



September 2010

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.

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

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- Shallowater Stampede Registration Form
- Red Raider Road Race Registration Form

Shallowater Stampede

Saturday, September 11, 2010

Shallowater High School
Shallowater, Texas

2 & 10K Miles,
Race Starts @ 8:00 am

Race Director: Rod Burgett
(806) 548-1796



3312 44th Street
Lubbock, TX 79413

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



Place	Name	Town	St Ag	S Div
1	Jake Brownfield	LUBBOCK	TX 12	M
2	Amanda Boston	LUBBOCK	TX 26	F
3	Ben Boston	LUBBOCK	TX 25	M
4	Sam Woodfin	LUBBOCK	TX 17	M
5	Mont McClendon	LUBBOCK	TX 38	M
6	Shannon Anderson	LUBBOCK	TX 38	M
7	WHITNEY THOMS	LEVELLAND	TX 13	F
8	PAUL DARDEN	SUNDOWN	TX 50	M
9	Christopher Gaschen	LUBBOCK	TX 13	M
10	Claudia Sanchez	LUBBOCK	TX 14	F
11	Cassandra Olivarez	LUBBOCK	TX 15	F
12	DAREN OAKELEY	LUBBOCK	TX 24	M
13	John Clements	LUBBOCK	TX 54	M
14	robert ramos	LUBBOCK	TX 40	M
15	Tammy Moriearty	LUBBOCK	TX 36	F
16	Turner Adams	WALL	TX 15	F
17	DAMON PROVENCE	SUDAN	TX 59	M
18	BO THOMS	LEVELLAND	TX 12	M
19	ROCK THOMS	LEVELLAND	TX 10	M
20	Jerry Morris	LUBBOCK	TX 59	M
21	Kathleen Adams	WALL	TX 9	F
22	Memphis Robins	LUBBOCK	TX 30	M
23	Jake Harlan	LUBBOCK	TX 12	M
24	joee gomez	LUBBOCK	TX 66	M
25	Shaun Fant	LUBBOCK	TX 42	M
26	HAILEE LITTLE	LLS BLUE	TX 10	F
27	CHLOE PRICE	LLS BLUE	TX 10	F
28	Adam Rodriguez	SLATON	TX 46	M
29	JAY WYATT	LUBBOCK	TX 49	M
30	Cole Agnew	LUBBOCK	TX 8	M
31	MEGAN WALSER	LLS BLUE	TX 10	F
32	JUSTIN DICKSON	LUBBOCK	TX 30	M
33	VANESSA WILLIAMSON	LLS BLUE	TX 10	F
34	Briana Alonzo	LUBBOCK	TX 15	F
35	Christopher Hall	LUBBOCK	TX 13	M
36	ADDISON GORDON	LLS BLUE	TX 10	F
37	AMY LOWETT	PORTALES	NM 32	F
38	amy martin	LUBBOCK	TX 21	F
39	Rachelle Bursiaga	LUBBOCK	TX 23	F
40	fred constancio	LUBBOCK	TX 57	M
41	ALLIE MEADE	LLS BLUE	TX 10	F
42	Sara Sanchez	LUBBOCK	TX 16	F
43	Joshua Brownfield	LUBBOCK	TX 14	M
44	DAVID BRAGG	LUBBOCK	TX 29	M
45	BREANNA SANCHEZ	LLS BLUE	TX 10	F
46	Deana MARTIN	SHALLOWATER	TX 43	F
47	Sandra Torres	LUBBOCK	TX 42	F
48	Randy Mulso	LUBBOCK	TX 54	M
49	Nonnie Peters	LUBBOCK	TX 31	F
50	Wendy Anderson	LUBBOCK	TX 40	F
51	James Preiss	LUBBOCK	TX 49	M
52	BRIANNA NARVIAZ	LLS BLUE	TX 10	F
53	ALYSSA HAYNES	LLS BLUE	TX 10	F
54	MELISSA MERIMON	LUBBOCK	TX 20	F
55	Danette Mortensen	LUBBOCK	TX 29	F
56	LISA SOLOMON	LUBBOCK	TX 40	F
57	Glenna Beyer	LUBBOCK	TX 52	F
58	Justin Selleck	LUBBOCK	TX 33	M
59	Lewis Walker	LUBBOCK	TX 30	M
60	LERIC DAVID EATON	LUBBOCK	TX 7	M
61	Amy Suttles	LUBBOCK	TX 36	F
62	JAIDEN EATON	LUBBOCK	TX 10	F
63	Mikasa Sullivan	LUBBOCK	TX 28	F
64	Bill Pasewark	LUBBOCK	TX 53	M
65	Miranda Gomez	LUBBOCK	TX 23	F
66	Austin MARTIN	SHALLOWATER	TX 15	M
67	SLOAN PAYTON	LLS BLUE	TX 10	F
68	REAGAN ROBERTSON	LLS BLUE	TX 10	F
69	ABRAHAM MONTALVO	PLAINVIEW	TX 12	M
70	Jimmy Clark	LUBBOCK	TX 58	M
71	Julian Hall	LUBBOCK	TX 10	M

Town	St Ag	S Div	2	Pace
LUBBOCK	TX 10	M	8 M0112	21:06 10:33
LUBBOCK	TX 45	M	4 M4549	21:07 10:34
LUBBOCK	TX 43	F	5 F4044	21:47 10:54
LUBBOCK	TX 54	M	5 M5054	21:55 10:58
LUBBOCK	TX 28	M	3 M2529	22:03 11:02
LUBBOCK	TX 30	F	3 F3034	22:19 11:10
LUBBOCK	TX 15	F	6 F1315	22:20 11:10
LUBBOCK	TX 16	F	2 F1619	22:24 11:12
LUBBOCK	TX 16	M	2 M1619	22:28 11:14
LLS BLUE	TX 10	F	14 F0112	22:32 11:16
LUBBOCK	TX 45	F	5 F4549	22:38 11:19
LEVELLAND	TX 34	F	4 F3034	22:41 11:21
LLS BLUE	TX 10	F	15 F0112	22:59 11:30
LUBBOCK	TX 23	F	5 F2024	23:00 11:30
LLS BLUE	TX 10	F	16 F0112	23:00 11:30
LLS BLUE	TX 10	F	17 F0112	23:03 11:32
LUBBOCK	TX 32	M	5 M3034	23:05 11:33
SHALLOWATER	TX 13	F	7 F1315	23:21 11:41
DEXTER	NM 38	F	3 F3539	25:03 12:32
LUBBOCK	TX 38	F	4 F3539	25:12 12:36
LUBBOCK	TX 27	F	4 F2529	26:03 13:02
LUBBOCK	TX 24	M	2 M2024	26:40 13:20
LUBBOCK	TX 59	F	1 F5559	28:55 14:28
LUBBOCK	TX 34	F	5 F3034	28:56 14:28
LUBBOCK	TX 66	M	2 M6569	30:42 15:21
LUBBOCK	TX 75	M	1 M7099	33:55 16:58
LUBBOCK	TX 22	F	6 F2024	35:12 17:36
LUBBOCK	TX 46	F	2 F4549	35:15 17:38
LUBBOCK	TX 42	M	3 M4044	35:39 17:50
LUBBOCK	TX 5	F	18 F0112	35:50 17:55
LUBBOCK	TX 40	F	6 F4044	35:56 17:58
LUBBOCK	TX 9	F	19 F0112	35:58 17:59
LUBBOCK	TX 52	F	2 F5054	35:59 18:00
LUBBOCK	TX 18	F	3 F1619	40:09 20:05
LUBBOCK	TX 71	F	1 F6099	43:18 21:39
LUBBOCK	TX 68	M	3 M6569	44:38 22:19

Congratulations to Brent Lowrey who was one of maybe a few dozen who completed the Pikes Peak Ascent in 4:04:16 and the Pikes Peak Marathon in 6:41:04 in August.

A Journey to the Top and Perhaps Back

The Pikes Peak Ascent® and Pikes Peak Marathon® will redefine what you call running. Sure, they start out like a lot of races on Any Street, USA. But your first left turn will have you turning in the direction of up! During the next 10 miles, as you gain almost 6,000 vertical feet, your legs, lungs, heart and mind will be worn to a ragged nothingness. But it won't be until your last three miles, with still over 2,000' of vertical to go, that you will realize where the Marathon got its moniker—America's Ultimate Challenge.

There's a reason trees don't bother growing above 12,000' on Pikes Peak. They can't! Makes one wonder if trees are smarter than runners. Above treeline most runners take 30 minutes or more, some much more, just to cover a mile. What little air remains can't satisfy the endless stream of zombies hoping only to survive their next step—a death march right out of a scene from *Dawn of the Dead*. Adding insult to injury, it might start to snow!

Then, if you are on the deluxe tour, you run back down for the second half of the Marathon. Along the way protruding rocks are waiting to send you crashing to the ground mangling flesh and only temporarily masking the pain of blood filled blisters. Meanwhile, the temperature has often risen by more than 30 degrees since the race start. After all, it's always best to cook raw meat.

West Texas Running Club
23rd ANNUAL HOT DAM
2 Mile and 5 Mile Road Races
Lubbock, Texas August 14, 2010

5 MILE OVERALL RESULTS

Place Name	Town	St Ag	S Div	5	Pace
1 BENJAMIN TANUI	LUBBOCK	TX 34 M	1 M3034	29:10	5:50
2 Scott Eberhard	LUBBOCK	TX 22 M	1 M2024	30:42	6:09
3 Thomas Sang	LUBBOCK	TX 32 M	2 M3034	31:19	6:16
4 Lucas Morris	LUBBOCK	TX 18 M	1 M1619	31:30	6:18
5 Luke Samarron	LEVELLAND	TX 17 M	2 M1619	32:28	6:30
6 Joseph Bales	LUBBOCK	TX 24 M	2 M2024	32:47	6:34
7 MARTIN MONTALVO	PLAINVIEW	TX 45 M	1 M4549	32:57	6:36
8 Davin Guinn	IDALOU	TX 44 M	1 M4044	33:08	6:38
9 Matthew Rodriguez	LUBBOCK	TX 18 M	3 M1619	33:17	6:40
10 cody miller	LUBBOCK	TX 44 M	2 M4044	34:36	6:56
11 Trent Early	LUBBOCK	TX 21 M	3 M2024	34:58	7:00
12 JACOB HERBOLD	LUBBOCK	TX 24 M	4 M2024	35:10	7:02
13 Robert Guinn	IDALOU	TX 17 M	4 M1619	35:12	7:03
14 Craig Potts	CEDAR PARK	TX 55 M	1 M5559	35:15	7:03
15 Timothy Peikert	LUBBOCK	TX 16 M	5 M1619	35:39	7:08
16 stephen romero	LUBBOCK	TX 29 M	1 M2529	35:50	7:10
17 joseph wilson	LUBBOCK	TX 54 M	1 M5054	35:51	7:11
18 Epi AGUIRRE	LUBBOCK	TX 51 M	2 M5054	36:36	7:20
19 Rod Burgett	SHALLOWATER	TX 45 M	2 M4549	36:38	7:20
20 JOSHUA CASTRO	IDALOU	TX 14 M	1 M1315	36:41	7:21
21 JOE KUESER	LUBBOCK	TX 48 M	3 M4549	37:03	7:25
22 Paul David Gaschen	LUBBOCK	TX 14 M	2 M1315	37:15	7:27
23 Scott Burris	LUBBOCK	TX 41 M	3 M4044	37:15	7:27
24 Adam Barron	LUBBOCK	TX 47 M	4 M4549	37:20	7:28
25 Brett Peikert	LUBBOCK	TX 42 M	4 M4044	37:21	7:29
26 Greg Hogan	LUBBOCK	TX 51 M	3 M5054	37:44	7:33
27 FARRELL MARTIN	SHALLOWATER	TX 44 M	5 M4044	38:39	7:44
28 Gabriel Olivarez	LUBBOCK	T 33 M	3 M3034	38:48	7:46
29 Mark Woodfin	LUBBOCK	TX 48 M	5 M4549	38:55	7:47
30 Ignacio Vasquez	LUBBOCK	TX 43 M	6 M4044	39:02	7:49
31 Michaela Jansen	LUBBOCK	TX 37 F	1 F3539	39:05	7:49
32 PAUL PARE'	LUBBOCK	TX 48 M	6 M4549	39:14	7:51
33 Matt Palmer	LUBBOCK	TX 30 M	4 M3034	39:18	7:52
34 Curtis Norrod	LUBBOCK	TX 26 M	2 M2529	39:20	7:52
35 Michael Berry	LUBBOCK	TX 34 M	5 M3034	39:25	7:53
36 Colleen Adams	WALL	TX 17 F	1 F1619	39:52	7:59
37 Jim Archer	LUBBOCK	TX 33 M	6 M3034	40:02	8:01
38 Micah Heatwole	LUBBOCK	TX 27 M	3 M2529	40:05	8:01
39 Andres Pedroza	LUBBOCK	TX 28 M	4 M2529	40:17	8:04
40 Jon Mark Bernal	LUBBOCK	TX 33 M	7 M3034	40:33	8:07
41 LAUREN SCOTT	ALBUQUERQUE	NM 22 F	1 F2024	40:46	8:10
42 Keagan McDermott	LUBBOCK	TX 32 M	8 M3034	41:24	8:17
43 Daniel Hall	LUBBOCK	TX 35 M	1 M3539	41:25	8:17
44 Susan Bacon	LUBBOCK	TX 46 F	1 F4549	41:50	8:22
45 Brady Cook	LUBBOCK	TX 28 M	5 M2529	41:55	8:23
46 Kelly Robinson	LUBBOCK	TX 44 F	1 F4044	41:56	8:24
47 Ray Yanez	BIG SPRING	TX 38 M	2 M3539	41:57	8:24
48 Matt Gregor	LUBBOCK	TX 24 M	5 M2024	41:59	8:24
49 Albert Martinez	LUBBOCK	TX 33 M	9 M3034	42:01	8:25
50 Nick Marquez	DALLAS	TX 25 M	6 M2529	42:02	8:25
51 Aubrey Bridges	LUBBOCK	TX 56 M	2 M5559	42:10	8:26
52 Walker Adams	WALL	TX 13 M	3 M1315	42:26	8:30
53 Lauren Fossum	LUBBOCK	TX 22 F	2 F2024	42:27	8:30
54 John Blackburn	LUBBOCK	TX 17 M	6 M1619	42:28	8:30
55 Mark Smith	LUBBOCK	TX 39 M	3 M3539	42:34	8:31
56 Angie Sonnenberg	LUBBOCK	TX 31 F	1 F3034	42:44	8:33
57 Jerry Perez	LUBBOCK	TX 41 M	7 M4044	42:46	8:34
58 Jarrod Grimm	DEXTER	NM 40 M	8 M4044	42:50	8:34
59 Gary Evans Jr	LUBBOCK	TX 30 M	10 M3034	43:14	8:39
60 Ken Spain	LUBBOCK	TX 56 M	3 M5559	43:18	8:40
61 Marlene Lopez	LEVELLAND	TX 39 F	2 F3539	43:24	8:41
62 ANGEL MADRID	LUBBOCK	TX 34 F	2 F3034	43:31	8:43
63 Debbie Gelber	LUBBOCK	TX 41 F	2 F4044	43:40	8:44
64 Deb Hendley	LUBBOCK	TX 61 F	1 F6099	43:45	8:45
65 Jennifer Haddock	LUBBOCK	TX 29 F	1 F2529	43:50	8:46
66 RON LUBOWICZ	LUBBOCK	TX 67 M	1 M6569	44:03	8:49

5 MILE OVERALL RESULTS

Place Name	Town	St Ag	S Div	5	Pace
68 Chad Elrod	LUBBOCK	TX 34 M	11 M3034	44:25	8:53
69 SEAN GRASS	LUBBOCK	TX 39 M	5 M3539	44:33	8:55
70 LEE HANDLIN	LUBBOCK	TX 41 F	3 F4044	44:39	8:56
71 GONZALO RAMIREZ	LUBBOCK	TX 54 M	4 M5054	44:40	8:56
72 Carrie Badillo	LUBBOCK	TX 33 F	3 F3034	44:41	8:57
73 joe martin	LUBBOCK	TX 50 M	5 M5054	44:53	8:59
74 Sean Anzaldua	LUBBOCK	TX 25 M	7 M2529	45:02	9:01
75 Steve German	LUBBOCK	TX 53 M	6 M5054	45:23	9:05
76 MARY BRANSCOME	LUBBOCK	TX 50 F	1 F5054	45:27	9:06
77 Mandy poklikuha	LUBBOCK	TX 32 F	4 F3034	45:42	9:09
78 ronnie adams	LUBBOCK	TX 35 M	6 M3539	46:08	9:14
79 P.J. MITCHELL	LUBBOCK	TX 64 F	2 F6099	46:49	9:22
80 JENNIFER SNEAD	LUBBOCK	TX 40 F	4 F4044	46:57	9:24
81 Pam Gaschen	LUBBOCK	TX 45 F	2 F4549	46:58	9:24
82 JUDY FLEMING	LUBBOCK	TX 45 F	3 F4549	47:08	9:26
83 RALPH WOLF	LUBBOCK	TX 73 M	1 M7099	47:09	9:26
84 GORDEN JENKINS	AMARILLO	TX 69 M	2 M6569	47:10	9:26
85 Margaret Woodfin	LUBBOCK	TX 46 F	4 F4549	47:12	9:27
86 Dana Boltz	LUBBOCK	TX 26 F	2 F2529	47:28	9:30
87 Jill Haukos	LUBBOCK	TX 46 F	5 F4549	47:42	9:33
88 Jerry Adams	LUBBOCK	TX 34 M	12 M3034	47:46	9:34
89 David Splawn	PLAINVIEW	TX 35 M	7 M3539	48:54	9:47
90 Randy Bunyard	LUBBOCK	TX 52 M	7 M5054	48:56	9:48
91 ANGELA RICHARDSON	PROSPER	TX 33 F	5 F3034	49:02	9:49
92 Michael Hardin	LUBBOCK	TX 40 M	9 M4044	49:29	9:54
93 Mick Stamm	ABILENE	TX 55 M	4 M5559	49:34	9:55
94 HOLLY SNODGRASS	LUBBOCK	TX 40 F	5 F4044	49:45	9:57
95 ALBERT BURRIER	LUBBOCK	TX 77 M	2 M7099	49:50	9:58
96 Sandra Saenz	LUBBOCK	TX 35 F	3 F3539	49:57	10:00
97 JAMES LIVERMORE	LUBBOCK	TX 63 M	1 M6064	50:03	10:01
98 BILL HEPBURN	LUBBOCK	TX 55 M	5 M5559	50:13	10:03
99 Crystal Zant	LUBBOCK	TX 33 F	6 F3034	50:45	10:09
100 Deborah Bahme	LUBBOCK	TX 38 F	4 F3539	51:24	10:17
101 Mario Jimenez	LUBBOCK	TX 49 M	7 M4549	51:31	10:19
102 Tayler Huckaby	LUBBOCK	TX 23 F	3 F2024	52:05	10:25
103 Michael McDonald	LUBBOCK	TX 61 M	2 M6064	52:25	10:29
104 Sherry Walton	LUBBOCK	TX 47 F	6 F4549	52:27	10:30
105 Gene Adams	WALL	TX 52 M	8 M5054	52:51	10:35
106 KATE KUESER	LUBBOCK	TX 48 F	7 F4549	53:26	10:42
107 Lanette Windham	LUBBOCK	TX 42 F	6 F4044	54:12	10:51
108 Jim Thompson	PLAINVIEW	TX 55 M	6 M5559	54:12	10:51
109 WENDY ROYAL	ABERNATHY	TX 46 F	8 F4549	54:34	10:55
110 Whitney Crump	LUBBOCK	TX 25 F	3 F2529	54:40	10:56
111 BRAD PRUITT	LUBBOCK	TX 43 M	10 M4044	55:51	11:11
112 TERESA JOURDEN	WHITHARRAL	TX 26 F	4 F2529	56:56	11:24
113 Frances Kennedy	LUBBOCK	TX 39 F	5 F3539	57:23	11:29
114 JASON RICHARDSON	PROSPER	TX 36 M	8 M3539	57:32	11:31
115 Randell Neuman	LUBBOCK	TX 48 M	8 M4549	58:16	11:40
116 Gina Flores	LUBBOCK	TX 34 F	7 F3034	58:27	11:42
117 Eric Collins	WHITTIER	NC 32 M	13 M3034	58:28	11:42
118 Beth Sallee	LUBBOCK	TX 28 F	5 F2529	58:34	11:43
119 Allyssa Bowden	LUBBOCK	TX 23 F	4 F2024	1:00:05	12:01
120 April Covington	LUBBOCK	TX 26 F	6 F2529	1:00:06	12:02
121 Bryton Schaffner	LUBBOCK	TX 24 F	5 F2024	1:00:24	12:05
122 Amy Hancock	LUBBOCK	TX 28 F	7 F2529	1:00:25	12:05
123 Shannon Grissom	LUBBOCK	TX 43 F	7 F4044	1:00:27	12:06
124 PRESTON SMITH	LUBBOCK	TX 64 M	3 M6064	1:03:08	12:38
125 Michael Seibold	PLANO	TX 59 M	7 M5559	1:04:07	12:50

Our Deepest Sympathy

Karen Sanderson, wife of long time WTRC member Don Sanderson died July 28, 2010

Andy Menchu, age 53, son in law of George and Pat Jury died August 7, 2010.

6 - 12 MALE						45 - 49 MALE					
AGE	PTS	MILES	EVT	VOL		AGE	PTS	MILES	EVT	VOL	
Jake Brownfield	12	52	10	5		Martin Montalvo	45	61	48.9	7	
Patrick Irish	7	18	6	3		James Priess	49	59	16	7	
Abraham Montalvo	12	16	6	3		Rod Burgett	45	46	33.4	5	
Julian Hall	10	11	4	2		Paul Pare	48	32	25.7	4	
Brandon Vanetta	11	10	2	1		Jim Higgins	49	17	14.4	2	
Zayven Constancio	9	7	2	1		Richard Shaw	48	16	13.3	2	
Beau Miller	8	6	2	1		Mark Woodfin	48	15	11	2	
Rob Littlefield	9	6	2	1		Jay Wyatt	49	9	2	1	
Dakota Hernandez	10	5	4	2		Brent Lowrey	48	8	9.3	1	
Arthur Romanus	7	2	2	1		Adam Barron	47	7	14.3	2	
David Pyle	10	0	5	1	*	Ray Major	49	0	17.3	2	
Nick Hoeve	12	0	2	1		Bryan Hastings	47	0	9.3	1	
Joshua Hoeve	11	0	2	1		J. Edson Pinto	48	0	5	1	
Josiah Romanus	6	0	2	1		50 - 54 MALE					
13-15 MALE						AGE	PTS	MILES	EVT	VOL	
Joshua Brownfield	14	33	8	4		David Doyle	51	67	22	8	
Duncan Pasewark	14	24	6	3		Jerry Dwyer	50	53	39.5	6	
Brandon Sims	15	19	9	2		Epi Aguirre	51	39	32.3	5	
Austin Preiss	14	18	4	2		John Clements	54	39	8	4	
Koby Lovett	14	10	2	1		Joe Frank Martin	50	38	16	6	
Austin Martin	15	7	2	1		Joseph Wilson	54	37	31.5	4	
Brandon Hastings	15	0	9.3	1	*	Randy Holloway	53	36	69.9	8	
16-19 MALE						AGE	PTS	MILES	EVT	VOL	
Lucas Morris	18	63	33.3	6		Ronnie Trollinger	50	33	11	4	
Graham Pasewark	16	33	8	4		Bill Pasewark	53	27	8	4	
Timothy Peikert	16	32	16	4		Gonzalo Ramirez	54	25	21.3	4	
Jon David Bruegel	18	19	24.7	4	*	Randy Bunyard	52	22	16	4	
K.T. Manis	16	10	5	1		Ed Price	53	20	33.7	4	
Nathan Conroy	18	8	2	1		Paul Darden	50	19	5	2	
20 - 24 MALE						AGE	PTS	MILES	EVT	VOL	
John Keith	21	29	16.4	3		Greg Hogan	51	18	13.4	2	
Andrew Husband	24	9	4	1		Bob Jackson	51	10	15	2	
Tyler Livermore	20	0	5	1	*	Dwayne Oakeley	54	6	2	1	
25 - 29 MALE						AGE	PTS	MILES	EVT	VOL	
Ben Boston	25	66	17	7		David Allison	53	5	5	1	
Brandon Berkshire	26	42	26	7	*	Luis Cardenas	58	60	19	7	
Stephen Romero	29	36	20.4	4		Ken Spain	56	55	48.9	7	
Andrew Huff	28	28	33.7	4		Fred Constancio	57	53	13	6	
Andres Pedroza	28	24	18.3	3		Antonio Roman	58	40	11	5	
Zack Manning	28	18	9	2		Wayne Sullivan	59	29	43.3	8	
Daniel Todd	29	18	9.2	2		Tom Weis	58	27	16.4	3	
Blake Bednarz	25	10	4	1		Bill Hepburn	55	23	17.2	3	
Marek Potratz	28	0	4	1	*	Dan Hilario	59	22	13	3	
30 - 34 MALE						AGE	PTS	MILES	EVT	VOL	
Michael Berry	34	42	32.9	5		David Weaver	58	19	17.3	3	
Chad Wilcox	34	40	15	5		Jerry Morris	59	10	2	1	
Jeff Hancock	33	37	33.7	4		Jimmy Waechter	57	9	2	1	
Gary Evans	30	33	40.7	6	*	Terry Dalton	55	9	38.9	5	
Gabriel Olivarez	33	16	9	2		Jimmy Clark	58	8	33.7	5	
Paul Fowler	33	15	5	2		David Higgins	57	0	67.3	8	
Greg Layton	32	14	15.5	2		60 - 64 MALE					
Petar Grozdanov	32	13	8	2		James Livermore	63	55	37.9	6	
Brent Wheeler	32	8	3	1		Richard Gale	61	50	31.4	5	
David Slayton	31	7	8.4	1		Mike Kelley	61	46	39.9	5	
35 - 39 MALE						AGE	PTS	MILES	EVT	VOL	
Shannon Anderson	38	64	35.3	8	*	Michael McDonald	61	41	37.5	5	
Hedge Martin	35	54	44.6	8		David Lightner	60	9	4	1	
Lee Cohen	38	47	29.2	5		Tony Aleman	60	0	23.6	4	
Sean Grass	39	40	33.4	6		65-69 MALE					
Mont McClendon	38	37	24.3	4		Gorden Jenkins	69	58	26.2	6	
Matthew Gordillo	36	29	17.4	3		Ron Lubowicz	67	50	45.7	7	
Daniel Hall	35	24	17.4	3		Jim Harris	67	49	32	6	
Chris Toelle	36	22	20	3		Rick Lampe	66	35	15	5	
Russ Horn	36	17	10.4	2		70-99 MALE					
Marin Hernandez	39	16	4	2		Bill Felton	75	66	28.2	8	
Eric Fisher	38	10	11.3	2	*	Albert Burrier	77	49	31.6	6	
Eddy Morelock	38	9	9	2	*	Ralph Wolf	73	37	24.2	5	
David Reed	35	8	11.2	2	*	Mike Greer	70	9	5	1	
Glen Pokiikuha	38	7	2	1		George Jury	73	0	53.9	7	
Tommie Farrell	39	4	5	1		Bill Roger	70	0	12.4	6.2	
Louis Hilliard	35	2	5	1		CLYDESDALE - age graded					
40 - 44 MALE						AGE	PTS	MILES	EVT	VOL	
Scott Burris	41	66	41.6	8		Damon Provence	59	68	34.5	8	
James Layman	44	42	12	5		Farrell Martin	44	58	34.4	6	
Ignacio Vasquez	43	37	30.5	5		Craig Peterson	53	44	36.6	7	
Brett Peikert	42	35	20.2	4		Milt Brownfield	52	43	32.7	6	
David Guinn	44	30	19.3	3		Shaun Fant	42	42	22	6	
Troy Pratt	43	26	8	3		Jay Dulin	35	31	34.9	4	
Heath Pennell	42	25	15	3		Jerry Adams	34	26	29.6	5	
Noe Valles	43	23	17.5	3		Preston Smith	64	18	12	3	
David Rogowski	42	20	12.4	2		Dan Branscome	53	17	12.2	2	
Cody Miller	44	18	26.4	4	**	Bryan Williams	33	11	5	2	
						Brian Evans	47	8	2	1	
						Leo Lovett	42	6	7	2	
						Jason Hancock	28	5	8.4	1	
						Rene Vargas	35	4	8.4	4	

** = RACE DIRECTOR
* = VOLUNTEER

The **WTRC CHALLENGE SERIES** continues for 2010, as a 12 month series of 13 races culminating in year-end AWARDS and recognition for performance, endurance and participation by club members in our monthly club races. The schedule of events is listed on the website and in the calendar of each newsletter, and each designated race will be detailed in the W.T.R.C. Newsletter prior to that race. Additional categories this year will again recognize NON- RUNNING volunteers.

All members desiring to participate in the Challenge Series must volunteer to serve as a non-running worker at ONE Challenge Series event as an entry requirement. The Challenge Series features these categories:

1. **66 MILE CLUB** ** All members completing 66 miles in qualifying events will receive an award denoting that achievement. There will be a total of 96.2 qualifying miles available. Any member serving as RACE DIRECTOR will be credited with double mileage for the most miles in that event. Any member who serves as a volunteer will be credited for the most miles at those races with more than one distance.

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

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

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

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

A. Divisions will include:

MALE AGE GROUPS

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

FEMALE AGE GROUPS

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

CLYDESDALE CATEGORY

Men over 190 pounds (Age Graded Scoring)

ATHENA CATEGORY

Women over 150 pounds (Age Graded Scoring)

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

C. For each race, the runner's age division will be determined by their age on race day. Challenge Series division will be determined by the runner's age BEFORE THE AUGUST RACE. All points earned during the year will be credited in the Challenge Series division at the end of the year. For example, a runner might compete in 5 events at 39 years of age; then have a birthday AFTER THE JULY RACE and compete in 3 events at age 40. For Challenge Series awards, that runner would be considered as 39 for the entire year, with all points earned during the year being credited for awards consideration in the 35-39 division.(updated 2010)

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

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

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

Event Records & Race Information

**SHALLOWATER STAMPEDE 10K & 2 MILE
EVENT RECORDS (Since 1988)
USA T&F CERTIFIED, #TX07090ETM 10K**

MEN

AGE	NAME	TOWN	AGE	TIME	YEAR
13-15	Frank Sumpter, Jr.	Lamesa	15	38:37	1990
16-19	Cody Turner	Shallowater	16	37:20	2000
20-24	Andy Stewart	Lubbock	21	35:02	1993
25-29	Jessie Williams	Lubbock	25	34:06	2003
30-34	Martin Leodgard	Lubbock	30	32:23 *	1995
35-39	Michael Zinno	Lubbock	36	35:54	2003
40-44	Frank Sumpter	Lamesa	40	38:18	1994
45-49	Jim Leser	Lubbock	47	37:33	1994
50-54	Robert Guajardo	Levelland	51	40:47	1994
55-59	George Jury	Lubbock	56	39:43	1992
60-64	Don Sanderson	Tulia	64	43:29	1994
65-69	Ralph Wolf	Lubbock	67	50:24	2004
70+	Don Sanderson	Tulia	74	51:01	2004
Clydes	Farrell Martin	Lubbock	39	41:05	2005

WOMEN

AGE	NAME	TOWN	AGE	TIME	YEAR
1-12	Hope Jimenez	Lamesa	12	45:44	1996
13-15	Jade Booker	Shallowater	15	53:45	2000
16-19	Jade Booker	Shallowater	16	57:02	2001
20-24	Nell Rafalovich	Lubbock	24	43:23	2004
25-29	Janda Ibbetson	Lubbock	29	43:10	1999
30-34	Janda Ibbetson	Lubbock	30	42:30	2000
35-39	Marjory Stewart	Lubbock	35	37:48 *	1994
40-44	Laura Baay	Amarillo	44	44:43	2007
45-49	Shirley Wigley	Lubbock	46	50:32	2000
50-54	Madonne Miner	Lubbock	50	47:30	2003
55-59	Sherill Easterling	Snyder	56	52:14	2005
60+	P.J. Mitchell	Lubbock	62	53:31	2007
Athena	Christie Zingerman	Lubbock	33	1:04:11	2007

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

MEN

AGE	NAME	TOWN	AGE	TIME	YEAR
1-12	Tobias Sultan	Shallowater	12	12:46	2006
13-15	Gary Lackey	Brownfield	15	10:33	2002
16-19	Lucas Morris	Lubbock	16	11:29	2008
20-24	Morgan McClarty	Lubbock	24	9:56 *	1993
25-29	Frank Haist	Lubbock	29	11:01	1993
30-34	Rene Gonzalez	Levelland	30	11:08	1997
tie	Ken Mayo	Midland	30	11:08	2004
35-39	Frank Sumpter	Lamesa	39	11:20	1993
40-44	Frank Sumpter	Lamesa	43	11:24	1997
45-49	Jim Leser	Lubbock	45	11:29	1992
50-54	Jackie Cannon	Amarillo	52	12:13	2008
55-59	George W. Jury	Lubbock	55	12:15	1991
60-64	Jim Harris	Hobbs, NM	60	14:25	2003
65-69	Bill Felton	Lubbock	67	16:33	2002
70+	Ralph Wolf	Lubbock	70	16:43	2007
Clydes	Dean Diersing	Lubbock	24	15:21	2005

WOMEN

AGE	NAME	TOWN	AGE	TIME	YEAR
1-12	Rebecca Spruell	Shallowater	12	14:08	2006
13-15	Brittney Scaff	Shallowater	13	12:22 *	2005
16-19	Sarah De los Santos	Shallowater	17	12:31	2006
20-24	Hope Jimenez	Lamesa	20	13:17	2004
25-29	Iris Rivero	Lubbock	29	14:10	2004
30-34	Iris Rivero	Lubbock	32	13:41	2007
35-39	Josie Aleman	Lubbock	39	15:15	1990
40-44	Cheryl Weber	Lubbock	41	14:04	1994
45-49	Debbie Martin	Shallowater	49	16:07	2000
50-54	Madonne Miner	Lubbock	52	16:36	2005
55-59	Estella Galvan	Brownfield	57	20:07	2000
60+	P.J. Mitchell	Lubbock	62	17:39	2008
Athena	Amy Hancock	Lubbock	26	19:24	2008

* OVERALL COURSE RECORDS

**WEST TEXAS RUNNING CLUB'S ANNUAL
21st Annual Shallowater Stampede
2 Mile & 10K Races**

EVENT # 9 OF THE W.T.R.C. CHALLENGE SERIES

WHEN: SATURDAY, September 11, 2010
Register online at <http://wtrc.tripod.com>
See Enclosed Mail in Form for Information On Site
Registration: 7:00 to 7:40am Race Starts at 8:00am

WHERE: Shallowater High School, Shallowater, TX

ENTRY FEE: WTRC Members \$5.00, Non-Members \$10.00,
Race Day Registration \$15.00 for everyone.
Entry fee for students 12 years old and under \$5.00

COURSE: Flat, out and back on asphalt.

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

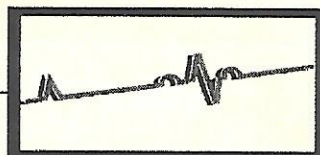
AGE DIVISIONS, 10 Mile

MEN: 13-15, 16-19; 20-24; 25-29; 30-34; 35-39; 40-44; 45-49;
50-54; 55-59; 60-64; 65-69; 70 Plus
WOMEN: 13-15, 16-19; 20-24; 25-29; 30-34; 35-39; 40-44; 45-49;
50-54; 55-59; 60 Plus
Clydesdale and Athena group in both races.

AWARDS: At least 3 "Stampede" Medallion Awards will be given in each category and up to 50 percent of each division will receive awards.

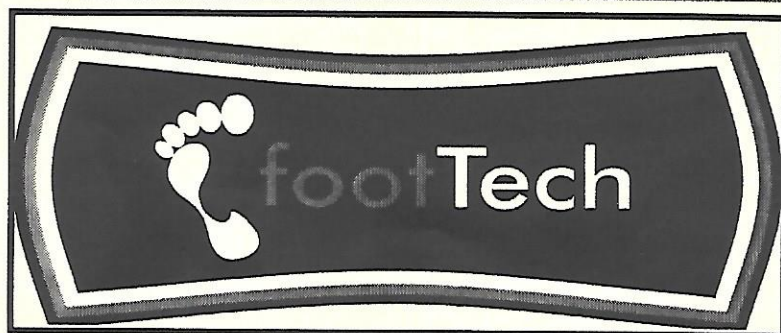
Volunteers needed; call Rod Burgett, Race Director
(806) 548-1796

Pj Mitchell, C.C.T., I.M.T



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- SPORT TRAINING

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West Texas Running Club Event Calendar

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

- | | |
|--|--|
| <p>SEP 04 BR Rodeo Run: 5K/1M, 8:00am, Cal Farley's Boys Ranch, Paul Jones, 806-534-2270</p> <p>SEP 07 <u>WTRC Board meeting</u>: Tuesday, 7:00pm
Ron's office, 3309-67th St, 806-781-0231</p> <p>* SEP 11 <u>SHALLOWATER STAMPEDE</u>: 10K/2M, 8:00am, Shallowater, High School, Rod Burgett, RD, 806-548-1796.</p> <p>SEP 18 Sparks & Diamonds Run: 5K/1M, 8:00am, Austin Middle School Park, Amarillo, TX, Jessica Sutterfield, 806-231-0084</p> <p>SEP 25 Run To The Beat: 5K, 8:00am, Vintage Township, 114th & Quaker, benefits American Heart Assoc., Lubbock, TX, Katrina Castle, kcastle@gmail.com</p> <p>SEP 25 St Ann Fun Run: 10K/5K, 8:00am, Midland, TX, www.active/runningmidland-tx/st-anns-fun-run-2010</p> <p>SEP 25 West Texas Tortoise and the Hair: 5K/1.5K, 8:30am, Ft Stockton, TX, http://www.westtexasth5k.org</p> <p>SEP 25 Do-Wacka-Do: 5M/25K/50K, 8:00am, Erick, OK, www.dowackadotrailrun.com</p> <p>OCT 02 Pioneer Road Race: 8:00am, 5K, Wayland University, Plainview, TX, Brian Whitlock, whitlockb@wbu.edu</p> | <p>OCT 02 Race for the Cure: 5K, http://www.komenlubbock.org</p> <p>OCT 02 West Texas Crossroads Marathon (Boston Qualifying): Marathon/Half Marathon/5K, 7:00am, Odessa, TX, www.crossroadsmarathon.com</p> <p>OCT 02 White Buffalo Stampede: 1M/5K, 8:45am, Snyder, TX, www.whitebuffalostampede.com</p> <p>* OCT 16 <u>29TH ANNUAL RED RAIDER ROAD RACE</u>: 10K/5K, 8:00am, TTU Rec Ctr, Jill Haukos, RD, haukos@aol.com</p> <p>OCT 17 Rock-N-Roll Marathon: Marathon/Half Marathon, Denver, Co http://denver.competitor.com</p> <p>OCT 23 Chosen Marathon for Adoption(Boston qualifier): Marathon,HalfMarathon,7:00am,NewBraunfels,TX, www.marathonforadoption.com</p> <p>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</p> <p>* NOV 13 <u>BUFFALO WALLOW RACES</u>: Half Marathon/2M, 9:00am, Buffalo Springs Lake, Lubbock, Mike Kelley, 806-765-0441.</p> <p>* NOV 25 <u>TURKEY TROT RUNS</u>: 12K/2M, 9:00am, MacKenzie Park, Ron Lubowicz, 806-781-0231.</p> |
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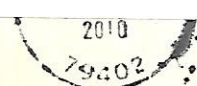
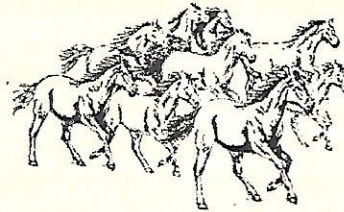
WTRC Website: <http://wtrunning.com>

Calendar, Photos, Online registration, Membership, etc.

September 2010



3312 44th Street
Lubbock, TX 79413



- L.B.K. Marathon again - news letter

PJ MITCHELL
3519 39TH ST
LUBBOCK, TX 79413