

29th Annual Red Raider Road Race



October 2010

Volume 3, Issue 9

LUBBOCK MARATHON!

It's been almost ten years since the city of Lubbock has had marathoners running through its streets. In 2011, the Lubbock Marathon will return... in a big way! Members of the running community here in Lubbock are starting to show their support, enthusiasm, and excitement for what will be one of the city's largest scale running events. Planning for the event is currently under way and you can be a part of it all! Race directors are currently accepting ideas for a name and theme for the Lubbock Marathon! The name and theme should be engaging and fun (would ideally be able to recruit running participants from other areas of Texas, Oklahoma, New Mexico, and Colorado) and should highlight Lubbock's uniqueness, charm, and appeal (of course!). Please email ideas and responses to the email address below. Or for more information about the Lubbock Marathon, or to volunteer for the event, please contact Amanda Edwards at amanda.edwards@ttu.edu. Thanks and have a good run!

W. T. R. C. RACES ARE USUALLY HELD THE 2ND SATURDAY OF EACH MONTH. The WTRC monthly business meeting is on Tuesday, October 5, 2010 @ 7:00 p.m. at 3309 67th Street, 806-781-0231 all members are welcome.

In This Issue

- Berry's Journal.....2
- Shallowater Stampede
 10K Overall Results.....3
- See Bill Run.....3
- Shallowater Stampede
 2 Mile Overall Results.....4
- Challenge Series.....5-7
- Red Raider Road Race
 Event Records.....8
- Red Raider Road Race
 Event Information.....8
- Inserts
- Red Raider Road Race Registration Form

29th Annual

Red Raider Road Race

Saturday, October 16, 2010

Texas Tech

Student Recreation Center

Main & Hartford

5K & 10K Road Race

Race Starts @ 8:00 am

Race Director: Jill Haukos

(806) 797-2012 (h)

(806) 894-9611 x2308(o)

(806) 786-7899

Email : haukos@aol.com

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: mkelleyrun@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

Journal 82610: In the Long Run

Berry Simpson

Friday morning I ran 20 miles. In the old days I saved my long runs for Saturday morning, but lately I've been on childcare duty Saturday mornings so I've pushed them to Friday. I got up with Cyndi at 5:00 AM, and left around 5:30. Cyndi had to get up to teach Body Pump at Gold's Gym, making it easier for me to get my body out of bed. I needed to get started early so I could finish before the temperature hit 80°F.

I had been laying awake in bed for about thirty minutes going over my gear list for the run. I've been running now for over 32 years, more than 35,000 miles, and I have a pretty good handle on what I need to carry with me on a long run. It isn't much: (a) Preemptive band-aids, moleskin, and Advil; (b) Interval timer; (c) Garmin 405 GPS watch; (d) iPod; (e) Camelback; (f) Sunglasses; (g) Handheld digital recorder; (h) Money; (i) ID; and (k) Shorts, shirt, socks, shoes. Anything else has to earn its way into my kit.

This time I didn't take any energy gel blocks or GU or electrolyte chews or any of that. I did take some Jolly Ranchers, but I ended up eating those only out of obligation since I had them. I couldn't tell if they helped in any way. So far, in my experiment of one, energy and electrolyte supplements haven't made a noticeable difference nor have they been worth the effort. Maybe it's because I am moving so slow? But I am open to being proved wrong about the subject, I will keep reading the articles in running magazines. I need all the help I can get.

I do, however, enjoy wearing my new Garmin 405 GPS watch on long runs. It is great fun after the run charting my route and studying the data and printing a map. My actual distance from Friday was 20.86 – how would I have known that without my cool watch? I also carry a clip-on interval timer that I bought from Jeff Galloway so I can do my run-walks. It helps keep me on pace, on task, and I don't have to look at my watch until the run is completely over.

There is a potential vulnerability with carrying a GPS watch, however. A few weeks ago during a 10-miler, about 8.5 miles in, as I was turning north under the overpass at Loop 250 to head home, I looked at my GPS watch and it was completely blank. The battery had died. I felt empty since I had been following that watch all morning. I felt erased, blank, and non-existent. Well, only briefly, then I ran on home.

The toughest part of my run is the first mile. My legs are stiff, my shins are sore, and none of me wants to move. But I've learned if I keep going all of those pains will fade and I will be OK. It is sort of like hiking the Guadalupe Peak trail; if you get past the first bunch of switchbacks it actually becomes fun.

The only time I was really tempted to quit and turn around and walk back home was about 8 miles into the run when I was passing First Baptist Church. I went inside to refill my Camelback, being careful not to disturb the Friday morning men's prayer meeting, and it took all my powers of persuasion to convince myself to keep going. But after I turned west toward the TXU hike-and-bike trail, I felt better. After that, I just kept going. I didn't hurry or push the pace. My goal for the long run was to keep moving on my feet and not worry about pace or time.

At the 7-11 at Thomason and Loop 250 I bought a Gatorade G2, drank some and poured most of it into my Camelback to mix with my remaining water. It was a nice treat. I had \$20 with me with the intention of doing exactly that, which means I drank from my Camelback more liberally than usual knowing I would refill it. Unlike previous long runs I never worried about running dry.

Afterwards, after a shower and after lying on the floor of my closet to recover, I enjoyed my traditional post-run vanilla milkshake. What a great reward. I savored it down to the last slurp because I'd earned it.

My friend and fellow marathon-runner, Chad, said that the secret doesn't seem to be the training pace but rather how soon you can recover. I was pleased after this long run. By Monday, three days later, I was able to run 5 miles and I felt fine. That was encouraging.

My bum left knee felt fine and my right foot with goofy toes was fine and never bothered me at all. I haven't had any problems with blisters on my toes since I started wearing Injinji socks. I may lose a toenail or two, but I am used to that.

Why I bother to write all this stuff down? I do it partly because running is the root of my writing. The first pieces I wrote as a public newsletter.

You can join me on this journey. I am trying to live up to Habakkuk 2:2, *Then the LORD said to me, "Write my answer; then the inner man can carry the correct message to others."* I hope you have stories of your own, and I hope you'll share them with

THE SHALLOWATER STAMPEDE
2 MILE & 10 KILOMETER RUNS
SEPTEMBER 11, 2010 Shallowater, Texas

10K OVERALL RESULTS

Place Name	Town	St Ag S Div Div	10k	Pace
1 Thomas Sang	LUBBOCK	TX 32 M 1 M3034	38:37	6:13
2 David Guinn	IDALOU	TX 44 M 1 M4044	38:55	6:16
3 MARTIN MONTALVO	PLAINVIEW	TX 45 M 1 M4549	39:43	6:24
4 Larry Lovato	LUBBOCK	TX 24 M 1 M2024	40:35	6:32
5 Matt Ange	LUBBOCK	TX 22 M 2 M2024	40:49	6:35
6 Cody Miller	LUBBOCK	TX 44 M 2 M4044	42:38	6:52
7 Lee Cohen	LUBBOCK	TX 38 M 1 M3539	43:16	6:58
8 Ricky Ferkel	LUBBOCK	TX 30 M 2 M3034	43:20	6:59
9 IRIS RIVERO	LUBBOCK	TX 35 F 1 F3539	43:28	7:00
10 Epi Aguirre	LUBBOCK	TX 51 M 1 M5054	43:36	7:02
11 Evan Cruce	LUBBOCK	TX 28 M 1 M2529	44:06	7:07
12 Joseph Wilson	LUBBOCK	TX 54 M 2 M5054	44:12	7:07
13 Scott Burris	LUBBOCK	TX 41 M 3 M4044	44:30	7:10
14 Victor Maldonado	SHALLOWATER	TX 45 M 2 M4549	44:48	7:13
15 JERRY DWYER	LUBBOCK	TX 50 M 3 M5054	45:29	7:20
16 EUGENE CANTU	LUBBOCK	TX 34 M 3 M3034	45:46	7:22
17 Rick Wannemacher	LUBBOCK	TX 56 M 1 M5559	45:47	7:23
18 Tim Key	LUBBOCK	TX 43 M 4 M4044	46:01	7:25
19 Hayden Hatch	LUBBOCK	TX 18 M 1 M1619	46:03	7:25
20 Curtis Norrod	LUBBOCK	TX 26 M 2 M2529	46:14	7:27
21 JANDA Jackson	LUBBOCK	TX 40 F 1 F4044	46:18	7:28
22 Kayla Rathmann	LUBBOCK	TX 28 F 1 F2529	46:23	7:28
23 Ignacio Vasquez	LUBBOCK	TX 43 M 5 M4044	46:38	7:31
24 Shannon Anderson	LUBBOCK	TX 39 M 2 M3539	47:45	7:42
25 SEAN SCHWARZENTRAUB	LUBBOCK	TX 43 M 6 M4044	48:22	7:48
26 Tammy Moriearty	LUBBOCK	TX 36 F 2 F3539	48:24	7:48
27 Ann Cruce	LUBBOCK	TX 34 F 1 F3034	48:25	7:48
28 Lauren Dorsey	LUBBOCK	TX 22 F 1 F2024	49:24	7:58
29 Jordan Hudgens	LUBBOCK	TX 27 M 3 M2529	49:28	7:58
30 Brian Maines	LUBBOCK	TX 27 M 4 M2529	49:36	8:00
31 Fernando Lopez	LUBBOCK	TX 28 M 5 M2529	49:56	8:03
32 Sarah Fumagalli	LUBBOCK	TX 26 F 2 F2529	50:38	8:09
33 Scotty Elston	SHALLOWATER	TX 49 M 3 M4549	50:41	8:10
34 Ben Boston	LUBBOCK	TX 25 M 6 M2529	50:56	8:12
35 Jill Simpson	LUBBOCK	TX 32 F 2 F3034	51:01	8:13
36 Richard Shaw	PLAINVIEW	TX 48 M 4 M4549	51:29	8:18
37 Jerry Perez	LUBBOCK	TX 41 M 7 M4044	51:49	8:21
38 Mike Heath	LUBBOCK	TX 57 M 2 M5559	52:10	8:24
39 Jennifer Lee	TAHOKA	TX 24 F 2 F2024	52:21	8:26
40 Steve German	LUBBOCK	TX 53 M 4 M5054	52:25	8:27
41 Ron Lubowicz	LUBBOCK	TX 67 M 1 M6569	52:26	8:27
42 Deb Hendley	LUBBOCK	TX 61 F 1 F6099	52:40	8:29
43 Jonathan Wright	LUBBOCK	TX 31 M 4 M3034	52:46	8:30
44 Ronnie Prigg	LUBBOCK	TX 59 M 3 M5559	53:00	8:32
45 DAMON PROVENCE	SUDAN	TX 59 M 4 M5559	53:01	8:33
46 Jessie Gibbs	LUBBOCK	TX 21 F 3 F2024	53:05	8:33
47 hedge martin	LUBBOCK	TX 35 M 3 M3539	53:18	8:35
48 JENNIFER SNEAD	LUBBOCK	TX 40 F 2 F4044	53:26	8:37
49 Gary Evans	LUBBOCK	TX 30 M 5 M3034	53:33	8:38
50 Chad Montandon	LUBBOCK	TX 29 M 7 M2529	53:35	8:38
51 Cynthia Sorrensen	LUBBOCK	TX 47 F 1 F4549	53:37	8:38
52 Brandon Berkshire	LUBBOCK	TX 26 M 8 M2529	53:38	8:39
53 Ronnie Hensley	LUBBOCK	TX 50 M 5 M5054	53:41	8:39
54 Kristi Starr	LUBBOCK	TX 40 F 3 F4044	54:10	8:44
55 Jennifer Haddock	LUBBOCK	TX 29 F 3 F2529	54:20	8:45
56 ronnie adams	LUBBOCK	TX 35 M 4 M3539	54:22	8:46
57 Ken Spain	LUBBOCK	TX 56 M 5 M5559	54:24	8:46
58 Daria Gleaves	LUBBOCK	TX 39 F 3 F3539	54:50	8:50
59 Carrie Badillo	LUBBOCK	TX 33 F 3 F3034	55:22	8:55
60 jerry brito	LUBBOCK	TX 46 M 5 M4549	55:33	8:57
61 Christine Steen	LUBBOCK	TX 31 F 4 F3034	55:42	8:59
62 Mandy Pokikuha	LUBBOCK	TX 32 F 5 F3034	55:47	8:59
63 Pj Mitchell	LUBBOCK	TX 64 F 2 F6099	56:07	9:02
64 Erica Quebe	LUBBOCK	TX 17 F 1 F1619	56:30	9:06
65 Dan Boyd	LUBBOCK	TX 39 M 5 M3539	56:35	9:07
66 Becca Schmitz	LUBBOCK	TX 29 F 4 F2529	56:54	9:10
67 Judy Fleming	LUBBOCK	TX 45 F 2 F4549	56:56	9:10
68 GORDEN JENKINS	AMARILLO	TX 70 M 1 M7099	56:59	9:11
69 Kathleen McCaughey	LUBBOCK	TX 24 F 4 F2024	57:03	9:11
70 William Hepburn	LUBBOCK	TX 55 M 6 M5559	57:13	9:13
71 Aubrey Edwards	LUBBOCK	TX 22 F 5 F2024	57:22	9:15
72 Rebecca Gomez	LUBBOCK	TX 37 F 4 F3539	57:38	9:17
73 Brian Starr	LUBBOCK	TX 43 M 8 M4044	57:42	9:18
74 Michael LeMond	LUBBOCK	TX 39 M 6 M3539	57:58	9:20
75 SONIA RODRIGUEZ	LUBBOCK	TX 30 F 6 F3034	58:02	9:21
76 Wendy Royal	ABERNATHY	TX 46 F 3 F4549	58:15	9:23
77 Wayne Sullivan	LUBBOCK	TX 59 M 7 M5559	58:18	9:24
78 Michael Mcdonald	LUBBOCK	TX 61 M 1 M6064	58:23	9:24

10K OVERALL RESULTS

Place Name	Town	St Ag S Div Div	10k	Pace
79 Rachelle Baker	LUBBOCK	TX 36 F 5 F3539	58:33	9:26
80 Kristen Wright	LUBBOCK	TX 29 F 5 F2529	58:56	9:30
81 Tom Thomas	TAHOKA	TX 44 M 9 M4044	59:14	9:33
82 Janea Eshleman	LUBBOCK	TX 20 F 6 F2024	59:25	9:34
83 Sandra Saenz	LUBBOCK	TX 35 F 6 F3539	59:27	9:35
84 Albert Burrier	LUBBOCK	TX 76 M 2 M7099	1:00:06	9:41
85 Mick Stamm	ABILENE	TX 55 M 8 M5559	1:00:07	9:41
86 Jerry Adams	LUBBOCK	TX 34 M 6 M3034	1:00:10	9:42
87 Mike Kelley	LUBBOCK	TX 61 M 2 M6064	1:00:16	9:43
88 Sarah Floyd	LUBBOCK	TX 35 F 7 F3539	1:00:23	9:44
89 Laci Richardson	LUBBOCK	TX 35 F 8 F3539	1:00:24	9:44
90 Deborah Bahme	LUBBOCK	TX 39 F 9 F3539	1:00:27	9:44
91 Wendy Anderson	LUBBOCK	TX 40 F 4 F4044	1:00:31	9:45
92 Lee Edwards	LUBBOCK	TX 23 M 3 M2024	1:00:44	9:47
93 russel martin	SHALLOWATER	TX 52 M 6 M5054	1:00:50	9:48
94 Natalie Pulgin	LUBBOCK	TX 19 F 2 F1619	1:00:51	9:48
95 Whitney Crump	LUBBOCK	TX 25 F 6 F2529	1:01:22	9:53
96 Erin Dulin	SHALLOWATER	TX 32 F 7 F3034	1:01:42	9:56
97 Valerie Berkshire	LUBBOCK	TX 29 F 7 F2529	1:02:11	10:01
98 Michael Hardin	LUBBOCK	TX 40 M 10 M4044	1:02:26	10:04
99 CRAIG PETERSON	HOBBS	NM 53 M 7 M5054	1:02:35	10:05
100 wendy burris	LUBBOCK	TX 47 F 4 F4549	1:02:48	10:07
101 Lesley Montandon	LUBBOCK	TX 28 F 8 F2529	1:02:49	10:07
102 Sherry Waiton	LUBBOCK	TX 47 F 5 F4549	1:04:28	10:23
103 Ashley Davidson	LUBBOCK	TX 20 F 7 F2024	1:05:12	10:30
104 Candy Patterson	LUBBOCK	TX 32 F 8 F3034	1:05:22	10:32
105 Sara Stricklin	LUBBOCK	TX 24 F 8 F2024	1:05:30	10:33
106 Jim Clements	LUBBOCK	TX 43 M 11 M4044	1:05:52	10:37
107 ashley sinclair	LUBBOCK	TX 28 F 9 F2529	1:06:06	10:39
108 Alison Blalock	LUBBOCK	TX 24 F 9 F2024	1:06:08	10:39
109 Shannon Grissom	LUBBOCK	TX 43 F 5 F4044	1:07:17	10:50
110 Frances Kennedy	LUBBOCK	TX 38 F 10 F3539	1:07:47	10:55
111 Tully Stansell	LUBBOCK	TX 30 M 7 M3034	1:07:52	10:56
112 Jana Stansell	LUBBOCK	TX 26 F 10 F2529	1:07:53	10:56
113 Etta Mayer	LUBBOCK	TX 61 F 3 F6099	1:08:20	11:00
114 Stephen Crowell	LUBBOCK	TX 64 M 3 M6064	1:09:34	11:12
115 Amy Hancock	LUBBOCK	TX 28 F 11 F2529	1:10:47	11:24
116 Bryton Schaffner	LUBBOCK	TX 24 F 10 F2024	1:12:28	11:40
117 Raemi Thompson	LUBBOCK	TX 36 F 11 F3539	1:12:45	11:43
118 Jay Dulin	SHALLOWATER	TX 36 M 7 M3539	1:12:53	11:44
119 Jennifer Gray	LUBBOCK	TX 38 F 12 F3539	1:13:49	11:53

See Bill run! Run, Bill, run!

TTU School of Music Director William Ballenger is *running* 1000 miles between Sept 1 2010 and April 1 2011, raising matching funds to renovate the Texas Tech University Holtkamp Organ!

Why This Organ Needs Renovating

The organ in Hemmle Recital Hall is the only performance pipe organ at Texas Tech University. The instrument was installed when the Recital Hall was built. American organ builder Walter Holtkamp originally built the instrument for a recital hall at Oberlin Conservatory of Music. This grand instrument was then acquired by Texas Tech University through a generous gift from Tommye A. Moss of Odessa, Texas, and it has served the music community very well for more than 33 years.

Today, the Holtkamp pipe organ is in need of serious renovation, rebuilding, and an expansion of its capabilities to provide a more substantial bass and a wider dynamic palette. Major issues have arisen — at risk of rendering the instrument completely unplayable. The Holtkamp organ has been without a complete overhaul since its installation and dedication in February of 1977.

Excellence in a School of Music is in a large part dependent upon its ability to maintain the finest in essential musical instruments. The Holtkamp pipe organ is exactly that kind of instrument.

Follow Bill's progress at: www.music.ttu.edu, and at his blog, Facebook sites, Twitter feed, and more: <http://save-the-holtkamp-organ.blogspot.com>

Youtube channel: <http://youtube.com/SaveTheHoltkamp>

Gmail address: save-the-holtkamp-organ@gmail.com

Twitter feed: <http://twitter.com/SaveTheHoltkamp>; hashtag: @SaveTheHoltkamp

Facebook "Community" group: <http://www.facebook.com/?ref=logo#/pages/Save-The-Holtkamp-Organ/154208571265531>

Facebook "Event": <http://www.facebook.com/?sk=events#!/event.php?eid=160916093923961>

Track Bill's daily route, via Runkeeper, at the Facebook sites!

But Bill is not running alone! We need your help! Please consider a donation—any amount per mile—and please pass the word!

For more information and interviews with Bill Ballenger, contact Janeen Gilliam (janeen.gilliam@ttu.edu); other PR and electronic media: christopher.smith@ttu.edu of the Vernacular Music Center (<http://ttumvc.org>)

THE SHALLOWATER STAMPEDE
2 MILE & 10 KILOMETER RUNS
SEPTEMBER 11, 2010 Shallowater, Texas

2 MILE OVERALL RESULTS

Place	Name	Town	St	Ag	S	Div	Div	2	Pace
1	Blake Bednarz	LUBBOCK	TX	26	M	1	M2529	10:49	5:25
2	Lucas Morris	LUBBOCK	TX	18	M	1	M1619	10:53	5:27
3	Andrew Smith	SHALLOWATER	TX	17	M	2	M1619	11:18	5:39
4	Conner Loftis	SHALLOWATER	TX	16	M	3	M1619	11:47	5:54
5	Trevor Franklin	SHALLOWATER	TX	16	M	4	M1619	12:06	6:03
6	Matthew Islas	SHALLOWATER	TX	16	M	5	M1619	12:23	6:12
7	Rene Gonzalez	LEVELLAND	TX	45	M	1	M4549	12:38	6:19
8	stephen romero	LUBBOCK	TX	29	M	2	M2529	12:48	6:24
9	Kenzi Callaway	SHALLOWATER	TX	16	F	1	F1619	12:54	6:27
10	A.J. Kotulek	SHALLOWATER	TX	17	M	6	M1619	13:06	6:33
11	Cole Nelson	SHALLOWATER	TX	16	M	7	M1619	13:15	6:38
12	Graham Nelson	SHALLOWATER	TX	14	M	1	M1315	13:20	6:40
13	Bryan Hall	SHALLOWATER	TX	13	M	2	M1315	13:21	6:41
14	Andres Gonzales	SHALLOWATER	TX	13	M	3	M1315	13:36	6:48
15	Jon David Bruegel	LUBBOCK	TX	18	M	8	M1619	13:50	6:55
16	Cody Berryman	SHALLOWATER	TX	14	M	4	M1315	13:54	6:57
17	Jared Servantez	SHALLOWATER	TX	13	M	5	M1315	13:57	6:59
18	Ryan Eckles	SHALLOWATER	TX	17	M	9	M1619	13:59	7:00
19	Sara Warren	SHALLOWATER	TX	17	F	2	F1619	14:01	7:01
20	Rebecca Spruell	SHALLOWATER	TX	16	F	3	F1619	14:07	7:04
21	Logan Vigil	SHALLOWATER	TX	15	M	6	M1315	14:13	7:07
22	Allison Maldonado	SHALLOWATER	TX	15	F	1	F1315	14:16	7:08
23	Mont McClendon	LUBBOCK	TX	38	M	1	M3539	14:21	7:11
24	Chris Contreras	SHALLOWATER	TX	12	M	1	M0112	14:25	7:13
25	Scotty Anthony	SHALLOWATER	TX	12	M	2	M0112	14:33	7:17
26	David Doyle	LUBBOCK	TX	51	M	1	M5054	14:34	7:17
27	Brandon Wyatt	LUBBOCK	TX	24	M	1	M2024	14:39	7:20
28	Lindsey Spruell	SHALLOWATER	TX	12	F	1	F0112	14:48	7:24
29	Armanda Cole	SHALLOWATER	TX	15	F	2	F1315	14:50	7:25
30	Bailey Noles	SHALLOWATER	TX	16	F	4	F1619	14:54	7:27
31	David Reed	LUBBOCK	TX	35	M	2	M3539	14:55	7:28
32	Will Overstreet	LUBBOCK	TX	8	M	3	M0112	15:06	7:33
33	Ran Johnston	SHALLOWATER	TX	13	M	7	M1315	15:07	7:34
34	Kelsee Smith	SHALLOWATER	TX	14	F	3	F1315	15:09	7:35
35	Cole Agnew	LUBBOCK	TX	8	M	4	M0112	15:11	7:36
36	Bailey Sapieha	SHALLOWATER	TX	13	F	4	F1315	15:15	7:38
37	brett berger	LUBBOCK	TX	12	M	5	M0112	15:17	7:39
38	Josh Stewart	RALLS	TX	34	M	1	M3034	15:25	7:43
39	J'lae Merritt	LUBBOCK	TX	22	F	1	F2024	15:27	7:44
40	Brittany Hall	SHALLOWATER	TX	16	F	5	F1619	15:29	7:45
41	Aubrey Servantez	SHALLOWATER	TX	15	F	5	F1315	15:32	7:46
42	Courtney Heinrich	SHALLOWATER	TX	14	F	6	F1315	15:35	7:48
43	Sam Mitchell	SHALLOWATER	TX	12	M	6	M0112	15:36	7:48
44	David Moya	PECOS	TX	37	M	3	M3539	15:41	7:51
45	Ashten Elliott	SHALLOWATER	TX	15	F	7	F1315	15:42	7:51
46	Jake McMillin	SHALLOWATER	TX	14	M	8	M1315	15:49	7:55
47	Carly Durham	SHALLOWATER	TX	16	F	6	F1619	15:49	7:55
48	ALEX EASTER	LUBBOCK	TX	10	M	7	M0112	15:51	7:56
49	Paige Williams	SHALLOWATER	TX	13	F	8	F1315	15:52	7:56
50	Hannah Vigil	SHALLOWATER	TX	14	F	9	F1315	16:00	8:00
51	Macy Long	SHALLOWATER	TX	16	F	7	F1619	16:04	8:02
52	Jet Johnston	LUBBOCK	TX	10	M	8	M0112	16:08	8:04
53	Callie Criswell	SHALLOWATER	TX	11	F	2	F0112	16:09	8:05
54	Jonah Nelson	SHALLOWATER	TX	10	M	9	M0112	16:12	8:06
55	Hannah Thomas	TAHOKA	TX	16	F	8	F1619	16:14	8:07
56	Landon Camp	SHALLOWATER	TX	12	M	10	M0112	16:18	8:09
57	Carissa Hamilton	SHALLOWATER	TX	15	F	10	F1315	16:22	8:11
58	Leanna Valenzuela	SHALLOWATER	TX	15	F	11	F1315	16:27	8:14
59	DARREL MCMILLEN	LUBBOCK	TX	63	M	1	M6064	16:27	8:14
60	Brenley Irvin	SHALLOWATER	TX	13	F	12	F1315	16:29	8:15
61	Kaegan Cunningham	SHALLOWATER	TX	15	F	13	F1315	16:31	8:16
62	Cari McCravey	SHALLOWATER	TX	13	F	14	F1315	16:34	8:17
63	Tucker Nelson	SHALLOWATER	TX	12	M	11	M0112	16:38	8:19
64	KAMMY PHILBRICK	LUBBOCK	TX	49	F	1	F4549	16:39	8:20
65	brooke harlan	LUBBOCK	TX	11	F	3	F0112	16:40	8:20
66	Katie Fowler	SHALLOWATER	TX	18	F	9	F1619	16:41	8:21
67	Hannah Almstead	SHALLOWATER	TX	12	F	4	F0112	16:42	8:21
68	joe martin	LUBBOCK	TX	51	M	2	M5054	16:43	8:22
69	Rachelle Bursiaga	LUBBOCK	TX	23	F	2	F2024	16:47	8:24
70	Jessica Lopez	SHALLOWATER	TX	16	F	10	F1619	16:58	8:29
71	Amy Lovett	PORTALES	NM	32	F	1	F3034	16:58	8:29
72	Kaity Diaz	SHALLOWATER	TX	15	F	15	F1315	17:10	8:35
73	Heather McCravey	SHALLOWATER	TX	33	F	2	F3034	17:11	8:36
74	Catherine Cannon	LUBBOCK	TX	10	F	5	F0112	17:12	8:36
75	Alyssa Bowden	LUBBOCK	TX	23	F	3	F2024	17:14	8:37
76	matt hathaway	LUBBOCK	TX	13	M	9	M1315	17:27	8:44
77	Bailey Pounds	SHALLOWATER	TX	16	F	11	F1619	17:29	8:45
78	Laura Dale	LUBBOCK	TX	23	F	4	F2024	17:30	8:45
79	Carlie Contreras	SHALLOWATER	TX	15	F	16	F1315	17:31	8:46
80	joshua haney	WOLFFORTH	TX	11	M	12	M0112	17:32	8:46

2 MILE OVERALL RESULTS

Place	Name	Town	St	Ag	S	Div	Div	2	Pace
81	Katelynn Parra	SHALLOWATER	TX	13	F	17	F1315	17:34	8:47
82	Charisi Brawley	SHALLOWATER	TX	16	F	12	F1619	17:41	8:51
83	Tiffany Moralez	LUBBOCK	TX	27	F	1	F2529	17:42	8:51
84	Nonnie Peters	LUBBOCK	TX	31	F	3	F3034	17:45	8:53
85	RALPH WOLF	LUBBOCK	TX	73	M	1	M7099	17:48	8:54
86	Lauren Jones	SHALLOWATER	TX	17	F	13	F1619	17:49	8:55
87	Brooke Hatcher	SHALLOWATER	TX	17	F	14	F1619	17:50	8:55
88	FRED CONSTANCIO	LUBBOCK	TX	57	M	1	M5559	17:51	8:56
89	Tony Jackson	SHALLOWATER	TX	40	M	1	M4044	17:53	8:57
90	Taylor Payne	SHALLOWATER	TX	14	F	18	F1315	17:55	8:58
91	Taylor Chambers	SHALLOWATER	TX	13	F	19	F1315	17:56	8:58
92	Marissa Westbrook	SHALLOWATER	TX	16	F	15	F1619	17:58	8:59
93	APRIL COVINGTON	LUBBOCK	TX	26	F	2	F2529	18:04	9:02
94	ABRAHAM MONTALVO	PLAINVIEW	TX	12	M	13	M0112	18:09	9:05
95	Jenessa DePriester	LUBBOCK	TX	13	F	20	F1315	18:14	9:07
96	Brittany Day	SHALLOWATER	TX	15	F	21	F1315	18:16	9:08
97	Calli Pollard	SHALLOWATER	TX	17	F	16	F1619	18:16	9:08
98	Brooke Williams	SHALLOWATER	TX	11	F	6	F0112	18:23	9:12
99	Sarah Stinson	SHALLOWATER	TX	14	F	22	F1315	18:30	9:15
100	Abbey Goodwyn	SHALLOWATER	TX	12	F	7	F0112	18:35	9:18
101	Ashlin Jordan	SHALLOWATER	TX	14	F	23	F1315	18:37	9:19
102	Lisa Solomon	LUBBOCK	TX	40	F	1	F4044	18:38	9:19
103	Chris Solomon	LUBBOCK	TX	38	M	4	M3539	18:39	9:20
104	Angel Madrid	LUBBOCK	TX	34	F	4	F3034	18:42	9:21
105	Isacc Munoz	LUBBOCK	TX	34	M	2	M3034	18:48	9:24
106	Shawna Haynie	SHALLOWATER	TX	40	F	2	F4044	18:56	9:28
107	Caitlynn Richeda	SHALLOWATER	TX	14	F	24	F1315	18:58	9:29
108	Shae Davis	SHALLOWATER	TX	14	F	25	F1315	18:59	9:30
109	Martha Cruce	LUBBOCK	TX	29	F	3	F2529	19:01	9:31
110	Dawn Keeling	LUBBOCK	TX	41	F	3	F4044	19:09	9:35
111	Maricarmen Solis	LEVELLAND	TX	37	F	1	F3539	19:12	9:36
112	Bill Pasewark	LUBBOCK	TX	53	M	3	M5054	19:14	9:37
113	Lana Gibbs	IVANHOE	TX	31	F	5	F3034	19:24	9:42
114	chris callander	LUBBOCK	TX	13	M	10	M1315	19:37	9:49
115	Jordan Selleck	LUBBOCK	TX	9	F	8	F0112	19:39	9:50
116	Justin Selleck	LUBBOCK	TX	33	M	3	M3034	19:39	9:50
117	Jordyn Oilphint	SHALLOWATER	TX	17	F	17	F1619	19:40	9:50
118	LORELEI MITCHELL	LUBBOCK	TX	9	F	9	F0112	19:43	9:52
119	Raechel Barrett	SHALLOWATER	TX	12	F	10	F0112	19:46	9:53
120	James Pratt	RUEL	TX	69	M	1	M6569	19:49	9:55
121	Cooper Mitchell	LUBBOCK	TX	9	F	11	F0112	19:51	9:56
122	Madi Oilphint	SHALLOWATER	TX	10	F	12	F0112	19:57	9:59
123	Ave'anna Cash	SHALLOWATER	TX	12	F	13	F0112	20:05	10:03
124	Cailyn McCravey	SHALLOWATER	TX	10	F	14	F0112	20:10	10:05
125	JIM HARRIS	HOBBS	NM	67	M	2	M6569	20:24	10:12
126	Tim Grissom	LUBBOCK	TX	46	M	2	M4549	20:35	10:18
127	Katelin Heise	LUBBOCK	TX	9	F	15	F0112	20:48	10:24
128	josh emanuel	LUBBOCK	TX	12	M	14	M0112	21:11	10:36
129	Parker Sarchel	SHALLOWATER	TX	12	M	15	M0112	21:14	10:37
130	Anna Peters	LUBBOCK	TX	38	F	2	F3539	21:17	10:39
131	reagan stewart	LUBBOCK	TX	11	M	16	M0112	21:24	10:42
132	Greg Cannon	LUBBOCK	TX	45	M	3	M4549	21:32	10:46
133	Dacia Hannel	LUBBOCK	TX	10	F	16	F0112	21:45	10:53
134	Jimmy Clark	LUBBOCK	TX	58	M	2	M5559	22:20	11:10
135	Cheyenne Hamilton	SHALLOWATER	TX	13	F	26	F1315	22:23	11:12
136	mike selleck	RANSOM CANYON	TX	59	M	3	M5559	22:41	11:21
137	KOLE PETERS	LUBBOCK	TX	8	M	17	M0112	22:43	11:22
138	MADI PEEL	LUBBOCK	TX	8	F	17	F0112	22:44	11:22
139	Dick Baker	LUBBOCK	TX	65	M	3	M6569	22:48	11:24
140	JOE GEAR	MULESHOE	TX	53	M	4	M5054	22:48	11:24
141	Tami Miller	LUBBOCK	TX	50	F	1	F5054	22:54	11:27
142	LAWSON PEEL	LUBBOCK	TX	7	M	18	M0112	22:58	11:29
143	Cassandra Marlin	LUBBOCK	TX	7	F	18	F0112	23:07	11:34
144	RICHARD MORGAN	LUBBOCK	TX	66	M	4	M6569	23:07	11:34
145	Jesslyn Mortensen	LUBBOCK	TX	8	F	19	F0112	23:08	11:34
146	Danette Mortensen	LUBBOCK	TX	29	F	4	F2529	23:09	11:35
147	Nicklas Venhuizen	LUBBOCK	TX	8	M	19	M0112	23:12	11:36
148									

**W.T.R.C. 2010 CHALLENGE SERIES
STANDINGS AFTER 9 EVENTS
FEMALE**

YTD TOTALS						YTD TOTALS					
6 - 12 FEMALE	AGE	PTS	MILES	EVT	VOL	35 - 39 FEMALE	AGE	PTS	MILES	EVT	VOL
Cecilia Fogo	9	20	4	2		Iris Rivero	35	74	40.8	7	
Surayah Constancio	11	19	4	2		Tammy Moriearty	36	66	33.6	7	
Kayelin Fant	12	10	2	1		Michaela Jansen	37	51	33.3	6	*
Rylee Horn	8	10	2	1		Deborah Bahme	39	33	31.8	5	
Lauren Irish	11	9	2	1		Sarah Floyd	35	20	26.5	3	
Jesslyn Mortensen	7	9	2	1		Malinda Colwell	36	19	15.3	3	*
Avrey Horn	6	9	2	1		Jill Fogo	36	17	4	2	
Grace Drake	8	6	2	1		Jennifer Irish	35	15	4	2	
Faith Drake	6	2	2	1		Debbie Vasquez	35	14	4	2	
Rebecca Hastings	12	0	9.3	1	*	Kristin Voorhies	36	10	9.3	1	
13 - 15 FEMALE	AGE	PTS	MILES	EVT	VOL	Jennifer Gray	38	9	17.2	2	
Alexis Hoeve	13	10	2	1		Bobbie Hrcirik	35	7	2	1	
Allyson Martin	13	4	2	1		Karen Farrell	37	6	5	1	
16 - 19 FEMALE	AGE	PTS	MILES	EVT	VOL	Cathy Paden	39	6	8.4	1	
Hannah Layman	17	43	12	5		40 - 44 FEMALE	AGE	PTS	MILES	EVT	VOL
Amanda Morris	18	40	8	4		Lee Handlin	41	67	42.2	8	*
Becky Rogers	19	10	8.4	1		Wendy Anderson	40	65	50.1	9	*
Debby Rogers	16	10	4	1		Tandy Layman	42	44	12	5	
Katie Haukos	19	8	2	1		Deborah Gelber	41	38	32.9	5	*
Kristen Evans	19	6	2	1		Holly Snodgrass	40	24	13	3	
						Janda Jackson	40	20	17.2	2	
20 - 24 FEMALE	AGE	PTS	MILES	EVT	VOL	Hollye Martinez	42	19	8	2	
Amy Martin	21	39	9	4		Stephanie McCutchen	43	17	4	2	
Taylor Huckaby	23	34	20.4	4		Jennifer Snead	40	16	15.2	3	*
Alison Blalock	23	31	29.9	4		Deana Martin	43	10	2	1	
Emily Jenkins	22	27	10	3		Kelly Robinson	44	10	5	1	
25 - 29 FEMALE	AGE	PTS	MILES	EVT	VOL	Wendy Moats	41	8	4	1	
Amanda Boston	26	74	27.4	8	*	Rose Hoeve	42	8	14.4	2	*
Jennifer Haddock	29	53	37.9	6		Dee Knapp	44	8	11	1	
Valarie Berkshire	29	50	30.2	7		Robin Romanus	40	8	2	1	
Amy McAlexander	29	36	21.3	5	*	Angie Romans	43	7	5	1	
Danette Mortensen	29	32	8	4		Laura Lappe	44	7	17.4	3	*
Mikasa Sullivan	28	29	13	4		45 - 49 FEMALE	AGE	PTS	MILES	EVT	VOL
Alyx Shultz	28	25	14	3		Kammy Philbrick	49	39	12	4	
Amy Hancock	28	23	37.6	6	*	Judy Fleming	45	37	31.5	4	
Leslie Montadon	28	20	30.5	4		Jill Haukos	46	31	19.2	4	
Laura Sefcik	28	18	11	2		Susan Bacon	46	30	17.2	3	
Allison Nguyen	27	10	6.2	1		Linda Jama	45	27	6	3	
Ashlee Vanetta	25	9	2	1		Irma Valles	46	19	4	2	
Sarah Fumagalli	26	9	6.2	1		Penne Richards	46	18	11	2	
Karen Husband	25	7	9	2		Margaret Woodfin	46	13	11	2	
April Covington	26	7	5	1		Cynthia Sorrenson	47	10	6.2	1	
30 - 34 FEMALE	AGE	PTS	MILES	EVT	VOL	Leesa Price	53	40	33.7	4	
Amy Lovett	32	56	12	6		Debbie Roman	54	36	14	5	*
Mandy Poklikuha	32	53	35.8	7		Mary Branscome	50	29	22.2	3	
Angie Sonnenberg	31	48	31.5	5		Glenna Beyer	52	20	8	3	*
Erin Dulin	32	39	41.1	5		Tami Miller	50	10	6	2	*
Susan Wilcox	32	36	38.5	6	*	55 - 59 FEMALE	AGE	PTS	MILES	EVT	VOL
Christine Steen	31	24	18.4	3		Josie Aleman	59	59	20.2	6	*
Jana Redwine	30	20	17.2	2		Sarah Gaxiola	57	40	28	5	*
Wendy Drake	34	11	11.3	2		Suzan Caudle	57	9	72.4	9	**
Amy Ayre	33	10	8.4	1		Donna Dean	54	0	8.4	1	*
Sara Miller	34	10	2	1		60 - 99 FEMALE	AGE	PTS	MILES	EVT	VOL
Amy Slayton	32	9	8.4	1		P. J. Mitchell	64	57	48.1	9	*
Laura Berry	31	9	2	1		Etta Mayer	61	56	50.7	7	**
Melinda Olivarez	31	8	2	1		ATHENA-age graded	AGE	PTS	MILES	EVT	VOL
Jennifer Gray	34	7	8.4	1		Gabriela Saldana	46	37	22	5	*
Jill Jaquess	32	7	9.3	1		Ginger Hall	34	26	19.4	4	*
Kristena Goen	30	5	8.4	1							
Valrry Potratz	31	0	4	1	*						

** = RACE DIRECTOR

* = VOLUNTEER

W.T.R.C. 2010 CHALLENGE SERIES
STANDINGS AFTER 9 EVENTS
MALE

YTD TOTALS						YTD TOTALS					
6 - 12 MALE	AGE	PTS	MILES	EVT	VOL	35 - 39 MALE	AGE	PTS	MILES	EVT	VOL
Jake Brownfield	12	52	10	5		Shannon Anderson	39	73	41.5	9	*
Patrick Irish	7	18	6	3		Hedge Martin	35	62	50.8	9	
Abraham Montalvo	12	16	8	4		Lee Cohen	38	57	35.4	6	
Julian Hall	10	11	4	2		Mont McClendon	38	47	26.3	5	
Brandon Vanetta	11	10	2	1		Sean Grass	39	40	33.4	6	
Zayven Constancio	9	7	2	1		Matthew Gordillo	36	29	17.4	3	
Beau Miller	8	6	2	1		Daniel Hall	35	24	17.4	3	
Rob Littlefield	9	6	2	1		Chris Toelle	36	22	20	3	
Dakota Hernandez	10	5	4	2		Russ Horn	36	17	10.4	2	
Arthur Romanus	7	2	2	1		Marin Hernandez	39	16	4	2	
David Pyle	10	0	5	1	*	Eric Fisher	38	10	11.3	2	*
Nick Hoeve	12	0	2	1		Eddy Morelock	38	9	9	2	*
Joshua Hoeve	11	0	2	1		David Reed	35	8	11.2	2	*
Josiah Romanus	6	0	2	1		Glen Poklikuha	38	7	2	1	
13-15 MALE	AGE	PTS	MILES	EVT	VOL	40 - 44 MALE	AGE	PTS	MILES	EVT	VOL
Joshua Brownfield	14	33	8	4		Scott Burris	41	74	47.8	9	
Duncan Pasewark	14	24	6	3		Ignacio Vasquez	43	43	36.7	6	
Brandon Sims	15	19	9	2		James Layman	44	42	12	5	
Austin Preiss	14	18	4	2		David Guinn	44	40	25.5	4	
Koby Lovett	14	10	2	1		Brett Peikert	42	35	20.2	4	
Austin Martin	15	7	2	1		Cody Miller	44	27	32.6	5	**
Brandon Hastings	15	0	9.3	1	*	Troy Pratt	43	26	8	3	
16-19 MALE	AGE	PTS	MILES	EVT	VOL	Heath Pennell	42	25	15	3	
Lucas Morris	18	73	35.3	7		Noe Valles	43	23	17.5	3	
Graham Pasewark	16	33	8	4		David Rogowski	42	20	12.4	2	
Timothy Peikert	16	32	16	4		Ricky Martinez	42	16	10	2	
Jon David Bruegei	18	22	26.7	5	*	Sean Schwarzentraub	43	14	10.2	2	
K.T. Manis	16	10	5	1		Paul Moats	42	4	4	1	
Nathan Conroy	18	8	2	1		45 - 49 MALE	AGE	PTS	MILES	EVT	VOL
20 - 24 MALE	AGE	PTS	MILES	EVT	VOL	Martin Montalvo	45	71	55.1	8	*
John Keith	21	29	16.4	3		James Priess	49	59	16	7	
Andrew Husband	24	9	4	1		Rod Burgett	45	46	45.8	6	**
Tyler Livermore	20	0	5	1	*	Paul Pare	48	32	25.7	4	
25 - 29 MALE	AGE	PTS	MILES	EVT	VOL	Richard Shaw	48	23	19.5	3	
Ben Boston	25	71	23.2	8		Jim Higgins	49	17	14.4	2	
Stephen Romero	29	46	22.4	5		Mark Woodfin	48	15	11	2	
Brandon Berkshire	26	45	32.2	8	*	Jay Wyatt	49	9	2	1	
Andrew Huff	28	28	33.7	4		Brent Lowrey	48	8	9.3	1	
Andres Pedroza	28	24	18.3	3		Adam Barron	47	7	14.3	2	*
Blake Bednarz	25	21	6	2		Ray Major	49	0	17.3	2	*
Zack Manning	28	18	9	2		Bryan Hastings	47	0	9.3	1	*
Daniel Todd	29	18	9.2	2		J. Edson Pinto	48	0	5	1	*
Marek Potratz	28	0	4	1	*						
30 - 34 MALE	AGE	PTS	MILES	EVT	VOL						
Michael Berry	34	42	39.1	6	*						
Chad Wilcox	34	40	15	5							
Gary Evans	30	40	46.9	7	*						
Jeff Hancock	33	37	33.7	4							
Gabriel Olivarez	33	16	9	2							
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							

W.T.R.C. 2010 CHALLENGE SERIES
STANDINGS AFTER 9 EVENTS

MALE

50 - 54 MALE						CLYDESDALE - age graded					
AGE	PTS	MILES	EVT	VOL							
David Doyle	51	77	24	9	*	Damon Provence	59	78	40.7	9	*
Jerry Dwyer	50	61	45.7	7		Farrell Martin	44	58	34.4	6	
Epi Aguirre	51	49	38.5	6	*	Craig Peterson	53	52	42.8	8	*
Joe Frank Martin	51	47	18	7		Milt Brownfield	52	43	32.7	6	*
Joseph Wilson	54	46	37.7	5		Shaun Fant	42	42	22	6	*
John Clements	54	39	14.2	5	*	Jay Dulin	36	34	41.1	5	
Randy Holloway	53	36	76.1	9	**	Jerry Adams	34	34	35.8	6	
Bill Pasewark	53	35	10	5		Preston Smith	64	18	12	3	
Ronnie Trollinger	50	33	11	4		Dan Branscome	53	17	12.2	2	
Gonzalo Ramirez	54	25	21.3	4		Bryan Williams	33	11	5	2	
Randy Bunyard	52	22	16	4		Brian Evans	47	8	2	1	
Ed Price	53	20	33.7	4	*	Leo Lovett	42	6	7	2	*
Paul Darden	50	19	5	2		Jason Hancock	28	5	8.4	1	
Greg Hogan	51	18	13.4	2		Rene Vargas	35	4	8.4	4	
Bob Jackson	51	10	15	2	*						
Dwayne Oakeley	54	6	2	1							
David Allison	53	5	5	1							

** = RACE DIRECTOR
* = VOLUNTEER

55 - 59 MALE					
AGE	PTS	MILES	EVT	VOL	
Fred Constancio	57	63	15	7	
Ken Spain	56	62	55.1	8	*
Luis Cardenas	58	60	19	7	*
Antonio Roman	58	40	11	5	
Wayne Sullivan	59	34	49.5	9	*
Bill Hepburn	55	29	23.4	4	
Tom Weis	58	27	16.4	3	
Dan Hilario	59	22	13	3	
David Weaver	58	19	17.3	3	*
Jimmy Clark	58	17	35.7	6	**
Jerry Morris	59	10	2	1	
Jimmy Waechter	57	9	2	1	
Terry Dalton	55	9	38.9	5	*
David Higgins	57	0	73.5	9	**

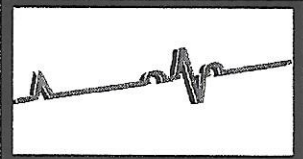

60 - 64 MALE					
AGE	PTS	MILES	EVT	VOL	
James Livermore	63	55	37.9	6	
Mike Kelley	61	55	46.1	6	
Michael McDonald	61	51	43.7	6	
Richard Gale	61	50	31.4	5	
David Lightner	60	9	4	1	
Tony Aleman	60	0	29.8	5	*

65 - 69 MALE					
AGE	PTS	MILES	EVT	VOL	
Gorden Jenkins	70	68	32.4	7	
Ron Lubowicz	67	60	51.9	8	*
Jim Harris	67	58	34	7	**
Rick Lampe	66	42	17	6	*

70 - 99 MALE					
AGE	PTS	MILES	EVT	VOL	
Bill Felton	75	75	30.2	9	*
Albert Burrier	76	58	37.8	7	*
Ralph Wolf	73	47	26.2	6	*
Mike Greer	70	9	5	1	
George Jury	74	0	60.1	8	*
Bill Roger	70	0	12.4	6.2	**

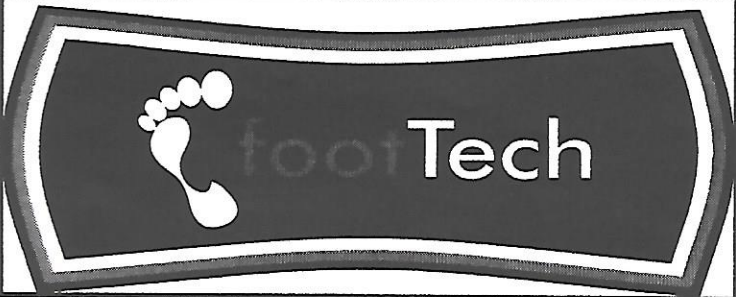
Dear Club Members,
Please keep in mind that in order to be eligible to participate in the Challenge Series one must have volunteered at least once and must have run in at least 3 races (relays will not be counted towards these three races) to be eligible for a "Points" award. If you have any questions 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)

Pj Mitchell, C.C.T., LMT

- MEDICAL MASSAGE
- LYPOSSAGE
- SPORT TRAINING

Pager 806.721.9940



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

WEST TEXAS RUNNING CLUB
RED RAIDER ROAD RACE
LUBBOCK, TX 10K EVENT RECORD
Since 1982 (USA T-F CERTIFIED, TX97071ETM)

WOMEN					
DIV	NAME	TOWN	AGE	TIME	YEAR
13-15	Hope Jimenez	Lamesa	13	45:17	1997
16-19	Veronica Cavazos	Lubbock	18	38:48	1982
20-24	Idalia Casiano	Lubbock	23	41:22	1991
25-29	Beverly Watkins	Amarillo	28	37:52	1983
30-34	Marjory Stewart	Lubbock	34	36:43	*1993
35-39	Marjory Stewart	Lubbock	35	37:41	1994
40-44	Bobby Jester	Amarillo	40	44:41	1994
45-49	Colleen Isdale	Belton	45	46:45	1996
50-54	Madonne Miner	Lubbock	50	45:42	2003
55-59	P.J.Mitchell	Lubbock	55	53:53	2001
60+	P.J.Mitchell	Lubbock	61	53:35	2007
Athena	Edie Abel	Lubbock	40	51:34	2006

MEN					
DIV	NAME	TOWN	AGE	TIME	YEAR
13-15	Frank Sumpter, Jr	Lamesa	15	38:02	1990
16-19	Richard Oropeza	Lubbock	19	33:04	1988
20-24	Red Cloud	Lubbock	23	31:29	1984
25-29	Michael Njenga	Lubbock	26	30:57	*1998
30-34	James Mays	Lubbock	32	33:01	1991
35-39	Scott Brickerd	Lubbock	35	32:19	1988
40-44	Bobby Cunningham	Abernathy	42	34:52	1982
45-49	Ron Lubowicz	Lubbock	45	35:33	1988
50-54	George W. Jury	Lubbock	50	37:23	1986
55-59	George W. Jury	Lubbock	56	39:15	1992
60-64	Ed Craighead	Dalhart	60	42:10	2004
65-69	Ralph Wolf	Abernathy	66	51:04	2003
70+	Don Sanderson	Tulia	71	48:26	2001
Clydes	Farrell Martin	Lubbock	37	39:53	2003

**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.

5K EVENT RECORDS (Since 1988)
USA T-F CERTIFIED, TX97070ETM

WOMEN					
DIV	NAME	TOWN	AGE	TIME	YEAR
6-12	Hope Jimenez	Lamesa	12	20:40	1996
13-15	Addison Lemaster	Tulia	15	19:56	2004
16-19	Brionne Yosten	Lubbock	19	18:25	2002
20-24	Bridget Tidwell	Lubbock	20	17:44	*2002
25-29	Brenda Lauten	Houston	29	19:52	1994
30-34	Kay Schmidt	Alpine	34	20:39	1992
35-39	Brenda Lauten	Houston	37	21:09	2002
40-44	Caylene Caddell	Lubbock	43	20:54	1995
45-49	Caylene Caddell	Lubbock	45	21:45	1997
50-54	Caylene Caddell	Lubbock	50	22:28	2002
55-59	P.J.Mitchell	Lubbock	59	27:32	2004
60+	P.J.Mitchell	Lubbock	62	29:13	2008
Athena	Lee Handlin	Lubbock	38	26:50	2007

MEN					
DIV	NAME	TOWN	AGE	TIME	YEAR
6-12	Chris Reyes	Floydada	12	20:28	2000
13-15	Ryan Maney	Tulia	15	17:21	2001
16-19	Kyle Atwood	Lubbock	18	16:15	2002
20-24	Dwayne Benoit	Lubbock	20	15:52	2002
25-29	Josephat Keino	Lubbock	25	16:11	2006
30-34	Martin Leodgard	Lubbock	31	15:44	*1995
35-39	Bob Finn	Big Spring	39	16:57	1994
40-44	Tony Collins	Pittsburg	44	17:43	1994
45-49	James Leser	Lubbock	47	17:54	1993
50-54	Ed Craighead	Dalhart	52	18:41	1995
55-59	Gary Schmidt	Alpine	55	18:48	1992
60-64	Ed Craighead	Dalhart	64	20:32	2007
65-69	David Lard	Amarillo	66	22:23	2003
70+	Don Sanderson	Tulia	74	24:41	2004
Clydes	Douglas Gardner	Lubbock	30	19:58	1995

* Overall Men's and Women's event records

WEST TEXAS RUNNING CLUB'S ANNUAL
29th Annual Red Raider Road Race
5K & 10K Races

EVENT # 10 OF THE W.T.R.C. CHALLENGE SERIES

WHEN: SATURDAY, October 16, 2010 Register online at <http://wtrc.tripod.com> or active.com No on-line registration will be accepted after 12 Noon on October 15, 2010 See Enclosed Mail in Form for more information

WHERE: TTU Student Recreation Center, Main & Hartford, TTU Campus. Please note that if the kick-off for the Homecoming football game is changed to the early afternoon, the race will be moved to Mackenzie Park off East Broadway. Parking available at the nearby Joyland parking lot. Please do not park along the road.

Race Day packet Pick-up: Saturday, October 16, 6:30-7:30 a.m. Inside the TTU Rec. Ctr (Main & Hartford) or alternate race site.

ENTRY FEE: WTRC Members \$15.00, Non-Members \$20.00, Late Registration & Packet Pick \$25.00 for everyone, Friday, October 15, 9am-6pm at TTU Student Recreation Center.

COURSE: Both the 5K & 10K Road Race will be run on the Tech Campus, with the start and finish at the Student Rec Center. A map of the course will be included in the registration packet.

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

AGE DIVISIONS, 10 Mile

MEN: 19 & Under; 20-24; 25-29; 30-34; 35-39; 40-44; 45-49; 50-54; 55-59; 60-64; 65-69; 70 Plus

WOMEN: 19 & Under; 20-24; 25-29; 30-34; 35-39; 40-44; 45-49; 50-54; 55-59; 60 Plus

Special Division: Clydesdale/Athena, both races:

Men 190 lbs. + Women 150 lbs. +
5K only—12 & under; 13-15; 16-19

AWARDS: Medallions will be presented to the first three finishers in each age/sex race class. 1st Place overall male and female winners will receive a custom engraved plaque. Also best Master in each race (age-graded) will receive a custom engraved plaque. Awards will also be given to the first three, age graded, in each race in the Clydesdales division.

AWARD CEREMONY: Presentation at 9:30 a.m. at the finish line

For more information or to volunteer, please call Jill Haukos, (806) 797-2012 (h), (806) 894-9611 x2308 (o), (806) 786-7899 (c)

29th Annual Red Raider Road Race

Date: Saturday, October 16, 2010 **Starting Time:** 8:00 a.m.

Registration: \$15 (WTRC Members) or \$20 (Non-members) – before Oct. 15th.

Late Registration & Packet Pick-Up: \$25 – Friday, October 15th, 9 a.m. – 6 p.m. at the TTU Student Recreation Ctr. Main & Hartford, TTU Campus. NO REGISTRATION ON RACE DAY

On-line Registration: WTRC Web address: <http://wtrunning.com> or active.com. No on-line registration will be accepted after 12 noon on October 15th. Mailed registrations should be posted by Monday, October 11th.

Race Day Packet Pick-Up: Saturday, October 16th, 6:30 a.m. – 7:30 a.m. Inside the TTU Student Recreation Center (Main & Hartford) or at alternate race site. (see NOTICE below)

Divisions:

Men: 19 & Under; 20-24; 25-29; 30-34; 35-39; 40-44; 45-49; 50-54; 55-59; 60-64; 65-69; 70 & over

Women: 19 & Under; 20-24; 25-29; 30-34; 35-39; 40-44; 45-49; 50-54; 55-59; 60 & over

Special Divisions: Clydesdale/Athena, both races: Men 190 lbs. +; Women 150 lbs. +
5K only – 12 & under; 13-15; 16-19

Start/Finish: TTU Student Recreation Center **Aid Stations:** At 2, 3 & 5 mile marks **Split Times:** at 1 mile
Main and Hartford

Course: Both the 5K & 10K Road Race will be run on the Tech Campus, with the start and finish at the Student Rec Center. A map of the course will be included in the registration packet.

Awards: Medallions will be presented to the first three finishers in each age/sex race class. 1st Place overall Male and Female winners will receive a custom engraved plaque. Also best Master in each race (age graded) will receive a custom engraved plaque. Awards will also be given to the first three, age graded, in each race in the Clydesdales division.

Award Ceremony: Presentation at 9:30 a.m. at the Finish Line

NOTICE: If kick-off for the homecoming football game is changed to the early afternoon, the race will be moved to Mackenzie Park off East Broadway. Parking available at the nearby Joyland parking lot. Do not park along the road.

Please make checks payable to the West Texas Running Club.

For more info call: Jill Haukos, 797-2012 (h), 894-9611 x2308 (o), 786-7899 (c) e-mail Haukos@aol.com

Detach & Return to: 3508 91st St., Lubbock, TX 79423

First Name	MI	Last Name	Age on race day	Sex
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	M F
Address			S M L XL XXL	
<input type="text"/>			T-shirt Size (adult)	
City	State	Zip code	Make checks payable to: West Texas Running Club	
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	
Area Code	Daytime Phone Number	Entered Event		
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	
		5K 10K Clydesdale/Athena		

WAIVER OF LIABILITY

I know that running and volunteering to work in club races are potentially hazardous activities. I should not enter and run in club activities unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running and volunteering to work in club races including, but not limited to, falls, contact with other participants, the effects of the weather, including high heat and/or humidity, my own health conditions, whether known or unknown to me, the conditions of the road and traffic on the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, I, **FOR MYSELF AND ANYONE ENTITLED TO ACT ON MY BEHALF, WAIVE AND RELEASE THE WEST TEXAS RUNNING CLUB AND ALL SPONSORS, THEIR REPRESENTATIVES AND SUCCESSORS, FROM ALL CLAIMS OR LIABILITIES OF ANY KIND ARISING OUT OF MY PARTICIPATION IN THE RACE OR THE CLUB'S ACTIVITIES, EVEN THOUGH THAT LIABILITY MAY ARISE OUT OF NEGLIGENCE OR CARELESSNESS, IN PART OR WHOLE, OF THE WEST TEXAS RUNNING CLUB OR OTHER SPONSORS REFERENCED ABOVE.** This entry is not valid unless signed by the entrant, guardian, conservator, or parent for entrants under 18 years old. RRCA rules prohibit, skates, strollers, dogs, etc. on the course.

Signature of Entrant _____

Signature of Guardian (minors) _____

FOR OFFICIAL USE ONLY

West Texas Running Club Event Calendar

- Indicates WTRC Monthly Race and Challenge Series Event

- OCT 05 WTRC Board meeting: Tuesday, 7:00pm
Ron's office, 3309-67th St, 806-781-0231
- OCT 02 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, Odessa, TX,
www.crossroadsmarathon.com
- OCT 02 White Buffalo Stampede: 1M/5K, 8:45am, Snyder, TX,
www.whitebuffalostampede.com
- OCT 02 St Helena 9th Annual Family Fair: 5K/2M, 7:30am,
Hobbs, NM, Daniel Herman 575-392-9049
- OCT 09 St Mary's School 15th Annual Fun Run: 5K/1M, 8:00am,
Amarillo, TX, Angela Phillips, 352-3505.
- * 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,
Denver, Co <http://denver.competitor.com>
- OCT 23 "Chosen" Marathon for Adoption(Boston qualifier):
Marathon,HalfMarathon, 7:00am,New Braunfels,TX,
www.marathonforadoption.com
- NOV 06 Kick For Kenya: 5K/10K, 9:00am, Golf Course RD
Church of Christ, Midland, TX, Layne Coco,
432-262-0818 or Tammy Bales 432-244-1917
- * NOV 13 BUFFALO WALLOW RACES: Half Marathon/2M, 9:00am,
Buffalo Springs Lake, Mike Kelley,
RD, 806-765-0441.
- * NOV 25 TURKEY TROT RUNS: 12K/2M, 9:00am, MacKenzie Park,
Ron Lubowicz, 806-781-0231.
- DEC 05 White Rock Marathon: Dallas, TX,
<http://www.runtherock.com/Home.aspx>
- * DEC 11 TOYS FOR TOTS REDLINE CC: 4M, 10AM, Mae Simmons
Park, Lubbock, TX, Irma, RD, 806-543-6249.
- * JAN 08 LOOP THE LAKE: 5M/2M, 10:00AM, Buddy Holly Rec
Area, Jimmy Clark RD, 806-799-2592

WTRC Website: <http://wtrunning.com>
Calendar, Photos, Online registration, Membership, etc.



3312 44th Street
Lubbock, TX 79413

October 2010



PJ MITCHELL
3519 39TH ST
LUBBOCK, TX 79413

W