 MEN</b>					
						<b>210-214 MEN</b>					
						<b>215-219 MEN</b>					
						<b>220-224 MEN</b>					
						<b>225-229 MEN</b>					
						<b>230-234 MEN</b>					
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						<b>570-574 MEN</b>					
						<b>575-579 MEN</b>					
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						<b>785-789 MEN</b>					
						<b>790-794 MEN</b>					
						<b>795-799 MEN</b>					
						<b>800-804 MEN</b>					
						<b>805-809 MEN</b>					
						<b>810-814 MEN</b>					
						<b>815-819 MEN</b>					
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						<b>830-834 MEN</b>					
						<b>835-839 MEN</b>					
						<b>840-844 MEN</b>					
						<b>845-849 MEN</b>					
						<b>850-854 MEN</b>					
						<b>855-859 MEN</b>					
						<b>860-864 MEN</b>					
						<b>865-869 MEN</b>					
						<b>870-874 MEN</b>					
						<b>875-879 MEN</b>					
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						<b>885-889 MEN</b>					
						<b>890-894 MEN</b>					
						<b>895-899 MEN</b>					
						<b>900-904 MEN</b>					
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						<b>1000-1004 MEN</b>					
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						<b>1010-1014 MEN</b>					
						<b>1015-1019 MEN</b>					
						<b>1020-1024 MEN</b>					
						<b>1025-1029 MEN</b>					
						<b>1030-1034 MEN</b>					
						<b>1035-1039 MEN</b>					
						<b>1040-1044 MEN</b>					
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						<b>1055-1059 MEN</b>					
						<b>1060-1064 MEN</b>					
						<b>1065-1069 MEN</b>					
						<b>1070-1074 MEN</b>					
						<b>1075-1079 MEN</b>					
						<b>1080-1084 MEN</b>					
						<b>1085-1089 MEN</b>					
						<b>1090-1094 MEN</b>					
						<b>1095-1099 MEN</b>					
						<b>1100-1104 MEN</b>					
						<b>1105-1109 MEN</b>					
						<b>1110-1114 MEN</b>					
						<b>1115-1119 MEN</b>					
						<b>1120-1124 MEN</b>					
						<b>1125-1129 MEN</b>					
						<b>1130-1134 MEN</b>					
						<b>1135-1139 MEN</b>					
						<b>1140-1144 MEN</b>					
						<b>1145-1149 MEN</b>					
						<b>1150-1154 MEN</b>					
						<b>1155-1159 MEN</b>					
						<b>1160-1164 MEN</b>					
						<b>1165-1169 MEN</b>					
						<b>1170-1174 MEN</b>					

**W.T.R.C. 2009 Challenge Series  
Standings After 3 Events (Women)**

YTD TOTALS						YTD TOTALS					
0 - 12 FEMALE	AGE	PTS	MILES	EVT	VOL	45-49 FEMALE	AGE	PTS	MILES	EVT	VOL
Cherokee Hernandez	11	24	8	3		Lorenda Spain	49	9	4	1	
Kathleen Adams	8	20	6	2		Brenda Campbell	49	8	2	1	
Catherine Cannon	9	19	4	2		Kathy Brownfield	46	7	2	1	
Kayelin Fant	11	7	2	1		Debbie Wilson	49	0	13.7	2	*
Karsen Harlien	8	6	2	1							
<b>13-15 FEMALE</b>						<b>50-54</b>					
Turner Adams	13	22	6	2		Glenna Beyer	50	20	4	2	
Lindsey Smith	14	19	12.7	2		Barbara Slaton	50	10	5	1	
<b>16-19 FEMALE</b>						Christy Hurst	52	10	4	1	
Colleen Adams	16	22	13.7	2		Debbie Roman	53	9	2	1	
Katie Haukos	18	15	4	2	*	Leesa Price	52	0	4	1	*
Kyra Sloan	16	10	2	1		Marti Greer	50	0	4	1	*
Amanda Morris	16	10	2	1		<b>55-59 FEMALE</b>					
Allison Pyle	16	10	4	2	*	Josie Aleman	57	20	13	3	*
Amy Martin	19	9	2	1		Susan Caudle	56	19	12.7	3	*
<b>20-24 FEMALE</b>						Sara Gaxiola	56	18	12.7	2	
Amanda Boston	24	20	17.7	3	*	Cheryl Weber	56	10	4	1	
Ashley Keffler	23	19	6	2		Madeleine Taylor	57	9	8.7	1	
Taylor Huckaby	22	18	4	2		<b>60-99 FEMALE</b>					
Amy Martin	20	10	2	1		P. J. Mitchell	63	30	17.7	3	
Nicole McNew	20	8	2	1		Etta Mayer	59	20	9	2	
<b>25-29 FEMALE</b>						<b>ATHENA - Age Graded</b>					
Tara Loan	26	20	9	2		AGE	PTS	MILES	EVT	VOL	
Ledah Welch	26	18	13.7	2		Amy Hancock	26	30	17.7	3	
Amy McAlexander	28	14	9	2		Nikki Roa	24	10	2	1	
B.J. Carlile	27	13	13.7	2		Andi Gibberson	43	9	2	1	
Briseida Ramos	25	10	5	1		Donna Dean	52	0	8.7	1	*
Christina Truitt	28	10	2	1		Elizabeth Linder	52	0	5	1	*
Stephanie Webb	25	6	5	1		** = Race Director					
Kory Truby	28	3	5	1		* = Volunteer					
Ashley Catherall	25	2	5	1		Dear Club Members;					
Heather Barron	28	0	8.7	1	*	Please keep in mind that in order to be eligible to participate in the Challenge Series one must have volunteered at least once and must have run in at least 3 races (relays will not be counted towards these three races) to be eligible for a "Points" award. If you have any questions or concerns please feel free to contact George Jury using the information listed below.					
<b>30-34 FEMALE</b>						George W. Jury <a href="mailto:rungwj@aol.com">rungwj@aol.com</a>					
Iris Rivero	33	10	5	1		792-3291 (d) , 792-1237 (n)					
Brooke Pittman	31	10	4	1		Two of our former members were back in town for the Prairie Dog Run.					
Lela Hughes	33	10	8.7	1		Aaron Self has moved to San Antonio and he was here for a family visit.					
Mandy Poklikuha	31	10	2	1		Caleb Beck and his wife, Jenny were back after 2 year stint as missionaries in Rwanda. They will be here for an approximate six month long furlough, before returning. Caleb and Jenny have produced the Becks first grandson, Adin, who is 19 months old.					
Courtney Fakhreddine	32	8	8.7	1		Jim's middle child, Nathan, has just returned to the states after a relief missionary tour in Palestine and is preparing to get and advanced degree, then plans to teach/minister in the Chicago area.					
Susan Wilcox	30	5	9	2	*	Jason Burley has moved to Oregon.					
<b>35-39 FEMALE</b>											
Tammy Moriearty	35	20	4	2							
Malinda Colwell	35	19	6	2							
Meggan Bailey	35	15	6	2							
Traci Payne	36	15	13.7	2							
Michaela Jansen	36	10	5	1							
Wendy Anderson	38	10	4	1							
Susan Duncan	36	8	8.7	1							
Mindy Harlien	35	7	2	1							
LouAnna Arterburn	39	6	5	1							
<b>40-44 FEMALE</b>											
Angie Hines	43	30	10	3							
Jill Haukos	44	29	17.7	3							
Lee Handlin	40	10	2	1							
Laura Adams	41	9	2	1							
Laura Lappe	43	9	4	1							
Karen Pyle	40	0	5	1	*						
<b>45-49 FEMALE</b>											
Kammy Philbrick	48	30	10	3							
Marsha Bennett	45	28	17.7	3							
Melanie McVey	47	10	5	1							
Penne Richards	45	9	2	1							



WEST TEXAS RUNNING CLUB  
LUBBOCK ARTS FESTIVAL RUN FOR THE ARTS  
SINCE 1982

15K EVENT RECORDS (Since 1986)  
(Inactive from 1997 to 2004)

WOMEN		ST	AGE	TIME	YEAR
DIV	NAME TOWN				
13-15	Mandy Malouf	TX	13	1:07:58	1987
16-19	Jennifer McGuire	Lubbock	TX	?	1:12:03 1990
20-24	Idalia Casiano	Lubbock	TX	23	1:00:58 1991
25-29	Sue Houle	Lubbock	TX	29	1:01:50 1991
30-34	Marjory Stewart	Lubbock	TX	32	56:24 * 1991
35-39	Marjory Stewart	Lubbock	TX	35	59:37 1994
40-44	Becky Rowley	Clovis	NM	41	1:07:43 2005
45-49	Mary Branscome	Lubbock	TX	48	1:17:10 2008
50-54	Leesa Price	Lubbock	TX	51	1:15:33 2008
55-59	Etta Mayer	Lubbock	TX	56	1:29:55 2006
60+	P.J. Mitchell	Lubbock	TX	64	1:24:51 2007
	Athena Edith Abel	Lubbock	TX	40	1:25:06 2007

MEN		ST	AGE	TIME	YEAR
DIV	NAME TOWN				
13-15	Danny Hernandez	Lubbock	TX	14	1:01:38 1991
16-19	Mike Cagle	Lubbock	TX	19	53:34 1986
20-24	Victor Heredia	Lubbock	TX	24	48:11 * 1991
25-29	Tim Green	Lubbock	TX	25	49:32 1991
30-34	Martin Leodgard	Lubbock	TX	31	50:50 1996
35-39	Scott Brickerd	Lubbock	TX	36	48:36 1989
40-44	Ken Macinnes	Lubbock	TX	40	57:49 1996
45-49	Bobby Cunningham	Abernathy	TX	47	57:31 1986
50-54	George Jury	Lubbock	TX	52	56:39 1989
55-59	George Jury	Lubbock	TX	55	1:02:05 1992
60-64	Tom Bowser	Abiene	TX	62	1:10:39 1989
65-69	Gorden Jenkins	Amarillo	TX	65	1:20:25 2006
70+	Don Sanderson	Tulia	TX	75	1:24:29 2005
	Clydes Farrell Martin	Lubbock	TX	38	1:05:19 2005

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

\*\*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.

2 MILE EVENT RECORDS (Since 1982)

WOMEN		ST	AGE	TIME	YEAR
DIV	NAME TOWN				
6-12	Meghan Bass	Crosbyton	TX	12	14:02 2006
13-15	Mandy Malouf	Levelland	TX	14	12:26 1988
16-19	Maura Braithwaite	Marshfield	MA	19	12:24 * 1983
20-24	Hollye Hightower	Lubbock	TX	?	12:31 1990?
	Sarah Spillman	Lubbock	TX	24	13:18 2007
25-29	Cindy Mott	Lubbock	TX	?	13:42 1983
	Cindy Rowell	Lubbock	TX	?	13:45 1991?
30-34	Geri Russell	Lubbock	TX	33	13:13 1986?
	Jenny Ezell	Lubbock	TX	31	13:35 1988
35-39	Geri Russell	Lubbock	TX	38	13:36 1991?
	Josie Aleman	Lubbock	TX	37	13:50 1989
40-44	Cheryl Weber	Lubbock	TX	43	14:39 1996
45-49	P.J. Mitchell	Lubbock	TX	46	15:26 1991
50-54	Shirley Wigley	Lubbock	TX	51	16:24 2005
55-59	Janis Waechter	Hobbs	NM	56	22:04 2008
60+	P.J. Mitchell	Lubbock	TX	62	17:37 2008
	Athena Sarah Nelson	Lubbock	TX	27	16:33 2006

MEN		ST	AGE	TIME	YEAR
DIV	NAME TOWN				
6-12	Carter Tate	Midland	TX	11	13:43 2008
13-15	Brian Brashears	Lubbock	TX	15	10:38 1986?
16-19	Tim Green	Lubbock	TX	18	10:28 1984
20-24	Glen Morris	Lubbock	TX	?	9:45 * 1983
25-29	Buddy Hutto	Levelland	TX	25	9:45 * 1986?
	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	Ron Lubowicz	Lubbock	TX	65	15:53 2008
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

WEST TEXAS RUNNING CLUB'S ANNUAL  
RANSOM CANYON RUNS  
2 MILE & 10K

EVENT # 4 OF THE W.T.R.C. CHALLENGE SERIES

WHEN: SATURDAY, APRIL 11, 2009

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

See Enclosed Mail in Form for Information

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

Race Start at 9:00 A.M.

WHERE: Ransom Canyon Shopping Center  
East 50th Street

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

AGE DIVISIONS:

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

**WOMEN:** 13-15; 16-19; 20-29; 30-34; 35-39; 40-44; 45-49;  
50-54; 55-59; 60 Plus

Clydesdale and Athena group in both races.

**AWARDS:** A Unique Prairie Dog Medal will be awarded  
To at least the first three finishers in each age group in  
the 2 and 4 mile and up to 50% of each group.

Entry Fee: W.T.R.C. Members \$5.00, Non Members  
\$10.00

Race day \$15.00 Everyone

RACE DIRECTOR: Rose Hoeve, 806-773-1856

WTRC RACE DIRECTOR:

Randy Holloway 806-789-1547

2001 Guidelines  
Updated

We agreed to observe the following guidelines, but allow the race  
director to make exceptions with the approval of parents/coaches.

- 1) Children must be at least 4 years old to run in the 1 mile races  
and it is advised that an adult run along with the child less  
than 6 years old.
- 2) No one under 7 should be allowed to run more than 1 mile
- 3) Anyone under 13 must run the shortest race in our multi race  
events ( We have two 5 Mile events without a choice of a shorter  
event) (13-15 age groups)
- 4) Must be at least 15 to run any race over 10K, ( No 12K, 8 Mile,  
15K, 10 Mile, 11 Mile, or Half Marathons)

**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](mailto:rhoeve@lubbockisd.org)**



## West Texas Running Club Event Calendar

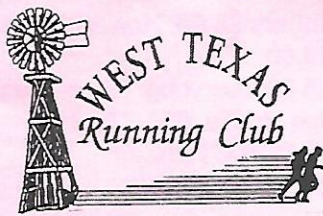
\* Indicates W.T.R.C. Monthly Race and CHALLENGE SERIES EVENT

- APR 02 W.T.R.C. Board meeting: Thursday, 7:00pm  
Wade Wilson's office, 8215 Nashville
- APR 04 Lions Share 5K: 5K, 8:00am, Urbanovsky Park,  
TTU Campus, <http://lionshare5k.webs.com>
- APR 04 The Meadow Mile: 1MI/5K, 9:00am, High School, Meadow,  
Tx., Monica Caswell, 806-548-2116, [www.meadow.esc17.net](http://www.meadow.esc17.net)
- APR 04 Move With The Mayor: 5K/1MI, 10am, Slaton High School,  
Slaton, TX, 806-828-2000.
- APR 04 Run for The Hills: 7K, 9:00am, Medical Center League  
House, Amarillo, TX. <http://lonestarrunnersclub.net>
- APR 05 Big-D Texas Marathon: 8:00am, Fair Park, Dallas, Tx,  
[www.texasmarathon.com](http://www.texasmarathon.com)
- \* APR 11 RAMSOM CANYON RUN: 10K/2MI, 9:00am, Ransom Canyon  
Shopping Ctr at Lake Ransom Canyon, Rose Hoeve, RD,  
806-773-1856.
- APR 18 Speak Up For Kids-Lubbock: 5K, 9:00am, TTU Frazier Alumni  
Pavilion, [www.lubbockcasa.org](http://www.lubbockcasa.org)
- APR 25 Texas Roundup 10K: Austin, Tx, [www.texasroundup.org](http://www.texasroundup.org)
- MAY 03 Ransom Canyon Sprint Triathlon: For details  
[www.buffalospingslaketriathlon.com](http://www.buffalospingslaketriathlon.com)
- \* MAY 09 HORSESHOE BEND CANYON RUNS: 11MI/6MI/2MI,  
8:00am, Horseshoe Bend Canyon, N. of Slaton-CR7300  
Randy Holloway, RD, 806-794-7512
- MAY 16 Arthritis Run/Walk: 3MI/1MI, 9:00am TTU Rec Center,  
<http://lubbockarthritiswalk.kintera.org>
- MAY 17 Buffman & Squeaky Triathlon: For details  
[www.buffalospingslaketriathlon.com](http://www.buffalospingslaketriathlon.com)
- JUN 09 Boomtown Days Half Marathon: Half Marathon/5K, Prize  
Money! Joplin, Mo. [www.boomtownrun.com](http://www.boomtownrun.com)
- \* JUN 13 LEVELLAND LOPE: 10K/2MI, 8:00am, SPCollege-Texan  
Dome, Levelland, TX, Bill Roger, RD, 806-894-7911
- JUN 28 BSLT Half-Ironman: [www.buffalospingslaketriathlon.com](http://www.buffalospingslaketriathlon.com)
- JUL 04 40<sup>th</sup> ANNUAL FIRECRACKER RUN: 10MI/3MI/ELEM.1MI,  
8:00am, Terry County Pk, Brownfield, Jim Harris,  
575-370-4034

<http://wtrc.tripod.com>

Calendar, Photos, Online registration, Membership, etc.

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



5 W. Lakeshore Drive  
Ransom Canyon, TX 79366

2009

