

5 W. Lakeshore Drive
Ransom Canyon, TX 79366

February 2010

Volume 3, Issue 1

TIPS from Runner's World

5 Ways to Stick To Your Goals

- 1. BE SPECIFIC** "Run Faster" or "lose weight" can be too vague. Set measurable targets, such as cutting your 5-K time by 30 seconds or losing 5 pounds.
- 2. ...BUT REALISTIC** Overzealous goals lead to frustration; easy ones are boring. Aim to cut five minutes off your marathon time instead of 20. You'll stay motivated without setting yourself up for disappointment.
- 3. GIVE YOURSELF A DEADLINE** The lack of an end point will lead to procrastination. Pick a race, register for it, and put it on your calendar.
- 4. KEEP TRACK** On low motivation days, review your training log to reaffirm your progress. Go to runnersworld.com/personaltrainer to start a free paperless record.
- 5. MAKE IT PUBLIC** Tell you friends and family exactly what you plan to do. You'll think twice about skimping on your training if it's not a secret.

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

The WTRC monthly business meeting is on Tuesday, February 2, 2010 @ 7:00 p.m. at BSGM, 8215 Nashville (East of the Veteran's War Memorial). All Members are welcome.

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Cotton Patch Runs

⁹
~~10~~:00 AM, Saturday, February 13, 2010
Texas Boys Ranch
4810 N. CR 2800, Lubbock, TX
David Higgins, RD
H(806) 785-8562, Cell (806) 535-7788

Directions to Texas Boys Ranch

From Lubbock: Take Hwy 62/82 (Idalou Highway) North to FM2641, turn west for 2 miles then North for 1/2 mile on CR 2800

Or:

Take MLK Blvd north from Loop 289, then right on FM 2641, proceed 2 miles to CR 2800, turn left for 1/2 mile. Look for the large white gate with TBR sign.

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
Vacant**

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, (C) 773-1856
E-mail: rosehoeve@hotmail.com

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
Iris Rivero

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

West Texas Running Club
2009 Redline Race Director's Report

The annual "Toys for Tots" 4-mile Redline Cross Country run was a success yet another year! All volunteers and runners alike agreed that the nice weather made it a motivating and perfect race day! We had a total of 84 runners who finished with great times. In addition, we had two new records established, Bob Jackson (50-54 group) set a record time of 24:04, this record had been held by George Jury for 22 years! In the female group, PJ Mitchell set a new record of 38:57. The top male overall was Julian Flores of Hobbs, NM, time 22:31 and top female overall was Kari Zielinski of Lubbock, TX, time of 30:49. Great job!

It is with sincere thanks to the West Texas Running Club who I am the most grateful. They have dedicated this race to the Toys for Tots every year, we look forward to a continued friendship. Also, it is always an honor to have shared the day with all of the committed members and volunteers.

On behalf of the U. S. Marine Corps Reserve and the South Plains Detachment of the Marine Corps League, we appreciate all the runners who participated and donated toys to the Toys for Tots campaign. Whether your contribution was as a volunteer or runner, your contribution will benefit a child in the South Plains this Christmas.

We look forward to seeing everyone next year!

Finally, to all my brothers and sisters still serving in our beloved Corps, thank you for your continued service...
Semper Fidelis!

Irma Sanchez, RD
(SSgt, USMC 1990-2000)

Loop the Lake 2010

With it's auspicious weather prognostication, the Loop the Lake race had much greater participation than most would have imagined. Greeted with 18-20 degree weather to start the morning, by race time all seemed very well and good. Everyone seemed to have a great time, as evidenced by 133 individuals finishing the race and more records being set. While the **Overall Winner** in the 2-mile event was **Lucas Morris** of Lubbock with an outstanding time of 11:43, the highlight of the new records was Amanda Boston as she set a **new overall female course record** time of 14:03!!

There were 9 other new records established. Three were in the 5-mile event, and six in the 2-mile event. In the 5-mile run, and age division 16-19, the race's **Overall Winner Julian Flores** (27:25) and KT Manis (27:40), both of Hobbs, NM, beat the age-group record of 28:17 previously established in 1997. Also, Bob Jackson, M50-54, of Hobbs (29:04) and Deb Hendley, F 60+ (44:15) of Lubbock set new age division records.

In the two-mile run the following records were set:

M 40-44: Scott Burris, Lubbock with a time of 15:01
Clydesdales: Milt Brownfield, Lubbock, with a time of 15:52
F 16-19: Amanda Morris, Lubbock, with a time of 16:28
F 20-24 Amy Martin, Lubbock, with a time of 16:51
F 25-29 Amanda Boston, Lubbock, with a time of 14:03 **
F 50-54 Glenna Beyer, Lubbock, with a time of 20:11
F 60+ PJ Mitchell, Lubbock, with a time of 18:17

Congratulations are in order for, not only the new record setters, but everyone who came out to run Saturday morning!! You did something less than 2% of Americans even think about doing!!

Of course, none of this would have happened if it were not for the enormous amount of support and assistance from the volunteers on race day. Behind the scenes, George Jury prepares our award labels and puts out the course markers while many are still sipping their morning coffee. Brad Morton and Myriam Guardiola work the computer for the listings and times. David Higgins and Susan Caudle work the registration as well as take the photos for the race. Others that were so vital for the success of the race are: Tyler Livermore, Rick Lampe, Epi Aguirre, Cody Miller, Debbie Roman, Eddy Morelock, David and Karen Pyle, Tony Aleman, Shaun Fant, Brandon Berkshire, Laura Lappe, Wayne Sullivan, PJ Mitchell, Jon D Bruegel, and Bill Felton. The WTRC officers work tirelessly month after month to ensure that all runs smoothly. Sometimes other very important people are left off of the list of "thanks" and I want to thank everyone who assisted in the success of this race. May God bless each of you throughout the New Year, and I will see you at the Cotton Patch Run in February.

Jimmy N Clark (for the West Texas Running Club)

WTRC Challenge Series Rules

The WTRC CHALLENGE SERIES continues for 2009, as a 12 month series of 13 races culminating in year-end AWARDS and recognition for performance, endurance and participation by club members in our monthly club races. The schedule of events is listed on the website and in the calendar of each newsletter, and each designated race will be detailed in the W.T.R.C. Newsletter prior to that race. Additional categories this year will again recognize NON- RUNNING volunteers.

All members desiring to participate in the Challenge Series must volunteer to serve as a non-running worker at ONE Challenge Series event as an entry requirement. (There will be no duplication of awards) The Challenge Series features these categories:

1. 66 MILE CLUB ** All members completing 66 miles in qualifying events will receive an award denoting that achievement. There will be a total of 101 qualifying miles available. Any member serving as RACE DIRECTOR will be credited with double mileage for the most miles in that event. Any member who serves as a volunteer will be credited for the most miles at those races with more than one distance.

2. MILEAGE AWARD ** An award will be presented to the male and female members who accumulate the most miles for the year in qualifying events. All provisions for Race Directors and volunteers listed above apply to this category.

3. PARTICIPATION AWARD ** An award will be presented to the female and male members who participate in the greatest number of qualifying events. All provisions for Race Directors and volunteers apply to this category.

4. VOLUNTEER OF THE YEAR ** Up to three awards will be given to those Non runners who help the most at club sanctioned events. These selections will be made by the Race Directors.

5. VICTOR'S RANKINGS **** Points will be earned at each qualifying event in the following Age and Sex groupings:

A. Divisions will include:

MALE AGE GROUPS

06-12, 13-15, 16-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-99,

FEMALE AGE GROUPS

06-12, 13-15, 16-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-99

CLYDESDALE CATEGORY

Men over 190 pounds (Age Graded Scoring)

ATHENA CATEGORY

Women over 150 pounds (Age Graded Scoring)

B. The 1st place finisher in each division at each distance at each qualifying event will earn 10 points, the 2nd place, 9 points, 3rd place, 8 points, and so on down to 1 point for 10th place finisher. This rewards both performance and participation, i.e., if a runner finishes last in their division, but only 3 other runners in that division attend that race, the last place finisher would still earn 7 points for a 4th place finish. This allows slower runners who attend more races to accumulate additional points over their faster competitors who do not participate as often. For example, a runner who attends 10 events and earns 6 points at each would have more points than a competitor who won each of 5 events he entered, thus rewarding participation and performance. Also, runners may enter any distance available at a qualifying event and still earn points. (Except those under 13 years of age must run in the shortest race)

C. For each race, the runner's age division will be determined by their age on race day. Challenge Series division will be determined by the runner's age on July 4th. All points earned during the year will be credited in the Challenge Series division at the end of the year. For example, a runner might compete in 5 events at 39 years of age; then have an birthday AFTER THE JULY RACE and compete in 3 events at age 40. For Challenge Series awards, that runner would be considered as 39 for the entire year, with all points earned during the year being credited for awards consideration in the 35-39 division.

D. Awards will be presented to a minimum of 3 and up to 5 of the top point scorers in each division. AWARDS will be presented at a year end (January) club social/membership meeting.

E. To win a "Points" award a member must have RUN in at least 3 events and volunteered for at least ONE other.

F. Monthly Challenge Series Statistical Updates will appear in the newsletter and on the website.

CLOSE CALL!

Recently while crossing the 6 lane street (with a turn lane), between my office and the bank, I was nearly run over by a woman driver, who appeared to be texting while driving and repeatedly swerving several feet over into the center turn lane where I was standing to walk on across to the other side when the traffic cleared. It reminded me that everyone must be aware of what is going on all around us whether you are a runner or just casually walking like I do now. The next day, my RUNNER'S WORLD e-letter had the following reminders for runners.

George W. Jury

- 1] Don't assume a driver sees you. In fact, imagine that a driver can't.
- 2] Run against traffic so as to view (and react to) any mistake an advancing motorist may make.
- 3] At a stop sign or light, wait for the driver to wave you through, then acknowledge the driver with your own wave.
- 4] Allow at least three feet between you and a passing vehicle.
- 5] Be prepared to jump onto the sidewalk or shoulder of the road.
- 6] During group runs, go single file when cars need to pass.
- 7] Use hand signals to show which way you plan to turn.
- 8] Respect a driver's right to the road.
- 9] Run with proper ID, and carry a cell phone with emergency contacts taped to its back.
- 10] Check with the police for local traffic rules.
- 11] Make sure to look out for people pulling out of a driveway. They may not see you.
- 12] At an intersection always wait and look for vehicles coming from multiple directions and lanes before attempting to cross.
- 13] If you run with headphones, make sure you can still hear what is going on around you. Run with just one ear bud in at a time.
- 14] In commercial areas, look out for high-traffic areas, such as the parking lots of grocery stores, restaurants, and bars.
- 15] Watch for early-morning drivers who do not clear frost or morning dew off their windshields; they may not be able to see you.
- 16] Wear bright and/or reflective clothing.
- 17] Run only on roads with wide shoulders.
- 18] Never cross against traffic lights.

Red Raider Road Race Update & Corrections

I would like to add a couple of names to those to thank for working at the Red Raider Road Race in October. PJ Mitchell and Wayne Snelling helped with packet pickup on Friday, and PJ also generously gathered donations for the door-prize drawing. Larry Byrd helped with the sales of t-shirts throughout the morning of October 10th. Thanks to Coca-Cola and Ray Gilliam for donating the Powerade cups. My thanks to them and my apologies for over-looking them previously.

Jill Haukos
Red Raider road Race Director

Congratulations to all WTRC Members that completed the 2009 Chevron Houston Marathon Chip time

Price, Leesa	Lubbock TX USA	F50-54 53	F 3:58:30
Higgins, Jim V	Lubbock TX USA	M45-49 49	M 4:30:24
Fant, Shaun	Lubbock TX USA	M40-44 41	M 4:35:18 This was his first marathon
Gallarneau, Chris	Lubbock TX USA	M30-34 34	M 4:40:00
Price, Ed	Lubbock TX USA	M50-54 53	M 4:56:06
Crowell, Stephen	Lubbock TX USA	M60-64 63	M 2:39:01 Half Marathon

Congratulations to all WTRC Members that completed the 2009 MetroPCS Dallas Whiterock Marathon

Kevin Nelson	Lubbock TX USA	M30-34 30	M 4:25:43
Paul Pare	Lubbock TX USA	M45-49 47	M 3:32:02
Heath Pennell	Lubbock TX USA	M40-44 42	M 3:17:44
Alan Williams	Lubbock TX USA	M35-39 37	M 3:35:25
Epi Aguirre	Lubbock TX USA	M50-54 51	M 3:29:45
Amanda Boston	Lubbock TX USA	F25-29 25	F 3:30:12
Scott Burris	Lubbock TX USA	M40-44 40	M 4:40:42
Sara Gaxiola	Lubbock TX USA	F55-59 57	F 5:56:23
Mitch Monroe	Lubbock TX USA	M45-49 49	M 4:45:35

Challenge Series Rules

To be eligible for Challenge Series Awards a member must participate in at least 4 of the 13 possible events, three as a runner and one as a volunteer. As a volunteer, the member must arrive at least one hour before the race start and remain on site until the trailer is packed up and the awards are given. Those helping with the set up and timing must arrive one and a half hours before the start.

Any questions, please e-mail George at rungwj@aol.com

HAPPY BIRTHDAY

Arlyne Ragon	74	on (02-01)
John Kieth	21	on (02-01)
Chris Sierra	34	on (02-01)
Michael Rodriguez	20	on (02-03)
Jeremy Torres	27	on (02-03)
Aaron Wiggs	21	on (02-04)
Laura Adams	43	on (02-04)
Kathleen Adams	09	on (02-05)
Valerie Hobson	27	on (02-06)
Nicole McNew	22	on (02-08)
Cody Miller	44	on (02-08)
Mandy Poklikuha	32	on (02-08)
Thomas Bowser	83	on (02-09)
Ofelia Lawrence	29	on (02-09)
Jon M. Bruegel	40	on (02-10)
Sarah Livingston	27	on (02-10)
Rick Shaw	48	on (02-11)
Jenna Elliot	22	on (02-12)
Preston Smith	64	on (02-13)
Cheryl Weber	57	on (02-13)
D. J. Gonzales	15	on (02-16)
Gary Evans, Jr.	30	on (02-17)
Matt Lindgren	43	on (02-17)
Lee Handlin	41	on (02-18)
Heather Barron	29	on (02-19)
Chelsea Klinkebiel	24	on (02-23)
Deanna Martin	42	on (02-23)
Robin Nixon	45	on (02-25)
Terry Richardson	61	on (02-26)
Kayelyn Fant	12	on (02-27)
Eric Pittman	33	on (02-28)

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

COTTON PATCH RUNS Since 1973 EVENT RECORDS

8 MILE (MEN)					
	NAME	TOWN	AGE	TIME	YEAR
13-15**	Carlos Ybarra	Lamesa	15	42:54	1981
16-19	Don Wise	Lubbock	16	47:37	1981
20-24	Sam Sitonik	Levelland	23	41:54 *	1981
25-29	Jesse Williams	Lubbock	25	43:23	2003
30-34	John Bednarski	Odessa	31	44:14	1981
35-39	Scott Brickerd	Lubbock	36	43:09	1989
40-44	Bob Jackson	Hobbs	40	43:46	1999
45-49	Bobby Cunningham	Abernathy	46	48:14	1986
50-54	Don Webb	Coahoma	53	50:23	1981
55-59	George Jury	Lubbock	55	51:41	1992
60-64	Don Sanderson	Tulia	64	59:18	1994
65-69	David Lard	Amarillo	67	1:07:13	2005
70+	Don Sanderson	Tulia	71	1:06:11	2001
Clydes	Farrell Martin	Lubbock	36	55:37	2003
WOMEN					
13-15**	Jamie Francis	Lubbock	15	1:01:27	2001
16-19	Hope Jimenez	Lamesa	16	59:01	2001
20-24	---				
25-29	Sue Houle	Lubbock	28	54:36	1990
30-34	Marjory Stewart	Lubbock	32	49:01 *	1991
35-39	Marjory Stewart	Lubbock	35	50:37	1994
40-44	Marjory Stewart	Lubbock	41	55:55	2000
45-49	Mary Branscome	Lubbock	47	1:05:41	2007
50-54	Madonne Miner	Lubbock	50	1:07:08	2003
55-59	Sherill Easterling	Snyder	55	1:11:18	2005
60+	---				
Athena	---				

* Overall Event Record
 **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.

4 MILE (MEN)					
	NAME	TOWN	AGE	TIME	YEAR
6-12	Trey Jernigan	Sundown	12	26:49	1990
13-15	Jacob Lozano	Hobbs	15	22:20	2007
16-19	Larry Millard	Lubbock	18	21:45	1986
20-24	Jose Montoya	Hobbs, NM	20	21:02 *	1985
25-29	Van Gunnell	Soda Sprgs, ID	27	22:50	2005
30-34	Quent Bearden	Lubbock	30	22:38	2006
35-39	John Bednarski	Odessa	37	21:26	1987
40-44	Frank Sumpter, Sr.	Lamesa	42	23:34	1996
45-49	Bobby Cunningham	Abernathy	45	22:48	1985
50-54	Jim Leser	Lubbock	53	25:10	2000
55-59	Jim Harris	Hobbs	58	27:51	2001(TIE)
	John Trompler	Lubbock	55	27:51	2003(TIE)
60-64	Ron Lubowicz	Lubbock	60	27:57	2003
65-69	Don Sanderson	Tulia	66	28:17	1996
70+	Bill Felton	Lubbock	71	33:36	2006
Clydes	Kevin Lair	Lubbock	38	27:40	2000
WOMEN					
6-12	Hope Jimenez	Lamesa	12	28:21	1997
13-15	Tara Jernigan	Hawley	15	28:31	1997
16-19	Laci Jackson	Hobbs	17	26:13 *	1999
20-24	---				
25-29	Linda Northrup	Lubbock	26	29:00	2001
30-34	Maira Ridley	Lubbock	34	30:14	2000
35-39	Denise Bray	Lubbock	38	29:23	2000
40-44	Diane Calhoun	Idalou	41	28:37	2000
45-49	Martha Martinez	Lubbock	45	32:27	2001(TIE)
	Melanie McVey	Sundown	45	32:27	2007(TIE)
50-54	Madonne Miner	Lubbock	51	32:37	2004
55-59	Estella Galvan	Brownfield	59	44:28	2002
60+	Estella Galvan	Brownfield	60	39:18	2003
Athena	Lee Handlin	Lubbock	37	37:02	2007

* Overall Event Record

**WEST TEXAS RUNNING CLUB'S
Cotton Patch Runs
4 MILE & 8 MILE
4 MILE RELAY**

EVENT # 2 OF THE W.T.R.C. CHALLENGE SERIES

WHEN: Saturday, February 13, 2010
 Register online at <http://wtrc.tripod.com>
 See enclosed mail in form for information.

On Site Registration: 8:00 to 8:45 A.M.
 Race starts at 9:00 A. M.

WHERE: Texas Boys Ranch
 4810 North CR 2800
 Lubbock, TX

COURSE: Flat

ENTRY FEE: WTRC Members \$5.00, Non-Members \$10.00, Race Day Registration \$15.00 Everyone.

AWARDS: Medals will be awarded to at least the first three finishers in each age group division and up to 50% of each group — 5 Maximum

WTRC Rules Do Not Permit Pets, Skates, Strollers, or Bi-cycles


AGE DIVISIONS:

MEN: 12 & Under, 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: 12 & Under, 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.

Two and Four Person Relay Teams in the Four Mile



footTech

Your Lubbock home for foot technology.

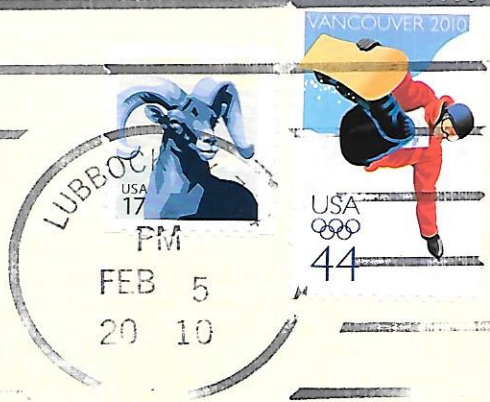
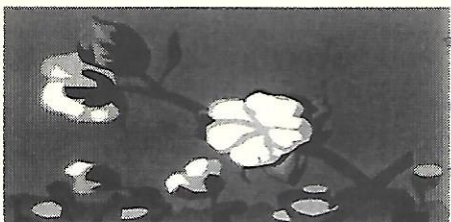
Foot Tech provides you with comfortable solutions for aching feet problems. Our **knowledgable staff** will be capable of offering specialized service to all ages and foot types ranging from diabetics to athletes. Foot Tech will feature brand name shoes such as Brooks, Saucony, Klogs, Moszkitto, Finn Comfort, Kumps, Neil M., Dr. Comfort, Romika, Haix and Natural Step. A full range of socks, compression wear, orthotics and other foot health accessories are available. All WTRC Members receive a 20% discount, please visit us at 3411 82nd Street, 1 block west of 82nd and Indiana (South side), phone number 806-799-1122

West Texas Running Club Event Calendar

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

- FEB 02 WTRC Board meeting: Tuesday, 7:00pm
Ron's office, 3309-67th St, 806-781-0231
- * FEB 13 COTTON PATCH RUNS: 14K/4M/4M RELAY, 9:00am, Texas Boys Ranch, RD: David Higgins 806-785-8562
- FEB 14 Austin Marathon: Marathon/Half Marathon/5K, Austin, TX, www.youraustinmarathon.com.
- FEB 27 Inaugural Falcons Fly Jackalopes 5K Run: 9:00am
UTPB Campus, Odessa, TX, blevy@jackalopes.org, 432-552-7825.
- FEB 27 Cowtown Marathon: Ft Worth, TX www.cowtownmarathon.org
- * MAR 13 PRAIRIE DOG TOWN RUNS: 4M/2M, 9:00am, MacKenzie Park, Cesar Chavez Dr & E. Broadway, Contact:Randy Holloway
- MAR 27 The Great H.O.G.G. Race: Marathon/Half/10K/5K, Lamesa <http://www.comerstonelamesa.org>
- MAR 27 The Bloodgusher: Half Mara/10K/5K/1K, Midland, TX, 9:00am <http://pbrunningclub.tripod.com>
- APR 11 Capital 10,000: www.statesman.com/sports/content/cap10k
- * APR 17 RUN FOR THE ARTS: 15K/2M, 8:00am, Lubbock Memorial Civic Ctr, Mac Davis Lane Suzan Caudle, RD, 806-799-3813, Suzieg5279407@yahoo.com
- * 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.
- * 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: 1.0M/3M/1M, 7:40am, Terry Co. Park, Brownfield, TX, Jim Harris, RD, 575-370-4034.

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



Mike Kelley
26A Comanche
Lubbock, TX 79404

West Texas Running Club Membership Form

Membership Details

Today's Date _____

Membership in the West Texas Running Club (WTRC) is for a calendar year. All memberships expire on December 31 of each year and must be renewed to continue to receive membership benefits. All members must sign the waiver and agree to its terms for membership.

Annual Membership Rates:

Standard membership: \$15.00

Standard membership including pre-payment for all races and T-shirts: \$100.00

Family membership: \$3.00 for each additional WTRC member at the same address.

Student membership: \$10.00. Please indicate the name of your school _____.

Half-year membership (**New members only**, joining after July 1st): \$8.00

**Memberships are not valid until payment is received by WTRC. Your fee must be mailed with this form to: WTRC-c/o David Higgins, Treasurer, 3401 Alcove Ave, Lubbock 79407
Thank you for joining!**

Membership Benefits

Members receive the monthly WTRC club newsletter, reduced entry fees, and eligibility to participate in the challenge series. In order to be eligible for the Challenge Series Awards, you must volunteer in at least one club race in which you do not run.

Family Address (This is the address the club newsletter will be sent to)

Family E-mail (for WTRC communication only). Please print clearly!

Check here if you want the newsletter by e-mail instead of regular mail.

Member Info (List each family member below)

First Name	Last name	Sex (M/F)	Date of Birth (MM/DD/YY)	Home phone (###) ###-####	Work phone (###) ###-####

All applicants must sign the waiver on the reverse of this sheet to be eligible for membership.

Cotton Patch Runs

February 13, 2010

Mail
Registration
thru Feb 9th

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

Race starts at 9:00 A.M.
at Texas Boys Ranch
David Higgins, Race Director
785-8562(h), 535-7788(m)

Waiver of Liability - all entrants must read and sign:

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. RRCA rules prohibit skates, strollers, dogs, etc. on the course.

Signature of entrant _____ Signature of guardian(minors) _____

Age _____ (on race day) Distance: ___ 4 Mile ___ 14K _____ Male _____ Clydesdale (190 lbs or more)

Name _____ Female _____ Athena (150 lbs or more)

City _____ State _____ Phone Number _____

Email: _____ Emergency Contact: _____ Emer Ph# _____

Relay (4 Mile Only) Team Name _____ 2 Person ___ relay leg: 1 ___ 2 ___
4 Person ___ relay leg: 1 ___ 2 ___ 3 ___ 4 ___

Relay Team Registration- Prior to race day is \$5.00 for each member(No race day registration)

TBR: 4810 N. CR2800

From Lubbock, take Hwy 62/82(Idealou Hwy) north to FM2641, turn west for 2 miles, then north for ½ mile on CR2800.

OR

Take MLK, Jr BLVD north from Loop 289, then right on FM 2641. Proceed 3 miles East to CR2800 and turn left ½ mile.

Look for the large white gate with TBR sign.