

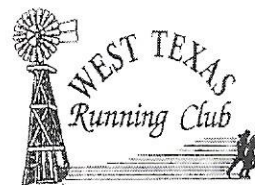


August 2009



2 AND 5 MILES
USA Track & Field Certified

Volume 2, Issue 7



5 W. Lakeshore Drive
Ransom Canyon, TX 79366

Members News

Our condolences to Farrell Martin on the loss of his father Joe Frank Martin, Sr. who died on July, 2, 2009. Our thoughts and prayers are with you and your family.

We would like to make a correction to the overall female winner of the Levelland Lope 10K in June. The Overall female winner was Amanda Boston.

Inside Texas Running has offered to help promote our club membership and events. All they require is some minor support from our members via subscribing to the magazine. And here's the kicker - they are cutting the annual subscription price in half - \$8.00 for 1 year; \$15.00 for 2 years - for this special promotion. To qualify for the half price subscription offer - your order must be placed through our club.

I am still looking for WTRC members that would like to subscribe to the Inside Texas Running Magazine. Please call me at 806-773-1856 if you are interested or email me at rosehoeve@hotmail.com

W. T. R. C. RACES ARE USUALLY HELD THE 2ND SATURDAY OF EACH MONTH. The WTRC monthly business meeting is on Tuesday, August 4, 2009 @ 7:00 p.m. at 3309 67th Street, all members are welcome.

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Hot Dam Runs

Saturday, August 8th,
2009

22nd & MLK BLVD,
Lubbock, Texas

2 & 5 Miles,

Race Starts @ 8:00 am

Race Director: Etta Mayer
(806)742-7070 ext. #297
(806) 792-1471

WTRC Officers

President - Ron Lubowicz
(O) 632- 4926
E-mail: ronlubo@aol.com

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Club Historian - James Livermore
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2 AND 5 MILES
USA Track & Field Certified

The road was a little bumpy on the way to this year's Firecracker Runs, the 40th annual edition of our July 4th celebration. A few days before race day, Scott Jackson, the Brownfield Recreational Director, called to say that vandals had been up to mischief with the portable toilets. Then on Saturday morning, some folks had automotive troubles between Lubbock and Brownfield. Finally, we had problems near the end of the races when Midland's Robert Lee collapsed at 8 miles into the 10-mile run.

However, after a night in the hospital, Robert is doing just fine, saying he will be back to run other WTRC races. In addition, we had beautiful weather with no lakes to run through or creeks to cross, as we did in 2008. In addition, it was America's birthday and everyone was in a party mood.

Thanks to all the volunteers who helped make this event a fine way to begin the holiday: Mary Harris, Pat Jury, George Jury, Mandy Poklikuha, Tony Aleman, Amanda Boston, Ben Boston, Chad Wilcox, Wayne Sullivan, Craig Peterson, Larry Byrd, and the many other club members who also helped in various ways, including Carol Felton, Shannon Anderson, Suzan Caudle and Randy Holloway.

We had a record number of runners this year. Congratulations to all, including the winners, for running fine races. Wow! Look at the times at this year's event.

Finally, a special thanks to the City of Brownfield, the Chamber of Commerce, and all the local sponsors for this year's T shirts.

Jim Harris

***** GIRLS RESULTS *****

FIRECRACKER RUN
ELEMENTARY ONE MILE RUN
JULY 4, 2009 Brownfield, Texas

Place Name	Age	Town	St	Grade	Time
1 HANNAH AYRE	9	CLOVIS	NM	5	9:57
2 ABBY TERRY	8	SUNDOWN	TX	3	10:03
3 LEXIE BURRIS	9	LUBBOCK	TX	5	10:47
4 LANDY YOUNGBLOOD	7	BROWNFIELD	TX	2	10:53
5 EMILEIGH THOMAS	5	LUBBOCK	TX	K	11:00
6 LAUREN GARCIA	9	LUBBOCK	TX	4	11:19
7 HILLARY BURRIS	7	LUBBOCK	TX	2	14:14

***** BOYS RESULTS *****

FIRECRACKER RUN
ELEMENTARY ONE MILE RUN
JULY 4, 2009 Brownfield, Texas

Place Name	Age	Town	St	Grade	Time
1 JACOB THOMAS	11	LUBBOCK	TX	6	7:23
2 ZACHARY WELLS	9	LUBBOCK	TX	4	7:29
3 ZACHARY THOMAS	8	LUBBOCK	TX	3	7:36
4 RYAN TERRY	7	LUBBOCK	TX	2	8:05
5 MATEO GONZALEZ	11	LEVELLAND	TX	6	8:07
6 KYLER FRANKS	11	BIG SPRING	TX	6	8:35
7 MASON MILLER	10	LUBBOCK	TX	5	9:25
8 LOGAN TAYLOR	5	COLORADO SPGS	CO		9:34
9 BRADY CASWELL	6	MEADOW	TX	1	10:44
10 BRENDEN ANDERSON	6	LUBBOCK	TX	1	12:11
11 SLADE MARTIN	4	LUBBOCK	TX	K	13:12
12 THOMAS BRISENDINE	5	BROWNFIELD	TX	K	14:57

Our main purpose ...

is to promote distance running as an aid to physical fitness and longevity and if need be, an alternative "Positive Addiction". We also wish to unite runners of every level of ability and interest, to exchange good health and training ideas, to train together and participate in races, but most of all to promote friendship and camaraderie among all area runners. Our monthly club races are primarily designed to offer each member a yardstick for measuring personal accomplishments and not necessarily competition against each other. We offer encouragement to all runners, regardless of age and ability. Our club is the only Running Club west of the metroplex and north of Austin which conducts at least one race per month.

**W.T.R.C. 2009 Challenge Series
Standings After 6 Events (Male)**

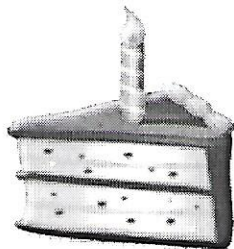
YTD TOTALS						YTD TOTALS					
	AGE	PTS	MILES	EVT	VOL		AGE	PTS	MILES	EVT	VOL
0 - 12 MALE						40-44 MEN					
Walker Adams	11	39	10	4		Noe Valles	43	17	11.2	3	
Jake Brownfield	11	39	9	4		Todd Smith	44	16	29.9	4	*
Evan Gallarneau	9	15	6	3		Troy Pratt	42	15	6	3	
Dakota Hernandez	9	7	4	2		Daniel Gonzales	43	10	2	1	
Julian Hall	9	4	2	1		David Pyle	43	9	9	2	*
Nick Hoeve	11	3	8.2	2	*	James Layman	42	8	2	1	
William Pyle	7	0	5	1	*	Matt Lindgren	42	7	10	1	
David Pyle	9	0	5	1	*						
Joshua Hoeve	10	0	6.2	1	*	45-49 MEN					
13-15 MEN						Joe Frank Martin	49	55	13	6	
Lucas Samarron	15	4	13	5		Jerry Dwyer	49	40	34.7	4	
Kendall Higgins	15	32	18.7	6	*	Jim Higgins	48	36	17.2	4	
Austin Martin	14	19	7	3		Paul Pare	47	36	25.1	4	
Joshua Brownfield	12	10	4	2		Brent Lowery	47	34	28.4	4	
Edgar Martinez	13	9	2	1		Ronald Trollinger	49	26	9	3	
16-19 MEN						Richard Shaw	47	25	16.2	3	
Lucas Morris	17	68	17	7		J. Edson Pinto	47	22	18.9	3	
Jon David Bruegel	17	49	36.1	6	*	Ray Major	48	19	9	2	
K.T. Manis	16	30	14.2	3		Adam Barron	46	16	18.7	2	
Nathan Conroy	17	26	11	4		Todd Smith	45	16	29.9	4	*
Matthew Rodriguez	16	20	15.2	3		Gabriel Martinez	47	9	2	1	
20-24 MEN						Duane Jones	48	5	6.2	1	
Ben Boston	24	38	37.4	6		Edwin Young	45	0	36.2	5	*
Jon Keith	20	29	13.2	3		50 - 54 MEN					
25-29 MEN						Epi Aguirre	50	39	23.9	4	
Brandon Berkshire	25	29	32.4	5	*	Randy Holloway	52	32	49.1	6	*
Andrew Huff	27	28	23.7	4		Jackie Cannon	53	30	8	3	
Stephen Romero	28	34	20.2	4		Randy Bunyard	51	30	26.2	4	
Andres Pedroza	27	27	17.7	3		Gene Adams	51	30	25.9	4	
Jarred Hurst	29	11	11	1		Nate Wilson	53	28	15.2	3	
Jason Fellers	29	10	6.2	1		David Doyle	50	28	14.2	4	*
John Griffin	27	8	20	3	*	Jimmy Samarron	54	18	6	2	
Aaron Self	28	8	4	1		Gonzalo Ramirez	52	15	10.7	2	
David Fraga	29	7	6.2	1		Terry Dalton	54	12	17.7	3	*
Tony Moreno	29	6	6.2	1		Greg Hogan	50	10	11	1	
Jason Hancock	27	3	14.9	2	*	Bob Jackson	50	10	6.2	1	
30-34 MEN						Wade Wilson	50	9	8.7	1	
Chad Wilcox	33	46	25	6	*	55 -59 MEN					
Chris Gallarneau	33	44	20.2	5		James Wallace	59	45	28.2	6	
Joey Hernandez	32	30	17.7	3		Lorenzo Padilla	55	45	11	5	
Bryan Duncan	31	26	25.9	3		Richard Gale	59	43	37.1	5	
Wesley Scholz	32	23	25.9	3		Lawrence Schovanec	56	40	19.7	4	
Chris Truitt	33	20	4	2		Fred Weber	57	36	10	4	
Daniel Hall	33	13	12.2	2		David Weaver	57	35	34.9	5	*
35-39 MEN						Tom Weis	57	30	27.2	3	
Lee Cohen	37	61	35.7	7	*	Dan Hilario	58	29	31.4	5	*
Shannon Anderson	37	58	34.4	7	*	Ken Spain	55	25	15.2	3	
Marin Hernandez	38	34	12	4		Antonio Roman	56	17	4	2	
Eddy Morelock	37	29	17.7	3		Larry Burelsmith	59	10	2	1	
Mont McClendon	37	29	20.2	4		David Higgins	55	8	55.6	7	**
Kirk Pittman	36	17	15	2		Jimmy Clark	56	0	10	1	**
Chirs Toelle	35	15	17.2	2		Tony Aleman	59	0	51.1	7	*
Tyge Payne	37	14	14.9	2		Jim Wilhelm	57	0	5	1	*
Greg Milford	39	11	9	2		Jerry Morris	58	0	8.7	1	*
Alan Williams	36	8	11	1		Wayne Sullivan	58	0	40.1	6	*
Sean Grass	38	7	10	1		60-64 MEN					
Tommie Farrell	38	6	10	1		Mike Kelley	60	61	39.1	7	
Jon Bruegel	38	0	26.1	4	*	Richard Gale	60	53	47.1	6	
40-44 MEN						Rick Lampe	64	46	21.2	5	
Martin Montalvo	44	57	47.1	6		James Livermore	62	25	14.2	3	
Jay Williams	40	56	42.1	7		Douglass Sanford	60	19	9	2	
Cody Miller	43	42	35.4	6	*	Ron Nugent	62	10	7	2	*
Rod Burgett	44	36	44.1	7	*	Michael McDonald	60	8	6.2	1	
Heath Pennell	41	32	32.4	5	*	65-69 MEN					
David Rogowski	41	29	19.9	3		Gorden Jenkins	68	58	30.4	6	
Ignacio Vasquez	41	27	31.2	4		Rick Lampe	65	55	24.2	6	
Tim Key	41	19	11	2		Ron Lubowicz	65	40	42.4	6	*
Ricky Martinez	41	17	12.2	2		Jim Harris	66	30	6	3	**
						Larry Byrd	65	0	44.9	6	*

**W.T.R.C. 2009 Challenge Series
Standings After 6 Events (Female)**

Continue Males						YTD TOTALS					
70-99 MEN	AGE	PTS	MILES	EVT	VOL	30-34 FEMALE	AGE	PTS	MILES	EVT	VOL
Bill Felton	74	70	31.4	7		Mandy Poklikuha	31	40	18	5	*
Bill Roger	70	38	31.1	6	**	Susan Wilcox	31	37	37.4	6	*
Ralph Wolf	72	37	25.4	5	*	Brooke Pittman	31	31	13.6	3	
Mike Greer	69	10	19	2	**	Iris Rivero	34	20	15	2	
George Jury	72	0	51.1	7	*	Erica Weitman	30	12	16.2	2	
CLYDESDALE - Age Graded						Lela Hughes	33	10	8.7	1	
Craig Peterson	52	52	33.2	7	*	Jennifer Payne	31	9	6.2	1	
Milt Brownfield	51	49	19.7	6	*	Courtney Fakhreddine	32	8	8.7	1	
Shaun Fant	41	43	36.2	5		35-39 FEMALE					
Ferrell Martin	43	40	37.4	5	*	Malinda Colwell	35	53	15	6	
Larry Bloskas	47	27	6	3		Tammy Moriearty	35	50	22	5	
Damon Provence	58	17	5	2		Wendy Anderson	38	35	40.4	5	*
Brandon Hughes	35	15	10.2	2		Meggan Bailey	35	31	10	4	
Anthony Catherall	24	12	9	2		Susan Duncan	36	28	25.9	3	
Isacc Munoz, Sr.	53	9	4	1		Traci Payne	36	15	13.7	2	
Jason Hancock	27	7	17.9	3	*	Michaela Jansen	36	10	5	1	
Eric Pittman	32	6	3	1		Mindy Harlien	35	7	2	1	
Jim Beck	48	5	4	1		LouAnna Arterburn	39	6	5	1	
Preston Smith	63	2	3	1		40-44 FEMALE					
Warner Alexander	48	0	5	1	*	Angie Hines	43	40	12	4	
Ed Dabrowski	50	0	10	1	*	Lee Handlin	40	48	19.2	5	
YTD TOTALS						Laura Lappe	43	19	6	2	
0 - 12 FEMALE	AGE	PTS	MILES	EVT	VOL	Hollye Martinez	41	18	8	2	
Catherine Cannon	9	39	8	4		Laura Adams	41	9	2	1	
Cherokee Hernandez	11	33	10	4		Deana Martin	40	8	3	1	
Kayelin Fant	11	25	7	3		Rose Hoeve	41	8	23.4	2	**
Kathleen Adams	8	20	6	2		Karen Pyle	40	0	5	1	*
Alexis Cortez	12	8	8.2	2	*	45-49 FEMALE					
Allison Martin	11	8	3	1		Marsha Bennett	45	64	46.9	7	
Karsen Harlien	8	6	2	1		Jill Haukos	45	56	32.9	6	
13-15 FEMALE						Kammy Philbrick	48	30	10	3	
Turner Adams	14	44	14	4		Tami Miller	49	20	10.2	3	*
Lindsey Smith	14	37	32.9	5	*	Kathy Brownfield	46	16	4	2	
Guadalupe Martinez	15	10	2	1		Melanie McVey	47	10	5	1	
16-19 FEMALE						Mary Branscome	49	10	11	1	
Colleen Adams	16	42	21.9	4		Irma Valles	46	10	2	1	
Taylor Maeker	18	37	28.4	4		Penne Richards	45	9	2	1	
Becky Rogers	18	37	28.4	4		Lorenda Spain	49	9	4	1	
Amanda Morris	17	37	9	4		Brenda Campbell	49	8	2	1	
Katie Haukos	18	15	4	2	*	Debbie Wilson	49	0	19.9	3	*
Allison Pyle	16	10	4	2	*	50-54 FEMALE					
Hannah Layman	16	8	2	1		Debbie Roman	53	29	6	3	
20-24 FEMALE						Glenna Beyer	50	29	7	3	
Amy Martin	20	49	11	5		Barbara Slaton	50	20	11.2	2	
Taylor Huckaby	22	26	6	3		Christy Hurst	52	18	10	2	*
Ashley Keffler	23	19	6	2		Leesa Price	52	0	4	1	*
Taber Black	24	10	2	1		Marti Greer	50	0	4	1	*
Nicole McNew	20	8	2	1		55-59 FEMALE					
25-29 FEMALE						Josie Aleman	58	58	22	7	*
Amanda Boston	25	49	51.1	7	*	Sara Gaxiola	56	56	46.1	6	
Amy McAlexander	28	42	27	5		Cheryl Weber	56	40	18.2	4	
Jennifer Haddock	28	32	33.4	4		Susan Caudle	56	37	32.9	7	*
Briseida Ramos	26	21	15	2		Madeleine Taylor	57	27	16.7	3	
B.J. Carlile	27	20	24.7	3		60-99 FEMALE					
Tara Loan	26	20	9	2		P. J. Mitchell	63	60	44.1	7	*
Christina Truitt	29	20	4	2		Etta Mayer	60	48	31.4	5	
Ledah Welch	26	18	13.7	2		Carol Felton	66	8	3	1	
Stephanie Webb	25	16	9	2		ATHENA - Age Graded					
Kori Truby	28	9	16	2		Amy Hancock	27	57	35.1	7	*
Alice Fraga	26	5	6.2	1		Nikki Roa	24	10	2	1	
Dana Boltz	25	4	6.2	1		Ginger Hall	32	10	17.2	2	*
Ashley Catherall	25	2	5	1		Andi Gibberson	43	9	2	1	
Heather Barron	28	0	8.7	1	*	Donna Dean	52	0	8.7	1	*
** = Race Director						Elizabeth Linder	52	0	16	2	*
* = Volunteer											

Happy Birthday

Matt Miller	35	on (08-02)
Nickolaus Hoeve	12	on (08-02)
Travis Knapp	14	on (08-02)
Brent Tidwell	52	on (08-03)
Joanna Price	24	on (08-05)
Gabriel Martinez	48	on (08-05)
Debbie Roman	54	on (08-05)
Wes Scholz	33	on (08-05)
Mika Wood	31	on (08-06)
Kayla Morrison	48	on (08-06)
Jana Nafzger	42	on (08-08)
Kirk Pittman	37	on (08-09)
John Trompler	62	on (08-09)
Leesa Price	53	on (08-11)
David Weaver	58	on (08-11)
Dottie Holly	55	on (08-12)
Malinda Colwell	36	on (08-12)
Cherokee Hernandez	12	on (08-14)
Kyle Lukert	35	on (08-14)
Penne Richards	46	on (08-16)
Justin Lowrey	22	on (08-16)
Brooke Pittman	32	on (08-19)
Melanie McVey	48	on (08-19)
Mindy Harlien	36	on (08-19)
Michael Epps	58	on (08-20)
Joey Thacker	62	on (08-20)
Felicia Young	46	on (08-20)
Brandon Knapp	17	on (08-23)
Petar Grozdanov	32	on (08-25)
Gorden Jenkins	69	on (08-25)
Amy McAlexander	29	on (08-27)
Donna Dean	53	on (08-28)
Chace Sarchet	14	on (08-28)



WEST TEXAS RUNNING CLUB'S ANNUAL
22nd Annual Hot Dam Runs
2 & 5 Mile Races

EVENT # 8 OF THE W.T.R.C. CHALLENGE SERIES

WHEN: SATURDAY, August 8, 2009
Register online at <http://wtcr.tripod.com> See Enclosed Mail in Form for Information On Site Registration: 7:00 to 7:40am Race Starts at 8:00am

WHERE: Martin Luther King, Jr. Memorial Area (Near waterfall on Canyon Lake 6) East of MLK Blvd. at 22nd Street , Lubbock, TX

COURSE: Five mile and Two mile, out and back on asphalt, two short steep hills.

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

AGE DIVISIONS, 10 Mile

MEN: 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 Plus

WOMEN: 13-15,16-19; 20-24; 25-29; 30-34; 35-39; 40-44; 45-49; 50-54; 55-59; 60 Plus

Special age division for 2-mile: 6-12

Clydesdale and Athena group in both races.

AWARDS: Awards given to the first 3 in each age group and up to 50 percent in each age group, 5 Maximum

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

Race day \$15.00 Everyone

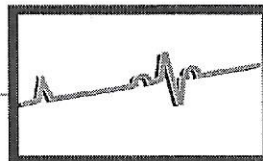
RACE DIRECTOR: Etta Mayer,

806-742-7070, Ext. 294

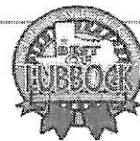
806-792-1471

E-mail: randyholloway@sbcglobal.net

Pj Mitchell, C.C.T., LMT



- MEDICAL MASSAGE
- LYPOSSAGE
- SPORT TRAINING



Pager 806.721.9940

Dear Club Members,

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.

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

West Texas Running Club Event Calendar

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

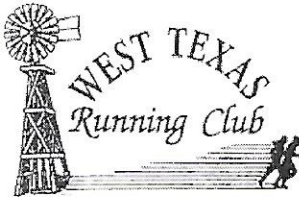
- AUG 4 WTRC Board meeting: Tuesday, 7:00pm Ron's office, 3309-67th St, 806-632-4926
- AUG 1 Hereford's Greg Black: 10K/5K/2MI, 8am, YMCA 500 E. 15th, Hereford, TX contact 806-364-6990.
- AUG 2 Prude Ranch Races: Ft Davis, TX, www.fitnesscamp.org
- * AUG 8 HOT DAM RUNS: 5MI/2MI, 8am, Canyon Lakes #6, 22nd and MLK, Jr. Blvd. Etta Mayer, RD, 806-792-1471.
- AUG 14 Midnight 5K: Southwest Park, Amarillo, TX, www.lonestarrunnersclub.com
- AUG 22 One Hour Run: 8:00am, Amarillo High School Track, Amarillo, TX, www.lonestarrunnersclub.com
- AUG 22 Perryton Big Brothers/Big Sisters: 5K/1M, 8:30am, Perryton High School 806-434-0016
- AUG 29 Blankets & Bears: 5K, 8:30am, Botanical Gardens, Amarillo, TX, Tori Durst, 806-676-5332
- *SEP 12 SHALLOWATER STAMPEDE: 10K/2MI, 8am, Shallowater High School, RD: Russel Martin, 832-5615
- SEP 17 SPC Cotton Country Sprint: 204 N. College Ave, Levelland, TX, contact Dee Dee Odorizzi, 806-894-9611, Ext. 2236, dodorizzi@southplainscollege.edu
- OCT 3 Race for the Cure: www.komenlubbock.org
- OCT 3 White Buffalo Stampede: 5K/1K 8:15am, Snyder, TX Sherrill Easterling, 325-574-7685, seasterling@wtc.edu
- *OCT 10 RED RAIDER ROAD RACE: 10K/5K, 8am, Texas Tech Rec Ctr, RD: Jill Haukos, haukos@aol.com
- OCT 17 M2M Marathon: www.marathon2marathon.net
- OCT 18 Denver Marathon: www.denvermarathon.com
- *NOV 14 BUFFALO WALLOW RUNS: Half Marathon/2Mi, 9am, Buffalo Springs Lake, RD: Mike Kelley, 765-0441
- *NOV 26 TURKEY TROT: 12K/2Mi, 9am, MacKenzie Park-Lubb, Contact: Terry Dalton, 806-777-1456
- *DEC 12 REDLINE/TOYS4TOTS CC: 4Mi, 10:00am, Mae Simmons Park, 2302 Oak Ave, Lubbock, RD: Irma Sanchez 806-783-9974 or 806-743-2347
- DEC 13 Whiterock Marathon: www.runtherock.com

<http://wtcr.tripod.com>

Calendar, Photos, Online registration, Membership, etc.

WTRC Web Address:

<http://wtcr.tripod.com>



5 W. Lakeshore Drive
Ransom Canyon, TX 79366



Boys Ranch 5K + 1M Sep 5