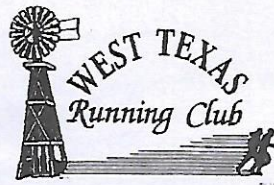




April 2010



5 W. Lakeshore Drive
Ransom Canyon, TX 79366

Volume 3 , Issue 3



LUBBOCK ARTS FESTIVAL
Civic Center
April 16 - 18, 2010

2010 Prairie Dog Run Race Report

The day started at a brisk 27 degrees as the dedicated regulars of the WTRC gathered for this year's annual Prairie Dog Run at McKenzie Park. The work goes on however, and by 8:00, the course was laid out, the timers were calibrating, the finish chute was in place, and the sun was shining brilliantly in advance of a great day to run! The cold may have kept a few away, but 174 runners took to the line for the start of both the 2 and 4 mile distances, and, thanks to the great work of all of the volunteers, it started just a couple of minutes past nine. It was great to see everyone out, and especially the large group of young people out for the 2 mile portion!

In less than 12 minutes, we could already see our 1st finisher at the line and many more coming in strongly to the finish. About 10 minutes later, our 4 milers began to hit the line as well! It seems that most everyone came to the line with a smile on their face...many still had enough in the tank to sprint the last 50 yards or so to the finish.

Results came quickly and I was proud to give out the many medals to our finishers! I'm proud and honored to be part of such a great club that works hard to put on great events monthly, and the participation of all when we need people to help.

Many thanks to our volunteers at this event! My first attempt at being race director went so smoothly because of your willingness to jump in and do whatever was necessary to help put this event on! Also, thanks so much to all of the behind the scenes people that plan these events month after month!

We had 174 finish this year's edition of the race, and I'm hoping to increase that number next year as the WTRC works to help increase the number of people in our community that enjoy our sport.

Thanks again to all of the participants and volunteers, and I'll see you at the 2011 edition!

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

The WTRC monthly business meeting is on Tuesday, April 6, 2010 @7:00pm Ron's office, 3309-67th St, 806-781-0231, All Members are welcome.

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Inserts

- Registration for Run for the Arts

RUN FOR THE ARTS

April 17, 2010
 1 Mile Kid's Cafe
 2 Mile & 15K
 Races Start at 8:00 am
 At Mac Davis Drive
 North of the Civic Center
 Suzan Caudle, Race Director
 806-787-6708

A BIG THANK YOU TO 2010 Prairie Dog Run Volunteers

Tami Miller
 Martin Montalvo
 Debbie Gelber
 Tony Aleman
 Sarah Floyd
 Glenna Beyer
 Jennifer Snead
 Valry Potratz
 Marek Potratz
 Ralph Wolf
 Terry Dalton
 Wendy Anderson
 David Higgins
 Jimmy Clark

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 Vacant

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

Last week I ran 15 miles, and it was great. At least, it felt great in my heart and mind, if not in my legs. I am training to run the Oklahoma City Memorial Marathon the end of April, and successfully completing a 15 mile run was a big landmark.

The temperature that morning was in the 40s, so I wore shorts and a long-sleeved T-shirt and gloves. I also wore the Camelback that Katie gave to me for water, and took some of those gel blocks, also from Katie. I had my GPS watch, given to me by Cyndi, which has opened up the routes I am willing to attempt for long runs. I don't have to worry so much about planning my routes down the exact mile since I can GPS it.

According to my watch, my average pace stayed around 15 mpm, which was embarrassingly slow, but it did include walk breaks. And it was a pace I could maintain for the entire distance. I ran Galloway 6s for two hours, then 5s, and then 4s, to finish the run.

I got really tired and weary the last two miles, but I always feel that way during the last bit of my long runs. Two weeks ago when I ran 13 miles, I also felt weary during the last two. I expect I'll feel weary next time when I run 18 or so. I guess that's the point of training, to push the weary miles further and further away.

I do have seven marathon finishes in my log book, so I know what I'm getting into. That doesn't make the training any easier, but it helps me remember that running long won't kill me, and that it will all be worth it.

There are certain thresholds in life that change my perceptions about myself. The first one is running for an hour. The next is running for 10 miles. If I run 10 miles on a regular basis it makes me feel strong and invincible. Running 15 miles is another threshold. I guess the next is 20 miles. There is something magical about a 20-mile training run; it puts you in rarified air, up in the high country. And now Chad and I have been toying with the idea of running an ultramarathon this fall. We haven't picked the race yet, but in general an ultramarathon is any race 30 miles or further. To be honest, I can't believe I'm even committing to this on paper. Why would I consider running an ultramarathon when I couldn't run more than an hour just last year? And even now I'm so slow I am afraid I'll someday just topple over. I am thinking ultramarathon thoughts because running 15 miles has given me hope, and hope is a mighty thing. Hope can overcome discomfort and reinforce dreams.

In fact, running an ultra is something I've wanted to do ever since I first learned about them, back in 1980. But I was never fit enough, or worse, never brave enough. Now that my friend Chad has called me out, I have to take it more seriously. Personally, I've always thought of running to be more of a survival exercise than a sport. I like the idea of running long races and running in the mountains. Since I'm not a fast runner I might as well enter races that defy death. That's why I've always wanted to run Pike's Peak, and I hope to someday run ultras.

I recently played a game where you try to describe your life in exactly six words. My attempt to describe my life, looking both backward and forward, was, "Miles To Go Before I Sleep." I hope I can stay healthy enough to keep running the long miles. I hope I have lots more threshold runs to conquer.

Berry Simpson

"I run in the path of Your commands, for You have set my heart free." Psalm 119:32

CONDOLENCES

To Larry and Carrie Byrd for the loss of their daughter Tammy at 37 years of age on March 13, 2010. She is survived by 4 children.

3M HALF MARATHON Austin, January 24, 2010

WTRC members did pretty well at this event. Bob Jackson, 51, ran 1:16:22 to win first in his age group and 35th overall. John Keith, 21, was next at 1:19:32, Richard Gale, 60, ran 1:47:16 and Duane Jones, 49, ran a 2:01:56.

ANOTHER WAY YOU CAN GET KILLED WEARING HEADPHONES

Probably everyone has heard this story, but just in case. A pilot flying an experimental type aircraft, lost a propeller and had to make an emergency landing on a beach on the east coast. Unfortunately a runner was on the beach and did not hear the crashing aircraft as it approached from behind because he had headphones on. He was killed on the spot!

Prairie Dog Run Records

There were 9 new records in the 2 mile, none in the 4 mile.

M6-12 Jake Brownfield, 12, lowered his own record to 12:43

M16-19 Lucas Morris, 17, lowered his own record to 11:37 (Lucas had just won the 3,200M race at a track meet in Abernathy, the day before in 11:25 and finished second at 1,600M in 5:15)

M40-44 Noe Valles, 43, new record of 14:52

M55-59 Luis Cardenas, 58, new record of 15:57
Clydes, John Clements 53, 14:31

F06-12 Cecilia Fogo, 8, Lubbock, 16:56

F25-29 Amanda Boston, new age group & overall record of 12:58

F30-34 Iris Rivero, 34, new record of 13:18

F50-54 Sissy Keeling, 51, of Abilene, new record of 16:43

West Texas Running Club
28th ANNUAL PRAIRIE DOG TOWN RUN
2 Mile and 4 Mile Road Races
4M USAT&F Certified #TX07080ETM
Lubbock, Texas March 13, 2010

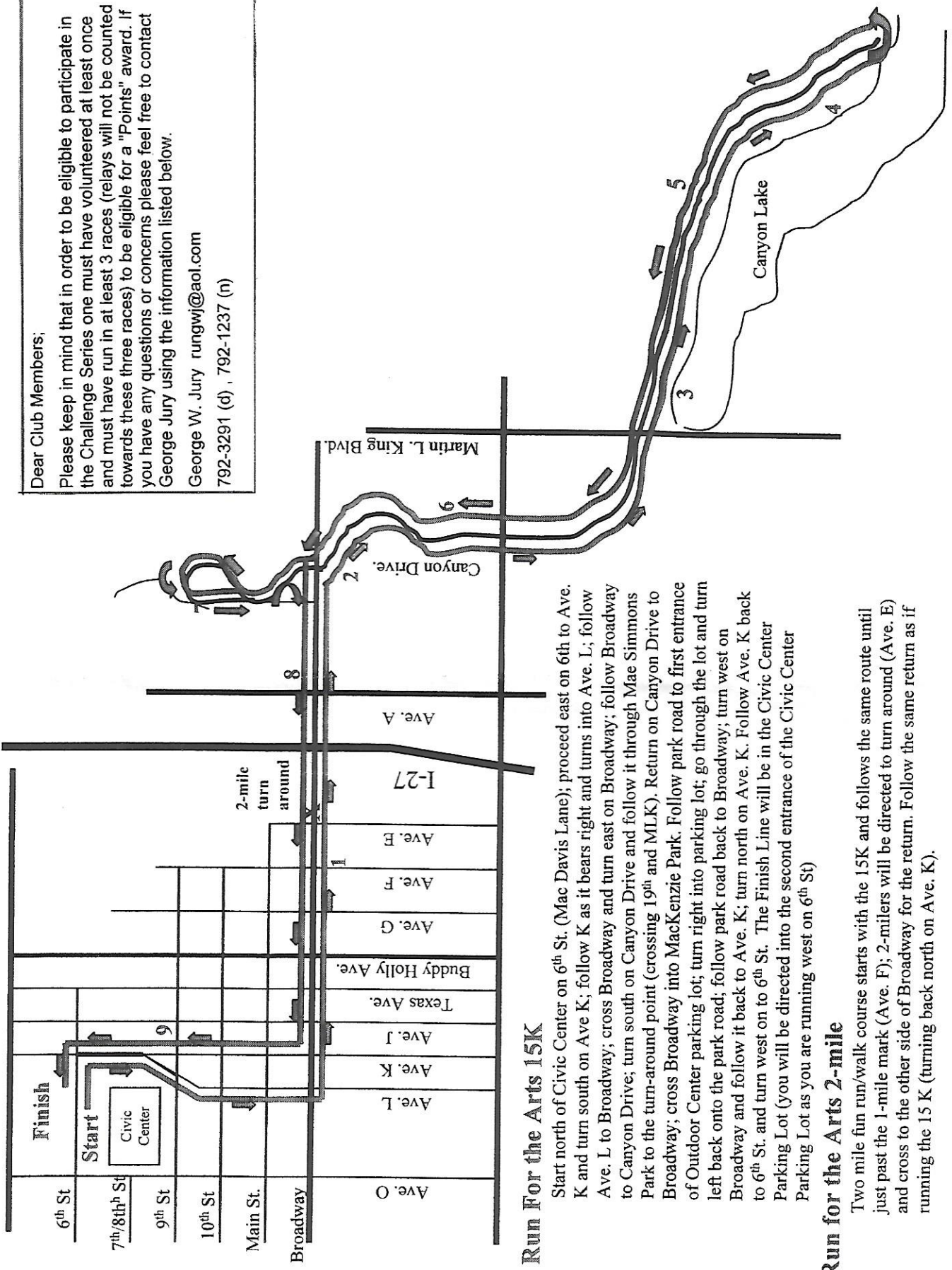
2 MILE OVERALL RESULTS

Place	Name	Town	St	Ag	S	Div	Div	2	Pace
1	Lucas Morris	LUBBOCK	TX	17	M	1	M1619	11:37	5:49
2	Jake Brownfield	LUBBOCK	TX	12	M	1	M0112	12:43	6:22
3	Amanda Boston	LUBBOCK	TX	25	F	1	F2529	12:58	6:29
4	IRIS RIVERO	LUBBOCK	TX	34	F	1	F3034	13:18	6:39
5	ERIC FISHER	LUBBOCK	TX	38	M	1	M3539	13:24	6:42
6	PAUL DAVID GASCHEN	LUBBOCK	TX	14	M	1	M1315	13:44	6:52
7	BRANDON SIMS	EARTH	TX	15	M	2	M1315	13:51	6:56
8	Devyn Pratt	LUBBOCK	TX	16	M	2	M1619	13:55	6:58
9	DANIEL MCGILL	LUBBOCK	TX	14	M	3	M1315	13:56	6:58
10	KC HART	SLATON	TX	11	M	2	M0112	14:16	7:08
11	JOHN CLEMENTS	LUBBOCK	TX	53	M	1	M5054	14:31	7:16
12	SEAN GRASS	LUBBOCK	TX	39	M	2	M3539	14:41	7:21
13	David Doyle	LUBBOCK	TX	51	M	2	M5054	14:44	7:22
14	NOE VALLES	LUBBOCK	TX	43	M	1	M4044	14:52	7:26
15	Jon Brugel	LUBBOCK	TX	18	M	3	M1619	15:05	7:33
16	Ben Boston	LUBBOCK	TX	25	M	1	M2529	15:11	7:36
17	DAVID STELL	LUBBOCK	TX	12	M	3	M0112	15:13	7:37
18	CHRISTOPHER GASCHEN	LUBBOCK	TX	12	M	4	M0112	15:29	7:45
19	DAMON PROVENCE	SUDAN	TX	59	M	1	M5559	15:31	7:46
20	Will Overstreet	LUBBOCK	TX	8	M	5	M0112	15:34	7:47
21	Patrick Irish	LUBBOCK	TX	7	M	6	M0112	15:45	7:53
22	Cameron Kral	LUBBOCK	TX	8	M	7	M0112	15:50	7:55
23	LUIS CARDENAS	LUBBOCK	TX	58	M	2	M5559	15:57	7:59
24	Mill Brownfield	LUBBOCK	TX	52	M	3	M5054	15:59	8:00
25	SISSEY KEELING	ABILENE	TX	51	F	1	F5054	16:43	8:22
26	RUSTY DUTTON	LUBBOCK	TX	30	M	1	M3034	16:53	8:27
27	Cecilia Fogo	LUBBOCK	TX	8	F	1	F0112	16:56	8:28
28	Kristin Dutton	LUBBOCK	TX	28	F	2	F2529	17:00	8:30
29	Troy Pratt	LUBBOCK	TX	43	M	2	M4044	17:00	8:30
30	Joe Frank Martin	LUBBOCK	TX	50	M	4	M5054	17:13	8:37
31	DANNY DELEON	EARTH	TX	46	M	1	M4549	17:22	8:41
32	KYLE KEELING	LUBBOCK	TX	21	M	1	M2024	17:27	8:44
33	Amanda Morris	LUBBOCK	TX	17	F	1	F1619	17:30	8:45
34	Hannah Layman	HEREFORD	TX	17	F	2	F1619	17:36	8:48
35	James Preiss	LUBBOCK	TX	49	M	2	M4549	17:44	8:52
36	PJ Mitchell	LUBBOCK	TX	64	F	1	F6099	17:52	8:56
37	DAKOTA HERNANDEZ	LUBBOCK	TX	9	M	8	M0112	18:08	9:04
38	MO HERNANDEZ	LUBBOCK	TX	39	M	3	M3539	18:09	9:05
39	Hollye Martinez	SPUR	TX	42	F	1	F4044	18:10	9:05
40	MALINDA COLWELL	LUBBOCK	TX	36	F	1	F3539	18:18	9:09
41	Surayn Constanco	LUBBOCK	TX	11	F	2	F0112	18:21	9:11
42	Amy Lovett	PORTALES	NM	31	F	2	F3034	18:26	9:13
43	FRED CONSTANCIO	LUBBOCK	TX	57	M	3	M5559	18:41	9:21
44	Matthew Santos	LUBBOCK	TX	11	M	9	M0112	19:01	9:31
45	Jill Fogo	LUBBOCK	TX	36	F	2	F3539	19:01	9:31
46	WAYDE KEELING	ABILENE	TX	52	M	5	M5054	19:16	9:38
47	JIM HARRIS	HOBBS	NM	67	M	1	M6569	19:58	9:59
48	IRMA VALLES	LUBBOCK	TX	46	F	1	F4549	20:05	10:03
49	DOUG SIMS	EARTH	TX	47	M	3	M4549	20:28	10:14
50	RYAN PRINCE	LUBBOCK	TX	8	M	10	M0112	20:35	10:18
51	Debbie Vasquez	LUBBOCK	TX	35	F	3	F3539	20:51	10:26
52	Darbi Williams	LUBBOCK	TX	9	F	3	F0112	20:53	10:27
53	JENNIFER ADLING	LUBBOCK	TX	39	F	4	F3539	21:08	10:34
54	NANCY MALONE	PLAINVIEW	TX	44	F	2	F4044	21:30	10:45
55	Kristin Franklin	FT WORTH	TX	29	F	3	F2529	21:32	10:46
56	Keith Patrick	WOLFFORTH	TX	26	M	2	M2529	21:38	10:49
57	Katie Haukos	LUBBOCK	TX	19	F	3	F1619	21:55	10:58
58	Jill Haukos	LUBBOCK	TX	45	F	2	F4549	21:59	11:00
59	Linda Jama	LUBBOCK	TX	45	F	3	F4549	22:21	11:11
60	Melinda Olivarez	LUBBOCK	TX	31	F	3	F3034	22:25	11:13
61	Julian Hall	LUBBOCK	TX	10	M	11	M0112	22:26	11:13
62	John Shin	LUBBOCK	TX	10	M	12	M0112	22:56	11:28
63	Tandie Layman	HEREFORD	TX	42	F	3	F4044	22:58	11:29
64	James Layman	HEREFORD	TX	44	M	3	M4044	22:59	11:30
65	Zayven Constanco	LUBBOCK	TX	9	M	13	M0112	23:03	11:32
66	Debbie Roman	LUBBOCK	TX	54	F	2	F5054	23:20	11:40
67	Chadwick Wilcox	LUBBOCK	TX	34	M	2	M3034	23:22	11:41
68	NICKLAS VENHUIZEN	LUBBOCK	TX	7	M	14	M0112	23:29	11:45
69	SUSAN URBAN	LUBBOCK	TX	54	F	3	F5054	23:35	11:48
70	Antonio Roman	LUBBOCK	TX	57	M	4	M5559	23:47	11:54
71	Jesslyn Mortensen	LUBBOCK	TX	7	F	4	F0112	23:53	11:57
72	Bill Dutton	HEREFORD	TX	60	M	1	M6064	23:56	11:58
73	DAWN CEPICA	LUBBOCK	TX	38	F	5	F3539	24:02	12:01
74	Dave Marcinkowski	LUBBOCK	TX	39	M	4	M3539	24:27	12:14
75	GRACE DRAKE	LUBBOCK	TX	8	F	5	F0112	24:28	12:14
76	KRISTI BARKER	SHALLOWATER	TX	31	F	4	F3034	24:34	12:17
77	Josie Aleman	LUBBOCK	TX	58	F	1	F5559	24:34	12:17
78	ABREE WILSON	LUBBOCK	TX	8	F	6	F0112	24:48	12:24
79	AVERY BILL	LUBBOCK	TX	8	F	7	F0112	25:13	12:37
80	David Norwood	LUBBOCK	TX	16	M	4	M1619	25:30	12:45
81	Jennifer Norwood	LUBBOCK	TX	42	F	4	F4044	25:35	12:48
82	Anna Marlin	LUBBOCK	TX	9	F	8	F0112	25:41	12:51
83	Ben Marcinkowski	LUBBOCK	TX	7	M	15	M0112	25:43	12:52
84	Jessica Norwood	LUBBOCK	TX	19	F	4	F1619	25:48	12:54
85	FAITH DRAKE	LUBBOCK	TX	6	F	9	F0112	25:49	12:55
86	WENDY DRAKE	LUBBOCK	TX	34	F	5	F3034	25:49	12:55
87	SUZAN CAUDLE	LUBBOCK	TX	57	F	2	F5559	26:00	13:00
88	Rick Lampe	LUBBOCK	TX	65	M	2	M6569	26:01	13:01

4 MILE OVERALL RESULTS

Place	Name	Town	St	Ag	S	Div	Div	4	Pace
1	BENJAMIN TANUI	LUBBOCK	TX	33	M	1	M3034	21:55	5:29
2	BLAKE BEDNARZ	LUBBOCK	TX	25	M	1	M2529	23:41	5:56
3	Jerred Hurst	RANSOM CANYON	TX	30	M	2	M3034	24:00	6:00
4	David Rogowski	LUBBOCK	TX	42	M	1	M4044	24:30	6:08
5	Lee Cohen	LUBBOCK	TX	37	M	1	M3539	25:29	6:23
6	JERRY DWYER	LUBBOCK	TX	50	M	1	M5054	25:38	6:25
7	JOHN CORELIS	LUBBOCK	TX	44	M	2	M4044	25:45	6:27
8	Matthew Gordillo	PORTALES	NM	36	M	2	M3539	25:50	6:28
9	Trent Early	SNYDER	TX	21	M	1	M2024	25:55	6:29
10	Heath Pennell	LUBBOCK	TX	42	M	3	M4044	26:00	6:30
11	Zach Manning	LUBBOCK	TX	28	M	2	M2529	26:05	6:32
12	Ricky Martinez	SPUR	TX	42	M	4	M4044	26:10	6:33
13	Hector Castillo	PLAINVIEW	TX	14	M	1	M1315	26:18	6:35
14	Shannon Anderson	TX	38	M	3	M3539	26:52	6:43	
15	Chris Toelle	LUBBOCK	TX	36	M	4	M3539	27:28	6:52
16	Michael Berry	LUBBOCK	TX	34	M	3	M3034	27:54	6:59
17	Ignacio Vasquez	LUBBOCK	TX	42	M	5	M4044	28:00	7:00
18	JILL URBAN	LUBBOCK	TX	22	F	1	F2024	28:18	7:05
19	Randy Holloway	LUBBOCK	TX	53	M	2	M5054	28:26	7:07
20	Rod Burgett	SHALLOWATER	TX	45	M	1	M4549	28:50	7:13
21	Aaron Chavez	PLAINVIEW	TX	14	M	2	M1315	28:54	7:14
22	Daniel Hall	LUBBOCK	TX	35	M	5	M3539	29:16	7:19
23	SCOTT BURRIS	LUBBOCK	TX	40	M	6	M4044	29:44	7:26
24	LONDON HAMMER	LUBBOCK	TX	22	M	2	M2024	29:52	7:28
25	Andres Pedroza	LUBBOCK	TX	28	M	3	M2529	30:12	7:33
26	BRADY COOK	LUBBOCK	TX	28	M	4	M2529	30:13	7:34
27	Richard Shaw	PLAINVIEW	TX	48	M	2	M4549	30:53	7:44
28	RICHARD GALE	LUBBOCK	TX	60	M	1	M6064	31:56	7:59
29	Michaela Jensen	LUBBOCK	TX	37	F	1	F3539	31:58	8:00
30	Paul Moats	ABERNATHY	TX	42	M	7	M4044	32:00	8:00
31	Gary Evans	LUBBOCK	TX	30	M	4	M3034	32:09	8:03
32	Gabriel Olivarez	LUBBOCK	TX	33	M	5	M3034	32:11	8:03
33	BRAD DICKEY	WOLFFORTH	TX	34	M	6	M3034	32:16	8:04
34	RON LUBOWICZ	LUBBOCK	TX	67	M	1	M6569	32:26	8:07
35	Ronnie Trollinger	LUBBOCK	TX	50	M	3	M5054	32:39	8:10
36	Stephanie Henderson	LUBBOCK	TX	26	F	1	F2529	32:45	8:12
37	Sam Hohbein	RANSOM CANYON	TX	28	M	5	M2529	33:02	8:16
38	RANDY GATTIS	LUBBOCK	TX	25	M	6	M2529	33:06	8:17
39	BRADY WEBB	LUBBOCK	TX	24	M	3	M2024	33:08	8:17
40	JAMI SAEL	LUBBOCK	TX	38	F	2	F3539	33:19	8:20
41	Tammy Moriearty	LUBBOCK	TX	36	F	3	F3539	33:21	8:21
42	David Weaver	LUBBOCK	TX	58	M	1	M5559	33:24	8:21
43	Rodnie Prigg	LUBBOCK	TX	59	M	2	M5559	33:27	8:22
44	Hedge Martin	LUBBOCK	TX	34	M	7	M3034	33:32	8:23
45	Ken Spain	LUBBOCK	TX	56	M	3	M5559	33:39	8:25
46	JARROD GRIMM	DEXTER	NM	40	M	8	M4044	33:42	8:26
47	David Lightner	LUBBOCK	TX	60	M	2	M6064	33:56	8:29
48	Brandon Berkshire	LUBBOCK	TX	26	M	7	M2529	34:21	8:36
49	Petar Grozdanov	LUBBOCK	TX	32	M	8	M3034	34:38	8:40
50	Wally Chavez	PLAINVIEW	TX	40	M	9	M4044	34:52	8:43
51	LEE HANDLIN	LUBBOCK	TX	41	F	1	F4044	35:00	8:45
52	Valerie Boston	LUBBOCK	TX	28	F	2	F2529	35:03	8:46
53	AMY MCALEXANDER	LUBBOCK	TX	29	F	3	F2529	35:07	8:47
54	Mick Stamm	ABILENE	TX	54	M	4	M5054	35:25	8:52
55	RANDY BUNYARD	LUBBOCK	TX	52	M	5	M5054	35:52	8:58
56	ALBERT BURRIER	LUBBOCK	TX	76	M	1	M7099	35:57	9:00
57	Stephanie Strother	LUBBOCK	TX	30	F	1	F3034	35:58	9:00
58	BILL HEPBURN	LUBBOCK	TX	55	M	4	M5559	36:01	9:01
59	MALLORY KEATHLEY	LUBBOCK	TX	24	F	2	F2024	36:23	9:06
60	Daniel Hilario</								

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 W. Jury using the information listed below.
 George W. Jury rungwj@aol.com
 792-3291 (d) , 792-1237 (n)



Run For the Arts 15K

Start north of Civic Center on 6th St. (Mac Davis Lane); proceed east on 6th to Ave. K and turn south on Ave K; follow K as it bears right and turns into Ave. L; follow Ave. L to Broadway; cross Broadway and turn east on Broadway; follow Broadway to Canyon Drive; turn south on Canyon Drive and follow it through Mae Simmons Park to the turn-around point (crossing 19th and MLK). Return on Canyon Drive to Broadway; cross Broadway into MacKenzie Park. Follow park road to first entrance of Outdoor Center parking lot; turn right into parking lot; go through the lot and turn left back onto the park road; follow park road back to Broadway; turn west on Broadway and follow it back to Ave. K; turn north on Ave. K. Follow Ave. K back to 6th St. and turn west on to 6th St. The Finish Line will be in the Civic Center Parking Lot (you will be directed into the second entrance of the Civic Center Parking Lot as you are running west on 6th St)

Run for the Arts 2-mile

Two mile fun run/walk course starts with the 15K and follows the same route until just past the 1-mile mark (Ave. F); 2-milers will be directed to turn around (Ave. E) and cross to the other side of Broadway for the return. Follow the same return as if running the 15 K (turning back north on Ave. K).

WEST TEXAS RUNNING CLUB / 2010 Lubbock Arts Festival
RUN FOR THE ARTS

1 Mile Kid's Café, 2 Mile and 15K Races Saturday, April 17, 2010 8:00 a.m.

REGISTRATION and FEES

Mail – must be received by Wednesday, April 14, 2010

1 Mile KC(12 & under) - \$10; 2M/15K - (12 & under)\$12; Club Members - \$15; Non- Members - \$20

On-line Registration Deadline – Noon, Wednesday, April 16, 2008 at <http://wtrc.tripod.com>

1 Mile KC(12 & under) - \$10; 2M/15K – (12 & under)\$12; Club Members - \$15; Non- Members - \$20

Late Registration and Packet Pick-up – Friday, April 16 at the Civic Center

Noon – 8:00 p.m. All participants - \$20.00

Race Day Registration and Packet Pick-up – Saturday, April 17

Civic Center Parking Lot6:45 a.m. – 7:45 a.m. All participants - \$25.00

T-shirts to all who register and all volunteers (call Suzan Caudle @ 806-787-6708 to volunteer).

Races start at 8 a.m. on Mac Davis Drive (north of the Civic Center)

Awards* DOOR PRIZES!!! (put tickets in correct containers)
1 Mile Kid's Café Overall Male & Female; Everyone receives a medal.

2 Mile & 15K

Men: 1st place overall; Divisional medals in 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 and over; Clydesdale (190 lbs. +)

Women: 1st place overall; Divisional medals in 13-15, 16-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60 and over; Athena (150 lbs. +)

* 2mile will also include 12 and under divisions.

Name _____ Age (on race day) _____ Sex: M _____ F _____

Address: _____ City: _____ State: _____ Zip: _____

Home Phone (____) _____ Work Phone (____) _____

Event Entered (check one): ____ 1M ____ 2M ____ 15K T-Shirt YS YM YL S M L XL XXL

Clydesdale (Men 190 lbs +) _____ Athena (Women 150lbs +) _____

Make checks payable to West Texas Running Club or WTRC.

Mail completed application to: WTRC, c/o David Higgins-Treas., 3401 Alcove Ave, Lubbock, TX 79407

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. Club races prohibit participants with strollers, skates, bicycles or animals.

Signature (Parent or guardian if under 18)

W.T.R.C. 2010 CHALLENGE SERIES
STANDINGS AFTER 3 EVENTS
MALE

YTD TOTALS						YTD TOTALS					
6 - 12 MALE	AGE	PTS	MILES	EVT	VOL	45 - 49 MALE	AGE	PTS	MILES	EVT	VOL
Patrick Irish	7	13	4	2		Rod Burgett	45	27	17.4	3	
Brandon Vanetta	11	10	2	1		James Priess	49	22	8	3	
Jake Brownfield	12	10	2	1		Martin Montalvo	45	20	17.4	3	*
Zayven Constancio	9	7	2	1		Paul Pare	47	9	8.4	1	
Beau Miller	8	6	2	1		Richard Shaw	48	9	4	1	
Dakota Hernandez	9	3	2	1		Jim Higgins	49	7	8.4	1	
David Pyle	10	0	5	1	*	Ray Major	49	0	8.4	1	*
13-15 MALE	AGE	PTS	MILES	EVT	VOL	50 - 54 MALE	AGE	PTS	MILES	EVT	VOL
Koby Lovett	14	10	2	1		David Doyle	51	28	8	3	
16-19 MALE	AGE	PTS	MILES	EVT	VOL	Jerry Dwyer	50	28	13	3	
Lucas Morris	17	33	8	3		Randy Holloway	53	26	17.4	3	
Timothy Peikert	16	20	9	2		Ronnie Trollinger	50	17	6	2	
K.T. Manis	16	10	5	1		Joe Frank Martin	50	17	4	2	
Jon David Bruegel	17	9	15.4	3	*	Ed Price	53	15	13.4	2	
20 - 24 MALE	AGE	PTS	MILES	EVT	VOL	Epi Aguirre	51	10	9	2	*
John Keith	21	20	13.4	2		Bob Jackson	51	10	5	1	
Andrew Husband	24	9	4	1		Greg Hogan	50	10	8.4	1	
Tyler Livermore	20	0	5	1	*	Randy Bunyard	52	10	9	2	
25 - 29 MALE	AGE	PTS	MILES	EVT	VOL	Gonzalo Ramirez	53	6	5	1	
Ben Boston	25	29	8	3		David Allison	53	5	5	1	
Zack Manning	28	29	8	3		Terry Dalton	54	0	12.4	2	*
Stephen Romero	28	16	13.4	2		55 - 59 MALE	AGE	PTS	MILES	EVT	VOL
Andrew Huff	28	12	13.4	2		Luis Cardenas	58	30	8	3	
Brandon Berkshire	26	11	13	3	*	Ken Spain	56	27	17.4	3	
Blake Bednarz	25	10	4	1		Dan Hilario	59	22	13	3	
Andres Pedroza	28	8	4	1		David Weaver	58	19	8	2	
Marek Potratz	28	0	4	1	*	Antonio Roman	57	17	4	2	
30 - 34 MALE	AGE	PTS	MILES	EVT	VOL	Wayne Sullivan	59	11	13	3	*
Michael Berry	34	18	12.4	2		Tom Weis	58	10	8.4	1	
Jeff Hancock	32	17	13.4	2		Fred Constancio	57	9	2	1	
Chad Wilcox	34	17	4	2		David Higgins	57	0	25.8	3	**
Gary Evans	30	14	12.4	2		Jimmy Clark	56	0	22.4	3	**
Petar Grozdanov	32	13	8	2		60 - 64 MALE	AGE	PTS	MILES	EVT	VOL
David Slayton	31	7	8.4	1		Richard Gale	60	30	17.4	3	
Gabriel Olivarez	33	7	4	1		James Livermore	62	18	13.4	2	
35 - 39 MALE	AGE	PTS	MILES	EVT	VOL	Mike Kelley	61	16	13.4	2	
Matthew Gordillo	36	29	17.4	3		David Lightner	60	9	4	1	
Shannon Anderson	38	26	13	3		Michael McDonald	61	8	4	1	
Sean Grass	39	21	15.4	3		Tony Aleman	60	0	17.4	3	*
Lee Cohen	37	19	9	2		65 - 69 MALE	AGE	PTS	MILES	EVT	VOL
Daniel Hall	35	14	12.4	2		Jim Harris	67	29	8	3	
Chris Toelle	36	13	9	2		Rick Lampe	65	17	11	3	*
Eric Fisher	38	10	2	1		Gorden Jenkins	69	10	4	1	
Eddy Morelock	38	9	9	2	*	Ron Lubowicz	67	10	17.4	3	*
Russ Horn	35	9	8.4	1		Larry Byrd	69				
Marin Hernandez	39	8	2	1		70 - 99 MALE	AGE	PTS	MILES	EVT	VOL
Tommie Farrell	39	4	5	1		Albert Burrier	76	20	17.4	3	*
Louis Hilliard	35	2	5	1		Bill Felton	75	19	13	3	*
40 - 44 MALE	AGE	PTS	MILES	EVT	VOL	Mike Greer	70	9	5	1	
Troy Pratt	43	26	8	3		George Jury	73	0	17.4	3	*
Scott Burris	40	23	14.4	3		Ralph Wolf	72	0	4	1	*
James Layman	44	23	8	3		CLYDESDALE - age graded					
David Rogowski	42	20	12.4	2		Damon Provence	59	29	8	3	
Brett Peikert	42	18	9	2		Milt Brownfield	52	24	12.4	3	
Heath Pennell	42	17	9	2		Craig Peterson	53	23	17.4	3	
David Guinn	43	10	5	1		Farrell Martin	43	19	13.4	2	
Noe Valles	43	10	2	1		Hedge Martin	34	16	17.4	3	
Cody Miller	44	9	21.4	3	**	Jerry Adams	34	12	12.4	2	
Sean Schwarzentraub	42	9	4	1		Jay Dulin	35	10	8.4	1	
Ricky Martinez	42	7	4	1		John Clements	53	10	2	1	
Ignacio Vasquez	42	6	4	1		Shaun Fant	41	9	9	2	*
Paul Moats	42	4	4	1		Preston Smith	64	8	4	1	
						Leo Lovett	42	6	2	1	
						Jason Hancock	28	5	8.4	1	
						Rene Vargas	35	4	8.4	4	

** = RACE DIRECTOR

* = VOLUNTEER

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

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

		WOMEN			
DIV	NAME	TOWN	ST	AGE	TIME YEAR
13-15	Mandy Malouf	Levelland	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			
DIV	NAME	TOWN	ST	AGE	TIME YEAR
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 Bricker	Lubbock	TX	36	48:36 1989
40-44	Ken Macinnes	Lubbock	TX	40	57:49 1996
45-49	Bobby Cunningham	Abermathy	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	Abilene	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			
DIV	NAME	TOWN	ST	AGE	TIME YEAR
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			
DIV	NAME	TOWN	ST	AGE	TIME YEAR
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 RUN FOR THE ARTS

**1 MILE KID'S CAFE
2 MILE & 15K**

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

WHEN: SATURDAY, APRIL 17, 2010
Register online at <http://wtrc.tripod.com>
See Enclosed Mail in Form for Information
On Site Registration: 6:45 to 7:45 A.M.
Race Start at 8:00 A.M.

**WHERE: On Mac Davis Drive
North of the Civic Center**

**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: Medals will be awarded To at least the first three
finishers in each age group in the 2M & 15K and up to 50% of
each group.**

Entry Fee: 1 Mile KC 12 & Under \$10.00
W.T.R.C. Members \$15.00, Non Members \$20.00
Race day \$20.00 Everyone
RACE DIRECTOR: Suzan Caudle, 806-787-6708
WTRC RACE DIRECTOR:
Randy Holloway 806-789-1547




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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 rosehoeve@hotmail.com**

West Texas Running Club Event Calendar

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

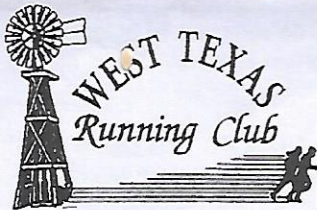
- APR 06 WTRC Board meeting: Tuesday, 7:00pm
Ron's office, 3309-67th St, 806-781-0231
- APR 10 "Speak Up for Kids" Casa 5K: 9:00am,
<http://www.lubbockcasa.org/zSpeakUpForKids5K2010.htm>
- APR 10 Run with a Mission: 5K/1M, 9:00am, Austin Middle School,
Amarillo, TX, Jeremy 352-6771, Travis 352-1442.
- APR 11 Big D Marathon: Marathon/Half Marathon/5K, 8:00am,
Dallas, TX <http://www.texasmarathon.com>
- APR 11 Capital 10,000: www.statesman.com/sports/content/cap10k
- APR 17 RUN FOR THE ARTS: 15K/2M/1M Kids Café, 8:00am, Lubbock
Memorial Civic Ctr, Mac Davis Lane, Suzan Caudle, RD,
806-799-3813 Suzieq5279407@yahoo.com
- APR 24 2nd Annual Meadow Mile: 5K/1M, 9:00am, www.meadowisd.net
- APR 24 2010 Slaton Shapes Up: 1M/5K, 9:00am, Slaton, TX,
Contact Royce Goodson, Chief of Police, 806-828-2020,
806-445-3135.
- APR 24 March of Dimes Run for the Babies: 5K, 8:30am,
Thompson Park, Amarillo, TX
- APR 24 Texas Roundup 10K: 10K/5K, Austin, TX,
<http://www.texasroundup.org>

- * MAY 08 HUGH HAYNES MEMORIAL HSB CANYON RUNS: 11M/6M/2M,
8:00am, Horseshoe Bend Canyon, CR3600 & E.CR7300,
Randy Holloway, RD, 806-794-7512.
- MAY 15 Run for the Children: 10K/5K/1K, 8:00am,
www.runforthechildrentx.org
- MAY 16 Buffman & Squeaky Triathlon:
<http://www.buffalospringslaketriathlon.com/home.php>
- May 22 Lubbock Arthritis Walk: 1M/5K, TTU Rec Center,
www.lubbockarthritiswalk.org
- * JUN 12 BOBBY BIRDSONG MEMORIAL LEVELLAND LOPE: 8:00AM, 10K/2M
Texas Dome, South Plains College, Levelland, TX,
Bill Roger, RD, 806-894-7911.
- * JUL 03 41ST ANNUAL FIRECRACKER RUNS: 10M/3M/1M, 7:40am, Terry
Co. Park, Brownfield, TX, Jim Harris, RD, 575-370-4034.
- * AUG 14 HOT DAM RUNS: 5M/2M., 8:00am, Canyon Lake #6, Etta Mayer
RD, 806-792-1471.

<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
April 2010



LUBBOCK ARTS FESTIVAL
Civic Center
April 16 - 18, 2010



PJ MITCHELL
3519 39TH ST
LUBBOCK, TX 79413