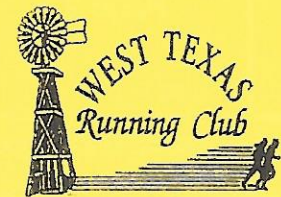




August 2010



Volume 3, Issue 7



3312 44th Street
Lubbock, TX 79413

Race Director's Report, Firecracker Runs Brownfield, Texas July 3, 2010

"A River Ran Through It"

A river ran through the course; the in-case-of-rain alternate course had three blocks of knee-deep rushing water, for two hours before the scheduled start approximately 600 potential runners called to see if the race was still on; and the rain came down and down and down, alternating from a light drizzle to full buckets from heaven, or someplace.

In a 48-hour period, Brownfield officially had over 8 inches of rain.

But, oh my, what a great race we had at the Firecracker Runs in Brownfield this year. The temperature was just right; we sang the national anthem; everybody was smiling and enjoying the company; many Brownfield supporters showed up to cheer, and 122 hardy athletes completed the 3-mile course.

Lordy, how many would we have had if it had been sunny!

Just before race time and after consultations with the high command of the WTRC, we decided to cancel the 1-mile and 10-mile runs. Both courses would have been too dangerous. We established an alternate 3-mile course, and with its running, the tradition of the continuously-run Firecracker is carried on.

All the officers and members of the club should be proud of the fact that next year will be the 42nd annual Firecracker Runs.

Tell me another local running club in America that has done such a thing, and I will personally send them a letter of congratulations.

We had no new records for this year's run, but we did have a few individuals of note in the race. Chris Rodriguez, 9th overall and age group 40-44 winner held the 10-mile record for that age for many years since he set it in 2000. Paul Darden, participating in his first WTRC race, is the excellent cross country coach at Sundown. Chad Carver, who has run other WTRC races was 11th overall, is a fine distance runner and an outstanding physician in Lovington, New Mexico, 60 wet miles to the west of Brownfield.

Much thanks to the men and women who make it happen, the volunteers: Randy Holloway, David Higgins, Susan Caudle, Gabrielle Saldana, Lee Handlin, Bob Jackson, Shannon Anderson, Ron Lubowicz, and George Jury. Thanks also to P.J. and Wayne who were selling shirts and giving away hats for those who signed up of next month's Hot Dam Race.

On Thursday night before the Saturday race, Wayne and P.J. hit a deer while riding in P.J.'s BMW south of Lovington. The car is not good, but Wayne and P.J. are fine.

A special thanks to many in Brownfield: Chamber of Commerce President Lorena Valencia; Police Chief Tony Valasquez; Brownfield News Editor Brian Brisendine; Recreational Director Scott Jackson; Water Department Director Butch Wagner; and Joe Sears who sang our national anthem.

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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 14th,
2010

22nd & MLK BLVD,
Lubbock, Texas

2 & 5 Miles,

Race Starts @ 8:00 am

Race Director: Etta Mayer
(806)742-7070 ext. #294

(806) 792-1471



OK, I'll go ahead and admit it: There is no logic to running long distances. At least, none that make sense to anyone who doesn't want to do it.

I can make a list of why I like it – the battle against my own desire to quite early, the peace of meditation-on-the-move, the self-awareness that comes from so much time alone within my own thoughts, the emotional transformation from finishing another marathon, the short list of skills required, feeling the earth under my feet and hearing the buzz of a community, the camaraderie of fellow distance runners telling war stories, the vanilla milkshake reward earned after 15 miles – but I understand none of those are enough for most people I know.

And marathon training, well there is no logic to running 17 miles on a hot Friday morning in June, either. All I say can say is that I still hear the marathon drum-beat in the back of my head and I'm not yet ready to hang up my shoes.

But I cannot forget that I have 35,098 miles on my legs and feet and knees, and like most people I am getting older and slower day-by-day, not than younger and faster.

I once heard Jim Rohn say, "Casual living breeds casualties." I think one reason I've been hobbling on one bad knee since 2004 is that I got too casual about my running. I thought I knew all I needed to know. I stopped paying attention to things like strength training and stretching because I didn't need them any longer. I was beyond all that simple stuff.

I forgot about what George Sheehan taught us: Our life is an experiment of one. I stopped experimenting. I stopped learning. And, I got hurt. Now I am getting better, slowly, but it took a lot of deliberate action on my part.

For example, I've been going to a weight-lifting class a couple of times a week. I never did anything with weights before that and I ended up with a lot of imbalance and weakness. I'm much stronger now, especially in my quads and glutes and back. I believe that will help prevent future injuries and stabilize existing aches and pains.

I've also been attending a Vinyasa yoga class about once a week. I spent too many years, about 50, not stretching, and this class has helped me overcome that a little. It has helped me learn better balance, and given me greater flexibility and strength. I even breath better, which has improved my trombone playing. Who knew that would happen?

A few years ago Cyndi and I discovered a technique known as Chi Running. I believe it's allowed my sore knee to find peace, and taught me how to stop hurting myself in the future. I don't buy into the chi energy part of the technique, but I do believe that learning to land on my mid-foot instead of my heel has stopped further damage and will allow me to keep running for a long time.

And because of the patient work of Gladys Nichols at Seton Medical in Austin I have strengthened my core muscles and worked to achieve better muscle balance. Before Gladys I couldn't run more than 5 minutes at a time; since Gladys I have completed one marathon and I am currently training for my next.

Maybe the weirdest experiment I've tried in my journey is barefoot running. Well, not exactly barefoot, even though I tried that once and it took the skin on my feet a week to grow back, but I have been running once a week in a pair of Vibram Five-Fingers. I hesitate to call them shoes since they look more like gloves for the feet. They have helped me learn mid-foot landing better than anything else I've tried.

And I can't go on without mentioning Jeff Galloway's run/walk technique. Once I started using it on long training runs I realized I could finally hope for many more marathons.

So I'm sorry if I am boring you non-distance-runners with this litany of experiments, but I believe in living intentionally, and that means trying new things. Just last week I was reading from a devotional book and it quoted Hebrews 12:2 from The Message and it reminded me of my recent adventures. "Keep your eyes on Jesus, who both began and finished the race we're in. Study how he did it. Because he never lost sight of where he was headed – that exhilarating finish in and with God – he could put up with anything along the way: cross, shame, whatever."

The first phrase that caught my attention was "began and finished the race we're in." Since I hope to keep doing that for many more years I felt a personal attachment to that sentence.

But the most important phrase was this: "Study how he did it." I hope I can study Jesus with the same deliberate attention I've applied to my running. I have been doing spirituality for so long it is tempting to get casual about it. But casual living breeds casualties, and I don't want my life with Jesus to become a casualty; I want to be always learning, always experimenting, always hoping.

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

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 the members birthday comes after July 4th and they would advance to the next age group, for Race purposes they will be scored in the new age group, but for the CS they will remain in the old category.

Newer members have trouble deciding whether to run in their age group or Clydesdale division. They must decide which category and stay in it all year. 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)

**"TEXAS' Oldest Continuous Road Race"
41ST ANNUAL FIRECRACKER RUNS
Three Mile and Ten Mile Road Races
Brownfield, Texas July 3, 2010**

3 MILE OVERALL RESULTS

| Place Name | Town | St | Ag | S | Div | Div | 3 | Pace |
|----------------------|--------------|----|----|---|-----|-------|-------|------|
| 1 Josephat Keino | LUBBOCK | TX | 29 | M | 1 | M2529 | 15:32 | 5:11 |
| 2 Julian Florez | HOBBS | NM | 17 | M | 1 | M1619 | 15:44 | 5:15 |
| 3 Isaias Miranda | CLOVIS | NM | 19 | M | 2 | M1619 | 16:02 | 5:21 |
| 4 Benjamin Tanui | LUBBOCK | TX | 34 | M | 1 | M3034 | 16:41 | 5:34 |
| 5 Jacob Lozano | PORTALES | NM | 19 | M | 3 | M1619 | 16:41 | 5:34 |
| 6 Andrew Strily | AMARILLO | TX | 20 | M | 1 | M2024 | 16:45 | 5:35 |
| 7 Colton Dant | CLOVIS | NM | 17 | M | 4 | M1619 | 17:15 | 5:45 |
| 8 Dustin Francke | HOBBS | NM | 19 | M | 5 | M1619 | 18:05 | 6:02 |
| 9 Chris Rodriguez | LUBBOCK | TX | 41 | M | 1 | M4044 | 18:15 | 6:05 |
| 10 Sal Duarte | HOBBS | NM | 18 | M | 6 | M1619 | 18:23 | 6:08 |
| 11 Chad Carver | LOVINGTON | NM | 44 | M | 2 | M4044 | 18:55 | 6:19 |
| 12 Joseph Flotte | HOBBS | NM | 15 | M | 1 | M1315 | 19:22 | 6:28 |
| 13 John Keith | LUBBOCK | TX | 21 | M | 2 | M2024 | 20:00 | 6:40 |
| 14 Shaun Wates | HOBBS | NM | 19 | M | 7 | M1619 | 20:04 | 6:42 |
| 15 Lee Cohen | LUBBOCK | TX | 38 | M | 1 | M3539 | 20:10 | 6:44 |
| 16 Jacob Herbole | LUBBOCK | TX | 24 | M | 3 | M2024 | 20:24 | 6:48 |
| 17 BLANCA ZUBIA | HOBBS | NM | 17 | F | 1 | F1619 | 20:33 | 6:51 |
| 18 DENNIS VASICEK | BROKEN ARROW | OK | 42 | M | 3 | M4044 | 20:34 | 6:52 |
| 19 Daniel Todd | LUBBOCK | TX | 29 | M | 2 | M2529 | 20:35 | 6:52 |
| 20 Shannon Anderson | LUBBOCK | TX | 38 | M | 2 | M3539 | 20:37 | 6:53 |
| 21 Justin Hesse | BROWNFEILD | TX | 29 | M | 3 | M2529 | 21:00 | 7:00 |
| 22 Farrell Martin | SHALLOWATER | TX | 44 | M | 4 | M4044 | 21:32 | 7:11 |
| 23 MELISSA ZEPEDA | LUBBOCK | TX | 22 | F | 1 | F2024 | 21:56 | 7:19 |
| 24 Scott Burris | LUBBOCK | TX | 40 | M | 5 | M4044 | 22:13 | 7:25 |
| 25 EMELINE CRUTCHER | WELLMAN | TX | 19 | F | 2 | F1619 | 22:20 | 7:27 |
| 26 BROOKS BOYNTON | HIGHLAND | TX | 49 | M | 1 | M4549 | 22:43 | 7:35 |
| 27 MELISSA DANIELS | BIG SPRING | TX | 44 | F | 1 | F4044 | 22:48 | 7:36 |
| 28 Paul Pare | LUBBOCK | TX | 48 | M | 2 | M4549 | 22:56 | 7:39 |
| 29 Whitney Thoms | LEVELLAND | TX | 13 | F | 1 | F1315 | 23:13 | 7:45 |
| 30 David Doyle | LUBBOCK | TX | 51 | M | 1 | M5054 | 23:20 | 7:47 |
| 31 Amanda Boston | LUBBOCK | TX | 26 | F | 1 | F2529 | 23:27 | 7:49 |
| 32 Ben Boston | LUBBOCK | TX | 25 | M | 4 | M2529 | 23:30 | 7:50 |
| 33 BRANDON SIMS | EARTH | TX | 15 | M | 2 | M1315 | 23:36 | 7:52 |
| 34 JEFF PARTIDA | BASTROP | TX | 37 | M | 3 | M3539 | 23:37 | 7:53 |
| 35 Desire Rivas | VENUS | TX | 16 | F | 3 | F1619 | 23:51 | 7:57 |
| 36 Paul Darden | SUNDOWN | TX | 50 | M | 2 | M5054 | 23:56 | 7:59 |
| 37 Hedge Martin | LUBBOCK | TX | 35 | M | 4 | M3539 | 23:58 | 8:00 |
| 38 Alyx Shultz | LUBBOCK | TX | 28 | F | 2 | F2529 | 24:10 | 8:04 |
| 39 Jeff Christ | LUBBOCK | TX | 35 | M | 5 | M3539 | 24:14 | 8:05 |
| 40 RICK LILES | BIG SPRING | TX | 52 | M | 3 | M5054 | 24:17 | 8:06 |
| 41 Ronnie Trollinger | LUBBOCK | TX | 50 | M | 4 | M5054 | 24:22 | 8:08 |
| 42 Gary Evans | LUBBOCK | TX | 30 | M | 2 | M3034 | 24:24 | 8:08 |
| 43 DAMON PROVENCE | SUDAN | TX | 59 | M | 1 | M5559 | 24:26 | 8:09 |
| 44 Renae Smith | LUBBOCK | TX | 38 | F | 1 | F3539 | 24:29 | 8:10 |
| 45 STEVE GERMAN | LUBBOCK | TX | 53 | M | 5 | M5054 | 24:30 | 8:10 |
| 46 DAVE DANIELS | BIG SPRING | TX | 42 | M | 6 | M4044 | 24:34 | 8:12 |
| 47 Brandon Berkshire | LUBBOCK | TX | 26 | M | 5 | M2529 | 24:36 | 8:12 |
| 48 Mark Martin | EDGEWOOD | NM | 52 | M | 6 | M5054 | 24:50 | 8:17 |
| 49 RICHARD GALE | LUBBOCK | TX | 61 | M | 1 | M6064 | 24:51 | 8:17 |
| 50 Ron Lubowicz | LUBBOCK | TX | 67 | M | 1 | M6569 | 24:53 | 8:18 |
| 51 MICHAEL HOWARD | BIG SPRING | TX | 42 | M | 7 | M4044 | 25:14 | 8:25 |
| 52 Rock Thoms | LEVELLAND | TX | 10 | M | 1 | M0112 | 25:18 | 8:26 |
| 53 Jake Rivas | LUBBOCK | TX | 20 | M | 4 | M2024 | 25:28 | 8:30 |
| 54 Brent Wheeler | LEVELLAND | TX | 32 | M | 3 | M3034 | 25:29 | 8:30 |
| 55 Jennifer Haddock | LUBBOCK | TX | 29 | F | 3 | F2529 | 25:32 | 8:31 |
| 56 Flavio Leal | LITTLEFIELD | TX | 30 | M | 4 | M3034 | 25:33 | 8:31 |
| 57 HAYLI MCCULLOUGH | BIG SPRING | TX | 18 | F | 4 | F1619 | 25:35 | 8:32 |
| 58 AMANDA WIEBE | SEMINOLE | TX | 26 | F | 4 | F2529 | 25:38 | 8:33 |
| 59 Joe Frank Martin | LUBBOCK | TX | 50 | M | 7 | M5054 | 25:39 | 8:33 |
| 60 Deb Hendley | LUBBOCK | TX | 61 | F | 1 | F6099 | 25:57 | 8:39 |

3 MILE OVERALL RESULTS

| Place Name | Town | St | Ag | S | Div | Div | 3 | Pace |
|----------------------|-------------|----|----|---|-----|-------|-------|-------|
| 61 Lizzy Elston | SHALLOWATER | TX | 19 | F | 5 | F1619 | 26:03 | 8:41 |
| 62 ANDREA PARTIDA | BASTROP | TX | 38 | F | 2 | F3539 | 26:04 | 8:42 |
| 63 Scotty Elston | SHALLOWATER | TX | 49 | M | 3 | M4549 | 26:04 | 8:42 |
| 64 Paul Fowler | LUBBOCK | TX | 33 | M | 5 | M3034 | 26:08 | 8:43 |
| 65 Darla Gleves | LUBBOCK | TX | 38 | F | 3 | F3539 | 26:19 | 8:47 |
| 66 Shaun Fant | LUBBOCK | TX | 42 | M | 8 | M4044 | 26:29 | 8:50 |
| 67 JACOB NICHOLS | STANTON | TX | 16 | M | 8 | M1619 | 26:31 | 8:51 |
| 68 Bo Thoms | LEVELAND | TX | 12 | M | 2 | M0112 | 26:39 | 8:53 |
| 69 Rene Rivas | VENUS | TX | 15 | M | 3 | M1315 | 26:39 | 8:53 |
| 70 Albert Burrier | LUBBOCK | TX | 76 | M | 1 | M7099 | 26:50 | 8:57 |
| 71 Mandy Poklikuha | LUBBOCK | TX | 32 | F | 1 | F3034 | 26:51 | 8:57 |
| 72 Valerie Berkshire | LUBBOCK | TX | 29 | F | 5 | F2529 | 26:53 | 8:58 |
| 73 PJ Mitchell | LUBBOCK | TX | 64 | F | 2 | F6099 | 26:56 | 8:59 |
| 74 James Decker | LUBBOCK | TX | 48 | M | 4 | M4549 | 26:58 | 9:00 |
| 75 RALPH WOLF | LUBBOCK | TX | 73 | M | 2 | M7099 | 27:15 | 9:05 |
| 76 CAMERON NICHOLS | STANTON | TX | 14 | M | 4 | M1315 | 27:17 | 9:06 |
| 77 GORDEN JENKINS | AMARILLO | TX | 69 | M | 2 | M6569 | 27:20 | 9:07 |
| 78 Haley Martin | EDGEWOOD | NM | 15 | F | 2 | F1315 | 27:23 | 9:08 |
| 79 Lane Martin | EDGEWOOD | NM | 14 | M | 5 | M1315 | 27:23 | 9:08 |
| 80 HOLLY SNODGRASS | LUBBOCK | TX | 40 | F | 2 | F4044 | 27:24 | 9:08 |
| 81 Wendy Anderson | LUBBOCK | TX | 40 | F | 3 | F4044 | 27:59 | 9:20 |
| 82 Kristen Hanna | LEVELLAND | TX | 19 | F | 6 | F1619 | 28:01 | 9:21 |
| 83 Mario Jimenez | LUBBOCK | TX | 49 | M | 5 | M4549 | 28:12 | 9:24 |
| 84 Joe Stewart | LITTLEFIELD | TX | 48 | M | 6 | M4549 | 28:16 | 9:26 |
| 85 PATRICIA HOUGH | LIVERMORE | CA | 41 | F | 4 | F4044 | 28:19 | 9:27 |
| 86 Amy Martin | LUBBOCK | TX | 21 | F | 2 | F2024 | 28:20 | 9:27 |
| 87 Bill Felton | LUBBOCK | TX | 75 | M | 3 | M7099 | 28:21 | 9:27 |
| 88 MARK SMITH | LUBBOCK | TX | 46 | M | 7 | M4549 | 28:25 | 9:29 |
| 89 Fred Constancio | LUBBOCK | TX | 57 | M | 2 | M5559 | 28:39 | 9:33 |
| 90 Tayler Huckaby | LUBBOCK | TX | 23 | F | 3 | F2024 | 28:42 | 9:34 |
| 91 Wayne Sullivan | LUBBOCK | TX | 59 | M | 3 | M5559 | 28:48 | 9:36 |
| 92 EZEQUIAS MORIN | BROWNFIELD | TX | 12 | M | 3 | M0112 | 29:21 | 9:47 |
| 93 Steve Farwell | MANSFIELD | TX | 44 | M | 9 | M4044 | 29:36 | 9:52 |
| 94 Etta Mayer | LUBBOCK | TX | 61 | F | 3 | F6099 | 29:48 | 9:56 |
| 95 JAMES LIVERMORE | LUBBOCK | TX | 63 | M | 2 | M6064 | 30:03 | 10:01 |
| 96 Brad Pruitt | LUBBOCK | TX | 43 | M | 10 | M4044 | 30:18 | 10:06 |
| 97 Sharon Simmons | MIDLAND | TX | 41 | F | 5 | F4044 | 30:26 | 10:09 |
| 98 Lisa Leaton | LUBBOCK | TX | 46 | F | 1 | F4549 | 31:10 | 10:24 |
| 99 ALEXANDRA PARTIDA | BASTROP | TX | 16 | F | 7 | F1619 | 31:10 | 10:24 |
| 100 Mike LeMond | LUBBOCK | TX | 39 | M | 6 | M3539 | 31:12 | 10:24 |
| 101 DENISE BOYNTON | HIGHLAND | TX | 39 | F | 4 | F3539 | 31:35 | 10:32 |
| 102 DOUG SIMS | EARTH | TX | 47 | M | 8 | M4549 | 31:35 | 10:32 |
| 103 Susan Wilcox | LUBBOCK | TX | 32 | F | 2 | F3034 | 32:34 | 10:52 |
| 104 Lauren Saris | EDGEWOOD | NM | 14 | F | 3 | F1315 | 32:41 | 10:54 |
| 105 Micheal Hardin | LUBBOCK | TX | 40 | M | 11 | M4044 | 33:15 | 11:05 |
| 106 JOHN LEWIS SIMS | EARTH | TX | 16 | M | 9 | M1619 | 33:20 | 11:07 |
| 107 STACY PARKER | KILLEEN | TX | 27 | F | 6 | F2529 | 33:33 | 11:11 |
| 108 Debbie Roman | LUBBOCK | TX | 54 | F | 1 | F5054 | 33:40 | 11:14 |
| 109 Cassie Rivas | VENUS | TX | 37 | F | 5 | F3539 | 34:04 | 11:22 |
| 110 Whitney Crump | LUBBOCK | TX | 24 | F | 4 | F2024 | 34:19 | 11:27 |
| 111 Jessie Thoms | LEVELLAND | TX | 34 | F | 3 | F3034 | 34:50 | 11:37 |
| 112 Bryan Williams | LUBBOCK | TX | 33 | M | 6 | M3034 | 35:04 | 11:42 |
| 113 Annetta Walters | WOLFFORTH | TX | 51 | F | 2 | F5054 | 35:16 | 11:46 |
| 114 Antonio Roman | LUBBOCK | TX | 58 | M | 4 | M5559 | 35:31 | 11:51 |
| 115 PRESTON SMITH | LUBBOCK | TX | 64 | M | 3 | M6064 | 35:33 | 11:51 |
| 116 SARAH GAXIOLA | LUBBOCK | TX | 57 | F | 1 | F5559 | 35:45 | 11:55 |
| 117 Chadwick Wilcox | LUBBOCK | TX | 34 | M | 7 | M3034 | 38:10 | 12:44 |
| 118 Wesley Shields | LUBBOCK | TX | 50 | M | 8 | M5054 | 39:00 | 13:00 |
| 119 Nicole Shields | LUBBOCK | TX | 40 | F | 6 | F4044 | 41:19 | 13:47 |
| 120 SHERRY NICHOLS | STANTON | TX | 43 | F | 7 | F4044 | 41:22 | 13:48 |
| 121 MARK NICHOLS | STANTON | TX | 47 | M | 9 | M4549 | 44:19 | 14:47 |
| 122 Wilma Dye | ODESSA | TX | 59 | F | 2 | F5559 | 53:47 | 17:56 |

W.T.R.C. 2010 CHALLENGE SERIES
STANDINGS AFTER 7 EVENTS
MALE

YTD TOTALS

| 6 - 12 MALE | | | | | | 40 - 44 MALE | | | | | |
|-------------------|-----|-----|-------|-----|-----|---------------------|-----|-----|-------|-----|-----|
| NAME | AGE | PTS | MILES | EVT | VOL | NAME | AGE | PTS | MILES | EVT | VOL |
| Jake Brownfield | 12 | 41 | 8 | 4 | | Scott Burris | 40 | 58 | 36.6 | 7 | |
| Patrick Irish | 7 | 18 | 6 | 3 | | James Layman | 44 | 42 | 12 | 5 | |
| Abraham Montalvo | 12 | 11 | 4 | 2 | | Ignacio Vasquez | 42 | 31 | 25.5 | 4 | |
| Brandon Vanetta | 11 | 10 | 2 | 1 | | Brett Peikert | 42 | 28 | 15.2 | 3 | |
| Zayven Constancio | 9 | 7 | 2 | 1 | | Troy Pratt | 43 | 26 | 8 | 3 | |
| Julian Hall | 10 | 7 | 2 | 1 | | Heath Pennell | 42 | 25 | 15 | 3 | |
| Beau Miller | 8 | 6 | 2 | 1 | | Noe Valles | 43 | 23 | 17.5 | 3 | |
| Rob Littlefield | 9 | 6 | 2 | 1 | | David Rogowski | 42 | 20 | 12.4 | 2 | |
| Dakota Hernandez | 10 | 5 | 4 | 2 | | David Guinn | 43 | 20 | 14.3 | 2 | |
| Arthur Romanus | 7 | 2 | 2 | 1 | | Ricky Martinez | 42 | 16 | 10 | 2 | |
| David Pyle | 10 | 0 | 5 | 1 | * | Cody Miller | 44 | 9 | 21.4 | 3 | ** |
| Nick Hoeve | 12 | 0 | 2 | 1 | | Sean Schwarzentraub | 42 | 9 | 4 | 1 | |
| Joshua Hoeve | 11 | 0 | 2 | 1 | | Paul Moats | 42 | 4 | 4 | 1 | |
| Josiah Romanus | 6 | 0 | 2 | 1 | | | | | | | |
| 13-15 MALE | | | | | | 45 - 49 MALE | | | | | |
| NAME | AGE | PTS | MILES | EVT | VOL | NAME | AGE | PTS | MILES | EVT | VOL |
| Joshua Brownfield | 14 | 25 | 6 | 3 | | James Priess | 49 | 51 | 14 | 6 | |
| Duncan Pasewark | 14 | 24 | 6 | 3 | | Martin Montalvo | 45 | 51 | 43.9 | 6 | * |
| Brandon Sims | 15 | 19 | 9 | 2 | | Rod Burgett | 45 | 37 | 28.4 | 4 | |
| Austin Preiss | 14 | 18 | 4 | 2 | | Paul Pare | 48 | 27 | 20.7 | 3 | |
| Koby Lovett | 14 | 10 | 2 | 1 | | Jim Higgins | 49 | 17 | 14.4 | 2 | |
| Brandon Hastings | 15 | 0 | 9.3 | 1 | * | Richard Shaw | 48 | 16 | 13.3 | 2 | |
| 16-19 MALE | | | | | | 50 - 54 MALE | | | | | |
| NAME | AGE | PTS | MILES | EVT | VOL | NAME | AGE | PTS | MILES | EVT | VOL |
| Lucas Morris | 18 | 53 | 28.3 | 5 | | Mark Woodfin | 47 | 9 | 6 | 1 | |
| Timothy Peikert | 16 | 26 | 11 | 3 | | Brent Lowrey | 48 | 8 | 9.3 | 1 | |
| Graham Pasewark | 16 | 24 | 6 | 3 | | Ray Major | 49 | 0 | 17.3 | 2 | * |
| Jon David Bruegel | 18 | 19 | 24.7 | 4 | * | Adam Barron | 48 | 0 | 9.3 | 1 | * |
| K.T. Manis | 16 | 10 | 5 | 1 | | Bryan Hastings | 47 | 0 | 9.3 | 1 | * |
| Nathan Conroy | 18 | 8 | 2 | 1 | | | | | | | |
| 20 - 24 MALE | | | | | | 55 - 59 MALE | | | | | |
| NAME | AGE | PTS | MILES | EVT | VOL | NAME | AGE | PTS | MILES | EVT | VOL |
| John Keith | 21 | 29 | 16.4 | 3 | | David Doyle | 51 | 67 | 17 | 7 | |
| Andrew Husband | 24 | 9 | 4 | 1 | | Jerry Dwyer | 50 | 53 | 39.5 | 6 | |
| Tyler Livermore | 20 | 0 | 5 | 1 | * | Randy Holloway | 53 | 36 | 64.9 | 7 | ** |
| 25 - 29 MALE | | | | | | 60 - 64 MALE | | | | | |
| NAME | AGE | PTS | MILES | EVT | VOL | NAME | AGE | PTS | MILES | EVT | VOL |
| Ben Boston | 25 | 56 | 15 | 6 | | Ronnie Trollinger | 50 | 33 | 11 | 4 | |
| Brandon Berkshire | 26 | 42 | 26 | 7 | * | Joe Frank Martin | 50 | 32 | 11 | 5 | |
| Andrew Huff | 28 | 28 | 33.7 | 4 | | Epi Aguirre | 51 | 30 | 27.3 | 4 | * |
| Stephen Romero | 29 | 26 | 15.4 | 3 | | John Clements | 53 | 30 | 6 | 3 | |
| Zack Manning | 28 | 18 | 9 | 2 | | Joseph Wilson | 54 | 27 | 26.5 | 3 | |
| Daniel Todd | 29 | 18 | 9.2 | 2 | | Ed Price | 53 | 20 | 33.7 | 4 | * |
| Andres Pedroza | 28 | 17 | 13.3 | 2 | | Bill Pasewark | 53 | 20 | 6 | 3 | |
| Blake Bednarz | 25 | 10 | 4 | 1 | | Randy Bunyard | 52 | 18 | 11 | 3 | |
| Marek Potratz | 28 | 0 | 4 | 1 | * | Gonzalo Ramirez | 54 | 18 | 16.3 | 3 | |
| 30 - 34 MALE | | | | | | 65 - 69 MALE | | | | | |
| NAME | AGE | PTS | MILES | EVT | VOL | NAME | AGE | PTS | MILES | EVT | VOL |
| Chad Wilcox | 34 | 40 | 15 | 5 | | Bob Jackson | 51 | 10 | 15 | 2 | * |
| Jeff Hancock | 33 | 37 | 33.7 | 4 | | Greg Hogan | 50 | 10 | 8.4 | 1 | |
| Michael Berry | 34 | 35 | 27.9 | 4 | | David Allison | 53 | 5 | 5 | 1 | |
| Gary Evans | 30 | 31 | 35.7 | 5 | * | | | | | | |
| Paul Fowler | 33 | 15 | 5 | 2 | | | | | | | |
| Greg Layton | 32 | 14 | 15.5 | 2 | | | | | | | |
| Petar Grozdanov | 32 | 13 | 8 | 2 | | | | | | | |
| Brent Wheeler | 32 | 8 | 3 | 1 | | | | | | | |
| David Slayton | 31 | 7 | 8.4 | 1 | | | | | | | |
| Gabriel Olivarez | 33 | 7 | 4 | 1 | | | | | | | |
| 35 - 39 MALE | | | | | | 70 - 74 MALE | | | | | |
| NAME | AGE | PTS | MILES | EVT | VOL | NAME | AGE | PTS | MILES | EVT | VOL |
| Shannon Anderson | 38 | 55 | 33.3 | 7 | * | Luis Cardenas | 58 | 60 | 14 | 6 | |
| Hedge Martin | 35 | 47 | 39.6 | 7 | | Ken Spain | 56 | 47 | 43.9 | 6 | * |
| Lee Cohen | 38 | 47 | 29.2 | 5 | | Fred Constancio | 57 | 44 | 11 | 5 | |
| Sean Grass | 39 | 34 | 28.4 | 5 | | Antonio Roman | 58 | 40 | 11 | 5 | |
| Matthew Gordillo | 36 | 29 | 17.4 | 3 | | Wayne Sullivan | 59 | 29 | 38.3 | 7 | * |
| Mont McClendon | 38 | 27 | 22.3 | 3 | | Tom Weis | 58 | 27 | 16.4 | 3 | |
| Chris Toelle | 36 | 22 | 20 | 3 | | Dan Hilario | 59 | 22 | 13 | 3 | |
| Russ Horn | 36 | 17 | 10.4 | 2 | | David Weaver | 58 | 19 | 17.3 | 3 | * |
| Marin Hernandez | 39 | 16 | 4 | 2 | | Bill Hepburn | 55 | 17 | 12.2 | 2 | |
| Daniel Hall | 35 | 14 | 12.4 | 2 | | Jimmy Waechter | 57 | 9 | 2 | 1 | |
| Eric Fisher | 38 | 10 | 11.3 | 2 | * | Terry Dalton | 55 | 9 | 38.9 | 5 | * |
| Eddy Morelock | 38 | 9 | 9 | 2 | * | David Higgins | 57 | 0 | 62.3 | 7 | ** |
| David Reed | 35 | 8 | 6.2 | 1 | | Jimmy Clark | 56 | 0 | 31.7 | 4 | ** |
| 40 - 44 MALE | | | | | | 75 - 79 MALE | | | | | |
| NAME | AGE | PTS | MILES | EVT | VOL | NAME | AGE | PTS | MILES | EVT | VOL |
| Glen Poklikuha | 38 | 7 | 2 | 1 | | Richard Gale | 61 | 50 | 31.4 | 5 | |
| Tommie Farrell | 39 | 4 | 5 | 1 | | Mike Kelley | 61 | 46 | 39.9 | 5 | |
| Louis Hilliard | 35 | 2 | 5 | 1 | | James Livermore | 63 | 45 | 32.9 | 5 | |
| | | | | | | Michael McDonald | 61 | 32 | 32.5 | 4 | |
| | | | | | | David Lightner | 60 | 9 | 4 | 1 | |
| | | | | | | Tony Aleman | | | 23.6 | 4 | * |

** = RACE DIRECTOR
* = VOLUNTEER

| 60 - 64 MALE | AGE | PTS | MILES | EVT | VOL |
|------------------|-----|-----|-------|-----|-----|
| Richard Gale | 61 | 50 | 31.4 | 5 | |
| Mike Kelley | 61 | 46 | 39.9 | 5 | |
| James Livermore | 63 | 45 | 32.9 | 5 | |
| Michael McDonald | 61 | 32 | 32.5 | 4 | |
| David Lightner | 60 | 9 | 4 | 1 | |
| Tony Aleman | 60 | 0 | 23.6 | 4 | * |

| 65 - 69 MALE | AGE | PTS | MILES | EVT | VOL |
|----------------|-----|-----|-------|-----|-----|
| Jim Harris | 67 | 49 | 32 | 6 | ** |
| Gorden Jenkins | 69 | 49 | 21.2 | 5 | |
| Ron Lubowicz | 67 | 40 | 40.7 | 6 | * |
| Rick Lampe | 65 | 26 | 13 | 4 | * |

| 70 - 99 MALE | AGE | PTS | MILES | EVT | VOL |
|----------------|-----|-----|-------|-----|-----|
| Bill Felton | 75 | 56 | 26.2 | 7 | * |
| Albert Burrier | 76 | 40 | 26.6 | 5 | * |
| Ralph Wolf | 73 | 27 | 19.2 | 4 | * |
| Mike Greer | 70 | 9 | 5 | 1 | |
| George Jury | 73 | 0 | 53.9 | 7 | * |
| Bill Roger | 70 | 0 | 12.4 | 6.2 | ** |

| CLYDESDALE - age graded | AGE | PTS | MILES | EVT | VOL |
|-------------------------|-----|-----|-------|-----|-----|
| Damon Provence | 59 | 58 | 32.5 | 7 | * |
| Farrell Martin | 44 | 48 | 29.4 | 5 | |
| Craig Peterson | 53 | 44 | 31.6 | 6 | |
| Milt Brownfield | 52 | 43 | 27.7 | 5 | |
| Shaun Fant | 42 | 33 | 20 | 5 | * |
| Jay Dulin | 35 | 31 | 34.9 | 4 | |
| Jerry Adams | 34 | 23 | 24.6 | 4 | |
| Dan Branscome | 53 | 17 | 12.2 | 2 | |
| Preston Smith | 64 | 13 | 7 | 2 | |
| Bryan Williams | 33 | 11 | 5 | 2 | |
| Brian Evans | 47 | 8 | 2 | 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'S ANNUAL
23rd Annual Hot Dam Runs
2 & 5 Mile Races
EVENT # 8 OF THE W.T.R.C. CHALLENGE SERIES**

WHEN: SATURDAY, August 14, 2010 Register online at <http://wtrc.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 water fall 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

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

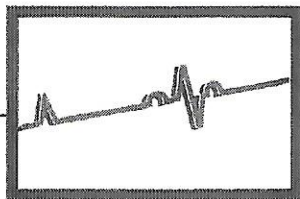
Race day \$15.00 Everyone

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

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.



West Texas Running Club Event Calendar

- * AUG 14 **HOT DAM RUNS:** 5M/2M., 8:00am, Canyon Lake #6, Etta Mayer RD, 806-792-1471.
- AUG 15 Lubbock Senior Games: 5K/10K, Mackenzie Park, Outdoor Center, Bill Felton, 806-866-9300.
- * SEP 11 **SHALLOWATER STAMPEDE:** 10K/2M, 8:00am, Shallowater, TX, Rod Burgett, RD, 806-548-1796.
- SEP 25 Pioneer Road Race: 8:00am, 5K, Wayland University, Plainview, TX, Brian Whitlock, whitlockb@wbu.edu
- OCT 02 Race for the Cure: 5K, <http://www.komenlubbock.org>
- OCT 02 West Texas Crossroads Marathon (Boston Qualifying): Marathon/Half Marathon/5K, 7:00am, 6901 E Hwy 191, Crossroad Fellowship, Odessa, TX, 432-368-2500, www.crossroadsmarathon.com
- * OCT 16 **29TH ANNUAL RED RAIDER ROAD RACE:** 10K/5K, 8:00am, TTU Rec Ctr, Jill Haukos, RD, haukos@aol.com
- OCT 17 Rock-n-Roll Marathon: Marathon/Half Marathon, <http://denver.competitor.com>

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

IT'S SENIOR OLYMPIC TIME IN LUBBOCK

After an absence of our Lubbock Senior Games (Olympics) last year the good news is that our

local games will resume shortly, Wed. Aug. 11th to Sunday, Aug. 15th.

2010 is an especially important year since it is the qualifying year for the 2011 National Senior Olympics to be held next summer in Houston. It is unlikely that these National Games will return to Texas in the next 20 years, so now is the time to take advantage of them while they are held within a fairly close distance.

For Texans, to compete nationally, you must first qualify for the Texas state games to be held in Houston this year from Oct. 17th to Oct. 31st. You can easily qualify for the state competition by qualifying first at the local level, namely, Lubbock, since those placing in the first six places of any event automatically qualify "to go to State."

Our W.T.R.C is sponsoring this year's 5K and 10K races which will be combined so a runner can qualify in BOTH distances at the same time. Our Club members will receive a special entry fee of \$15.00 to run one or both races instead of the regular \$25.00 Application Fee required of all other entrants in the Lubbock games, which consist of ten other sports other than road races. A T-shirt will also be included for the \$15.00.

Competition is in the usual five (5) year brackets for both men & women starting at 50-54, 55-59, etc. All entries must be postmarked NLT Aug. 2nd, however, so there is no provision for last minute sign-ups for our Sunday, Aug. 15th 5K-10K combined road races.

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



3312 44th Street
 Lubbock, TX 79413



PJ MITCHELL
 3519 39TH ST
 LUBBOCK, TX 79413