



June 2010

Volume 3, Issue 5

Note from the President

Opinion & referendum time ... with the fate of the Run for the Arts hanging in the balance. The WTRC board needs your input here because we are torn between some fundamental arguments. Please help us juggle these so that we can give you the very best running experience in the Aprils to come.

Tradition – we have had this event (on-again, off-again) for quite awhile and the course is both charming and challenging ... and of course many of us like T-shirts that have some flair; Management/manpower headaches – being a T-shirt event and being in the heart of the City with more than a dozen intersection crossings creates a logistics nightmare for volunteers and police. Also, T-shirt races require investment and additional volunteer services;

Safety – 15K is a long race and many of our finishers find themselves competing with early Arts Festival traffic going into the parking lot;

Promotion – on the surface, our association with the Arts Festival and our having a booth for packet pickup near the Festival entrance should be great for promoting the Club and for our sport in general. Alas, no proof of that having happened yet ... in fact I cannot remember even getting mentioned in the Festivals' press releases over the years that I was paying attention;

Calendar – we do not control the date of the Festival. Last year it was held the first weekend of May which would have thrown our monthly second-Saturday cadence off. And of course a floating date could again conflict with other regional events such as triathlons;

A viable alternate venue – a change of scenery, a smattering of difficulty, adequate parking, safety for runners without the need for a large number of volunteers ... these all need to be considered.

Please talk this up on our website. Our objective is simple ... to provide you with the very best events by every measure that we can control. Give us some clues as to where you would like to run next April: (a) the Civic Center courses in spite of some of the difficulties mentioned above, or (b) someplace else that would blend into our mix of events.

SYOTR, Ron

W. T. R. C. RACES ARE USUALLY HELD THE 2ND SATURDAY OF EACH MONTH. The WTRC monthly business meeting is on Tuesday, June 1, 2010 @ 7:00 p.m. at Ron's office, 3309-67th St, 806-781-0231, all members are welcome.

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Inserts

- Registration forms

Bobby Birdsong
Memorial Levelland Lope
 June 12, 2010
 10K & 2 Mile Races
 Start at 8:00 am
 South Plains College
 Texan Dome
 Levelland, Texas
 Bill Roger
 Race Director
 806-894-7911

WTRC Officers

President – Ron Lubowicz
(O) 781-0231
E-mail: ronlubo@aol.com

Internal Vice-President -
James Livermore
(H) 806-792-5815
E-mail: jlmore@nts-online.net

External Vice-President
Terry Dalton

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: mkelleymrun@yahoo.com

Directors

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

Internal Race Director
Randy Holloway
(H) 794-7512, (O) 789-1547
E-mail: randyholloway@sbcglobal.net

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

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

Membership Director
Iris Rivero, 722-7026
Iris_rivero3@hotmail.com

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

2010 Horseshoe Bend Race Director Report

Once again, we had an excellent turnout, 167 finishers, for one of the best courses in the West Texas Running Club race series. Horseshoe Bend offers something for everyone. Whether you want a quick morning test in the 2 mile event or the longer climbs of the 6 and 11 mile races, there is a race for you. As a reward for getting to the top of the first climb, the 11 and 6 milers found a cool, stiff breeze to deal with.

We had two age group records set this year in the 6 mile event. Mike Zinno went 37:51 in the 40-44 Male age group and Susan Bacon went 53:42 in the 45-49 Female Age group.

I want to thank all the volunteers who arrived very early to help get these races off. They were: George Jury, David Higgins, Susan Caudle, Terry Dalton, Weldon Kolb, Elizabeth Linder, Ed Price, Amy Hancock, and Hayley Davis.

Thanks,

Randy Holloway

**WEST TEXAS RUNNING CLUB's
Hugh Haynes HSB Canyon Runs
2 Mile, 6 Mile and 11 Mile Road Races
Slaton, Texas May 8, 2010**

2 MILE OVERALL RESULTS

Place	Name	Town	St Div	Div	Ag S 2	Pace
1	Luke Samarron	LEVELLAND	TX	1	M1619 16 M	11:58 5:59
2	Jeff Shelton	NEW HOME	TX	1	M3539 38 M	13:05 6:33
3	Jake Brownfield	LUBBOCK	TX	1	M0112 12 M	13:58 6:59
4	Eli Shelton	NEW HOME	TX	2	M0112 12 M	14:00 7:00
5	Hayden Hensley	LUBBOCK	TX	3	M0112 12 M	14:05 7:03
6	John Clements	LUBBOCK	TX	1	M5054 53 M	14:36 7:18
7	David Doyle	LUBBOCK	TX	2	M5054 51 M	14:49 7:25
8	Will Overstreet	LUBBOCK	TX	4	M0112 8 M	15:38 7:49
9	LUIS CARDENAS	LUBBOCK	TX	1	M5559 58 M	15:48 7:54
10	Amanda Morris	LUBBOCK	TX	1	F1619 18 F	16:21 8:11
11	Evan Gomez	LEVELLAND	TX	5	M0112 12 M	16:38 8:19
12	CASEY CARTWRIGHT	LUBBOCK	TX	6	M0112 12 M	16:40 8:20
13	BRI SAENZ	GRAPEVINE	TX	2	F1619 16 F	17:06 8:33
14	Mandy Poklikuha	LUBBOCK	TX	1	F3034 32 F	17:27 8:44
15	James Preiss	LUBBOCK	TX	1	M4549 49 M	17:48 8:54
16	Bill Felton	LUBBOCK	TX	1	M7099 75 M	17:53 8:57
17	Fred Constancio	LUBBOCK	TX	2	M5559 57 M	17:58 8:59
18	Hannah Layman	HERFORD	TX	3	F1619 17 F	18:06 9:03
19	James Layman	HEREFORD	TX	1	M4044 44 M	18:07 9:04
20	Pete Saenz	GRAPEVINE	TX	1	M2529 29 M	18:09 9:05
21	Joshua Brownfield	LUBBOCK	TX	1	M1315 14 M	18:27 9:14
22	Matthew Santos	LUBBOCK	TX	7	M0112 11 M	18:28 9:14
23	Abraham Montalvo	PLAINVIEW	TX	8	M0112 12 M	18:59 9:30
24	ARTHUR ROMANUS	RANSOM CNYN	TX	9	M0112 7 M	19:00 9:30
25	Kamren Shelton	NEW HOME	TX	10	M0112 10 M	19:10 9:35
26	JIM HARRIS	HOBBS	NM	1	M6569 67 M	19:18 9:39
27	Anna Plagman	LUBBOCK	TX	1	F2529 27 F	19:25 9:43
28	DUNCAN PASEWARK	LUBBOCK	TX	2	M1315 14 M	19:33 9:47
29	KATIE HIGGINS	LUBBOCK	TX	4	F1619 19 F	19:47 9:54

2 MILE OVERALL RESULTS

Place	Name	Town	St Div	Div	Ag S 2	Pace
30	JOSIAH ROMANUS	RANSOM CNYN	TX	11	M0112 6 M	20:15 10:08
31	DOUG SIMS	EARTH	TX	2	M4549 47 M	20:16 10:08
32	BILL PASEWARK	LUBBOCK	TX	3	M5054 53 M	20:20 10:10
33	ALEXIS HOEVE	RANSOM CNYN	TX	1	F1315 13 F	20:23 10:12
34	GINNY REILLY	RANSOM CNYN	TX	1	F5054 50 F	20:24 10:12
35	Nicklas Venhuizen	LUBBOCK	TX	12	M0112 7 M	21:08 10:34
36	JOSH HOEVE	RANSOM CNYN	TX	13	M0112 11 M	21:19 10:40
37	GRAHAM PASEWARK	LUBBOCK	TX	2	M1619 16 M	21:32 10:46
38	NICK HOEVE	RANSOM CNYN	TX	14	M0112 12 M	21:41 10:51
39	Kayelin Fant	LUBBOCK	TX	1	F0112 12 F	21:57 10:59
40	ANGELA HOLDER	LUBBOCK	TX	1	F2024 23 F	22:01 11:01
41	SHANNON GRISSOM	LUBBOCK	TX	1	F4044 42 F	22:01 11:01
42	Tandie Layman	HERFORD	TX	2	F4044 42 F	22:19 11:10
43	Angie Saenz	GRAPEVINE	TX	2	F2529 25 F	22:32 11:16
44	DEMETRIO FUENTES	LITTLEFIELD	TX	2	M3539 35 M	22:33 11:17
45	Debbie Roman	LUBBOCK	TX	2	F5054 54 F	23:51 11:56
46	Antonio Roman	LUBBOCK	TX	3	M5559 57 M	23:52 11:56
47	Kristen Hudgens	LUBBOCK	TX	3	F2529 27 F	24:00 12:00
48	Jesslyn Mortensen	LUBBOCK	TX	2	F0112 7 F	24:02 12:01
49	Danette Mortensen	LUBBOCK	TX	4	F2529 29 F	24:03 12:02
50	SHAYLA GLOVER	LUBBOCK	TX	5	F2529 26 F	24:07 12:04
51	Naomi Saenz	GRAPEVINE	TX	3	F5054 53 F	24:07 12:04
52	ELIZABETH BAIZA	LUBBOCK	TX	1	F3539 37 F	26:07 13:04
53	Josie Aleman	LUBBOCK	TX	1	F5559 58 F	26:22 13:11
54	ROBIN ROMANUS	RANSOM CNYN	TX	3	F4044 40 F	27:14 13:37
55	TIM GRISSON	LUBBOCK	TX	3	M4549 45 M	29:00 14:30
56	Jocelyn Alcantar	GRAPEVINE	TX	2	F2024 22 F	30:12 15:06
57	MARY BAIZA	POST	TX	1	F6099 65 F	30:13 15:07
58	Liz Saenz	GRAPEVINE	TX	4	F5054 50 F	30:14 15:07
59	JESSE SAENZ	GRAPEVINE	TX	4	M5054 52 M	30:15 15:08

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.

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.

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 Jury using the information listed below.

George W. Jury rungwj@aol.com 792-3291 (d) , 792-1237 (n)

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

MALE

YTD TOTALS						YTD TOTALS					
6 - 12 MALE						45 - 49 MALE					
	AGE	PTS	MILES	EVT	VOL		AGE	PTS	MILES	EVT	VOL
Jake Brownfield	12	31	6	3		James Priess	49	41	12	5	
Patrick Irish	7	18	6	3		Martin Montalvo	45	41	37.7	5	*
Brandon Vanetta	11	10	2	1		Rod Burgett	45	37	28.4	4	
Zayven Constancio	9	7	2	1		Paul Pare	48	18	17.7	2	
Beau Miller	8	6	2	1		Jim Higgins	49	17	14.4	2	
Rob Littlefield	9	6	2	1		Richard Shaw	48	16	13.3	2	
Dakota Hernandez	10	5	4	2		Mark Woodfin	47	9	6	1	
Abraham Montalvo	12	3	2	1		Brent Lowrey	48	8	9.3	1	
Arthur Romanus	7	2	2	1		Ray Major	49	0	17.3	2	*
David Pyle	10	0	5	1	*	Adam Barron	48	0	9.3	1	*
Nick Hoeve	12	0	2	1		Bryan Hastings	47	0	9.3	1	*
Joshua Hoeve	11	0	2	1							
Josiah Romanus	6	0	2	1		David Doyle	51	48	12	5	
						Jerry Dwyer	50	46	33.3	5	
						Epi Aguirre	51	30	27.3	4	*
13-15 MALE	AGE	PTS	MILES	EVT	VOL						
Duncan Pasewark	14	18	4	2		Randy Holloway	53	26	48.7	5	**
Joshua Brownfield	14	18	4	2		Ronnie Trollinger	50	26	8	3	
Koby Lovett	14	10	2	1		Joe Frank Martin	50	21	6	3	
Austin Preiss	14	10	2	1		Ed Price	53	20	33.7	4	*
Brandon Hastings	15	0	9.3	1	*	Randy Bunyard	52	18	11	3	
						Nate Wilson	54	18	20.3	2	
16-19 MALE	AGE	PTS	MILES	EVT	VOL						
Lucas Morris	18	53	28.3	5		Bill Pasewark	53	14	4	2	
Timothy Peikert	16	20	9	2		Bob Jackson	51	10	5	1	
Jon David Bruegel	18	19	24.7	4	*	Greg Hogan	50	10	8.4	1	
Graham Pasewark	16	19	4	2		Gonzalo Ramirez	54	10	14.3	2	
K.T. Manis	16	10	5	1		David Allison	53	5	5	1	
						Terry Dalton	54	0	32.7	4	*
20-24 MALE	AGE	PTS	MILES	EVT	VOL						
John Keith	21	20	13.4	2							
Andrew Husband	24	9	4	1							
Tyler Livermore	20	0	5	1	*	55 - 59 MALE	AGE	PTS	MILES	EVT	VOL
						Luis Cardenas	58	50	12	5	
25 - 29 MALE	AGE	PTS	MILES	EVT	VOL						
Ben Boston	25	39	10	4		Ken Spain	56	37	37.7	5	*
Andrew Huff	28	28	33.7	4		Antonio Roman	57	32	8	4	
Brandon Bershire	26	27	21	5	*	Fred Constancio	57	26	6	3	
Zach Manning	28	18	9	2		Dan Hilario	59	22	13	3	
Andres Pedroza	28	17	13.3	2		Tom Weis	58	20	14.4	2	
Stephen Romero	28	16	13.4	2		David Weaver	58	19	17.3	3	*
Blake Bednarz	25	10	4	1		Wayne Sullivan	59	11	33.3	5	*
Marek Potratz	28	0	4	1	*	Jimmy Waechter	57	9	2	1	
						Bill Hepburn	55	9	6	1	
30-34 MALE	AGE	PTS	MILES	EVT	VOL						
Jeff Hancock	33	37	33.7	4		David Higgins	57	0	46.1	5	**
Michael Berry	34	27	21.7	3		Jimmy Clark	56	0	31.7	4	**
Chad Wilcox	34	25	10	3							
Gary Evans	30	22	32.7	4	*	Richard Gale	60	40	28.4	4	
Petar Grozdanov	32	13	8	2		Mike Kelley	61	36	33.7	4	
David Slayton	31	7	8.4	1		James Livermore	62	27	22.7	3	
Gabriel Olivarez	33	7	4	1		Michael McDonald	61	24	24.3	3	
						David Lightner	60	9	4	1	
35 - 39 MALE	AGE	PTS	MILES	EVT	VOL						
Shannon Anderson	38	36	28.3	5	*	Tony Aleman	60	0	17.4	3	*
Sean Grass	39	34	28.4	5							
Hedge Martin	35	31	30.4	5		65 - 69 MALE	AGE	PTS	MILES	EVT	VOL
Matthew Gordillo	36	29	17.4	3		Jim Harris	67	39	10	4	
Lee Cohen	37	27	20	3		Gorden Jenkins	69	30	12	3	
Chris Toelle	36	22	20	3		Ron Lubowicz	67	30	37.7	5	*
Marin Hernandez	39	16	4	2		Rick Lampe	65	26	13	4	*
Mont McClendon	38	16	20.3	2							
Daniel Hall	35	14	12.4	2		70-99 MALE	AGE	PTS	MILES	EVT	VOL
Eric Fisher	38	10	11.3	2	*	Bill Felton	75	39	17	5	*
Eddy Morelock	38	9	9	2	*	Albert Burrier	76	20	17.4	3	*
Russ Horn	35	9	8.4	1		Ralph Wolf	73	10	10	2	*
Tommie Farrell	39	4	5	1		Mike Greer	70	9	5	1	
Louis Hilliard	35	2	5	1		George Jury	73	0	37.7	5	*
						Bill Roger	70				
40 - 44 MALE	AGE	PTS	MILES	EVT	VOL						
Scott Burris	40	43	27.4	5		CLYDESDALE - age graded					
James Layman	44	42	12	5		Milt Brownfield	52	43	27.7	5	
Troy Pratt	43	26	8	3		Damon Provence	59	39	23.3	5	*
Heath Pennell	42	25	15	3		Farrell Martin	43	38	26.4	4	
Ignacio Vasquez	42	22	19.3	3		Craig Peterson	53	36	25.4	5	
David Rogowski	42	20	12.4	2		Jay Dulin	35	26	28.7	3	
David Guinn	43	20	14.3	2		Shaun Fant	42	25	17	4	*
Brett Peikert	42	18	9	2		John Clements	53	20	4	2	
Noe Valles	43	16	11.3	2		Jerry Adams	34	16	18.4	3	
Ricky Martinez	42	16	10	2		Preston Smith	64	8	4	1	
Cody Miller	44	9	21.4	3	**	Brian Evans	47	8	2	1	
Sean Schwarzentraub	42	9	4	1		Dan Branscome	52	8	6	1	
Paul Moats	42	4	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

**W.T.R.C. 2010 CHALLENGE SERIES
STANDINGS AFTER 5 EVENTS
FEMALE**

YTD TOTALS						YTD TOTALS					
6 - 12 FEMALE						35 - 39 FEMALE					
AGE	PTS	MILES	EVT	VOL		AGE	PTS	MILES	EVT	VOL	
Cecilia Fogo	9	20	4	2		Iris Rivero	35	52	28.4	5	
Surayah Constancio	11	19	4	2		Tammy Moriearty	36	46	25.4	5	
Kayelin Fant	12	10	2	1		Michaela Jansen	37	40	28.3	5	
Lauren Irish	11	9	2	1		Wendy Anderson	39	33	32.7	5	
Jesslyn Mortensen	7	9	2	1		Malinda Colwell	36	19	15.3	3	
Grace Drake	8	6	2	1		Jill Fogo	36	17	4	2	
Faith Drake	6	2	2	1		Jennifer Irish	35	15	4	2	
Rebecca Hastings	12	0	9.3	1	*	Sarah Floyd	35	15	20.3	2	
Cherokee Hernandez	12					Debbie Vasquez	35	14	4	2	
Allyson Martin	12					Deborah Bahme	38	12	14.4	2	
13 - 15 FEMALE						40 - 44 FEMALE					
Alexis Hoeve	13	10	2	1		Kristin Voorhies	36	10	9.3	1	
16 - 19 FEMALE						45 - 49 FEMALE					
Hannah Layman	17	43	12	5		Jennifer Gray	35	9	11	1	
Amanda Morris	18	40	8	4		Bobbye Hrnccirik	35	7	2	1	
Becky Rogers	19	10	8.4	1		Karen Farrell	37	6	5	1	
Debby Rogers	16	10	4	1		Cathy Paden	39	6	8.4	1	
Katie Haukos	19	8	2	1		Lee Handlin	41	50	21	5	
Kristen Evans	19	6	2	1		Tandy Layman	42	44	12	5	
20 - 24 FEMALE						50 - 54 FEMALE					
Alison Blalock	23	29	23.7	3		Deborah Gelber	41	19	21.7	3	
Emily Jenkins	22	27	10	3		Hollye Martinez	42	19	8	2	
Taylor Huckaby	23	18	12.4	2		Stephanie McCutchen	43	17	4	2	
Amy Martin	20	10	2	1		Janda Jackson	40	10	11	1	
25 - 29 FEMALE						55 - 59 FEMALE					
Amanda Boston	26	44	10	4		Holly Snodgrass	40	9	5	1	
Valarie Boston	28	30	19	4		Wendy Moats	41	8	4	1	
Amy McAlexander	29	27	19.3	4	*	Rose Hoeve	42	8	14.4	2	
Jennifer Haddock	29	27	23.7	3		Dee Knapp	44	8	11	1	
Mikasa Sullivan	28	20	11	3		Robin Romanus	40	8	2	1	
Laura Sefcik	28	18	11	2		Angie Romans	43	7	5	1	
Amy Hancock	27	17	26.4	4	*	Laura Lappe	44	7	17.4	3	
Leslie Montadon	28	17	24.3	3		Jennifer Snead	40	0	4	1	
Danette Mortensen	29	16	4	2		60 - 99 FEMALE					
Alyx Shultz	27	16	11	2		Judy Fleming	45	20	20.3	2	
Jana Redwine	29	10	11	1		Irma Valles	46	19	4	2	
Ashlee Vanetta	25	9	2	1		Kammy Philbrick	49	19	8	2	
Karen Husband	25	7	9	2		Penne Richards	46	18	11	2	
Briseida Ramos	26					Jill Haukos	45	16	8	2	
Christina Truitt	29					Linda Jama	45	8	2	1	
30 - 34 FEMALE						ATHENA-age graded					
Angie Sonnenberg	30	29	20.3	3		Gabriela Saldana	46	28	10	3	
Erin Dulin	31	28	28.7	3		Ginger Hall	33	17	12.4	2	
Amy Lovett	31	26	6	3							
Mandy Poklikuha	32	23	15.4	3							
Susan Wilcox	31	22	20	3							
Wendy Drake	34	11	11.3	2							
Amy Ayre	33	10	8.4	1							
Sara Miller	34	10	2	1							
Amy Slayton	32	9	8.4	1							
Laura Berry	31	9	2	1							
Christine Steen	31	9	6	1							
Melinda Olivarez	31	8	2	1							
Jennifer Gray	34	7	8.4	1							
Jill Jaquess	32	7	9.3	1							
Kristena Goen	30	5	8.4	1							
Valrry Potratz	31	0	4	1	*						

** = RACE DIRECTOR

* = VOLUNTEER

WEST TEXAS RUNNING CLUB'S ANNUAL
2010 Bobby Birdsong Memorial Levelland Lope
2 Mile & 10K Races

EVENT # 6 OF THE W.T.R.C. CHALLENGE SERIES

WHEN: SATURDAY, June 12, 2010
Register online at <http://wtrc.tripod.com> See Enclosed
Mail in Form for Information On Site Registration: 7:00
to 7:45 A.M Race Start at 8:00 A.M.

WHERE: South Plains College Texan Dome, Levelland, Texas
From Lubbock, take Highway 114 West, turn left (South) on Sherman, drive Two blocks South of the college track.

COURSE: flat, both races out and back on city streets.

AID STATIONS at least every 2 miles, splits at one mile.

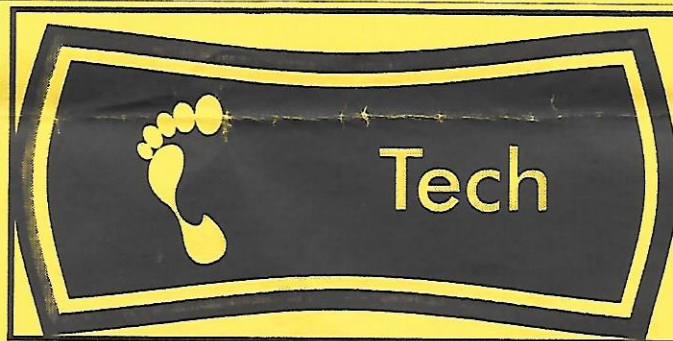
WTRC Rules Do Not Permit Pets, Skates, Strollers, or Bicycles

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 top three
finishers in each age group in the 2 mile and 10K races
each group.



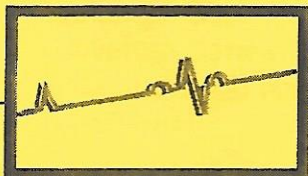
Entry Fee: W.T.R.C. Members \$5.00, Non Members \$10.00
Race day \$15.00 Everyone
RACE DIRECTOR: Bill Roger 806-894-7911
E-mail: randyholloway@sbcglobal.net

**Lubbock's Running & Comfort
Shoe Store**

Robby Birdsong
Your Lubbock home for foot Technology.

Our Knowledgeable staff will be capable of offering specialized service to all ages and foot types ranging from diabetics to athletes. Foot Tech features brand name shoes such as Brooks, Saucony, Mizuno they also offer a full range of socks and compression wear, orthotics and other foot health accessories are available. All WTRC members receive a 20% discount, please visit us at 3407 34th St next door to Caprock Cafe, phone # 806-799-1122

Pj Mitchell, C.C.T., LMT



- MEDICAL MASSAGE
- LYPOSSAGE
- SPORT TRAINING



Pager 806.721.9940

West Texas Running Club Event Calendar

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

- JUN 01 WTRC Board meeting: Tuesday, 7:00pm
Ron's office, 3309-67th St, 806-781-0231
- * JUN 12 BOBBY BIRDSONG MEMORIAL LEVELLAND LOPE:
8:00AM, 10K/2M
Texas Dome, South Plains College, Levelland, TX,
Bill Roger, RD, 806-894-7911.
- JUN 26 Lunar Lope: 5K/1M, 10:00pm, TTU REC CENTER
<http://www.depts.ttu.edu/>
- JUN 26 Flapjack 5K Run and Health Walk: 5K, 8:30am, Midland
College, <http://pbrunningclub.tripod.com/flapjackpage.htm>
- JUN 27 BSL Half Ironman 70.3 Tri: 6:00am, Buffalo Lakes,
<http://www.buffalospringslaketriathlon.com>
- * JUL 03 41ST ANNUAL FIRECRACKER RUNS: 10M/3M/1M, 7:40am,
Terry
Co. Park, Brownfield, TX, Jim Harris, RD, 575-370-4034.
- JUL 10 Girlstown's Tour de Nowhere: Bike Tour, Levelland, TX,
<http://www.tourdenowhere.org>

- JUL 17 Fit 4 Fun Kids Triathlon: 7:30am, TTU Rec Center,
7-14 yrs. Old, [www.depts.ttu.edu special events](http://www.depts.ttu.edu/special_events).
- * AUG 14 HOT DAM RUNS: 5M/2M., 8:00am, Canyon Lake #6, Etta
Mayer
RD, 806-792-1471.
- * SEP 11 SHALLOWWATER STAMPEDE: 10K/2M, 8:00am,
Shallowwater High, School, Rod Burgett, RD, 806-548-1796.
- OCT 02 Race for the Cure: 5K, <http://www.komenlubbock.org>
- * OCT 16 29TH ANNUAL RED RAIDER ROAD RACE: 10K/5K, 8:00am,
TTU Rec Ctr, Jill Haukos, RD, haukos@aol.com
- AUG 15 LUBBOCK SENIOR GAMES ROAD RACES: 8:00am, SUN
DAY. 5K/10K combined. MacKenzie Park, 50 years & over.
Bill Felton, RD, 806-866-9300

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

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



3312 44th Street
Lubbock, TX 79413

Margaret Woodfin
Cynthia Sorrenson
50 - 54 FEMALE
Leesa Price
Debbie Roman
Glenna Beyer



PJ MITCHELL
3519 39TH ST
LUBBOCK, TX 79413