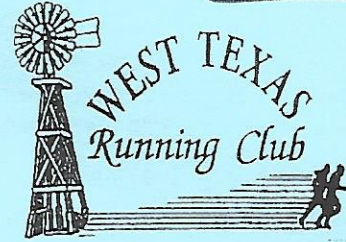


January 2010

Volume 2, Issue 12

Be an Early Bird!
RENEW NOW!



Blue Sky
Regel Pal
Resource

632-0555
Renew cost \$28.00
Thu - Mon.

12-29-09
10 AM

689-1100

NOTES FROM THE PRESIDENT

If you are not a new member and have never attended a WTRC awards banquet, SHAME ON YOU. Being a bit shy socially myself, I understand hesitating about going to a party with people that you only see for a handful of minutes a few times a year and who you know in only a sweaty kind of way. In fact the first time I attended I left my wife and kids at home and even had an exit strategy in case it was dull beyond my capacity for that kind of numbness.

Well ... SURPRISE!!! Year-after-year the Club's awards social proves to be one of the easiest, most comfortable nights out for my family. Heck, last year we even brought my mother-in-law and she had a great time too. Yes gang, those nice people you run with a few times a year also seem to have nice spouses, kids, significant others ... even mothers-in-law.

Need other reasons to attend? For starters, lots of great food. Then there's a plethora of awards for those of you who made a good score in the Club's Challenge Series. And did I mention door prizes? Plus, it doesn't last terribly long and gives you and your family the freedom to fill the rest of your evening with other things you might want to do.

But mostly, it gives us a chance to recognize and applaud each others' accomplishments as runners, and for our service to the Club. It is an evening that perhaps gives all of us a chance to appreciate each other from a slightly different angle. Many of us only recognize each other from the rear.

Hope you & your tribe can make it ... and bring something delicious. The Club will provide the BBQ meats, bread and drinks.

SYOTR, Ron

East
End

W. T. R. C. RACES ARE USUALLY HELD THE 2ND SATURDAY OF EACH MONTH. The WTRC monthly business meeting is Tuesday, January 5, 2010 @ 7:00 p.m. at , Ron's Office, 3309 67th Street, 806-781-0231. All Members are welcome.

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Loop The Lake
5 & 2 Mile Race
Saturday, January 09, 2010
Race Starts @ 10:00 A.M.
Buddy Holly Park
North University & Cesar
Chavez
Race Director
Jimmy Clark
(806) 799-2592

WTRC Officers

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

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

External Vice-President
Edwin Young © 806-470-7795
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: mkelleyrn@yahoo.com

Directors

Newsletter Director - Rose Hoeve
(H) 829-2381, (C) 773-1856
E-mail: rosehoeve@hotmail.com

Internal Race Director
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(H) 794-7512, (O) 771- 0329
E-mail:
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Equipment Director - Tim Key
tim.key@gmail.com

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

Membership Director
Debbie Wilson
E-mail:
debwilsonmt06@sbcglobal.net

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

7 PM

WEST TEXAS RUNNING CLUB'S
RED LINE 4 MILE CROSS COUNTRY RUN
Benefiting the Marine Corps "TOYS FOR TOTS"
Lubbock, Texas December 12,2009

OVERALL RESULTS

Place Name	Ag	S	Div	Div	Town	St Time	Place
1 JULIAN FLOREZ	16	M	1	M1619	HOBBS	NM	22:31 5:38
2 BOB JACKSON	51	M	1	M5054	HOBBS	NM	24:04 6:01
3 STEVEN KING	46	M	1	M4549	LUBBOCK	TX	25:37 6:25
4 MATTHEW GORDILLO	36	M	1	M3539	PORTALES	NM	25:56 6:29
5 DAVID ROGOWSKI	42	M	1	M4044	LUBBOCK	TX	25:56 6:29
6 CHRISTOPHER RAMIREZ	27	M	1	M2529	LUBBOCK	TX	26:43 6:41
7 JASON FELLERS	29	M	2	M2529	LUBBOCK	TX	27:10 6:48
8 REID LASSITER	16	M	2	M1619	LUBBOCK	TX	29:30 7:23
9 SHANNON ANDERSON	38	M	2	M3539	LUBBOCK	TX	29:52 7:28
10 FARRELL MARTIN	43	M	2	M4044	SHALLOWATER	TX	29:57 7:30
11 RANDY HOLLOWAY	53	M	2	M5054	LUBBOCK	TX	30:34 7:39
12 KARI ZIELINSKI	21	F	1	F2024	LUBBOCK	TX	30:49 7:43
13 ROD BURGETT	45	M	2	M4549	SHALLOWATER	TX	30:58 7:45
14 CODY MILLER	43	M	3	M4044	LUBBOCK	TX	31:01 7:46
15 BRENT LOWREY	48	M	3	M4549	LUBBOCK	TX	31:17 7:50
16 BECKY ROGERS	19	F	1	F1619	LUBBOCK	TX	32:07 8:02
17 DAVID SLAYTON	31	M	1	M3034	LUBBOCK	TX	32:51 8:13
18 AVERY McNEME	10	F	1	F0112	LUBBOCK	TX	32:54 8:14
19 SEAN GRASS	38	M	3	M3539	LUBBOCK	TX	33:01 8:16
20 LAUREN DORSEY	21	F	2	F2024	LUBBOCK	TX	33:06 8:17
21 BJ EVERETT	28	F	1	F2529	LUBBOCK	TX	33:21 8:21
22 MONT McCLENDON	37	M	4	M3539	LUBBOCK	TX	33:32 8:23
23 ANDREW HUFF	28	M	3	M2529	LUBBOCK	TX	33:42 8:26
24 ANDRES PEDROZA	28	M	4	M2529	LUBBOCK	TX	33:47 8:27
25 LEESA PRICE	53	F	1	F5054	LUBBOCK	TX	33:47 8:27
26 DANIEL DRAKE	12	M	1	M0112	SNYDER	TX	33:48 8:27
27 SHAUN FANT	41	M	4	M4044	LUBBOCK	TX	34:28 8:37
28 DAVID DOYLE	51	M	3	M5054	LUBBOCK	TX	34:33 8:39
29 CATHERINE CANNON	10	F	2	F0112	LUBBOCK	TX	34:43 8:41
30 KEN SPAIN	56	M	1	M5559	LUBBOCK	TX	35:00 8:45
31 BRANDON GREGORY	10	M	2	M0112	LUBBOCK	TX	35:04 8:46
32 RON LUBOWICZ	66	M	1	M6569	LUBBOCK	TX	35:05 8:47
33 ZACHARY THOMAS	8	M	3	M0112	LUBBOCK	TX	35:07 8:47
34 RICHARD GALE	60	M	1	M6064	LUBBOCK	TX	35:10 8:48
35 LESLIE STAIN	53	F	2	F5054	MIDLAND	TX	35:15 8:49
36 JOEY HERNANDEZ	33	M	2	M3034	WOLFFORTH	TX	35:40 8:55
37 CAMERON KRAL	8	M	4	M0112	LUBBOCK	TX	35:47 8:57
38 MILT BROWNFIELD	52	M	4	M5054	LUBBOCK	TX	35:58 9:00
39 CHRIS GALLARNEAU	34	M	3	M3034	LUBBOCK	TX	36:25 9:07
40 ALYX SHULTZ	27	F	2	F2529	LUBBOCK	TX	36:45 9:12
41 ED PRICE	53	M	5	M5054	LUBBOCK	TX	37:02 9:16
42 JON BRUEGEL	18	M	3	M1619	LUBBOCK	TX	37:07 9:17
43 MIKE KELLY	60	M	2	M6064	LUBBOCK	TX	37:28 9:22
44 DEBBY ROGERS	16	F	2	F1619	LUBBOCK	TX	37:57 9:30
45 GORDON JENKINS	69	M	2	M6569	AMARILLO	TX	38:01 9:31
46 DAN HILARIO	59	M	2	M5559	LUBBOCK	TX	38:04 9:31
47 MANDY SATTERWHITE	31	F	1	F3034	LUBBOCK	TX	38:25 9:37
48 KEVIN RYCHEL	8	M	5	M0112	LUBBOCK	TX	38:51 9:43
49 ALBERT BURRIER	76	M	1	M7099	LUBBOCK	TX	38:52 9:43
50 PJ MITCHELL	64	F	1	F6099	LUBBOCK	TX	38:57 9:45
51 JAMES LIVERMORE	62	M	3	M6064	LUBBOCK	TX	39:19 9:50
52 KATY FRANKLIN	22	F	3	F2024	LUBBOCK	TX	39:21 9:51
53 RODNEY FRANKLIN	49	M	4	M4549	LUBBOCK	TX	39:22 9:51
54 LEE HARTMANN	52	F	3	F5054	MIDLAND	TX	39:29 9:53
55 TONY CUEVAS	28	M	5	M2529	LUBBOCK	TX	39:51 9:58
56 AMY SLAYTON	32	F	2	F3034	LUBBOCK	TX	39:54 9:59
57 CRAIG PETERSON	53	M	6	M5054	HOBBS	NM	40:02 10:01
58 WENDY ANDERSON	39	F	1	F3539	LUBBOCK	TX	40:09 10:03
59 JILL HUKOS	45	F	1	F4549	LUBBOCK	TX	40:16 10:04
60 HOLLY SNODGRASS	40	F	1	F4044	LUBBOCK	TX	40:23 10:06
61 MARIO JIMENEZ	48	M	5	M4549	LUBBOCK	TX	40:40 10:10
62 JILL JAQUESS	32	F	3	F3034	LUBBOCK	TX	41:18 10:20
63 VALARIE BOSTON	28	F	3	F2529	LUBBOCK	TX	41:24 10:21
64 SAVANNAH THOMAS	10	F	3	F0112	LUBBOCK	TX	42:21 10:36
65 DWAYNE ZUNKER	48	M	6	M4549	MIDLAND	TX	42:23 10:36

OVERALL RESULTS

Place Name	Ag	S	Div	Div	Town	St Time	Place
66 SUSAN WILCOX	31	F	4	F3034	LUBBOCK	TX	42:24 10:36
67 SARAH FLOYD	35	F	2	F3539	LUBBOCK	TX	42:25 10:37
68 KOBY LOVETT	14	M	1	M1315	PORTALES	NM	42:28 10:37
69 KOLE PETERS	8	M	6	M0112	LUBBOCK	TX	42:30 10:38
70 MICHAEL EPPS	58	M	3	M5559	LUBBOCK	TX	42:36 10:39
71 DENISE ROSE	40	F	2	F4044	LUBBOCK	TX	42:37 10:40
72 ETTA MAYER	60	F	2	F6099	LUBBOCK	TX	42:49 10:43
73 JIM DRAKE	45	M	7	M4549	SNYDER	TX	43:03 10:46
74 AMY LOVETT	31	F	5	F3034	PORTALES	NM	43:22 10:51
75 JAMES PREISS	49	M	8	M4549	LUBBOCK	TX	43:54 10:59
76 BILL OATES	67	M	3	M6569	ROPESVILLE	TX	44:00 11:00
77 CHRIS DULIN	31	M	4	M3034	ANDREWS	TX	44:26 11:07
78 ERIN DULIN	31	F	6	F3034	SHALLOWATER	TX	44:28 11:07
79 ERICA WEITMAN	30	F	7	F3034	LUBBOCK	TX	45:11 11:18
80 WILLIAM PASEWARK	52	M	7	M5054	LUBBOCK	TX	45:36 11:24
81 DOUGLAS SANFORD	61	M	4	M6064	LUBBOCK	TX	45:47 11:27
82 AMY HANCOCK	27	F	4	F2529	LUBBOCK	TX	46:25 11:37
83 SCOTT FAGIN	43	M	5	M4044	LUBBOCK	TX	47:14 11:49
84 JAY DULIN	35	M	5	M3539	SHALLOWATER	TX	49:56 12:29
85 TALLY HOWARD	12	F	4	F0112	MIDLAND	TX	50:04 12:31
86 JAN RAY	57	F	1	F5559	CANYON	TX	52:16 13:04

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.

LOOKING FOR A PLACE TO RUN?

WTRC Training Runs/Running Groups:

1. "20th & Elgin" ...Contact Jerry Dwyer: jerry.dwyer@ttu.edu, Meets weekdays @6:00am and weekends at 7am, 20th & Elgin. Ask Jerry to add you to his mailing list.
2. "Campus Runners"....Contact James Livermore 792-5815, Meets every Sunday @4:00pm, South of the Tech Library(5Mi run).
3. "MacKenzie Run and Breakfast Club".....Meets every Sat. and Sun. @7:00am(6 to 8 miles), MacKenzie Park-Old Outdoor Ctr ; Contact P.J.Mitchell's pager 721-9940

W.T.R.C. 2009 CHALLENGE SERIES
Final Volunteer STANDINGS AFTER 13 EVENTS
FEMALE

YTD TOTALS

YTD TOTALS

6 - 12 FEMALE	AGE	PTS	MILES	EVT	VOL
Kayelin Fant	11	32	18	6	*
Allyson Martin	12	24	18.1	4	*
Alexis Hoeve	12	8	21.3	3	*
13 - 15 FEMALE					
Lindsey Smith	14	37	34.9	6	*
16 - 19 FEMALE					
Amanda Morris	17	62	19	8	*
Katie Haukos	19	20	6	3	*
Allison Pyle	16	10	4	2	*
20 - 24 FEMALE					
Amy Martin	20	83	24.1	10	*
25 - 29 FEMALE					
Amanda Boston	25	80	76.6	10	*
Amy McAlexander	29	60	48.8	9	*
30 - 34 FEMALE					
Mandy Poklikuha	31	84	31.1	10	*
Iris Rivero	34	72	51.5	8	*
Susan Wilcox	31	54	66.3	11	*

** = RACE DIRECTOR

* = VOLUNTEER

35 - 39 FEMALE	AGE	PTS	MILES	EVT	VOL
Tammy Moriearty	36	80	50.7	9	*
Wendy Anderson	39	70	79.3	11	*
Malinda Colwell	36	58	24.3	8	*
Meggan Bailey	35	40	19.5	6	*
40 - 44 FEMALE	AGE	PTS	MILES	EVT	VOL
Lee Handlin	40	57	26.3	7	*
Deana Martin	41	32	20.1	5	*
Rose Hoeve	41	15	41.5	4	**
Karen Pyle	40	0	5	1	*
45 - 49 FEMALE					
Jill Haukos	45	97	60.3	12	**
Marsha Bennett	46	80	76.4	11	*
Tami Miller	50	26	12.2	4	*
Cynthia Sorrenson	46	20	24.3	3	*
Debbie Wilson	49	0	26.1	4	*
50 - 54 FEMALE	AGE	PTS	MILES	EVT	VOL
Leesa Price	53	19	14.2	3	*
Marti Greer	50	0	4	1	*
55 - 59 FEMALE					
Josie Aleman	58	103	37.1	13	*
Sarah Gaxiola	57	76	71.7	9	*
Suzan Caudle	56	54	67.3	13	*

60 - 99 FEMALE

P. J. Mitchell	64	119	86.1	13	*
Etta Mayer	60	83	65.3	10	**
ATHENA-age graded	AGE	PTS	MILES	EVT	VOL
Amy Hancock	27	93	45.1	11	*
Ginger Hall	33	34	26.2	5	*
Donna Dean	52	0	8.7	1	*
Elizabeth Linder	52	0	16	2	*

2009 Schlotzsky's Turkey Trot Race
Director's Report

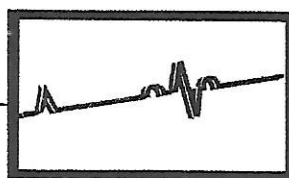
The 2009 Schlotzsky's Turkey Trot provided this Race Director with many things to be thankful for on this Thanksgiving Day, which included the weather, the 414 Finishers, the WTRC Officers and Directors, the sponsors, and especially all the volunteers.

When I arrived at Mackenzie Park at 7 a.m. it was still dark and very cold – but there was no wind. The temperature was near perfect by race start time – and still no wind. Even though the 414 Finishers were not a record, I believe everyone who did finish had a great time and maybe later felt less guilty at the dinner table for having completed the run. Congratulations to all the Finishers! As usual, the WTRC Officers and Directors did a great job putting on another great running event. I want to thank all the sponsors who include Schlotzsky's Deli, Lone Star State Bank, Culligan Water, United Supermarket, and the Outback Steakhouse. And finally, a very special thanks to all the volunteers. I want to thank Gwen Murphy for allowing us to use her residence for late registration and packet pickup and all the volunteers that manned her residence who include Mary Branscome, PJ Mitchell, Wayne Sullivan, Suzan Caudle and Amy Hancock. Coach Amy worked both days at Packet Pickup. I appreciate so much all the other volunteers who helped on Race Day at packet pickup, water stops, course direction, and at the finish line who include Andrew Huff, Shannon Anderson, Tony Aleman, Etta Mayer, Epi Aguirre, Mont McClendon, Amy McAlexander, Iris Rivero, Jon and Ronda Ingle, Trevor Dalton, Jane Willems and Family, Chadwick Wilcox, Paul Pare, Terry Richardson, Meggan Bailey, Jeff Souter, PJ Mitchell and Wayne Sullivan. The "show" would not go on without your dedication and hard work. Thank you!

As we all know, the future of our Nation is our children. The same can be said about the future of the West Texas Running Club and the sport of running that we all enjoy so much. The future is our children. No one understands this more than Coach Amy Hancock. I want to pay a special tribute and say a special thank you to Coach Amy for all her dedication to the future of running through her efforts at Honey Elementary and the Lubbock community in promoting, encouraging and coaching running to our children. Thank you Coach!

Terry

Pj Mitchell, C.C.T., LMT



- MEDICAL MASSAGE
- LYPOSSAGE
- SPORT TRAINING



Pager 806.721.9940

Mark Your Calendars

The WTRC Annual Awards Ceremony and Potluck Supper will be held at Monterey Baptist Church Fellowship Hall, 3601 50th Street, on Friday, January 15, 2010, @ 6:00pm. The club will provide the meat and drinks and each family is encourage to bring a vegetable, dessert or other culinary delight. The board will present Challenge Series Awards & other Awards. Be ready to share running stories with other runners and enjoy the good food. For more information please contact George Jury at 806-792-3291 (d) or 806-792-1237 (n) or rungwl@aol.com

W.T.R.C. 2009 CHALLENGE SERIES
FINAL VOLUNTEER STANDINGS AFTER 13 EVENTS
MALE

YTD TOTALS						YTD TOTALS					
6 - 12 MALE	AGE	PTS	MILES	EVT	VOL	45 - 49 MALE	AGE	PTS	MILES	EVT	VOL
Jake Brownfield	11	89	24.1	10	*	Joe Frank Martin	50	89	28.1	12	*
Evan Gallarneau	10	24	12	5	*	Paul Pare	47	83	67.1	10	*
Nick Hoeve	11	3	8.2	2	*	Jerry Dwyer	50	77	71.7	9	*
William Pyle	7	0	5	1	*	Jim Higgins	49	60	32.4	8	*
David Pyle	9	0	5	1	*	J. Edson Pinto	48	46	42.3	8	*
Joshua Hoeve	10	0	19.3	2	*	Adam Barron	47	41	51.7	6	*
13-15 MALE						Todd Smith	45	25	39.1	6	*
Austin Martin	14	38	24.1	7	*	Edwin Young	45	9	68	9	*
Kendall Higgins	15	32	28.7	9	*	50 - 54 MALE					
16-19 MALE						Randy Holloway	52	88	84.5	13	**
Lucas Morris	17	98	41.1	11	*	David Doyle	51	80	30.3	10	*
Jon David Bruegel	17	66	42.1	8	*	Terry Dalton	54	12	38.9	5	**
20 - 24 MALE						55 - 59 MALE					
Ben Boston	24	54	62.9	9	*	Dan Hilario	59	58	65.3	10	*
25 - 29 MALE						Ken Spain	56	55	52	8	*
Andrew Huff	28	49	60.7	9	*	Fred Weber	57	36	15	5	*
Brandon Berkshire	25	36	38.6	6	*	David Weaver	57	35	34.9	5	*
John Griffin	27	13	25.1	5	*	Wayne Sullivan	58	14	74.8	12	*
30 - 34 MALE						David Higgins	57	8	97.6	13	**
Chris Gallarneau	34	58	38.5	9	*	Jimmy Clark	56	0	10	1	**
Chad Wilcox	34	49	44.9	9	*	Tony Aleman	60	0	93.1	13	*
35 - 39 MALE						Jim Wilhelm	57	0	5	1	*
Lee Cohen	37	109	57.1	12	*	Jerry Morris	58	0	8.7	1	*
Shannon Anderson	38	98	73.4	13	*	60 - 64 MALE					
Mont McClendon	37	59	43	9	*	Richard Gale	60	93	82.9	11	*
Sean Grass	38	43	46.5	7	*	Mike Kelley	60	70	75.5	10	**
Jon Bruegel	38	0	26.1	4	*	James Livermore	62	58	48.7	8	*
40 - 44 MALE						Ron Nugent	62	10	7	2	*
Martin Montalvo	44	97	81.6	11	*	Terry Richardson	60	8	10.6	2	*
Jay Williams	40	83	53.2	11	*	65 - 69 MALE					
Cody Miller	43	74	60.7	10	*	Gorden Jenkins	69	106	66.9	12	*
Heath Pennell	42	59	52.3	8	*	Rick Lampe	65	81	38.3	10	*
Ignacio Vasquez	42	58	63.9	9	*	Jim Harris	67	79	41.1	10	**
Rod Burgett	45	55	62.5	10	**	Ron Lubowicz	66	60	79.4	11	*
David Pyle	43	9	9	2	*	Larry Byrd	65	0	76.6	10	*
45 - 49 MALE						70 - 99 MALE					
50 - 54 MALE						Bill Felton	75	99	51.6	11	*
55 - 59 MALE						Ralph Wolf	72	77	40.6	9	*
60 - 64 MALE						Bill Roger	70	66	38.2	9	**
65 - 69 MALE						Mike Greer	70	20	26.5	3	**
70 - 74 MALE						Albert Burrier	75	10	15.2	3	*
75 - 79 MALE						George Jury	73	0	93.1	13	*
80 - 84 MALE						CLYDESDALE - age graded					
85 - 89 MALE						Milt Brownfield	51	105	34.8	12	*
90 - 94 MALE						Farrell Martin	43	87	73.2	10	*
95 - 99 MALE						Craig Peterson	53	84	46.3	12	*
100 - 104 MALE						Shaun Fant	41	72	65.1	10	*
105 - 109 MALE						Damon Provence	58	51	21.6	7	*
110 - 114 MALE						Jason Hancock	27	13	19.9	4	*
115 - 119 MALE						Warner Alexander	48	0	5	1	*
120 - 124 MALE						Ed Dabrowski	50	0	10	1	*

** = RACE DIRECTOR

* = VOLUNTEER

**Your Lubbock home for foot technology.**

Foot Tech provides you with comfortable solutions for aching feet problems. Our **knowledgeable 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, Moszkito, 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

Milt Brownfield	51	105	34.8	12	*
Farrell Martin	43	87	73.2	10	*
Craig Peterson	53	84	46.3	12	*
Shaun Fant	41	72	65.1	10	*
Damon Provence	58	51	21.6	7	*
Jason Hancock	27	13	19.9	4	*
Warner Alexander	48	0	5	1	*
Ed Dabrowski	50	0	10	1	*

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.

Membership Waiver

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, INCLUDING THE LUBBOCK COUNTY WATER CONTROL AND IMPROVEMENT DISTRICT NO.1, 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.**

I grant permission to all of the foregoing to use any photographs, video tapes, recordings or any other record of club event for any legitimate purpose.

For members under the age of 18, a signature of a parent or official guardian is required.

By checking this box, I (we) agree with the above waiver.

Printed name for each applicant	Signature for each applicant (applicant or parent of applicant, if applicant is under 18 years of age)	Date

If you wish to volunteer to help the WTRC, please circle the categories that you will assist with.

- | | | | |
|--------------------|-----------------------|---------------------------|--------------|
| Membership | Race results/Computer | Club socials | Club races |
| Non-club races | Club equipment | Newsletter | Scholarships |
| Historical records | Club website | Race and Course standards | |

FIVE MILE EVENT RECORDS (Since 1992)

		MEN			
DIV	NAME	TOWN	AGE	TIME	YEAR
6-12	Walker Adams	San Angelo	10	36:10	2008
13-15	K.T.Manis	Hobbs, NM	15	29:05	2009
16-19	Trey Jernigan	Hawley	18	28:17	1997
20-24	Adolfo Canilo	Levelland	23	26:26 *	1994
25-29	Jackson Makene	Lebanon, IL	26	26:45	1998
30-34	David Sumrell	Lubbock	30	28:04	1994
35-39	Tim Key	Lubbock	36	29:48	2004
40-44	Bob Jackson	Hobbs, NM	40	27:37	1999
45-49	Bob Jackson	Hobbs, NM	46	30:17	2005
50-54	Jim Leser	Lubbock	50	30:56	1997
55-59	George W. Jury	Lubbock	55	30:58	1992
60-64	Don Sanderson	Tulia	64	34:46	1994
65-69	Don Sanderson	Tulia	65	34:40	1995
70+	Don Sanderson	Tulia	70	39:33	2000
	Clydes Farrell Martin	Lubbock	36	33:11	2003

		WOMEN			
DIV	NAME	TOWN	AGE	TIME	YEAR
6-12	Colleen Adams	San Angelo	11	36:59	2005
13-15	Colleen Adams	Wall, Tx	15	34:07	2009
16-19	Tara Jernigan	Hawley	16	34:48	1998
20-24	Julie Wall	Lubbock	21	34:42	2004
25-29	Briseida Ramos	Lubbock	25	36:49	2009
30-34	Marjory Stewart	Lubbock	34	31:15	1993
35-39	Marjory Stewart	Lubbock	35	30:40 *	1994
40-44	Marjory Stewart	Lubbock	41	33:56	2000
45-49	Melanie McVey	Sundown	47	40:49	2009
50-54	Madonne Miner	Lubbock	51	38:33	2004
55-59	Sherill Easterling	Snyder	55	40:39	2005
60+	P.J.Mitchell	Lubbock	63	48:28	2009
	Athena Kammy Philbrick	Lubbock	44	45:24	2005

* OVERALL 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 2008)

		MEN			
DIV	NAME	TOWN	AGE	TIME	YEAR
6-12	Walker Adams	Wall, Tx	11	14:09	2009
13-15	Scotty Vasquez	Lubbock	15	12:20	2009
16-19	Lucas Morris	Lubbock	16	11:36 *	2009
20-24	Alex Condon	Lubbock	20	13:22	2008
25-29	Stephen Romero	Lubbock	27	14:11	2009
30-34	John Barrientos	Lubbock	34	15:39	2008
35-39	Glen Pokilkuha	Lubbock	38	12:41	2008
40-44	Daniel Gonzales	Lubbock	42	16:08	2008
45-49	Ronnie Trollinger	Lubbock	48	15:28	2008
50-54	Jackie Cannon	Amarillo	52	13:07	2008
55-59	David Higgins	Lubbock	55	16:04	2008
60-64	---				
65-69	Jim Harris	Hobbs, NM	66	18:30	2009
70+	Bill Felton	Lubbock	74	17:54	2009
	Clydes Milt Brownfield	Lubbock	51	16:23	2009

		WOMEN			
DIV	NAME	TOWN	AGE	TIME	YEAR
6-12	Kathleen Adams	Wall, Tx	7	17:06	2009
13-15	Turner Adams	Wall, Tx	13	14:44 *	2009
16-19	Amanda Morris	Lubbock	16	17:19	2009
20-24	Ashley Keffler	Lubbock	23	18:26	2009
25-29	Jennifer Farris	Lubbock	29	16:00	2008
30-34	Tammy Moriearty	Wolforth	34	16:10	2008
35-39	Tammy Moriearty	Wolforth	35	15:47	2009
40-44	Angie Hines	Sundown	42	18:32	2009
45-49	Kammy Philbrick	Lubbock	48	17:41	2009
50-54	Glenna Beyer	Lubbock	50	20:20	2009
55-59	Josie Aleman	Lubbock	56	24:37	2008
60+	---				
	Athena Nikki Roa	Lubbock	24	20:50	2009

* OVERALL COURSE RECORDS

WEST TEXAS RUNNING CLUB'S
18th Annual Loop The Lake

EVENT # 1 OF THE W.T.R.C. CHALLENGE SERIES

WHEN: Saturday, January 09, 2010
Register online at <http://wtrc.tripod.com>
See enclosed mail in form for information.
On Site Registration: 9:00 to 9:45 A.M.
Race starts at 10:00 A. M.

WHERE: Buddy Holly Recreation Area, West of North University & on Cesar Chavez
Register in the Landwer House

COURSE: Rolling 5 Mile and 2 Mile on Pavement and Concrete Walkways. WTRC Rules Do Not Permit Pets, Skates, Strollers, or Bicycles

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

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.

CHALLENGE SERIES FINAL RESULTS

The data published in this newsletter includes everyone who volunteered at least once during the year. Remember, to be eligible for awards at our Awards Banquet, January 15, 2010 at Monterey Baptist Church, 3601 50th St. 6pm, one must have volunteered at least once and have participated in 3 others as a runner.

A reminder for those considering entering the races as "Clydesdale" or "Athena" categories, you must state so on your entry form from the beginning of the year. Late in the year we had some people sign up in those categories after being in regular age groups earlier in the year. This makes it difficult for your Challenge Series data keeper to track that information. As usual, if anyone has questions please contact George at rungwj@aol.com.

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

WTRC Calendar

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

- JAN 05 WTRC Board meeting: Tuesday, 7:00pm
Ron's office, 3309-67th St, 806-781-0231
- JAN 02 Monahans Sandhills Resolution: 10K/5K 9:00am,
432-943- 2187 Teresa Burnett, RD, Teresa.a.burnett@gmail.com
- * JAN 9 LOOP THE LAKE: 5M/2M, 10:00AM, Buddy Holly Rec
Area-N. University, RD: Jimmy Clark 799-2592
- JAN 24 16th Annual 3M Half Marathon & Relay: Austin, TX
www.3MHalfMarathon.com .
- * 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 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, RD: Mike Greer
- MAR 27 The Great H.O.G.G. Race: Details coming soon!
<http://www.comerstonelamesa.org>
- MAR 27 The Bloodgusher: 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

<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
January 2010

Season's Greetings and
Best Wishes for a Happy,
prosperous fit New Year.

**Be an Early Bird!
RENEW NOW!**



P. J Mitchell
3519 39th Street
Lubbock, TX 79413