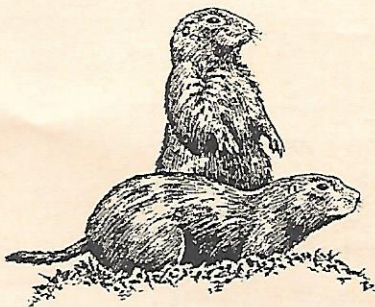


March 2009



Volume 2, Issue 2



Newsletter  
P.O. Box 2921  
Lubbock, Texas 79408

## Notes From the President

Several years ago the Club was reviewing its policies on race safety. Toward this end we decided to not only seek guidance from the recommended practices set forth in the RRCA guidelines, but also to consider measures being used by other, similarly sized running clubs across the nation. The results of all these phone interviews were quite flattering ... we had excellent grades in every category – selection of safe venues, use of police services and course monitors, frequency of aid stations, capable volunteers, rational guidelines, etc, etc.

But we also learned something that was far more impressive than our glowing report card for putting on safe events. And that was how the WTRC so obviously out-distanced all these clubs in the number, quality, diversity and membership participation in its annual Club races. Gang ... **we are unique** ... and we should be very proud of what we are, what we do, and how well we do it.

I can never express enough thanks to the runners who built this Club into what it is today ... kind of a microcosm of the formation of our Nation. We are truly a club **OF** the runners, held together and made strong **BY** the runners, and providing a wonderful running environment **FOR** the runners of West Texas.

Let's all continue to do our part to keep this spirit alive 20, 40, 60 & more years down the road.

SYOTR, Ron

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

The WTRC monthly business meeting is on Thursday, March 5, 2009 @ 7:00 p.m. at BSGM, 8215 Nashville (East of the Veteran's War Memorial). All Members are welcome.

### In This Issue

- Cotton Patch Runs RD Report.....2
  - Cotton Patch 4 & 8 Mile & Relay overall results...3
  - Kids On The Run.....4
  - Challenge Series.....5 & 6
  - Austin Marathon & Half Marathon Finishers.....6
  - Prairie Dog Run Event Records.....7  
& Race Information
  - Birthdays.....7
  - WTRC Calendar.....8
- Inserts
- Registration for the Great HOGG Race.....

Kids Café 1 Mile Fun Run  
Prairie Dog Town Races  
2 and 4 Mile  
March 14, 2009  
Kids Café 1 Mile Fun Run  
Starts at 8:30 AM

Prairie Dog Town Races  
2 and 4 Mile Start at 9:00 AM

MacKenzie Park / Cesar E.  
Chavez Drive, North of  
Broadway

Mike Greer, Race Director,  
806-535-1224

### WTRC Officers

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

Internal Vice-President - George Jury  
(W) 792-3291, (H) 792-1237  
E-mail: rungwj@aol.com

External Vice-President  
Edwin Young, (cell) 806-470-7795  
E-mail: edwiny@oakgrovefarm.com

Secretary– Wendy Anderson  
E-mail: teachwa@yahoo.com

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

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

Membership Director  
Debbie Wilson  
(Cell) 806-239-1792  
E-mail: debwilsonmt06@sbcglobal.net

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



A West Texas Running Club Event

EVENT: 37TH Annual Cotton Patch Runs, 1st stint at Texas Boys Ranch, Lubbock. 4 Mile, Relays and 14K

When: Feb. 14, 2009

# of Participants: 162(new record)

Weather: cloudy and crisp

VOLUNTEERS: Suzan Caudle(Asst RD), Tony Aleman, Amanda Boston, Kendall Higgins, Heather Barron, Larry Byrd, Girlstown-Jesse Pape and his crew, George Jury, Debbie Wilson, P.J.Mitchell, Donna Dean, Jerry Morris, Wayne Sullivan, Jason Hancock, Milt Brownfield, Bill Roger and Jon Bruegel.

THANK YOU VERY MUCH! AND, Thanks to P.J.Mitchell for providing the "sweet" door prizes!

4 Mile Relay Teams: Yes, it's now a full time job! 24 teams, 5 of which were 4-person. Honey Elementary was well represented again, as well as father-daughter and husband-wife teams. Coach Amy Hancock organized the teams on race day, along with assistance from Donna Dean and Amanda Boston. Great Job Gals!

Just a note about one of the team members: Cherokee Hernandez showed up expecting to run one leg of a 4 person team. The rest of her team didn't show. No problem, she ran the 4 mile anyway, placing second in her age group. Way to go Cherokee!

Overall team winners were the Truitts(2 person) and The Guinea Pigs(4 person).

Overall Winners: David Boston and Colleen Adams in the 14K. Lucas Morris and Turner Adams in the 4 Mile.

Photos: Yes, see our website for a link to two slide shows, courtesy of Suzan Caudle, David and Kendall Higgins.

Thanks again for a fun time! Look forward to next years event, as we will start at 9:00am, reverse directions on the 14K course and provide shuttle service for the relay teams.

David Higgins, Race Dir.

### Helping Our Children Feel Good About Themselves

By Barbara Holstein Published 01/22/2009 Childrens Fitness

We have so much influence over the next generation! Lots of times we forget how much influence, as our children or grandchildren can appear to ignore us, forget us or even worse--run from us in o-ne way or another. Sometimes, we must just accept the fact that lots of times positive actions happen without positive recognition! Therefore, it behooves us as the 'grownups' in our personal worlds to keep looking for ways to help the young o-nes experience good times, feel nurtured and loved and to walk away from situations just a little more o-ne the road to developing as a whole person with a good sense of self. I can assure you that insistence o-n creating a meaningful world for our children does eventually pay off!

I'd like to share with you how Lorna did just that with her daughter Sabrina. Here is some of what she wrote to me:

"Yesterday afternoon Sabrina, my six year old daughter, was helping me make Chinese sesame cookies for our church's girls' club. Sabrina attends weekly club meetings and is always happy to help me out with the snacks for club. These cookies needed to be rolled into little balls and then rolled into sesame seeds. The 'seeding' of the cookies was Sabrina's job. We were halfway through the dough. She was rolling away. Suddenly she said to me without looking up, "This is great! I get to spend quality time with Daddy and now more time with you!"

She was referring to her Sunday evenings alone with her daddy. Sunday evenings at 5:30 pm, I leave and take my 9 year-old son to the boys club at church where I also help with snacks. During the time we are gone, Sabrina and her daddy have a tea party almost every Sunday evening. They turn the lights off, light the candles that I have usually in the center of the table, then boil water, and set the table. There is usually some kind of 'tea cookie' (like shortbread) in the pantry. They take those and then serve each other tea and cookies. Sometimes they act silly. e.g. Acting very aloof with flowery language or just simply talking about this and that.

Last Sunday evening I did not have to stay at club until it was over. I got home just in time for the tea party. Sabrina set me a spot at the table. She offered me sugar and cookies. We chatted. She acted a little silly. It was really cute and I was glad I got to peek in o-n what she and my husband usually do. After I had a couple sips, I slipped away to my office to check email so they could have their usual special time alone.'

Lorna, Sabrina's mom, is describing such a wonderful activity that lends itself both to building self-esteem and to beautiful positive memories in the future. I can picture Sabrina sharing her tea parties with her daddy years later with her own children!

Exercise: Play Date with a Child in Your Life

Can you think of something special that you could offer a child in your life? You don't have to be a parent or grandparent. You may know a child down the street, or a cousin or even a friend's child. A special outing or treat can go a long way to bringing delight to a child.

I remember when my aunt Rose arrived at my cousin's home with a surprise for me! It was a box in the shape of a treasure chest and it contained some perfume and soaps all designed for a little girl. I was thrilled and felt very special. I can still remember lovingly keeping my treasure chest and eventually filling it with other treasures after I had used all the soaps, lotions and bubble bath. Yes, this treasure chest did make me feel special, very feminine and created a great memory trace.

I know you will have fun with a play date.



## Kids on the Run

**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 offer encouragement to all runners, regardless of age or ability. --Excerpts from the WTRC Mission Statement**

This is a story about a young girl in Lubbock who would concur with the WTRC Mission Statement; **we offer encouragement to all runners, regardless of age or ability.**

I first met Amanda in January of 2008 at the Copper Rawlings Kids Café where Coach Nicole and I were forming the Team Kids Café running team. As volunteer coaches Nicole and I were trying to encourage the kids to get inspired about running and to train for the upcoming Kids Café 1 Mile Fun Run. Amanda didn't want to have any part of it. At first she wouldn't even participate. After seeing all the fun the other kids were having, Amanda finally starting participating in the running games we played. Shark Attack became her favorite running game. I don't think Amanda realized she was actually running when she played Shark Attack because when it came time for the structured runs, Amanda didn't want to run. Finally after much encouragement from Coach Nicole, Amanda started walking which eventually turned into running. And man could that girl run. There was only one other kid that could beat her and he was an older boy. Amanda crossed the finish line at the Kids Café 1 Mile Fun Run and in the lead pack of kids.

This year at the first Team Kids Cafe meeting at Copper Rawlings I was reacquainted with Amanda. The once shy and reserved girl was now very outgoing and energetic. After giving me a big hug, Amanda told me she was running track at Dunbar Middle School. Wow! What a transformation! From unwilling to participate to participating in track at school! The WTRC Mission Statement had come to life for Amanda.

There are several WTRC members who are making the club's Mission Statement come to life for hundreds of kids at eight Kids Café locations all across Lubbock. There are so many kids, who like Amanda, just need some encouragement to get started. We should all be very proud of and say thank you to the following WTRC members: Josie Aleman, Tammy Moriearty, Paul Pare, Cindy Sorrensen, Epi Aguirre, Jennifer Haddock, and Terry Dalton. As Team Kids Café volunteer coaches, they give their time and energy to encourage kids to get started running. They offer the kids **an alternative Positive addiction** that will keep them away from the negative addiction of drugs and other horrible things that can destroy a kid's life.

All the proceeds from the Kids Café 1 Mile Fun Run and Prairie Dog Town 2 and 4 Mile Run on March 14<sup>th</sup> will be donated to the South Plains Food Bank's Kids Café Program. Please get involved to help promote this run. This is a great event for the entire family. Tell all your relatives, friends and neighbors to participate. Tell everyone at work, church, school, social club and everywhere you go to come out and have fun.

**Tell everyone that Amanda is encouraging them to come out and just run!**

**W.T.R.C. 2009 Challenge Series  
Standings After 2 Events (Men)**

YTD TOTALS						YTD TOTALS					
	AGE	PTS	MILES	EVT	VOL		AGE	PTS	MILES	EVT	VOL
<b>0 - 12 MEN</b>						<b>50 - 54 MEN</b>					
Walker Adams	11	20	6	2		Jackie Cannon	53	20	6	2	
Jake Brownfield	11	9	2	1		Epi Aguirre	50	20	13.7	2	
Evan Gallameau	9	6	2	1		Randy Holloway	52	17	10.7	2	
Joshua Brownfield	12	4	2	1		Gonzalo Ramirez	52	15	10.7	2	
William Pyle	7	0	5	1	*	Gene Adams	51	13	13.7	2	
David Pyle	9	0	5	1	*	Terry Dalton	54	12	13.7	2	
<b>13-15 MEN</b>						<b>55 - 59 MEN</b>					
Lucas Samarron	15	19	6	2		Lawrence Schovanec	56	20	13.7	2	
K.T. Manis	15	10	5	1		Richard Gale	59	18	13.7	2	
Kendall Higgins	14	8	10.7	2	*	Ken Spain	55	17	9	2	
<b>16-19 MEN</b>						<b>60-64 MEN</b>					
Lucas Morris	16	22	6	2		Rick Lampe	64	20	9	2	
Jon David Bruegel	17	19	13.7	2		Mike Kelley	60	15	13.7	2	
John Kieth	19	10	5	1		Douglass Sanford	60	9	5	1	
<b>25-29 MEN</b>						<b>65-69 MEN</b>					
Andres Pedroza	27	18	13.7	2		Gorden Jenkins	68	19	9	2	
Andrew Huff	27	13	13.7	2		Jim Harris	66	10	2	1	
Stephen Romero	27	10	2	1		Ron Lubowicz	65	10	5	1	
Brandon Berkshire	25	7	5	1		Bill Roger	69	9	10.7	2	*
John Griffin	26	4	5	1		Larry Byrd	65	0	13.7	2	*
Jason Hancock	27	0	8.7	1	*	<b>70-99 MEN</b>					
<b>30-34 MEN</b>						<b>70-99 MEN</b>					
Joey Hernandez	32	10	8.7	1		Bill Felton	74	20	6	2	
Chris Gallameau	33	9	5	1		Ralph Wolf	71	0	5	1	*
Bryan Duncan	31	9	8.7	1		George Jury	72	0	13.7	2	*
Chad Wilcox	33	8	5	1		<b>CLYDESDALE - Age Graded</b>					
Wesley Scholz	32	8	8.7	1		Craig Peterson	52	17	9	2	
<b>35-39 MEN</b>						<b>70-99 MEN</b>					
Eddy Morelock	37	19	13.7	2		Anthony Catherall	24	12	9	2	
Marin Hernandez	38	19	6	2		Milt Brownfield	51	10	10.7	2	*
Jay Williams	39	16	13.7	2		Joey Hernandez	32	10	5	1	
Lee Cohen	36	10	13.7	2	*	Larry Bloskas	47	9	2	1	
Shannon Anderson	37	10	9	2	*	Shaun Fant	40	9	5	1	
Mont McClendon	37	8	4	1		Isacc Munoz, Sr.	53	9	4	1	
Greg Milford	39	7	5	1		Brandon Hughes	35	8	4	1	
Tyge Payne	37	6	8.7	1		Troy Pratt	42	7	2	1	
Chris Milford	35	0	5	1	*	Warner Alexander	48	0	5	1	*
Jon Bruegel	38	0	13.7	2	*	<b>45-49 MEN</b>					
<b>40-44 MEN</b>						<b>45-49 MEN</b>					
David Rogowski	41	19	13.7	2		Jerry Dwyer	49	20	13.7	2	
Martin Montalvo	44	18	13.7	2		Ray Major	48	19	9	2	
Daniel Gonzales	43	10	2	1		Jim Higgins	48	17	9	2	
Tim Key	41	9	5	1		Ronald Trollinger	49	10	2	1	
David Pyle	43	9	9	2	*	Joe Frank Martin	49	9	2	1	
Todd Smith	44	8	8.7	1		Paul Pare	46	9	8.7	1	
Heath Pennell	41	7	5	1		Adam Barron	46	8	8.7	1	
Cody Miller	42	0	5	1	*	Brent Lowery	47	7	5	1	
<b>45-49 MEN</b>						<b>45-49 MEN</b>					
Jerry Dwyer	49	20	13.7	2		Rod Burgett	45	7	13.7	2	*
Ray Major	48	19	9	2		J. Edson Pinto	47	6	8.7	1	
Jim Higgins	48	17	9	2		Edwin Young	45	0	5	1	*
Ronald Trollinger	49	10	2	1		<b>Dear Club Members;</b>					
Joe Frank Martin	49	9	2	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.					
Paul Pare	46	9	8.7	1		George W. Jury rungwj@aol.com					
Adam Barron	46	8	8.7	1		792-3291 (d) , 792-1237 (n)					
Brent Lowery	47	7	5	1							
Rod Burgett	45	7	13.7	2	*						
J. Edson Pinto	47	6	8.7	1							
Edwin Young	45	0	5	1	*						

**W.T.R.C. 2009 Challenge Series  
Standings After 2 Events (Women)**

	YTD TOTALS				
	AGE	PTS	MILES	EVT	VOL
<b>0 - 12 FEMALE</b>					
Kathleen Adams	8	20	6	2	
Cherokee Hernandez	11	16	6	2	
Catherine Cannon	9	9	2	1	
Karsen Harlien	8	6	2	1	
<b>13-15 FEMALE</b>					
Turner Adams	13	22	6	2	
Lindsey Smith	14	10	8.7	1	
<b>16-19 FEMALE</b>					
Colleen Adams	16	22	13.7	2	
Amanda Morris	16	10	2	1	
Allison Pyle	16	10	4	2	*
Amy Martin	19	9	2	1	
Katie Haukos	18	6	2	1	*
<b>20-24 FEMALE</b>					
Ashley Keffler	23	19	6	2	
Amanda Boston	24	10	13.7	2	*
Taylor Huckaby	22	9	2	1	
Nicole McNew	20	8	2	1	
<b>25-29 FEMALE</b>					
Ledah Welch	26	18	13.7	1	
B.J. Carille	27	13	13.7	2	
Briseida Ramos	25	10	5	1	
Tara Loan	26	9	5	1	
Stephanie Webb	25	6	5	1	
Amy McAlexander	28	5	5	1	
Kory Truby	28	3	5	1	
Ashley Catherall	25	2	5	1	
Heather Barron	28	0	8.7	1	*
<b>30-34 FEMALE</b>					
Iris Rivero	33	10	5	1	
Brooke Pittman	31	10	4	1	
Lela Hughes	33	10	8.7	1	
Courtney Fakhreddine	32	8	8.7	1	
Susan Wilcox	30	5	5	1	
<b>35-39 FEMALE</b>					
Malinda Colwell	35	19	6	2	
Meggan Bailey	35	15	6	2	
Traci Payne	36	15	13.7	2	
Tammy Moriearty	35	10	2	1	
Michaela Jansen	36	10	5	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	20	6	2	
Jill Haukos	44	20	13.7	2	
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	20	6	2	
Marsha Bennett	45	19	13.7	2	
Melanie McVey	47	10	5	1	
Penne Richards	45	9	2	1	
Lorenda Spain	49	9	4	1	
Brenda Campbell	49	8	2	1	
Kathy Brownfield	46	7	2	1	
Debbie Wilson	49	0	13.7	2	*

	YTD TOTALS				
	AGE	PTS	MILES	EVT	VOL
<b>50-54 FEMALE</b>					
Glenna Beyer	50	10	2	1	
Barbara Slaton	50	10	5	1	
Christy Hurst	52	10	4	1	
Debbie Roman	53	9	2	1	
<b>55-59 FEMALE</b>					
Josie Aleman	57	10	9	2	*
Etta Mayer	59	20	5	1	
Susan Caudle	56	10	10.7	2	*
Sara Gaxiola	56	10	8.7	1	
Madeleine Taylor	57	9	8.7	1	
<b>60-99 FEMALE</b>					
P. J. Mitchell	63	20	13.7	2	
<b>ATHENA - Age Graded</b>					
Amy Hancock	26	20	13.7	2	
Nikki Roa	24	10	2	1	
Andi Gibberson	43	9	2	1	
Donna Dean	52	0	8.7	1	*
Elizabeth Linder	52	0	5	1	*

Congratulations to all of you who ran the Austin Marathon and Half Marathon on February 15, 2009. I know how hard you all worked, trained and how much you sacrificed to prepare yourselves for this test of will power. Each and every one of you is a winner for achieving this goal and living up to your commitment regardless of whatever time you turned in, "You are all Rock Stars!!!"



### Marathon



Cody Miller	3:32:21
Chris Toelle	3:58:55
Leesa Price	4:07:06
Chris Milford	4:41:10
Edwin Young	4:41:19
Jennifer Snead	4:44:24
Stephanie Wehmeier	4:49:31
Greg Milford	4:59:31
Etta Mayer	5:36:42

### Half Marathon

Amy McAlexander	2:21:25
Susan Wilcox	2:25:20
Sonia Rodriguez	2:29:01
Douglas Sanford	2:46:16
Chad Wilcox	2:52:51



**Prairie Dog Run 4 Mile**  
 Since 1983  
**EVENT RECORDS**  
 USA T&F Certified, #TX97108ETM

AGE	NAME	MEN TOWN	AGE	TIME	YEAR
0-12	Ben Stewart	Lubbock	12	28:56	1999
13-15	Robert Jackson	Lubbock	15	24:01	1983
16-19	Si Reid	Tucumcari, NM	18	21:20	1997
20-29	Bob Jackson	Portales, NM	24	20:53	*1983
30-34	Cliff McCurdy	Canadian	30	21:20	1984
35-39	Bob Jackson	Hobbs, NM	38	21:34	1997
40-44	George Chaves	Tucumcari, NM	40	21:27	1994
45-49	Robert Guagardo	Levelland	48	23:55	1991
50-54	Jim Leser	Lubbock	51	24:01	1998
55-59	George Jury	Lubbock	55	24:22	1992
60-64	Jim Harris	Hobbs, NM	61	29:59	2004
65-69	Don Sanderson	Tulia	66	28:47	1996
70+	Bill Felton	Lubbock	71	33:23	2006
Clydes	Kevin Lair	Lubbock	38	26:13	2000

**WOMEN**

0-12	Sara Aragon	Tucumcari, NM	12	29:41	1997
13-15	Laci Jackson	Hobbs, NM	15	26:33	1997
16-19	Anne Plachetka	Lubbock	18	32:26	1996
20-29	Sue Houle	Lubbock	28	26:19	1990
30-34	Marjory Stewart	Lubbock	32	23:58	*1991
35-39	Marjory Stewart	Lubbock	36	25:24	1995
40-44	Marjory Stewart	Lubbock	40	28:57	1999
45-49	Martha Martinez	Colorado City	45	30:58	2001
50-54	Madonne Miner	Lubbock	50	31:26	2003
55-59	P.J. Mitchell	Lubbock	57	36:13	2003
60+	P.J. Mitchell	Lubbock	60	38:15	2005
Athena	Edie Abel	Lubbock	39	35:48	2006

\* Overall Event Record  
 + Noteworthy times

**HAPPY BIRTHDAY**

James Wallace	59	on (03-02)
Danielle Pratt	18	on (03-07)
Jimmy Samarron	54	on (03-08)
Debbie Wilson	50	on (03-09)
Joli Martin	25	on (03-12)
John Griffin	27	on (03-13)
Brittney Dean	13	on (03-13)
Kristina Dean	13	on (03-13)
Julie Epps	26	on (03-14)
Dakota Hernandez	9	on (03-15)
Etta Mayer	60	on (03-15)
David Steadman	40	on (03-16)
Erica Weitman	30	on (03-19)
Larry Byrd	68	on (03-22)
Brett Underwood	31	on (03-23)
Jason Fellers	29	on (03-26)
Christina Truitt	29	on (03-26)
Karsen Harlien	9	on (03-27)
Michelle Cohen	34	on (03-27)
Iris Rivero	34	on (03-31)



**WEST TEXAS RUNNING CLUB'S ANNUAL PRAIRE DOG TOWN RACES**  
 4 MILE & 2 MILE & 1 MILE KIDS CAFÉ

EVENT # 3 OF THE W.T.R.C. CHALLENGE SERIES

WHEN: SATURDAY, MARCH 14, 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.

Kids Café 1 Mile Fun Run Starts at 8:30 A.M.

Prairie Dog Town Races 2 & 4 Miles Start at 9:00 A.M.

WHERE: Mackenzie Park/Cesar E. Chavez, North of Broadway

AID STATIONS: Approximately Every Two Miles  
 WTRC Rules Do Not Permit Pets, Skates, Strollers, or Bicycles

All Proceeds Benefit the South Plains Food Bank Kids Café Program

**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.

Kids Café 1 & 2 Mile Fun Run is \$5.00 and open to ages 13 and under.

Entry Fee: W.T.R.C. Members \$5.00, Non Members \$10.00  
 Race day \$15.00 Everyone

RACE DIRECTOR: Mike Greer, 806-535-1224  
 WTRC RACE DIRECTOR: Randy Holloway 806-789-1547

**Lyposassage**



Body contouring & cellulite treatments that deliver healthy measurable results!

**P. J. Mitchell, C.C.T., LMT**  
 Certified Lyposassage Practitioner & Massage Therapist

PAGER 806.742.9940

Many thanks on behalf of all WTRC members to Beyond Faith HomeCare & Rehab, Harlien Pools Inc. - Michael & Amy Harlien, HollyHocks on 34th, Thacker Jewelry, Joey Thacker, PJ Mitchell - Massage Therapist, and Shari Holloway for their generous door prize donation to our Annual Awards Banquet.

**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

- MAR 03 W.T.R.C. Board meeting: Tuesday, 7:00pm  
Wade Wilson's office, 8215 Nashville
- \* MAR 14 PRAIRIE DOG TOWN RUNS: 4MI/2MI/Kids Café 1M, 8:30am,  
Mackenzie Park, Kids Café contact: Terry, 777-1456,  
E. Broadway at Cesar Chavez Dr., Lubbock, Mike Greer, RD,  
806-535-1224.
- MAR 28 Race For The Kiddos: 5K/1mi run/walk, 9:00 am,  
TTU Rec. Center, Audra Smith, 806-747-2877,  
[audra@wagnersupply.com](mailto:audra@wagnersupply.com), [www.active.com](http://www.active.com)
- MAR 28 The Great Hogg Race: [www.cornerstonelamesa.org](http://www.cornerstonelamesa.org)  
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)
- APR 04 The Meadow Mile: 1M/5K, 9:00am, High School, Meadow,  
Tx., Monica Caswell, 806-548-2116, [www.meadow.esc17.net](http://www.meadow.esc17.net)
- APR 05 Big-D Texas Marathon: 8:00am, Fair Park, Dallas, Tx,  
[www.texasmarathon.com](http://www.texasmarathon.com)
- \* APR 11 To be Announced

- APR 18 Speak Up For Kids: 5K, 9:00am, TTU Frazier Alumni  
Pavilion, Rose Carkeet, 806-763-2272, [www.lubbockcasa.org](http://www.lubbockcasa.org)
- APR 25 Texas Roundup 10K: Austin, Tx, [www.texasroundup.org](http://www.texasroundup.org)
- MAY 03 Ramson Canyon Sprint Triathlon: For details  
[www.buffalospringslaketriathlon.com](http://www.buffalospringslaketriathlon.com)
- \* MAY 09 HORSESHOE BEND CANYON RUNS: 11MI/6MI/2MI,  
8:00am, Horseshoe Bend Canyon, N. of Slaton, CR3600 &  
E. CR7300, Randy Holloway, RD, 806-794-7512
- MAY 17 Buffman & Squeaky Triathlon: For details  
[www.buffalospringslaketriathlon.com](http://www.buffalospringslaketriathlon.com)
- JUN 09 Boomtown Days Half Marathon: Half Marathon/5K, Prize  
Money!, [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.buffalospringslaketriathlon.com](http://www.buffalospringslaketriathlon.com)
- \* JUL 04 40<sup>th</sup> ANNUAL FIRECRACKER RUN: 10MI/3MI/ELEM.1MI,  
8:00am, Terry County Park, Brownfield, TX, Jim Harris, RD,  
575-370-4034

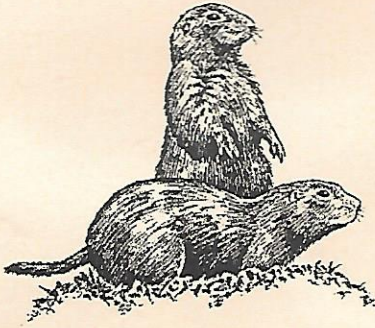
<http://wtrc.tripod.com>  
Calendar, Photos, Online registration, Membership, etc.

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



**WEST TEXAS**  
*Running Club*

Newsletter  
P.O. Box 2921  
Lubbock, Texas 79408



Jason Fellers  
3804 37<sup>th</sup> Street

FORWARD X 750 N7E 1 C07E 22 08/08/09  
FELLERS  
5906 9TH ST  
LUBBOCK TX 79416-3792

RETURN TO SENDER

79408@2921

