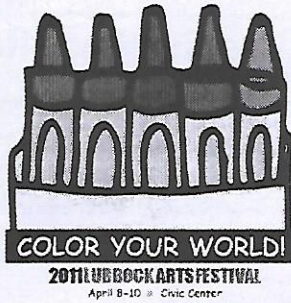




April 2011



Volume 4, Issue 4



4501 71st Street #907
Lubbock, TX 7924

A Note from the President

One of my pastimes is to study, contemplate and journal topics that from time-to-time interest me. For the past several months my focus has been on various concepts of "responsibility" and their causal relationship to our lives. So tonight, when Rose Hoeve (our newsletter director) asked me to submit this month's blurb, which of course I had not yet begun writing, my mind readily latched onto a few thoughts that were still floating thru my head after my last journal entry and began creating connections with running.

We runners are hardly perfect in our practice, but we do subscribe to a common stewardship ... a responsibility to our bodies. Each of us, in his or her own way, understands that the disciplines required, the diets attempted, the attention paid to signals given off by our bodies, the overcoming of injuries and other setbacks, all connect to make up the cost of that responsibility.

But isn't the payback simply wonderful? So many things about us are improved. Not only do we, as a group, feel and look better than we would otherwise, but we are also noticeably healthier physically, mentally and emotionally than most of our inactive friends and family. We are the lucky ones, the ones who somehow came to understand that running is a huge step toward taking responsibility for our lives ... and a solid platform from which to more fully enjoy those lives.

Yet the real reward, the one that REALLY matters, is that fantastic collections of T-shirts hanging in your closet.

SYOTR, Ron

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

The WTRC monthly business meeting is on Tuesday, April 5, 2011 @7:00pm Ron's office, 3309-67th St, 806-781-0231, All Members are welcome.

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- Registration for Run for the Arts

RUN FOR THE ARTS

April 09, 2011
 1 Mile Kid's Café
 (12 & under)
 2 Mile & 15K
 Races Start at 8:00 am
 At Mac Davis Drive
 North of the Civic Center
 Suzan Caudle, Race Director
 806-799-3813

WTRC Officers

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Club Historian – James Livermore
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A great day dawned Saturday March 12th for the 263 that came and ran the West Texas Running Club's annual "Prairie Dog Town Race"! Our weather was cool enough to keep the heat of the first day of Spring Break at bay, but warm enough to allow the wearing of shorts...kind of a rite of passage each spring. A huge heartfelt THANK YOU to all who came and participated, spectated, volunteered or worked the event! Obviously our runs have all grown...last year at this event we had 174, and we had 89 more this year. Without people's participation and willingness to help, none of this would be possible.

Thanks for working with us on our timing chip "test run". By adding this element to our races, we're sure to get results to you faster, and as accurate as possible. Little did we know that a glitch in our old system would cause our "test" to become our standard. With a few exceptions, the new system worked great and we look forward to having it at all of our events!

We had a couple of records set Saturday, and overall had some blazing fast times! I can't wait to see what's in store for next year!

Thanks again to all who came out, and we hope to see you at April's run for the arts, and the Texas-New Mexico challenge in Lovington NM on the 23rd.

Cody Miller

WTRC MEMBER PROFILE

Damon Provence

I decided to feature Damon Provence for this month's profile because since he became a member in 2008 he has been a consistent participant. Soon after Randy Holloway, the Race Director and I arrive on race day, Damon arrives very soon from his home in Sudan and, until it is time to pick up his race bib, he pitches in and helps with all the race preparation.

In June 2008, at age 57, he attended the Buffalo Springs Lake Triathlon to watch his nephew, Damon Chase, from Levelland complete the Half Ironman distance. When Damon saw that there were many people there older than he that were in superb physical shape, he was inspired to improve his own physical status and slowly began a running program on his own, with the initial goal of being able to run 2 miles non-stop. He started off jogging about 50 yards and walking 100 yards. "This was something my body could not understand—starting at age 57. It was a slow painful start." He claims he was never really an athlete although he played football and did the pole vault in high school. He states that he probably would not have persisted in running had it not been for our running club. He signed up to run his first race at the Hot Dam Run in August 2008. Like always afterward, he arrived early and was greeted by several members who welcomed him. He arrived nervous and not knowing what to do or what to expect. Those members directed him to the sign in table to get his bib number and after that day he says he found something he wanted to continue and be a part of. That first 2 mile race was completed in 18:36 and now at age 60, he just won his age division at the Prairie Dog Run 2 mile in 15:14. Previous to this, he had entered all the races as a Clydesdale and won that division's challenge series for 2009. After trimming off a lot of weight he decided to enter the races as a regular age group participant this year.

Damon was born in Sudan and has lived there all his life. He graduated from Sudan High School in 1969 and married the love of his life, Jeanne, who he had known since first grade. He started working for SWPS (now Xcel) right after high school and has been at the Tolk Power Plant the last 40 years.

They have one son, Doug, age 37 who has been a Marine for 18 years and is now stationed in San Diego and has 2 children. Their daughter Danette is a nurse now living in McKinney and raising 4 of the grandkids. He says she was the real runner of the family. She was all state in cross country for 2 years and still holds the Sudan High School records for 1600 and 3200 meters on the track.

Riding his Harley Davidson Heritage and, now, running, are his hobbies. He has made several long trips. One remarkable one he told me about was a long one he took north to North Dakota, then west through Montana, Idaho, Washington and then down to Eugene, Oregon, where their daughter was living at the time. After a few days there, he went down through California before heading home. He tries to take a ride to San Diego to see the grandkids every summer.

Another interesting thing I learned while interviewing Damon was that he is the nephew of our long time club member, Bobby Cunningham who still holds many age group records. I asked Bobby if he could give me any "dirt" on Damon and all he could say was that he was very proud of him, not only because of his taking up running, but for the way he has lived his life in general.

Let's all take to heart what Damon said about our friendly club and make it a point to welcome new participants and remind them that our races are not necessarily for competition, but a forum for self improvement.

Team Kids Café

Team Kids Cafe is a coordinated training program to promote running and fitness to children of the South Plains Food Bank's Kids Café after-school program. The main objective of the Team Kids Café program is to raise awareness of childhood obesity and achieve positive changes in the long term health of children by encouraging active and healthy lifestyles through running. Research shows that running can help children do better in school, manage stress, and reduce childhood obesity.

As a volunteer running coach you will develop a Team Kids Café running team at a Kids Café location. You will instruct the participants in correct running form and technique, safety, and injury prevention. Your running team will meet for one hour, two days a week, at the Kids Café location. Days of the week and meeting times vary for the Kids Café locations, but if you can spare one hour for one or two afternoons a week, I can find a coaching spot for you.

The Team Kids Café training program will begin the week of February 28th, and culminate with the opportunity for the children to participate in the 4th Annual Kids Café Fun Run on Saturday, April 9th, 2011. The Kids Café Fun Run is held in conjunction with the West Texas Running Club's Run for the Arts.

A Train the Trainer meeting for all volunteer coaches will be held on Saturday, February 26th, at the South Plains Food Bank. The training session will be from 1:00 – 3:00 pm. The South Plains Food Bank is located at 4612 Locust Ave. in Lubbock.

No coaching experience is necessary – just the desire to inspire!

Please reply by email to tldalton51@hotmail.com or call me at 777-1456.

Born to Run!

Ever wanted to run a marathon, a 5k, or just a few laps around the block? We invite you to join us at the Wellstar Wellness workshop, Saturday, April 30, 2011 from 8:30-3:00pm, Cost: \$35.00 (Lunch will be provided).

Register by calling 806-780-7433, Monday –Friday between 8-5pm or email Christy Reeves at christyr@olsenmed.com for more information and for a registration form. Workshop is limited to the first 50 people that sign up.

Guest Speakers include:

- Registered dieticians to discuss running nutrition
- Personal trainers with exercise and training advice
- Physical therapists with information on rehabilitation
- Orthopedic surgeons
- Foot Tech representatives to talk about proper foot wear
- Runners from the community with their own unique stories to tell!
- Brace specialist to assist in injury prevention
- West Texas Running Club to discuss membership and sponsored races

West Texas Running Club
29th ANNUAL PRAIRIE DOG TOWN RUN

2 MILE OVERALL RESULTS				
Place Name	Town	St Ag	S Div	2 Pace
1 Nick Cordes	LUBBOCK	TX 31 M	1 M3034	10:19 5:10
2 izaiah hernandez	LUBBOCK	TX 14 M	1 M1315	12:28 6:14
3 Paul David Gaschen	LUBBOCK	TX 15 M	2 M1315	13:00 6:30
4 Jake Brownfield	LUBBOCK	TX 13 M	3 M1315	13:08 6:34
5 Dalton Calaway	LITTLEFIELD	TX 18 M	1 M1619	13:17 6:39
6 Mont McClendon	LUBBOCK	TX 39 M	1 M3539	13:22 6:41
7 RIKI SAMPSON	LUBBOCK	TX 8 M	1 M0112	13:27 6:44
8 Gerrett Womack	LUBBOCK	TX 24 M	1 M2024	13:45 6:53
9 Juan Herrera	SUNDOWN	TX 40 M	1 M4044	14:00 7:00
10 JACKIE CANNON	AMARILLO	TX 55 M	1 M5559	14:07 7:04
11 xavien hernandez	LUBBOCK	TX 9 M	2 M0112	14:07 7:04
12 GAGE URIAS	LUBBOCK	TX 11 M	3 M0112	14:30 7:15
13 John Clements	LUBBOCK	TX 54 M	1 M5054	14:36 7:18
14 Luis Cardenas	LUBBOCK	TX 59 M	2 M5559	14:52 7:26
15 David Doyle	LUBBOCK	TX 52 M	2 M5054	14:53 7:27
16 Kenny Powell	LUBBOCK	TX 37 M	2 M3539	15:02 7:31
17 stephen romero	LUBBOCK	TX 29 M	1 M2529	15:05 7:33
18 DAMON PROVENCE	SUDAN	TX 60 M	1 M6064	15:14 7:37
19 izaac hernandez	LUBBOCK	TX 11 M	4 M0112	15:15 7:38
20 Arturo olivarez	LUBBOCK	TX 29 M	2 M2529	15:29 7:45
21 Will Overstreet	LUBBOCK	TX 9 M	5 M0112	15:33 7:47
22 Nathan Roman	LUBBOCK	TX 15 M	4 M1315	15:57 7:59
23 joe frank martin	LUBBOCK	TX 51 M	3 M5054	16:01 8:01
24 Catherine Cannon	LUBBOCK	TX 11 F	1 F0112	16:01 8:01
25 Carlos Barraza	LUBBOCK	TX 11 M	6 M0112	16:08 8:04
26 Zach Thomas	WOLFFORTH	TX 9 M	7 M0112	16:19 8:10
27 Bryson Calaway	LITTLEFIELD	TX 12 M	8 M0112	16:22 8:11
28 Justin Selleck	LUBBOCK	TX 34 M	2 M3034	16:25 8:13
29 Brylie Corelis	LUBBOCK	TX 11 F	2 F0112	16:34 8:17
30 Noah Rodriguez	LUBBOCK	TX 12 M	9 M0112	16:34 8:17
31 Christopher Gaschen	LUBBOCK	TX 13 M	5 M1315	16:35 8:18
32 Josh Starr	LUBBOCK	TX 12 M	10 M0112	16:48 8:24
33 Austin Martin	SHALLOWATER	TX 15 M	6 M1315	17:07 8:33
34 Miit Brownfield	LUBBOCK	TX 53 M	4 M5054	17:10 8:35
35 Alessandra Velasquez	LUBBOCK	TX 15 F	1 F1315	17:12 8:36
36 Patrick Kelly	LUBBOCK	TX 22 M	2 M2024	17:22 8:41
37 amy martin	LUBBOCK	TX 22 F	1 F2024	17:27 8:44
38 Felipe Deleon	LUBBOCK	TX 14 M	7 M1315	17:31 8:46
39 LILLY SIMPSON	LUBBOCK	TX 9 F	3 F0112	17:40 8:50
40 ALEXANDRIA FREYBURGER	LUBBOCK	TX 10 F	4 F0112	17:42 8:51
41 MEAGAN WALSER	LUBBOCK	TX 11 F	5 F0112	17:44 8:52
42 CHLOE PRICE	LUBBOCK	TX 11 F	6 F0112	17:45 8:53
43 fred constancio	LUBBOCK	TX 58 M	3 M5559	17:48 8:54
44 Deana Martin	SHALLOWATER	TX 43 F	1 F4044	17:48 8:54
45 ALLIE MEEDE	LUBBOCK	TX 11 F	7 F0112	17:53 8:57
46 Jordan Selleck	LUBBOCK	TX 10 F	8 F0112	17:55 8:58
47 JON OLIVAREZ	LUBBOCK	TX 7 M	11 M0112	18:28 9:14
48 Kyden Corelis	LUBBOCK	TX 8 F	9 F0112	18:29 9:15
49 Katelin Heise	LUBBOCK	TX 9 F	10 F0112	18:41 9:21
50 Brian Calaway	LITTLEFIELD	TX 42 M	2 M4044	18:44 9:22
51 Ajacia Mojica	LUBBOCK	TX 10 F	11 F0112	18:45 9:23
52 Carson Heise	LUBBOCK	TX 6 M	12 M0112	18:48 9:24
53 Raegan Boren	LUBBOCK	TX 11 F	12 F0112	18:52 9:26
54 Lorenzo Martinez,Jr.	LUBBOCK	TX 9 M	13 M0112	19:04 9:32
55 Emileigh Thomas	WOLFFORTH	TX 7 F	13 F0112	19:05 9:33
56 Jason Hancock	LUBBOCK	TX 29 M	3 M2529	19:06 9:33
57 Caleb Wood	LUBBOCK	TX 9 M	14 M0112	19:07 9:34
58 JIM HARRIS	HOBBS	NM 66 M	1 M6569	19:08 9:34
59 Zachary Ross	LUBBOCK	TX 8 M	15 M0112	19:12 9:36
60 REAGAN ROBERTSON	LUBBOCK	TX 11 F	14 F0112	19:14 9:37
61 JASMINE OLIVAREZ	LUBBOCK	TX 11 F	15 F0112	19:16 9:38
62 WHITNEY VAUGHN	LUBBOCK	TX 30 F	1 F3034	19:22 9:41
63 Bill Gelber	LUBBOCK	TX 52 M	5 M5054	19:25 9:43
64 BEAU MILLER	LUBBOCK	TX 10 M	16 M0112	19:34 9:47
65 Nicholas Selleck	LUBBOCK	TX 7 M	17 M0112	19:37 9:49
66 Odin Schneider	LUBBOCK	TX 8 M	18 M0112	19:41 9:51
67 Will Mitchell	LUBBOCK	TX 7 M	19 M0112	19:56 9:58
68 Sharla Kinman	LUBBOCK	TX 42 F	2 F4044	19:57 9:59
69 Kenzee Guerrero	LUBBOCK	TX 6 F	16 F0112	19:58 9:59
70 Caleb Starr	LUBBOCK	TX 11 M	20 M0112	19:58 9:59
71 LINDSEY LAREMORE	LUBBOCK	TX 9 F	17 F0112	19:59 10:00
72 COLLETTE PRICE	LUBBOCK	TX 9 F	18 F0112	20:01 10:01
73 Presley Littlefield	LUBBOCK	TX 7 F	19 F0112	20:02 10:01
74 KIMBERLEE GUTIERREZ	LUBBOCK	TX 38 F	1 F3539	20:03 10:02
75 SARA MILLER	LUBBOCK	TX 35 F	2 F3539	20:05 10:03
76 Artie Corelis	LUBBOCK	TX 44 F	3 F4044	20:06 10:03
77 James Preiss	LUBBOCK	TX 50 M	6 M5054	20:13 10:07
78 Talia Wright	LUBBOCK	TX 25 F	1 F2529	20:14 10:07
79 Carson Graham	LUBBOCK	TX 33 F	2 F3034	20:20 10:10
80 YUNA LANGEHENNIG	LUBBOCK	TX 11 F	20 F0112	20:31 10:16
81 Nicholas Watson	LUBBOCK	TX 11 M	21 M0112	20:31 10:16

2 MILE OVERALL RESULTS				
Place Name	Town	St Ag	S Div	2 Pace
82 David Holland	LUBBOCK	TX 31 M	3 M3034	20:35 10:18
83 JENNY MELANCON	WOLFFORTH	TX 31 F	3 F3034	20:45 10:23
84 Nickolas Roman	LUBBOCK	TX 13 M	8 M1315	20:47 10:24
85 Nany Parker	LUBBOCK	TX 26 F	2 F2529	20:47 10:24
86 Jaxon Quimby	LUBBOCK	TX 8 M	22 M0112	20:47 10:24
87 Kara Craig	LUBBOCK	TX 29 F	3 F2529	20:48 10:24
88 Angie Littlefield	LUBBOCK	TX 37 F	3 F3539	20:50 10:25
89 Suzanne Venable	OLTON	TX 42 F	4 F4044	20:50 10:25
90 ABBY MILLER	LUBBOCK	TX 8 F	21 F0112	20:51 10:26
91 Trisha Williams	LUBBOCK	TX 33 F	4 F3034	20:51 10:26
92 Belinda Dobson	MORTON	TX 48 F	1 F4549	20:54 10:27
93 CARINA VELASQUEZ	LUBBOCK	TX 8 F	22 F0112	20:58 10:29
94 ADRIANA RODRIGUEZ	LUBBOCK	TX 7 F	23 F0112	20:59 10:30
95 Amy Hancock	LUBBOCK	TX 28 F	4 F2529	21:00 10:30
96 Eli Pruitt	LUBBOCK	TX 7 M	23 M0112	21:20 10:40
97 Michael selleck	RANSOM	TX 59 M	4 M5559	21:21 10:41
98 Shawna Wilson	LUBBOCK	TX 43 F	5 F4044	21:24 10:42
99 CARLA LYNKEY	LUBBOCK	TX 36 F	4 F3539	21:24 10:42
100 JOROND GAULT	LUBBOCK	TX 40 F	6 F4044	21:25 10:43
101 Elizabeth Williams	LUBBOCK	TX 23 F	2 F2024	21:38 10:49
102 pam humphreys	LUBBOCK	TX 47 F	2 F4549	21:42 10:51
103 Drew Overstreet	LUBBOCK	TX 6 M	24 M0112	21:50 10:55
104 Tyson Carr	LITTLEFIELD	TX 34 M	4 M3034	21:52 10:56
105 ALANA CARR	LITTLEFIELD	TX 32 F	5 F3034	21:52 10:56
106 ESTEBAN RODRIGUEZ	LUBBOCK	TX 11 M	25 M0112	21:54 10:57
107 Matt Hoffman	LUBBOCK	TX 29 M	4 M2529	21:57 10:59
108 Laura Romero	LUBBOCK	TX 24 F	3 F2024	21:58 10:59
109 Tony Roman	LUBBOCK	TX 58 M	5 M5559	22:11 11:06
110 KIERRA DOMINGUEZ	LUBBOCK	TX 10 F	24 F0112	22:16 11:08
111 Mercedes Guevara	LUBBOCK	TX 10 F	25 F0112	22:17 11:09
112 KAI LANGEHENNIG	LUBBOCK	TX 8 M	26 M0112	22:29 11:15
113 Marek Potratz	LUBBOCK	TX 29 M	5 M2529	22:32 11:16
114 FELICITY URIAS	LUBBOCK	TX 8 F	26 F0112	22:38 11:19
115 Debbie Roman	LUBBOCK	TX 55 F	1 F5559	22:58 11:29
116 Lesley Washington	LUBBOCK	TX 36 F	5 F3539	23:06 11:33
117 JADEN MENDEZ	LUBBOCK	TX 9 M	27 M0112	24:07 12:04
118 Grant Wilson	SHALLOWATER	TX 48 M	1 M4549	24:19 12:10
119 PAYTON DOVE	LUBBOCK	TX 9 F	27 F0112	24:20 12:10
120 KYLA DOMINGUEZ	LUBBOCK	TX 9 F	28 F0112	24:21 12:11
121 KENDRA LANE	ROPEVILLE	TX 29 F	5 F2529	24:23 12:12
122 Laura Holder	SUNDOWN	TX 41 F	7 F4044	24:31 12:16
123 Ross Cohen	LUBBOCK	TX 7 M	28 M0112	24:35 12:18
124 Lexi Neudorf	LUBBOCK	TX 9 F	29 F0112	24:45 12:23
125 Avery Bill	LUBBOCK	TX 9 F	30 F0112	24:46 12:23
126 Shanna Faries	LUBBOCK	TX 26 F	6 F2529	24:56 12:28
127 Laura Lappe	LUBBOCK	TX 45 F	3 F4549	25:07 12:34
128 Kay Pruitt	LUBBOCK	TX 43 F	8 F4044	25:26 12:43
129 rick lampe	LUBBOCK	TX 66 M	2 M5559	25:27 12:44
130 Josie Aleman	LUBBOCK	TX 59 F	2 F5559	25:40 12:50
131 Adrian Archie	LUBBOCK	TX 23 M	3 M2024	25:52 12:56
132 Analisa Cardenas	LUBBOCK	TX 32 F	6 F3034	25:53 12:57
133 KRISTYN DOMINGUEZ	LUBBOCK	TX 7 F	31 F0112	25:54 12:57
134 BELLA MARTINEZ	LUBBOCK	TX 8 F	32 F0112	26:28 13:14
135 MADDI OLIVAREZ	LUBBOCK	TX 8 F	33 F0112	26:37 13:19
136 Maryann Guevara	LUBBOCK	TX 49 F	4 F4549	26:57 13:29
137 Rachel Starr	LUBBOCK	TX 9 F	34 F0112	27:26 13:43
138 Harley Nokes	LUBBOCK	TX 9 F	35 F0112	27:36 13:48
139 LaEtta Akbar-Ali	LUBBOCK	TX 48 F	5 F4549	28:49 14:25
140 Veronica Esqueda	LUBBOCK	TX 29 F	7 F2529	30:10 15:05
141 Rushi Devani	LUBBOCK	TX 30 M	5 M3034	32:36 16:18
142 Nehal SHAH	LUBBOCK	TX 30 M	6 M3034	32:36 16:18
143 Yvette Spencer	LUBBOCK	TX 32 F	7 F3034	32:38 16:19
144 Sarah Gaxiola	LUBBOCK	TX 58 F	3 F5559	38:52 19:26



West Texas Running Club
29th ANNUAL PRAIRIE DOG TOWN RUN

4 MILE OVERALL RESULTS					
Place	Name	Town	St Ag	S Div Div	4 Pace
1	Quent Bearden	LUBBOCK	TX 35 M	1 M3539	22:11 5:33
2	Ben Tanui	LUBBOCK	TX 34 M	1 M3034	22:42 5:41
3	Lucas Morris	LUBBOCK	TX 18 M	1 M1619	23:19 5:50
4	Phillip Guengerich	LUBBOCK	TX 34 M	2 M3034	23:52 5:58
5	David Preston	LUBBOCK	TX 23 M	1 M2024	23:59 6:00
6	John Corelis	LUBBOCK	TX 45 M	1 M4549	25:09 6:18
7	Lee Cohen	LUBBOCK	TX 38 M	2 M3539	25:23 6:21
8	Thomas Sang	LUBBOCK	TX 33 M	3 M3034	25:40 6:25
9	Christina Graham	LUBBOCK	TX 24 F	1 F2024	25:42 6:26
10	Hope Jimenez	LAMESA	TX 27 F	1 F2529	26:11 6:33
11	JERRY DWYER	LUBBOCK	TX 51 M	1 M5054	26:24 6:36
12	Katie Cast	LUBBOCK	TX 26 F	2 F2529	26:42 6:41
13	Curtis Norrod	LUBBOCK	TX 26 M	1 M2529	27:23 6:51
14	Reeder Price	LUBBOCK	TX 22 M	2 M2024	27:55 6:59
15	Jim higgins	LUBBOCK	TX 50 M	2 M5054	28:04 7:01
16	Joseph Wilson	LUBBOCK	TX 55 M	1 M5559	28:10 7:03
17	Michael Cast	LUBBOCK	TX 25 M	2 M2529	28:13 7:04
18	Shannon Anderson	LUBBOCK	TX 39 M	3 M3539	28:17 7:05
19	IRIS RIVERO	LUBBOCK	TX 35 F	1 F3539	29:20 7:20
20	Farrell Martin	SHALLOWATER	TX 44 M	1 M4044	29:38 7:25
21	Randy Holloway	LUBBOCK	TX 54 M	3 M5054	29:43 7:26
22	Gabriel Olivarez	LUBBOCK	TX 34 M	4 M3034	29:56 7:29
23	Rod Burgett	SHALLOWATER	TX 46 M	2 M4549	30:42 7:41
24	Jonathan Wright	LUBBOCK	TX 32 M	5 M3034	30:52 7:43
25	CATHERINE EVANS	HOBBS	NM 25 F	3 F2529	31:05 7:46
26	Jeffrey Rosales	LUBBOCK	TX 24 M	3 M2024	31:13 7:49
27	Vanessa Aguirre	LUBBOCK	TX 27 F	4 F2529	31:16 7:49
28	Epi Aguirre	LUBBOCK	TX 52 M	4 M5054	31:17 7:50
29	Tyler Thompson	LUBBOCK	TX 26 M	3 M2529	31:24 7:51
30	Brent Cox	LUBBOCK	TX 39 M	4 M3539	31:29 7:53
31	Gary Evans	LUBBOCK	TX 31 M	6 M3034	31:36 7:54
32	Jennifer Snead	LUBBOCK	TX 41 F	1 F4044	31:39 7:55
33	David Slayton	LUBBOCK	TX 32 M	7 M3034	31:43 7:56
34	Sarah Stevenson	LUBBOCK	TX 32 F	1 F3034	32:18 8:05
35	Cole Agnew	LUBBOCK	TX 9 M	1 M0112	32:21 8:06
36	Christine Steen	LUBBOCK	TX 31 F	2 F3034	32:23 8:06
37	WAYNE LANGEHENNIG	LUBBOCK	TX 38 M	5 M3539	32:32 8:08
38	Kathleen McGaughey	LUBBOCK	TX 24 F	2 F2024	32:38 8:10
39	RICHARD GALE	LUBBOCK	TX 61 M	1 M6064	32:40 8:10
40	hedge martin	LUBBOCK	TX 35 M	6 M3539	32:53 8:14
41	Danny Munoz	LUBBOCK	TX 36 M	7 M3539	33:01 8:16
42	Alvin Llanas	WOLFFORTH	TX 51 M	5 M5054	33:05 8:17
43	Fred Weber	LUBBOCK	TX 59 M	2 M5559	33:11 8:18
44	Debbie Gelber	LUBBOCK	TX 42 F	2 F4044	33:13 8:19
45	Lindsay Smith	FAYETVILLE	NC 25 F	5 F2529	33:31 8:23
46	Ledah Welch	WOLFFORTH	TX 28 F	6 F2529	33:33 8:24
47	Kristi Starr	LUBBOCK	TX 40 F	3 F4044	33:45 8:27
48	Brittni Bailey	FT. WORTH	TX 30 F	3 F3034	34:22 8:36
49	Ron Adams	LUBBOCK	TX 36 M	8 M3539	34:39 8:40
50	Jennifer Farris	LUBBOCK	TX 32 F	4 F3034	34:40 8:40
51	Steve German	LUBBOCK	TX 53 M	6 M5054	34:45 8:42
52	Craig Goodman	LUBBOCK	TX 37 M	9 M3539	34:50 8:43
53	John Castillo	LUBBOCK	TX 37 M	10 M3539	34:57 8:45
54	Patrick Sloane	LUBBOCK	TX 24 M	4 M2024	34:58 8:45
55	Dustin Hahn	LUBBOCK	TX 22 M	5 M2024	35:00 8:45
56	Shaun Fant	LUBBOCK	TX 42 M	2 M4044	35:02 8:46
57	Roy Gonzalez	LUBBOCK	TX 38 M	11 M3539	35:09 8:48
58	Taylor Huckaby	LUBBOCK	TX 24 F	3 F2024	35:18 8:50
59	Jerry Adams	LUBBOCK	TX 35 M	12 M3539	35:19 8:50
60	Terry Dalton	LUBBOCK	TX 56 M	3 M5559	35:53 8:59
61	Brian Starr	LUBBOCK	TX 43 M	3 M4044	35:56 8:59
62	Amy Slayton	LUBBOCK	TX 33 F	5 F3034	36:03 9:01
63	Shawn Lawler	LUBBOCK	TX 37 M	13 M3539	36:05 9:02
64	Jessica adame	LUBBOCK	TX 30 F	6 F3034	36:07 9:02
65	KAMMY PHILBRICK	LUBBOCK	TX 50 F	1 F5054	36:14 9:04
66	GORDEN JENKINS	AMARILLO	TX 70 M	1 M7099	36:17 9:05
67	Darla Cleaves	LUBBOCK	TX 39 F	2 F3539	36:20 9:05
68	Pam Gaschen	LUBBOCK	TX 46 F	1 F4549	36:23 9:06

4 MILE OVERALL RESULTS					
Place	Name	Town	St Ag	S Div Div	4 Pace
68	Natalie Mahlberg	LUBBOCK	TX 25 F	7 F2529	36:30 9:08
69	Valarie Trevino	LUBBOCK	TX 23 F	4 F2024	36:31 9:08
70	Les Kinman	LUBBOCK	TX 45 M	3 M4549	37:06 9:17
71	belisa waldrop	LUBBOCK	TX 43 F	4 F4044	37:09 9:18
72	Mandy Poklikuha	LUBBOCK	TX 33 F	7 F3034	37:16 9:19
73	Amy Boren	LUBBOCK	TX 39 F	3 F3539	37:18 9:20
74	Ginger McNeely Felic	LITTLE ELM	TX 37 F	4 F3539	37:27 9:22
75	Deborah Bahme	LUBBOCK	TX 39 F	5 F3539	37:29 9:23
76	Holly Snodgrass	LUBBOCK	TX 41 F	5 F4044	37:30 9:23
77	Wendy Anderson	LUBBOCK	TX 40 F	6 F4044	37:35 9:24
78	Michael McDonald	LUBBOCK	TX 62 M	2 M6064	37:40 9:25
79	Randy Bunyard	LUBBOCK	TX 53 M	7 M5054	37:47 9:27
80	Lesley Montandon	LUBBOCK	TX 29 F	8 F2529	37:48 9:27
81	Jill Haukos	LUBBOCK	TX 46 F	2 F4549	37:50 9:28
82	Beth Dallas	LUBBOCK	TX 36 F	6 F3539	38:34 9:39
83	Nonnie Peters	LUBBOCK	TX 31 F	8 F3034	38:58 9:45
84	SHANNON KRUSE	LUBBOCK	TX 25 F	9 F2529	39:00 9:45
85	Craig Peterson	HOBBS	NM 54 M	8 M5054	39:01 9:46
86	Mark Hartsfield	LUBBOCK	TX 51 M	9 M5054	39:09 9:48
87	Jennifer Foster	LUBBOCK	TX 42 F	7 F4044	39:09 9:48
88	Michael Hardin	LUBBOCK	TX 41 M	4 M4044	39:21 9:51
89	MARICARMEN SOLIS	LEVELLAND	TX 38 F	7 F3539	39:34 9:54
90	Sarah Floyd	LUBBOCK	TX 36 F	8 F3539	39:37 9:55
91	Colleen Barry-Goodman	LUBBOCK	TX 34 F	9 F3034	39:40 9:55
92	BILL FELTON	LUBBOCK	TX 74 M	2 M7099	39:41 9:56
93	April Covington	LUBBOCK	TX 26 F	10 F2529	39:52 9:58
94	Cheryl Weber	LUBBOCK	TX 58 F	1 F5559	40:06 10:02
95	Teresa Self	LUBBOCK	TX 52 F	2 F5054	40:11 10:03
96	Nick Bradburn	LUBBOCK	TX 28 M	4 M2529	40:11 10:03
97	Alli Ables	LUBBOCK	TX 26 F	11 F2529	40:12 10:03
98	Sandra Torres	LUBBOCK	TX 43 F	8 F4044	40:13 10:04
99	Randy Mulsow	LUBBOCK	TX 55 M	4 M5559	40:13 10:04
100	HEATHER DEVORE	LUBBOCK	TX 29 F	12 F2529	40:57 10:15
101	Erin Dulin	SHALLOWATER	TX 32 F	10 F3034	41:05 10:17
102	Linda Jama	LUBBOCK	TX 46 F	3 F4549	41:07 10:17
103	Carrie Timmons	LEVELLAND	TX 32 F	11 F3034	41:30 10:23
104	Dawn Cox	LUBBOCK	TX 39 F	9 F3539	41:35 10:24
105	Etta Mayer	LUBBOCK	TX 61 F	1 F6099	41:56 10:29
106	Maggie Thompson	LUBBOCK	TX 25 F	13 F2529	42:12 10:33
107	James Livermore	LUBBOCK	TX 63 M	3 M6064	42:46 10:42
108	Lisa Garner Santa	LUBBOCK	TX 42 F	9 F4044	43:16 10:49
109	Brad Pruitt	LUBBOCK	TX 43 M	5 M4044	43:22 10:51
110	Isaac Esqueda	LUBBOCK	TX 30 M	8 M3034	43:28 10:52
111	JORDAN OUTLAW	LUBBOCK	TX 22 F	5 F2024	43:49 10:58
112	Jay Dulin	SHALLOWATER	TX 36 M	14 M3539	44:33 11:09
113	Young Moore	LUBBOCK	TX 54 F	3 F5054	45:39 11:25
114	Robert Terrell	LUBBOCK	TX 67 M	1 M6569	47:12 11:48
115	Courtney Staiger	LITTLE ELM	TX 29 F	14 F2529	49:14 12:19
116	Valerie Salinas	LUBBOCK	TX 30 F	12 F3034	52:05 13:02
117	Mandie McMahon	LUBBOCK	TX 35 F	10 F3539	55:29 13:53
118	Susie Nuefeld	LUBBOCK	TX 24 F	6 F2024	55:30 13:53
119	Casey Joiner	LUBBOCK	TX 21 F	7 F2024	55:32 13:53



W.T.R.C. 2011 CHALLENGE SERIES

STANDINGS AFTER 3 EVENTS

FEMALE

YTD TOTALS					YTD TOTALS						
6 - 12 FEMALE	AGE	PTS	MILES	EVT	VOL	35 - 39 FEMALE	AGE	PTS	MILES	EVT	VOL
Catherine Cannon	11	13	4	2		Deborah Bahme	39	24	13	3	
Jordan Selleck	10	4	2	1		Iris Rivero	35	20	9	2	
Katelyn Heise	9	2	4	2		Shannon McClendon	38	10	2	1	
Jacey Hise	11	0	2	1		Tammy Moriearty	37	10	8.7	1	
Rachel Starr	9	0	2	1		Sarah Floyd	36	10	9	2	
20 - 24 FEMALE	AGE	PTS	MILES	EVT	VOL	Amy Hardberger	38	9	8.7	1	
Amy Martin	22	20	12.7	3	*	Sara Miller	35	9	2	1	
Taylor Huckaby	24	18	9	2		Becky Gomez	37	8	8.7	1	
Venessa Rodriguez	24	9	8.7	1		Rebecca Gomez	37	6	5	1	
Elizabeth Williams	23	9	2	1		Christy Hennigan	37	4	5	1	
Tamara Vickers	24	8	2	1		Michaela Jansen	37	0	5	1	*
Laura Romero	24	8	2	1		Malinda Colwell	37	0	5	1	
Alison Blalock	24	7	5	1		Carol Hise	38	0	5	1	
25 - 29 FEMALE	AGE	PTS	MILES	EVT	VOL	Misty Scott	35	0	5	1	
Hope Jimenez	25	20	8	2		40 - 44 FEMALE	AGE	PTS	MILES	EVT	VOL
Allison Nguyen	27	18	13.7	2	*	Sharla Kinman	42	25	8	3	
Amanda Boston	26	17	13.7	2		Belisa Waldrop	43	24	17.7	3	
Catherine Evans	25	17	12.7	2		Wendy Anderson	40	21	14.7	3	
Amy Hancock	28	15	6	2		Deana Martin	43	20	4	2	
April Covington	26	13	13	3		Jennifer Snead	41	20	12.7	2	
Shanna Faries	26	12	4	2		Deborah Gelber	42	19	17.7	3	*
Briseida Ramos	27	10	5	1		Jorond Gault	40	18	8	3	
Claudia Ramos	25	10	2	1		Lisa Garner-Santa	42	12	8	2	
Candice Norrod	26	9	2	1		Karen Howell	41	10	8.7	1	
Ledah Welch	28	9	9	2		Lee Handlin	41	9	5	1	
Caroline Bales	25	7	8.7	1		Lanette Windham	43	9	13.7	2	
Vanessa Aguirre	27	7	4	1		Dee Knapp	43	7	5	1	
Jaime Wheeler	25	6	8.7	1		Holly Snodgrass	41	7	4	1	
Leslie Montadon	29	3	4	1		Janda Jackson	41	0	5	1	*
Heather Devore	29	2	12.7	2		45 - 49 FEMALE	AGE	PTS	MILES	EVT	VOL
30 - 34 FEMALE	AGE	PTS	MILES	EVT	VOL	Jill Haukos	46	18	12.7	2	
Christine Steen	31	27	17.7	3		Kate Kueser	48	10	5	1	
Jana Redwine	30	20	13.7	2		Cynthia Sorrenson	47	10	8.7	1	
Jennifer Farris	32	20	17.7	3		Pam Gaschen	46	10	4	1	
Amy Lovett	32	19	6	2		Gwen Lappley	48	9	5	1	
Mandy Poklikuha	32	16	17.7	3		Linda Jama	46	8	4	1	
Amy McAlexander	30	11	17.7	3	*	Laura Lappe	45	8	7	2	*
Erin Dulin	32	11	13	3		Andi Giberson	45	7	5	1	
Carrie Badillo	33	10	4	1		Marsha Bennett	47	0	5	1	*
Nonnie Peters	31	10	13	3		50 - 54 FEMALE	AGE	PTS	MILES	EVT	VOL
Sarah Stevenson	32	10	4	1		Leesa Price	54	10	5	1	
Heather Keister	32	9	2	1		Glenna Beyer	52	10	2	1	
Sonia Rodriguez	30	8	5	1		Kammy Philbrick	50	10	12.7	2	*
Rachel Miller	30	7	5	1		Julie Randolph	52	9	5	1	
Amy Slayton	33	6	4	1		Young Moore	54	8	4	1	
Jennifer Payne	32	5	8.7	1		Tami Miller	52	0	4	1	*
Shannon Crawford	31	4	13.7	2		55 - 59 FEMALE	AGE	PTS	MILES	EVT	VOL
Kristen Wright	30	3	5	1		Josie Aleman	59	27	8	3	
Kendra Burris	32	3	8.7	1		Cheryl Weber	58	20	8	2	
Stacey Lewis	30	1	8.7	1		Debbie Roman	55	10	2	1	
Susan Everett	33	0	5	1		Sarah Gaxiola	58	8	2	1	
Melody Evans	31	0	8.7	1	*	Suzan Caudle	57	0	17.7	3	*
Angie Sonnenberg	31					60 - 99 FEMALE	AGE	PTS	MILES	EVT	VOL
** = RACE DIRECTOR						Etta Mayer	61	20	12.7	2	
* = VOLUNTEER						P. J. Sullivan	64	0	17.7	3	*
						ATHENA-age graded	AGE	PTS	MILES	EVT	VOL
						Kristi Starr	40	30	17.7	3	

**W.T.R.C. 2011 CHALLENGE SERIES
STANDINGS AFTER 3 EVENTS
MALE**

YTD TOTALS						YTD TOTALS					
6 - 12 MALE						40 - 44 MALE					
AGE	PTS	MILES	EVT	VOL		AGE	PTS	MILES	EVT	VOL	
Cole Agnew	9	19	8	2		David Guinn	44	20	13.7	2	
Abraham Montalvo	12	10	6	2		Heath Pennell	43	18	17.7	3 *	
Ross Cohen	7	4	2	1		Marin Hernandez	40	10	4	1	
Caleb Starr	10	1	2	1		Brian Starr	43	10	4	1	
Josh Starr	12	1	2	1		Troy Pratt	44	9	2	1	
Caleb Starr	11	0	2	1		Russell Carter	40	8	8.7	1	
Ross Cohen	7	0	2	1		Scott Burris	41	6	13.7	1 *	
Beau Miller	10	0	2	1		Brett Peikert	43	5	5	1	
Carson Heise	6	0	2	1		Sean Schwarzentraub	43	4	5	1	
Nick Selleck	7	0	2	1		Paul Moats	44	3	5	1	
						Greg Milford	41	1	5	1	
13-15 MALE						45 - 49 MALE					
AGE	PTS	MILES	EVT	VOL		AGE	PTS	MILES	EVT	VOL	
Jake Brownfield	13	16	4	2		Les Kinman	45	24	10	3	
Austin Martin	15	11	4	2		Martin Montalvo	46	20	13.7	2	
Walker Adams	13	10	8.7	1		Rod Burgett	46	17	9	2	
Paul David Gaschen	15	9	2	1		Cody Miller	45	16	21.7	3 **	
Christopher Gaschen	13	6	2	1		Abel Reyna	47	10	4	1	
16-19 MALE						50 - 54 MALE					
AGE	PTS	MILES	EVT	VOL		AGE	PTS	MILES	EVT	VOL	
Robert Guinn	17	19	9	2		Joe Kueser	49	9	5	1	
Lucas Morris	18	10	4	1		Richard Shaw	49	9	4	1	
Luke Samarron	17	9	4	1		Paul Pare	48	8	8.7	1	
Timothy Peikert	16	8	5	1		J. Edson Pinto	49	8	4	1	
20 - 24 MALE						55 - 59 MALE					
AGE	PTS	MILES	EVT	VOL		AGE	PTS	MILES	EVT	VOL	
John Keith	21	10	5	1		Todd Cabe	46	6	8.7	1	
Matt Ange	22	10	4	1		Kevin Lair	49	0	9	2 *	
Tanner Vickers	24	7	5	1		Ray Major	49	0	13.7	2 *	
25 - 29 MALE						60 - 64 MALE					
AGE	PTS	MILES	EVT	VOL		AGE	PTS	MILES	EVT	VOL	
Curtis Norrod	26	30	10	3		Epi Aguirre	52	27	17.7	3	
Ben Boston	26	13	13.7	2		Jerry Dwyer	51	27	17.7	3	
Blake Bednarz	26	11	2	1		John Clements	54	19	4	2	
Marek Potratz	29	11	12.7	3 *		Jim Higgins	50	18	9	2	
Christopher Ramirez	28	10	5	1		Joe Frank Martin	51	16	12.7	3 *	
Stephen Romero	29	10	2	1		Mitch Monroe	50	14	13.7	2	
Zack Manning	29	9	5	1		Alvin Llanas	51	14	8	2	
Arturo Olivarez	29	9	2	1		James Priess	50	13	4	2	
Jason Hancock	29	8	2	1		Randy Bunyard	53	11	8	2	
Andrew Huff	29	3	5	1		David Doyle	52	9	12	2 **	
30 - 34 MALE						65 - 69 MALE					
AGE	PTS	MILES	EVT	VOL		AGE	PTS	MILES	EVT	VOL	
Gabriel Olivarez	34	26	14.7	3		Randy Holloway	54	8	17.7	3 *	
Isaac Munoz, Jr.	34	19	6	2		Bill Gelber	52	7	10.7	2 *	
Gary Evans	31	18	17.7	3		Ronnie Trollinger	51	6	5	1	
Jonathon Wright	32	12	9	2		Gail Faries	51	6	2	1	
Justin Selleck	34	10	2	1		Duane Jones	50	6	8.7	1	
Damon Chase	33	8	5	1		Ed Price	54	5	5	1	
Caleb Phillips	30	8	13.7	2		Gene Adams	53	5	8.7	1	
Matt Lilley	34	8	13.7	2		Steve German	53	5	4	1	
Jeff Hancock	33	7	5	1		Dennis Berger	52	0	8.7	1 *	
Wes Scholz	34	4	5	1		Gonzalo Ramirez	54	0	4	1 *	
David Slayton	32	4	4	1		70 - 74 MALE					
Chad Elrod	34	3	5	1		AGE	PTS	MILES	EVT	VOL	
35 - 39 MALE						75 - 79 MALE					
AGE	PTS	MILES	EVT	VOL		AGE	PTS	MILES	EVT	VOL	
Quent Bearden	35	31	17.7	3		Jackie Cannon	55	30	8	3	
Lee Cohen	38	30	10	3		Fred Weber	59	23	13	3	
Shannon Anderson	39	25	10	3		Joseph Wilson	55	20	9	2	
Kenny Powell	37	25	8	3		Lawrence Schovanec	58	18	13.7	2	
Mont McClendon	39	25	11	3		Luis Cardenas	59	18	11	3 *	
Chris Toelle	37	18	13.7	2		Fred Constancio	58	16	12.7	3 *	
Hedge Martin	35	18	10	3		Rick Wannamacher	56	9	13.7	2 *	
Wesley Everett	36	12	13.7	2		Lorenzo Padilla	56	9	2	1	
Eric Fisher	39	8	13.7	2 *		Terry Dalton	56	8	17.7	3 *	
Chris Gallarneau	35	6	2	1		Ken Spain	57	7	13.7	2 *	
David Aguirre	39	6	9	2 *		Michael Selleck	59	7	2	1	
Corey King	36	5	5	1		Antonio Roman	58	6	2	1	
Ron Adams	36	4	4	1		David Weaver	59	5	5	1	
Shawn Lawler	37	3	13	3		Wayne Sullivan	59	0	17.7	3 *	
Russ Horn	36	2	5	1		David Higgins	57	0	26.4	3 **	
Eddy Morelock	38	1	5	1							
Chris Milford	37	0	5	1							

** = RACE DIRECTOR
* = VOLUNTEER

60 - 64 MALE	AGE	PTS	MILES	EVT	VOL
Richard Gale	61	20	12.7	2	
Mike Kelley	62	18	13.7	2	
Michael McDonald	62	18	9	2	
James Livermore	63	15	9	2	
Rob Lee	63	10	2	1	
Damon Provence	60	10	2	1	
Mike Strum	60	9	8.7	1	
Doug Sanford	62	8	5	1	
Tony Aleman	60	0	17.7	3	*
65 - 69 MALE	AGE	PTS	MILES	EVT	VOL
Jim Harris	68	30	8	3	
James Pratt	69	9	10.7	2	*
Richard Morgan	67	9	4	1	
Rick Lampe	66	8	7	2	*
Ron Lubowicz	67	0	13.7	2	*
70 - 99 MALE	AGE	PTS	MILES	EVT	VOL
Gorden Jenkins	70	30	17.7	3	
Bill Felton	76	19	13	3	*
Mike Greer	72	9	5	1	
Ralph Wolf	73	0	5	1	*
George Jury	74	0	17.7	3	*
Larry Byrd	70	0	12.7	2	*
CLYDESDALE - age graded	AGE	PTS	MILES	EVT	VOL
Farrell Martin	44	28	17.7	3	
Craig Peterson	54	22	13	3	
Shannon Himango	44	20	13.7	2	
Jerry Adams	35	20	14.7	3	
Shaun Fant	42	16	9	2	
Jay Dulin	36	15	13	3	
Brad Stanford	41	13	13.7	2	
Milt Brownfield	53	10	2	1	
Lary Boskas	49	9	2	1	
Chad Wheeler	26	8	8.7	1	
James Fannon	41	7	8.7	1	
Brad Pruitt	43	4	4	1	



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Previous members who are on this list but have not renewed by April 9, 2011, will be erased from the CS report. Also, if you are new member that joined this year but you are not included on this list, please contact me at rungwj@aol.com

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

**New Members,
Welcome to the West Texas Running Club!**

The newsletter is now available online at <http://wtrunning.com>, we are phasing out the process of emailing newsletters to members. You can find the monthly newsletter link on the main page bottom left corner. For questions, ideas, or concerns please email rosehoeve@hotmail.com

After 170 Years Texas Invades New Mexico AGAIN!
**BATTLE OF NEW MEXICO
AND TEXAS RUNNING CLUBS**

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MARATHON
HALF MARATHON/10K/5K**

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SINCE 1982
15K EVENT RECORDS (Since 1986)
(Inactive from 1997 to 2004)
15K - USAT&F CERTIFIED COURSE #TX08005ETM

WOMEN						
DIV	NAME	TOWN	ST	AGE	TIME	YEAR
13-15	Mandy Malouf	Levelland	TX	13	1:07:58	1987
16-19	Jennifer McGuire	Lubbock	TX	?	1:12:03	1990
20-24	Idalia Casiano	Lubbock	TX	23	1:00:58	1991
25-29	Sue Houle	Lubbock	TX	29	1:01:50	1991
30-34	Marjory Stewart	Lubbock	TX	32	56:24	*1991
35-39	Marjory Stewart	Lubbock	TX	35	59:37	1994
40-44	Becky Rowley	Clovis	NM	41	1:07:43	2005
45-49	Mary Branscome	Lubbock	TX	48	1:17:10	2008
50-54	Leesa Price	Lubbock	TX	51	1:15:33	2008
55-59	Etta Mayer	Lubbock	TX	56	1:29:55	2006
60+	P.J. Mitchell	Lubbock	TX	64	1:24:51	2007
	Athena Edith Abel	Lubbock	TX	40	1:25:06	2007

MEN						
DIV	NAME	TOWN	ST	AGE	TIME	YEAR
13-15	Danny Hernandez	Lubbock	TX	14	1:01:38	1991
16-19	Mike Cagle	Lubbock	TX	19	53:34	1986
20-24	Victor Heredia	Lubbock	TX	24	48:11	*1991
25-29	Tim Green	Lubbock	TX	25	49:32	1991
30-34	Martin Leodgard	Lubbock	TX	31	50:50	1996
35-39	Scott Brickerd	Lubbock	TX	36	48:36	1989
40-44	Ken Macinnes	Lubbock	TX	40	57:49	1996
45-49	Bobby Cunningham	Abernathy	TX	47	57:31	1986
50-54	George Jury	Lubbock	TX	52	56:39	1989
55-59	George Jury	Lubbock	TX	55	1:02:05	1992
60-64	Tom Bowser	Abilene	TX	62	1:10:39	1989
65-69	Gorden Jenkins	Amarillo	TX	65	1:20:25	2006
70+	Don Sanderson	Tulia	TX	75	1:24:29	2005
	Clydes Farrell Martin	Lubbock	TX	38	1:05:19	2005

* Overall Men's and Women's course records

**Note: ages 1-12 are no longer eligible to participate in our longer events.
This applies to male or female and any distance over 4 miles.

2 MILE EVENT RECORDS (Since 1982)

WOMEN						
DIV	NAME	TOWN	ST	AGE	TIME	YEAR
6-12	Meghan Bass	Crosbyton	TX	12	14:02	2006
13-15	Mandy Malouf	Levelland	TX	14	12:26	1988
16-19	Maura Braithwaite	Marshfield	MA	19	12:24	*1983
20-24	Hollye Hightower	Lubbock	Tx	?	12:31	1990?
	Sarah Spillman	Lubbock	TX	24	13:18	2007
25-29	Amanda Boston	Lubbock	TX	25	13:03	2010
	Cindy Mott	Lubbock	TX	?	13:42	1983
30-34	Geri Russell	Lubbock	TX	33	13:13	1986?
	Jenny Ezell	Lubbock	TX	31	13:35	1988
35-39	Iris Rivero	Lubbock	Tx	35	13:08	2010
	Geri Russell	Lubbock	TX	38	13:36	1991?
40-44	Cheryl Weber	Lubbock	TX	43	14:39	1996
45-49	P.J. Mitchell	Lubbock	TX	46	15:26	1991
50-54	Shirley Wigley	Lubbock	TX	51	16:24	2005
55-59	Janis Waechter	Hobbs	NM	56	22:04	2008
60+	P.J. Mitchell	Lubbock	TX	62	17:37	2008
	Athena Sarah Nelson	Lubbock	TX	27	16:33	2006

MEN						
DIV	NAME	TOWN	ST	AGE	TIME	YEAR
6-12	Jake Brownfield	Lubbock	TX	12	12:56	2010
13-15	Brian Brashears	Lubbock	TX	15	10:38	1986?
16-19	Tim Green	Lubbock	TX	18	10:28	1984
20-24	Glen Morris	Lubbock	TX	?	9:45	*1983
25-29	Buddy Hutto	Levelland	TX	25	9:45	*1986?
	Cliff McCurdy	Canadian	TX	29	10:00	1982
30-34	Brent Tidwell	Lubbock	TX	32	12:21	1989
35-39	Mark Bass	Lubbock	TX	39	11:07	1991
40-44	Ron Lubowicz	Lubbock	TX	41	10:28	1984
45-49	Ron Lubowicz	Lubbock	TX	47	11:26	1990
50-54	George Jury	Lubbock	TX	53	12:01	1990
55-59	John Stalcup	Lubbock	TX	55	14:00	1989
60-64	Jim Harris	Hobbs	NM	63	14:36	2006
65-69	Ron Lubowicz	Lubbock	TX	65	15:53	2008
70+	Bill Felton	Lubbock	TX	71	15:57	2006
	Clydes Mike Lawson	Levelland	TX	47	13:08	2006

* Overall Men's and Women's course records

WEST TEXAS RUNNING CLUB'S ANNUAL
RUN FOR THE ARTS

1 MILE KID'S CAFÉ
2 MILE & 15K

EVENT # 4 OF THE W.T.R.C.
CHALLENGE SERIES

WHEN: SATURDAY, APRIL 09, 2011

Register online at <http://wtrunning.com>

1 Mile KC (12 & under) \$10
2 Mile (12 & under) \$15
2M/15K Club Members \$15; Non-Members \$20

Late Registration and Packet Pick-up, Friday,
April 8th at the Civic Center, All participants \$20
See Enclosed Mail in Form for Information

On Site Registration: 6:45 to 7:45 A.M.

All participants, \$25.00

Race Start at 8:00 A.M.

2M & 15K start at 8:30, Please come early to line
the streets for the 1 milers who will be circling the
Civic Center at 8:00

WHERE: On Mac Davis Drive
North of the Civic Center

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.

Special Age group category for children, ages 6 to 12,
applies to the 1 and 2 mile only.

AWARDS: Medals will be awarded To at least the first
three finishers in each age group in the 2M & 15K and up
to 50% of each group.

RACE DIRECTOR: Suzan Caudle, 806-787-6708

WTRC RACE DIRECTOR:

Randy Holloway 806-789-1547

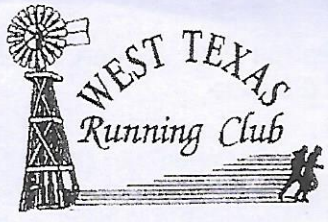
West Texas Running Club Event Calendar

* Indicates WTRC Monthly Race & CHALLENGE SERIES EVENT

- APR 05 WTRC Board meeting: Tuesday, 7:00pm
Ron's office, 3309-67th St, 806-781-0231
- APR 02 4JL Raider Run: 10K/5K/1M, 8am, Tahoka HS Kelley
Field, contact Jon Luna, 806-535-3399.
- APR 02 Festival of Voices (CASA): 5K, 7:30am, San Antonio, TX,
<http://www.casa-satx.org>
- * APR 09 RUN FOR THE ARTS: 8:00am, 15K/2M/1M Kid's Café Fun
Run, Lubbock Memorial Civic Ctr, Mac Davis Lane,
Suzan Caudle, RD, 806-799-3813 (15K/2M Chip Timing)
- APR 10 Big "D" Texas Marathon: Dallas, TX,
<http://www.texasmarathon.com>
- APR 16 Speak Up For Kids Casa 5K: contact Rose Carkeet,
806-763-2272, <http://www.lubbockcasa.org>
- APR 23 New Mexico/Texas "Club Challenge": 7:00am,
Marathon/Half Marathon/10K/5K, Hobbs NM, Jim
Harris, RD, www.leacountymuseum.org (Chip Timed)
- APR 30 Meadow Mile: 1M/5K/5K Kids, 9:00am, Meadow TX,
Monica Caswell-RD, www.meadowmile.com
- * MAY 14 HUGH HAYNES MEMORIAL HSB CANYON RUNS: 11M/6M/2M,
8:00am, Horseshoe Bend Canyon, N. of Slaton,
RD: Randy Holloway, 806-789-1547

- MAY 15 Buffman & Squeaky Triathlon:
www.buffalospinglaketriathlon.com
- * JUN 11 BOBBY BIRDSONG MEMORIAL LEVELLAND LOPE: 10K/2M,
8:00am, Texan Dome, South Plains College, Levelland,
TX, Bill Roger, RD, 806-894-7911
- JUN 25 Kids Triathlon: www.buffalospinglaketriathlon.com
- JUN 25 Tri Raider Sprint Triathlon:
www.buffalospinglaketriathlon.com
- JUN 26 BSL Half Ironman Triathlon:
www.buffalospinglaketriathlon.com
- * JUL 04 42nd ANNUAL FIRECRACKER RUN: 10M/3M 8:00am,(1M 7:40am)
Terry County Park, Brownfield, Jim Harris, RD,
575-370-4074.

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



April 2011
4501 71st Street #907
Lubbock, TX 7924



Presents: RUN FOR THE ARTS

1 Mile Kid's Café, 2 Mile and 15K Races Saturday, April 9, 2011 8:00 a.m.

REGISTRATION and FEES

Mail – must be received by Tuesday, April 5, 2011

1 Mile KC(12 & under)- \$10; 2M- (12 & under)\$15; 2M/15K-Club Members- \$15; Non-Members- \$20

On-line Registration Deadline – Noon, Wednesday, April 6, 2011 at http://wtrunning.com

1 Mile KC(12 & under)- \$10; 2M- (12 & under)\$15; 2M/15K-Club Members- \$15; Non-Members- \$20

Late Registration and Packet Pick-up – Friday, April 8th at the Civic Center

11:00am – 8:00 p.m. All participants - \$20.00

Race Day Registration and Packet Pick-up – Saturday, April 9th

Civic Center Parking Lot 6:45 a.m. – 7:45 a.m. All participants - \$25.00 race day

T-shirts to all finishers and volunteers (call Suzan Caudle 806-787-6708 to volunteer).

Races start at 8am/8:30am on Mac Davis Drive (north of the Civic Center)

Awards*

1 Mile Kid's Café Overall Male & Female-RFA medal; Everyone receives a medal.

2 Mile & 15K:

Men: 1st place overall; Divisional medals in 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 and over; Clydesdale (190 lbs. +)

Women: 1st place overall; Divisional medals in 13-15, 16-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60 and over; Athena (150 lbs. +)

* 2mile will also include 12 and under divisions(12 & under must run the 2 Mile).

DOOR PRIZES!!! (put tickets in correct containers)

Name _____ Age (on race day) _____ Sex: M _____ F _____

Address: _____ City: _____ State: _____ Zip: _____

Home Phone (____) _____ Work Phone (____) _____

Distance (check one): ___1M___ 2M___ 15K T-Shirt(circle one): YS YM YL S M L XL XXL

Clydesdale (Men 190 lbs +) _____ Athena (Women 150lbs +) _____

Emergency Contact Name: _____ Emergency Ph# _____

Make checks payable to West Texas Running Club or WTRC.

Mail completed application to: WTRC, c/o David Higgins-Treas, 3401 Alcove Ave, Lubbock, TX 79407

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. Club races prohibit participants with strollers, skates, bicycles or animals.

Signature (Parent or guardian for under 18): _____