

August 2011



2 AND 5 MILES
USA Track & Field Certified

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4509 71st Street #907
Lubbock, TX 79424

Race Director's Report

Last year at the 2010 Firecracker, there was so much rain we had to cancel the 10-mile race because the runners would have had to swim through certain portions of the county roads outside Coleman/Terry County Park.

My, what a difference 12 months can make! This bone-dry year at the 42nd annual races, although the humidity was a bit high for our corner of the southern plains, the cloudy sky and moderate temperature made for a fine day of running.

In fact, we had one new record and one newly established record set. In the 25-29 age group, Briseida Ramos of Lubbock clocked 1:06:58 for the 10-mile run, and Athena Kristi Starr of Lubbock clocked a 1:33:41.

Thanks to all the folks in Brownfield who were part of the promotion of the races: Chamber of Commerce Director Christina Valencia, Brownfield News Editor Brian Brisendine, Brownfield Talk Radio's Glenda Cameron, City Utilities Superintendent Jeff Davis, and Parks Director Scott Jackson. Former Chamber Director Joe Sears who sang the national anthem, and residents Steve Carter, Justin Holcomb and Amy Piva who helped at the finish line.

Of course, much thanks also goes to the men and women who really make it happen at the West Texas Running Club, the organization's officers and volunteers: Ron Lubowicz, David Higgins, Suzan Caudle, Sherry and Randy Holloway, Terry Dalton, George Jury, Tony Aleman, Amy and Leo Lovett, Wendy and Shannon Anderson, Shawn Fant, Larry and Carrie Byrd, P.J. and Wayne Sullivan, and Craig Peterson. Also helping was Caleb Star who handed out water after he ran the kids 1-mile race. Karen Jackson assisted in the handing out of awards. Wendy Anderson helped George with the awards for the Kids Run.

Finally, Mary Harris, to whom I attribute all things beautiful in my life, once again helped with registration and announced award winners.

Jim Harris

W. T. R. C. RACES ARE USUALLY HELD THE 2ND SATURDAY OF EACH MONTH. The WTRC monthly business meeting is on Tuesday, August 02, 2011 @ 7:00 p.m. at 3309 67th Street, all members are welcome.

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Inserts

Hot Dam Runs

Saturday, August 13th, 2011
Canyon Lake #6
22nd & MLK BLVD,
Lubbock, Texas
2 & 5 Miles,
Race Starts @ 8:00 am
Race Director: PJ Sullivan
806-785-5748

WTRC Officers

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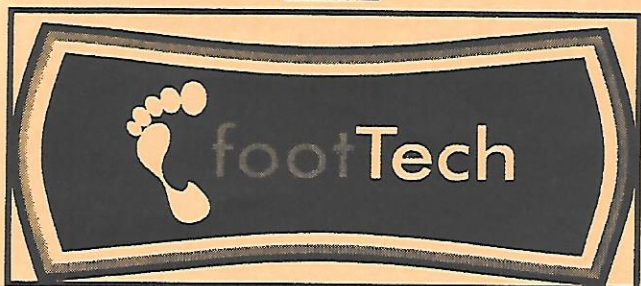
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- MEDICAL MASSAGE
- LYPOSSAGE
- SPORT TRAINING

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



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PJ Sullivan

Pascualita Baldovino was born in Courtney, Texas (south of College Station) and the family moved to Anton in the 1950's where her father was engaged in farming. Her father was of Italian descent. She was the 8th of 10 children but her parents lost the first two in infancy. Attending school in Anton she was always active in sports and grew to love running at an early age. With a name like that, her friends began to give her many nick names, "McGee, Legs, Josie, Pepe, and finally PJ" stuck especially when her soccer teammates used it. Her family gave her another nickname, "Crazy Foot" because she was constantly on the move. She began working in the shoe department at Clark's department store on Ave.Q here in Lubbock during her junior year and then graduated 1966 with a desire to work somewhere in the medical field.

Her first job was at Methodist Hospital working in the radiology department and while working there one of the cardiologists gave her a job and she learned to do and read EKG's and perform stress tests. She got to observe the first open heart surgery done in Lubbock. In 1973 she was hired by the "new" medical school in the cardiology department, and originally worked in Thompson Hall which was just west of the TTU track. She would frequently run on the track during noon time and soon her co workers were convinced to become active. During her work experiences she attended South Plains College 2 years and TTU two years. Most recently she worked for Dr. Chris Rose as a private office nurse, then began her own massage therapy business in 2009. She was selected for the "Nightingale Nurse of the Year" award in 2008.

PJ continued to run after high school, never keeping track of distance, just by time. If she had an hour to run, she would go out 30 minutes then return. In the late 1970's she heard about Terry Fox and his attempt to run across Canada after bone cancer cost him one leg and was inspired to then attempt longer distances. Along the way, she has influenced many others to improve their health and fitness by running.

PJ joined the WTRC in 1988 after running the 2 Mile race at the RUN FOR THE ARTS in April. In 1989 she ran only the Shallowater Stampede 2 Mile, then, in 1990 competed in 7 events totaling 38.1 miles. In 1991 she really racked up the miles, doing 11 events totaling 72 miles. Since then she has run one ultramarathon and 35 marathons, including Boston twice and New York 11 times. The most notable one I remember was in 2001 when she ran New York while guiding a blind man. This man's time was so good that he was invited to run Boston and PJ served as his guide again in 2002. She also loves to ride a bicycle having bought her first one in 1978-79 and has ridden the "HOTTER N' HELL" 100 mile ride 21 times. This year is the 30th anniversary and she is hopeful of making it her 22nd! She rides the bike to work every chance she gets, as her office is only 2 miles from her house.

PJ's parents moved to Hayward, California in the 70's and her father died of a heart attack at age 76 in 1987. Her mother was a dedicated walker who was hurt by a hit and run driver at age 79 in 1995. She finally died from complications of those injuries at age 88 in 2004. Among PJ's loves, are, spending time with friends and family, her dog, "Paca", and playing the piano. She also loves cars, flowers and drawing. The most important "love" however was attained when she and Wayne Sullivan were married September 25, 2010. They became engaged on June 12, 2010 on "Love" Street in Lovington, NM. Everyone is lucky who has PJ as a friend!

PJ is one of the most dedicated and dependable workers for the WTRC! Most of you newer members see her arriving early with Wayne at every race setting up the "Company Store", but she served as race director of the HOT DAM RUN from 1993 to 1999 and once again assumed that job last year. She is quite the "promoter" and often obtains door prizes for our events. She has been a volunteer for the club's water stations at the BUFFALO SPRINGS LAKE TRIATHLON for 22 years.

All this just barely covers the kind of person PJ (Mitchell) Sullivan is, but I like the following comment she told me. I run because I can. I run early in the mornings because I like to see the sunrise and you don't see the same sunrise twice. I run in the rain, I run in the snow, I like to hear the sound of my feet in the snow. I run because I like to hear the birds singing to me. I run when I'm tired. I run when I'm sick. I run in windy days. I run on hot days. I run because I can and it makes me feel good, and I thank God that I can and for letting me run. None of my siblings run, so I run for all of them!"

Terry Fox & the Terry Fox Foundation

Terry Fox was born in Winnipeg, Manitoba, and raised in Port Coquitlam, British Columbia, a community near Vancouver on Canada's west coast. An active teenager involved in many sports, Terry was only 18 years old when he was diagnosed with osteogenic sarcoma (bone cancer) and forced to have his right leg amputated 15 centimetres (six inches) above the knee in 1977.

While in hospital, Terry was so overcome by the suffering of other cancer patients, many of them young children, that he decided to run across Canada to raise money for cancer research. He would call his journey the Marathon of Hope.

It was a journey that Canadians never forgot. After 18 months and running over 5,000 kilometers (3,107 miles) to prepare, Terry started his run in St. John's, Newfoundland on April 12, 1980 with little fanfare. Although it was difficult to garner attention in the beginning, enthusiasm soon grew, and the money collected along his route began to mount. He ran 42 kilometers (26 miles) a day through Canada's Atlantic provinces, Quebec and Ontario. However, on September 1st, after 143 days and 5,373 kilometers (3,339 miles), Terry was forced to stop running outside of Thunder Bay, Ontario because cancer had appeared in his lungs. An entire nation was stunned and saddened. Terry passed away on June 28, 1981 at the age 22.

The heroic Canadian was gone, but his legacy was just beginning. To date, over \$550 million has been raised worldwide for cancer research in Terry's name through the annual Terry Fox Run, held across Canada and around the world.

"TEXAS" Oldest Continuous Road Race" 42ND ANNUAL FIRECRACKER RUNS
 Three Mile and Ten Mile Road Races Brownfield, Texas July 4, 2011

3 MILE OVERALL RESULTS					3 MILE OVERALL RESULTS						
Place Name	Town	St Ag	S Div	Div 3	Pace	Place Name	Town	St Ag	S Div	Div 3	Pace
1 ALFONSO RANGEL	HOBBS	NM 18 M	1 M1619	17:00	5:40	70 Jessica Casenave	LUBBOCK	TX 25 F	2 F2529	29:53	9:58
2 KT MANIS	HOBBS	NM 18 M	2 M1619	17:45	5:55	71 freeman martin	HOUSTON	TX 43 M	5 M4044	29:53	9:58
3 CRIS BONDS	HOBBS	NM 16 M	3 M1619	18:32	6:11	72 HEDGE MARTIN	LUBBOCK	TX 36 M	7 M3539	29:58	10:00
4 B RAMIREZ	MIDLAND	TX 29 M	1 M2529	18:37	6:13	73 Jennifer adling	LUBBOCK	TX 40 F	6 F4044	30:10	10:04
5 BEN WHEELER	WILSON	TX 16 M	4 M1619	19:25	6:29	74 Gail Faries	LUBBOCK	TX 51 M	7 M5054	30:31	10:11
6 JESUS RODRIGUEZ	ODONNELL	TX 15 M	1 M1315	20:06	6:42	75 Tracy Baugh	LUBBOCK	TX 49 F	1 F4549	30:34	10:12
7 matthew rodriguez	SLATON	TX 19 M	5 M1619	20:18	6:46	76 DANIELLE WILSON	LUBBOCK	TX 26 F	3 F2529	30:40	10:14
8 ERIC FISHER	LUBBOCK	TX 39 M	1 M3539	20:30	6:50	77 Madelyn Sparks	LUBBOCK	TX 24 F	4 F2024	30:47	10:16
9 Epi Aguirre	LUBBOCK	TX 52 M	1 M5054	20:37	6:53	78 JAMES LIVERMORE	LUBBOCK	TX 64 M	4 M6064	30:48	10:16
10 CHRISTOPHER THOMAS SR	AMARILLO	TX 32 M	1 M3034	21:04	7:02	79 TONY ISAACS	BROWNFIELD	TX 59 M	3 M5559	30:53	10:18
11 Levi Fair	LUBBOCK	TX 14 M	2 M1315	21:15	7:05	80 MARIO JIMENEZ	LUBBOCK	TX 50 M	8 M5054	30:54	10:18
12 Chance Fair	LUBBOCK	TX 12 M	1 M0112	21:24	7:08	81 JOROND GAULT	LUBBOCK	TX 41 F	7 F4044	31:05	10:22
13 Mont McClendon	LUBBOCK	TX 39 M	2 M3539	21:25	7:09	82 Michael Lozano	MULESHOE	TX 11 M	3 M0112	31:14	10:25
14 Chris Ankrum	LUBBOCK	TX 43 M	1 M4044	21:31	7:11	83 ROSA SALES	BROWNFIELD	TX 52 F	3 F5054	31:20	10:27
15 Juan Herrera	SUNDOWN	TX 41 M	2 M4044	21:58	7:20	84 Katelyn Olsen	LUBBOCK	TX 26 F	4 F2529	31:24	10:28
16 Abel Reyna	LUBBOCK	TX 48 M	1 M4549	22:02	7:21	85 Valarie Berkshire	LUBBOCK	TX 30 F	4 F3034	31:33	10:31
17 Kenny Powell	LUBBOCK	TX 37 M	6 M3539	22:07	7:23	86 Erin Dulin	SHALLOWATER	TX 32 F	5 F3034	31:53	10:38
18 Jim Fair	LUBBOCK	TX 38 M	4 M3539	22:14	7:25	87 ELIZABETH WALKER	LUBBOCK	TX 32 F	6 F3034	31:56	10:39
19 gabriel olivarez	LUBBOCK	TX 34 M	2 M3034	22:17	7:26	88 Jay Dulin	SHALLOWATER	TX 36 M	8 M3539	32:06	10:42
20 CHRIS LOZANO	MULESHOE	TX 15 M	3 M1315	22:29	7:30	89 Kim Drager	ROPESVILLE	TX 40 F	8 F4044	32:08	10:43
21 Adam Puckett	LUBBOCK	TX 40 M	3 M4044	22:30	7:30	90 Jenny Decker	FT. SMITH	AR 36 F	3 F3539	32:17	10:46
22 David Aguirre	LUBBOCK	TX 39 M	5 M3539	22:35	7:32	91 Michael Hudson	WOLFFORTH	TX 48 M	7 M4549	32:52	10:58
23 David Doyle	LUBBOCK	TX 52 M	2 M5054	22:59	7:40	92 STEPHEN RODRIGUEZ	SLATON	TX 28 M	6 M2529	32:55	10:59
24 Jose Alarcon	MULESHOE	TX 29 M	2 M2529	23:16	7:45	93 HUNTER MARTIN	CYPRESS	TX 17 M	7 M1619	33:15	11:05
25 Isaac Munoz Jr	LUBBOCK	TX 35 M	6 M3539	23:34	7:52	94 Erin Hooker	LUBBOCK	TX 34 F	7 F3034	33:46	11:16
26 SAM WALL	SLATON	TX 62 M	1 M6064	23:36	7:52	95 Taylor Fair	LUBBOCK	TX 16 F	1 F1619	33:47	11:16
27 Alvin Llanas	WOLFFORTH	TX 52 M	3 M5054	23:56	7:59	96 Julian Hooker	LUBBOCK	TX 37 M	9 M3539	33:51	11:17
28 Michael Edwards	LUBBOCK	TX 12 M	2 M0112	24:05	8:02	97 JAMES PRATT	LUBBOCK	TX 69 M	2 M6569	34:11	11:24
29 Claudia Ramos	LUBBOCK	TX 25 F	1 F2529	24:26	8:09	98 Joye Hudson	WOLFFORTH	TX 22 F	5 F2024	34:29	11:30
30 JOSEPH TALLEY	GAITHERSBURG MD	20 M	1 M2024	24:33	8:11	99 Debbie Roman	LUBBOCK	TX 55 F	1 F5559	35:29	11:50
31 Adam Rodriguez	SLATON	TX 47 M	2 M4549	24:39	8:13	100 Cathy Hudson	WOLFFORTH	TX 44 F	9 F4044	35:31	11:51
32 Jerry Morris	LUBBOCK	TX 60 M	2 M6064	24:40	8:14	101 Antonio Roman	LUBBOCK	TX 59 M	4 M5559	35:46	11:56
33 James Skinner	LUBBOCK	TX 24 M	2 M2024	24:45	8:15	102 CHRIS FREI	BROWNFIELD	TX 53 M	9 M5054	35:47	11:56
34 DAMON PROVENCE	SUDAN	TX 60 M	3 M6064	24:49	8:16	103 KATELYNN FREI	BROWNFIELD	TX 21 F	6 F2024	37:56	12:39
35 DEBBIE GELBER	LUBBOCK	TX 42 F	1 F4044	25:03	8:21	104 Sabrina Fair	LUBBOCK	TX 44 F	10 F4044	38:05	12:42
36 MIKE HEATH	LUBBOCK	TX 57 M	1 M5559	25:07	8:23	105 rick lampe	LUBBOCK	TX 67 M	3 M6569	39:01	13:01
37 ARTURO OLIVAREZ	LUBBOCK	TX 29 M	3 M2529	25:13	8:25	106 Leticia Munoz	LUBBOCK	TX 36 F	4 F3539	39:46	13:16
38 RACHEL JAMES	HASLET	TX 40 F	2 F4044	25:51	8:37	107 Tami Miller	LUBBOCK	TX 51 F	4 F5054	40:12	13:24
39 JEFF JAMES	HASLET	TX 42 M	4 M4044	25:52	8:38	108 AMANDA GARCIA	CLOVIS	NM 30 M	3 M3034	40:12	13:24
40 ron lubowicz	LUBBOCK	TX 68 M	1 M6569	25:53	8:38	109 DRAKE DAVIDSON	CLOVIS	NM 45 M	8 M4549	40:58	13:40
41 Brandon Berkshire	LUBBOCK	TX 27 M	4 M2529	25:57	8:39	110 Elizabeth Alarcon	MULESHOE	TX 29 F	5 F2529	41:56	13:59
42 Ben Boston	LUBBOCK	TX 26 M	5 M2529	25:57	8:39	111 Isaiah Munoz	LUBBOCK	TX 16 M	8 M1619	42:38	14:13
43 CONNOR ELSTON	SHALLOWATER	TX 15 M	4 M1315	26:04	8:42	112 Josie Aleman	LUBBOCK	TX 60 F	1 F6099	51:11	17:04
44 SCOTTY ELSTON	SHALLOWATER	TX 50 M	4 M5054	26:34	8:52	113 Carol Felton	LUBBOCK	TX 68 F	2 F6099	55:28	18:30
45 Sharla Kinman	LUBBOCK	TX 43 F	3 F4044	26:45	8:55						
46 JOHN REYNA	LUBBOCK	TX 48 M	3 M4549	26:46	8:56						
47 Richard Gatlin	LUBBOCK	TX 45 M	4 M4549	26:46	8:56						
48 Jennifer Farris	LUBBOCK	TX 32 F	1 F3034	26:58	9:00						
49 Lee handlin	LUBBOCK	TX 42 F	4 F4044	27:15	9:05						
50 AMY MCALEXANDER	LUBBOCK	TX 30 F	2 F3034	27:16	9:06						
51 BRANDON SIMS	BROWNFIELD	TX 16 M	6 M1619	27:26	9:09						
52 ABRAHAM MONTALVO	PLAINVIEW	TX 13 M	5 M1315	27:29	9:10						
53 ron cook	LUBBOCK	TX 48 M	5 M4549	27:34	9:12						
54 Karen Howell	LUBBOCK	TX 41 F	5 F4044	27:47	9:16						
55 Deborah Bahme	LUBBOCK	TX 39 F	2 F3539	27:54	9:18						
56 Angie Sonnenberg	LUBBOCK	TX 32 F	3 F3034	28:09	9:23						
57 Tayler Griffin	LUBBOCK	TX 24 F	1 F2024	28:18	9:26						
58 amy martin	LUBBOCK	TX 22 F	2 F2024	28:19	9:27						
59 joe frank martin	LUBBOCK	TX 51 M	5 M5054	28:20	9:27						
60 Garrett Fair	LUBBOCK	TX 13 M	6 M1315	28:31	9:31						
61 RALPH WOLF	LUBBOCK	TX 74 M	1 M7099	28:32	9:31						
62 Bill Felton	LUBBOCK	TX 76 M	2 M7099	28:36	9:32						
63 Christy Baugh	LUBBOCK	TX 15 F	1 F1315	28:49	9:37						
64 Katie Higgins	LUBBOCK	TX 20 F	3 F2024	28:49	9:37						
65 Jim Higgins	LUBBOCK	TX 50 M	6 M5054	28:56	9:39						
66 TROY PRATT	LUBBOCK	TX 45 M	6 M4549	28:58	9:40						
67 YOLANDA MENDOZA	MULESHOE	TX 52 F	1 F5054	29:21	9:47						
68 Debbie Aguirre	LUBBOCK	TX 50 F	2 F5054	29:32	9:51						
69 Tom Weis	LUBBOCK	TX 59 M	2 M5559	29:52	9:58						

ELEMENTARY ONE MILE RUN				
Place Name	Age	Sex	Grade	Time
1 ZACHARY WELLS	M 6			7:02
2 JADEN WELLS	11	M 6		7:13
3 JON OLIVAREZ	7	M 1		7:57
4 JOSE RODRIGUEZ	8	M 3		8:17
5 EMILY MUNOZ	10	F 5		8:18
6 CALEB STARR	11	M 5		9:06
7 SHEA POGUE	10	M 5		9:06
8 MADISON OLIVAREZ	8	F 3		9:27
9 MARK MATIS	9	M 5		9:32
10 DESTYNEE RODRIGUEZ	8	F 3		9:36
11 MAGGIE THOMAS	7	F 2		9:37
12 EYVN DECKER	11	F 6		9:45
13 BRENDEN ANDERSON	8	M 3		9:45
14 RILEY TATUM	12	F 6		9:47
15 JAYTON RODRIGUEZ	7	M 2		10:07
16 NATHANIAL NOKKEN	7	M 2		10:25
17 GARRETT POGUE	8	M 4		10:57
18 RYLAND MATIS	6	M K		11:07
19 JOHN MATIS	11	M 6		11:08
20 SIERRA RODRIGUEZ	5	F 1		11:25
21 ELLE MATIS	7	F 2		11:32
22 ELIJAH DECKER	7	M 2		12:24
23 LOGAN FAIR	6	M 1		12:52
24 SCOTTY GOING	9	M 3		13:23
25 MARC SANTA	8	M 3		16:43
26 CHRIS THOMAS JR	4	M K		16:59

10 MILE OVERALL RESULTS

Place	Name	Town	St Ag	S Div	Div	10	Pace
1	JULIAN FLOREZ	HOBBS	NM	18	M	1 M1619	55:27 5:33
2	JACOB LOZANO	HOBBS	NM	20	M	1 M2024	55:35 5:34
3	Quent Bearden	LUBBOCK	TX	36	M	1 M3539	57:39 5:46
4	BENJAMIN TANUI	LUBBOCK	TX	35	M	2 M3539	59:45 5:59
5	Jared fry	LISLE	IL	24	M	2 M2024	1:04:16 6:26
6	Randal Guinn	IDALOU	TX	22	M	3 M2024	1:04:31 6:28
7	Bob Jackson	HOBBS	NM	52	M	1 M5054	1:04:58 6:30
8	David Guinn	IDALOU	TX	45	M	1 M4549	1:06:09 6:37
9	Briseida Ramos	LUBBOCK	TX	28	F	1 F2529	1:06:58 6:42
10	NEWTON CHILLAN	LUBBOCK	TX	32	M	1 M3034	1:08:08 6:49
11	HEATH PENNELL	LUBBOCK	TX	43	M	1 M4044	1:08:12 6:50
12	Lee Cohen	LUBBOCK	TX	39	M	3 M3539	1:08:23 6:51
13	JERRY DWYER	LUBBOCK	TX	51	M	2 M5054	1:08:35 6:52
14	MARTIN MONTALVO	PLAINVIEW	TX	46	M	2 M4549	1:08:39 6:52
15	Jeff Hancock	LUBBOCK	TX	34	M	2 M3034	1:09:48 6:59
16	POPCORN LEONARD	MIDLAND	TX	50	M	3 M5054	1:09:57 7:00
17	thomas sang	LUBBOCK	TX	33	M	3 M3034	1:12:22 7:15
18	Paul Owen	AMARILLO	TX	59	M	1 M5559	1:14:02 7:25
19	Cody miller	LUBBOCK	TX	45	M	3 M4549	1:14:56 7:30
20	Jeremy Fair	LUBBOCK	TX	36	M	4 M3539	1:15:03 7:31
21	Julie Garza	SLATON	TX	38	F	1 F3539	1:15:20 7:32
22	IRIS RIVERO	LUBBOCK	TX	36	F	2 F3539	1:15:40 7:34
23	JUSTIN HESSE	BROWNFIELD	TX	30	M	4 M3034	1:17:19 7:44
24	Brett Peikert	WOLFFORTH	TX	43	M	2 M4044	1:17:42 7:47
25	Geoff Lynn	LUBBOCK	TX	27	M	1 M2529	1:19:52 8:00
26	ROD BURGETT	SHALLOWATER	TX	46	M	4 M4549	1:19:54 8:00
27	Amanda Boston	LUBBOCK	TX	27	F	2 F2529	1:19:58 8:00
28	Ryon Price	LUBBOCK	TX	34	M	5 M3034	1:20:08 8:01
29	BROOKS BOYNTON	ROSCOE	TX	50	M	4 M5054	1:20:21 8:03
30	KIRK HESSE	BROWNFIELD	TX	26	M	2 M2529	1:20:29 8:03
31	JANA REDWINE	LUBBOCK	TX	31	F	1 F3034	1:20:36 8:04
32	AARON COLLIER	LUBBOCK	TX	25	M	3 M2529	1:21:04 8:07
33	Laura Cope	LUBBOCK	TX	26	F	3 F2529	1:21:32 8:10
34	Timothy Peikert	WOLFFORTH	TX	17	M	2 M1619	1:21:49 8:11
35	Kasey Shaw	LUBBOCK	TX	19	F	1 F1619	1:21:53 8:12
36	Craig Cox	LUBBOCK	TX	36	M	5 M3539	1:23:55 8:24
37	Jennifer Snead	LUBBOCK	TX	41	F	1 F4044	1:25:20 8:32
38	FARRELL MARTIN	SHALLOWATER	TX	45	M	5 M4549	1:25:34 8:34
39	TIM MATIS	LUBBOCK	TX	37	M	6 M3539	1:26:00 8:36
40	KEITH R PODREBARTZ	LUBBOCK	TX	36	M	7 M3539	1:26:34 8:40
41	mitch brazil	LUBBOCK	TX	21	M	4 M2024	1:27:17 8:44
42	MARK MARTIN	EDGEWOOD	NM	53	M	5 M5054	1:27:50 8:47
43	jonna byars	LUBBOCK	TX	37	F	3 F3539	1:28:37 8:52
44	JON MARK BERNAL	LUBBOCK	TX	33	M	6 M3034	1:29:01 8:55
45	Joseph Edwards	LUBBOCK	TX	26	M	4 M2529	1:29:21 8:56
46	Hannah Teykl	WOLFFORTH	TX	31	F	2 F3034	1:30:06 9:01
47	Latha Tucker	LUBBOCK	TX	54	F	1 F5054	1:30:50 9:05
48	Mike Humphrey	LUBBOCK	TX	44	M	3 M4044	1:30:54 9:06
49	Jennifer Haddock	LUBBOCK	TX	30	F	3 F3034	1:31:27 9:09
50	Ronnie Prigg	LUBBOCK	TX	60	M	1 M6064	1:31:52 9:12
51	Kristi Starr	LUBBOCK	TX	40	F	2 F4044	1:33:41 9:23
52	Jeff Tucker	LUBBOCK	TX	56	M	2 M5559	1:33:59 9:24
53	Les Kinman	LUBBOCK	TX	46	M	6 M4549	1:34:23 9:27
54	SONIA RODRIGUEZ	LUBBOCK	TX	30	F	4 F3034	1:34:41 9:29
55	Alison Blalock	LUBBOCK	TX	25	F	4 F2529	1:35:06 9:31
56	Valeri Gatlin	LUBBOCK	TX	44	F	3 F4044	1:35:41 9:35
57	Carrie Badillo	LUBBOCK	TX	33	F	5 F3034	1:35:49 9:35
58	Darla Gleaves	LUBBOCK	TX	39	F	4 F3539	1:35:50 9:35
59	Stephanie Harold	LUBBOCK	TX	23	F	1 F2024	1:36:15 9:38
60	Mandy Poklikuha	LUBBOCK	TX	33	F	6 F3034	1:36:52 9:42
61	James Fannon	POST	TX	41	M	4 M4044	1:37:29 9:45
62	Steve German	LUBBOCK	TX	54	M	6 M5054	1:37:45 9:47
63	ronnie adams	LUBBOCK	TX	36	M	8 M3539	1:37:58 9:48
64	Pj Sullivan	LUBBOCK	TX	65	F	1 F6099	1:38:20 9:50
65	Michael McDonald	LUBBOCK	TX	62	M	2 M6064	1:38:33 9:52
66	Jerry Adams	LUBBOCK	TX	35	M	9 M3539	1:40:13 10:02
67	RICHARD GALE	LUBBOCK	TX	62	M	3 M6064	1:40:44 10:05
68	Stephanie West	LUBBOCK	TX	42	F	4 F4044	1:41:27 10:09
69	MIKE STRUM	CARLSBAD	NM	60	M	4 M6064	1:44:56 10:30
70	MICHAEL HARDIN	LUBBOCK	TX	41	M	5 M4044	1:47:04 10:43
71	Ashley Williams	LUBBOCK	TX	25	F	5 F2529	1:47:22 10:45
72	Matthew Jordan	LUBBOCK	TX	45	M	7 M4549	1:47:46 10:47
73	mars bennett	LUBBOCK	TX	47	F	1 F4549	1:52:53 11:18
74	WAYNE FROST	MIDLAND	TX	57	M	3 M5559	1:53:30 11:21
75	Etta Mayer	LUBBOCK	TX	62	F	2 F6099	2:01:54 12:12
76	Ann Hodges	WOLFFORTH	TX	54	F	2 F5054	2:02:31 12:16

WEST TEXAS RUNNING CLUB'S
THE "HOT DAM RUNS" 5 & 2 MILE ANNUAL AUGUST RACE
5 MILE EVENT RECORDS (Since 1988)
USA T&F CERTIFIED, #TX93059ETM

5 MILE

AGE GRP	NAME	TOWN	AGE	TIME	YEAR
6-12	Drew Soucy	Lubbock	12	37:27	2000
13-15	Gary Lackey, Jr	Brownfield	15	28:51	2002
16-19	Chris Truitt	Lovington	19	27:09	1994
20-24	James Bungei	Lubbock	22	24:13	*1991
25-29	Jesse Williams	Lubbock	25	26:24	2003
30-34	Wilson Kigen	Plainview	30	26:38	1988
35-39	Bob Jackson	Hobbs	37	27:20	1996
40-44	Bob Jackson	Hobbs	43	27:57	2002
45-49	Bob Jackson	Hobbs, NM	48	28:58	2007
50-54	George W. Jury	Lubbock	53	30:18	1989
55-59	George W. Jury	Lubbock	55	31:37	1991
60-64	George W. Jury	Lubbock	60	34:00	1996
65-69	Don Sanderson	Tulia	66	36:04	1996
70+	Don Sanderson	Tulia	71	39:55	2001
Clydes	Farrell Martin		37	32:48	2003

WOMEN

AGE GRP	NAME	TOWN	AGE	TIME	YEAR
6-12	Madison Kauffman	Lubbock	12	35:42	2007
13-15	Christina Vasquez	Lubbock	15	34:37	1989
16-19	Josie Martinez	Petersburg	19	32:53	1996
20-24	Rosa Ibarra	Plainview	22	30:08	*1993
25-29	Janda Ibbetson	Lubbock	29	34:19	1999
30-34	Marjory Stewart	Lubbock	32	30:12	1991
35-39	Marjory Stewart	Lubbock	35	30:30	1994
40-44	Diane Calhoun	Idalou	41	37:38	2000
45-49	Mary Branscome	Lubbock	45	38:46	2005
50-54	P.J. Mitchell	Lubbock	50	40:55	1995
55-59	Sherrill Easterling	Snyder	56	44:47	2006
60+	Deb Hendley	Lubbock	61	43:45	2010
Athlena	Haley Richards	Lubbock	23	48:20	2009

* OVERALL COURSE RECORDS

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

2 MILE RECORDS- SINCE 2007

***6 records broken in 2010

MEN

AGE	NAME	TOWN	AGE	TIME	YEAR
6-12	Jake Brownfield	Lubbock	12	13:28	2010
13-15	Lucas Morris	Lubbock	15	11:39	2007
16-19	Lucas Morris	Lubbock	16	11:16	*2008
20-24	Daren Oakeley	Lubbock	24	14:59	2010
25-29	Chris Ramirez	Lubbock	26	12:06	2008
30-34	John Barrientos	Lubbock	33	15:46	2007
35-39	Ricky Martinez	Spur	39	12:00	2007
40-44	Ricky Martinez	Spur	40	12:16	2009
45-49	Sam Ayres	Lubbock	46	14:55	2009
50-54	Jackie Cannon	Amarillo	51	12:09	2007
55-59	Ken Jernigan	Shamrock	57	15:13	2008
60-64	Darrell McMillen	Lubbock	61	16:58	2008
65-69	Joe Gomez	Lubbock	66	17:00	2010
70+	Bill Felton	Lubbock	72	17:41	2007
CLYDES	Milt Brownfield	Lubbock	51	15:19	2009

WOMEN

AGE	NAME	TOWN	AGE	TIME	YEAR
1-12	Lindsey Spruell	Shallowater	9	16:15	2008
13-15	Turner Adams	Wall	13	14:15	2008
16-19	Tamra Jernigan	Shamrock	17	13:12	*2008
20-24	Lindsey Lamontagne	Lubbock	22	15:29	2009
25-29	Amanda Boston	Lubbock	26	13:30	2010
30-34	Tammy Moriearty	Wolfforth	33	15:40	2007
35-39	Tammy Moriearty	Lubbock	36	15:24	2010
40-44	Angie Hines	Sundown	42	17:41	2008
45-49	Kammy Philbrick	Lubbock	47	17:22	2008
50-54	Susan Tomlinson	Lubbock	50	17:50	2007
55-59	Josie Aleman	LUBBOCK	57	24:29	2008
60+	Nancy Alaniz	Lubbock	71	43:18	2010
Athlena	Shawndelle Kreger	Lubbock	35	19:29	2009

* OVERALL COURSE RECORDS

**W.T.R.C. 2011 CHALLENGE SERIES
STANDINGS AFTER 7 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	25	10	3		Heath Pennell	43	37	48	6	*
Joshua Hoeve	12	14	6	3		Brian Starr	44	27	16.2	3	
Ross Cohen	7	12	8	4		Brett Peikert	43	14	15	2	
Austin Thoms	11	10	2	1		Sean Schwarzenraub	43	13	11	2	
Bo Thoms	12	9	2	1		Marin Hernandez	40	10	4	1	
Nick Selleck	7	7	6	3		Gary Vaughn	40	10	6.2	1	
Caleb Starr	11	5	14	3	*	Chris Ankrum	43	10	3	1	
Kamren Shelton	10	5	2	1		Russell Carter	40	8	8.7	1	
Dakota Hernandez	11	2	2	1		Scott Burris	41	6	13.7	1	*
Beau Miller	10	0	2	1		Greg Milford	41	1	5	1	
Carson Heise	6	0	2	1		45 - 49 MALE					
Zane Gray	8	0	2	1		David Guinn	45	50	35	5	
13-15 MALE						Martin Montalvo	46	49	50.2	6	*
Abraham Montalvo	13	31	19.2	6	*	Les Kinman	46	44	41.5	7	*
Josh Starr	13	19	6	3		Cody Miller	45	43	43.9	6	**
Paul David Gaschen	15	18	8.2	2		Abel Reyna	48	39	15.2	4	
Christopher Gaschen	14	13	4	2		Rod Burgett	46	31	36.2	5	*
Walker Adams	13	10	8.7	1		Paul Pare	49	27	24	3	
Nick Hoeve	13	6	2	1		Troy Pratt	45	26	13	4	
16-19 MALE						J. Edson Pinto	49	22	19.3	3	
Robert Guinn	17	39	13	4		Richard Shaw	49	16	13.3	2	
Lucas Morris	19	31	19.3	3		Brent Lowrey	49	16	20.3	2	
Luke Samarron	17	30	12.2	3		Joe Kueser	49	9	5	1	
Austin Martin	16	20	6	3		Paul Gaschen	45	8	2	1	
Timothy Peikert	17	18	15	2		Richard Gatlin	45	7	3	1	
Isaiah Munoz	16	4	3	1		Kevin Lair	49	0	9	2	*
20 - 24 MALE						50 - 54 MALE					
Matt Ange	23	20	13.3	2		Jerry Dwyer	51	55	43.2	6	
John Keith	21	10	5	1		Epi Aguirre	52	51	36.2	6	
Tanner Vickers	24	7	5	1		Jim Higgins	50	42	23.3	5	
25 - 29 MALE						Alvin Llanas	52	37	15	5	
Ben Boston	26	44	27	6		Joe Frank Martin	51	35	30.7	7	*
Curtis Norrod	27	40	21.3	5	*	David Doyle	52	35	19	5	**
Brandon Berkshire	27	26	7	3		Randy Holloway	54	23	65.2	7	**
Marek Potratz	29	19	14.7	4	*	Bob Jackson	52	20	16.2	2	
Arturo Olivarez	29	17	5	2		Gail Faries	51	17	7	3	
John Griffin	29	9	2	1		Randy Bunyard	53	16	17.3	3	
Jason Hancock	29	8	2	1		Ronnie Trollinger	51	16	11	2	
Andrew Huff	29	3	5	1		Mitch Monroe	50	14	13.7	2	
Cody Brockman	29	0	9.3	1	*	James Pries	50	13	4	2	
30 - 34 MALE						Duane Jones	50	12	18	2	
Gary Evans	31	45	44.2	6		Paul Darden	51	9	2	1	
Gabriel Olivarez	34	45	19.7	5		Bill Gelber	52	7	10.7	2	*
Isaac Esqueda	30	22	8	3		Ed Price	54	5	5	1	
Justin Selleck	34	20	4	2		Gene Adams	53	5	8.7	1	
Jeff Hancock	34	16	15	2		Dennis Berger	52	0	8.7	1	*
Jonathon Wright	32	12	9	2		Gonzalo Ramirez	54	0	13.3	2	*
Keagan McDermett	33	10	6	1		Ray Major	50	0	23	3	*
Phillip Guengerish	34	9	4	1		CLYDESDALE - age graded					
Damon Chase	33	8	5	1		Farrell Martin	45	68	49.2	7	
Caleb Phillips	30	8	13.7	2		Shaun Fant	43	43	45.5	6	*
Matt Lilley	34	8	13.7	2		Jay Dulin	36	37	36.3	6	
Nicholas Reeves	32	8	2	1		Craig Peterson	54	36	38.5	6	*
Wes Scholz	34	4	5	1		Jerry Adams	35	32	34	5	
David Slayton	32	4	4	1		James Fannon	41	24	20.7	3	
Chad Elrod	34	3	5	1		Shannon Himango	44	20	13.7	2	
						Brad Stanford	41	13	13.7	2	
						Larry Bloskas	49	9	2	1	
						Chad Wheeler	26	8	8.7	1	
						Brad Pruitt	43	4	4	1	

Everyone is invited to attend a Watermelon Social provided by Hospice of Lubbock of the South Plains after the Hot Dam Runs.

** = RACE DIRECTOR
* = VOLUNTEER

**W.T.R.C. 2011 CHALLENGE SERIES
STANDINGS AFTER 7 EVENTS**

MALE & FEMALE

55 - 59 MALE						20 - 24 FEMALE					
AGE	PTS	MILES	EVT	VOL		AGE	PTS	MILES	EVT	VOL	
Jackie Cannon	55	50	12	5		Amy Martin	22	39	17.7	5	*
John Clements	55	49	10	5		Taylor Griffin	24	38	14	4	
Fred Weber	59	33	28.3	5	*	Elizabeth Williams	23	23	10	3	
Antonio Roman	59	33	11	5		Venessa Rodriguez	24	19	18	2	
Luis Cardenas	59	27	13	4	*	Tamara Vickers	24	8	2	1	
Michael Selleck	59	27	8	4		Laura Romero	24	8	2	1	
Fred Constancio	58	24	14.7	4	*	Katie Higgins	20	8	3	1	
Joseph Wilson	55	20	9	2		Madelyn Sparks	24	7	3	1	
Jeff Tucker	56	19	19.3	2		Amanda Weeks	24	7	9.3	1	
Lawrence Schovanec	58	18	13.7	2		Jordan Outlaw	22	7	4	1	
William Hepburn	56	17	12.2	2		25 - 29 FEMALE					
Terry Dalton	56	17	54.2	7	*	AGE	PTS	MILES	EVT	VOL	
David Weaver	59	15	20.5	3	*	Amanda Boston	27	56	45.2	6	
Paul Owen	59	10	10	1		Briseida Ramos	28	43	35.3	4	
Rick Wannamacher	56	9	13.7	2	*	Claudia Ramos	25	39	13	4	
Lorenzo Padilla	56	9	2	1		Catherine Evans	26	35	28	4	
Jimmy Samarron	56	9	2	1		Allison Forsberg	27	28	23	3	*
Tom Weis	59	9	3	1		Alison Blalock	25	25	21.2	3	
Ken Spain	57	7	23	3	*	Ashley Williams	25	23	18.2	3	
Randy Egenbacher	55	6	2	1		Amy Hancock	28	20	21.5	4	*
David Higgins	58	0	62.9	7	**	Shanna Faries	26	18	6	2	
60 - 64 MALE						AGE	PTS	MILES	EVT	VOL	
AGE	PTS	MILES	EVT	VOL		April Covington	27	17	15	4	
Michael McDonald	62	50	45.5	6		Candice Norrod	26	17	4	2	
Richard Gale	62	47	39.9	5		Laura Sefcic	29	17	12.2	2	
Mike Strum	60	38	45.2	5		Veronica Esqueda	29	17	6	3	
Damon Provence	60	37	26.5	5	*	Heather Devore	29	11	14.7	3	
James Livermore	64	34	33.5	6	*	Natalie Mahlberg	25	11	12.2	2	
Jerry Morris	60	30	7	3		Vanessa Aguirre	27	7	4	1	
Mike Kelley	62	21	19.9	3		Jaime Wheeler	25	6	8.7	1	
Rob Lee	63	10	2	1		Leslie Montandon	29	3	4	1	
Gary Gressett	64	10	2	1		Maggie Thompson	25	0	4	1	
Wayne Sullivan	60	9	54.2	7	*	Jessica Brockman	27	0	9.3	1	*
Doug Sanford	62	8	5	1		30 - 34 FEMALE					
Tony Aleman	60	0	44.9	6	*	AGE	PTS	MILES	EVT	VOL	
65 - 69 MALE						Jennifer Farris	32	53	34.9	7	
AGE	PTS	MILES	EVT	VOL		Amy Lovett	33	43	26.2	6	*
Jim Harris	68	59	34	7	**	Mandy Poklikuha	33	42	54.2	7	
Rick Lampe	67	40	16	6	*	Amy McAlexander	30	39	34.9	7	*
James Pratt	69	37	17.7	5	*	Christine Steen	32	37	19.7	4	
Ron Lubowicz	68	10	44	5	*	Carrie Badillo	33	35	26.2	4	
Richard Morgan	67	9	4	1		Jennifer Haddock	30	34	36.5	4	
70 - 99 MALE						Sarah Stevenson	33	30	19.5	3	
AGE	PTS	MILES	EVT	VOL		Erin Dulin	32	23	18	5	
Gorden Jenkins	70	60	39.2	6		Sonia Rodriguez	30	23	24.3	3	
Bill Felton	76	38	18	5	*	Nonnie Peters	32	19	28.3	5	
Ralph Wolf	74	20	10	3	*	Valerie Berkshire	30	16	5	2	
Mike Greer	72	9	5	1		Amy Slayton	33	10	13.3	2	
Bob Broselow	70	9	6	1		Heather Keister	32	9	2	1	
George Jury	74	0	54.2	7	*	Hannah Teykl	31	9	10	1	
Larry Byrd	70	0	39.9	5	*	Rachel Miller	30	7	5	1	
Bill Roger	71	0	12.4	1	**	Ann Reeves	32	6	2	1	
FEMALE - YTD TOTALS						Jennifer Payne	32	5	8.7	1	
AGE	PTS	MILES	EVT	VOL		Jill Jaquess	33	5	6	1	
6 - 12 FEMALE						Shannon Crawford	31	4	13.7	2	
Jordan Selleck	10	23	6	3		Erin Hooker	34	4	3	1	
Catherine Cannon	11	13	4	2		Kristen Wright	30	3	5	1	
Kenley Frazier	11	10	2	1		Brandi Arnold	32	2	6.2	1	
Gabby Waldrop	7	9	2	1		Carrie Timmons	32	1	6.2	1	
Rachel Starr	9	7	4	2		Susan Everett	33	0	5	1	
Julianne Reeves	7	6	2	1		Melody Evans	31	0	8.7	1	*
Katelyn Heise	9	2	4	2		** = RACE DIRECTOR					
Jacey Hise	11	0	2	1		* = VOLUNTEER					
13 - 15 FEMALE						AGE	PTS	MILES	EVT	VOL	
Whitney Thoms	14	10	2	1		Whitney Thoms	14	10	2	1	
Christy Baugh	15	10	3	1		Christy Baugh	15	10	3	1	
Alexis Hoeve	14	10	22.3	3	*	Alexis Hoeve	14	10	22.3	3	*
16 - 19 FEMALE						AGE	PTS	MILES	EVT	VOL	
Kelsey Higgins	19	10	6	1		Kelsey Higgins	19	10	6	1	

YTD TOTALS

35 - 39 FEMALE	AGE	PTS	MILES	EVT	VOL
Iris Rivero	36	58	45.5	6	
Deborah Bahme	39	43	22	5	
Amy Hardberger	38	33	30.2	4	
Tammy Moriearty	37	29	29	3	
Jonna Byars	37	23	30.3	3	
Becky Gomez	37	16	23	3	
Maricarmen Solis	38	14	12.2	2	
Shannon McClendon	38	10	2	1	
Sarah Floyd	36	10	18.3	3	
Sara Miller	35	9	2	1	
Christy Hennigan	37	8	14.3	2	
Leticia Munoz	36	8	3	1	
Rhonda Frazier	38	1	9.3	1	
Michaela Jansen	37	0	5	1	*
Malinda Colwell	37	0	5	1	
Carol Hise	38	0	5	1	
Misty Scott	35	0	5	1	
40 - 44 FEMALE	AGE	PTS	MILES	EVT	VOL
Sharia Kinman	43	56	21.2	7	
Jennifer Snead	41	49	49.2	6	*
Belisa Waldrop	43	41	21.7	5	
Deborah Gelber	42	39	30	5	*
Deana Martin	43	37	8	4	
Wendy Anderson	41	32	41.9	6	*
Karen Howell	41	32	23	4	
Jorond Gault	41	26	13	5	
Lisa Garner-Santa	42	25	12	4	
Vanessa Reasoner	42	19	12.2	2	
Holly Snodgrass	41	16	10	2	
Lee Handlin	42	16	8	2	
Dee Knapp	44	14	14.3	2	
Lanette Windham	43	14	19.9	3	
Wendy Guinn	43	9	2	1	
Rose Hoeve	43	9	21.5	3	*
Valeri Gatlin	44	9	10	1	
Jennifer Foster	43	8	6.2	1	
Stephanie West	42	8	10	1	
Jennifer Adling	40	7	9.2	2	
Janda Jackson	41	0	5	1	*
45 - 49 FEMALE	AGE	PTS	MILES	EVT	VOL
Laura Lappe	45	34	13	5	*
Cynthia Sorrenson	47	30	29	3	
Jill Haukos	46	26	18.7	3	
Marsha Bennett	47	26	30.5	4	*
Pam Gaschen	46	19	10.2	2	
Gwen Lapple	48	18	14.3	2	
Laetta Akbar-Ali	48	11	4	2	
Kate Kueser	48	10	5	1	
Judy Fleming	46	10	6	1	
Tracy Baugh	49	10	3	1	
Pam Humphreys	47	9	2	1	
Kelly Robinson	45	9	11	1	
Linda Jama	46	8	4	1	
Andi Giberson	45	7	5	1	
Tommie Gressett	48	7	2	1	
Patricia Dennis	48	6	9.3	1	
Vicki Fischenich	45	5	9.3	1	
50 - 54 FEMALE	AGE	PTS	MILES	EVT	VOL
Kammy Philbrick	50	30	16.7	4	*
Julie Randolph	52	26	20.3	3	
Tami Miller	51	26	11	4	*
Leesa Price	54	20	11	2	
Glenna Beyer	52	10	2	1	
Barbara Phipps	53	10	9.3	1	
Latha Tucker	54	10	10	1	
Mary Branscome	51	10	6.2	1	
Debbie Aguirre	50	9	3	1	
Young Moore	54	8	4	1	

55 - 59 FEMALE	AGE	PTS	MILES	EVT	VOL
Debbie Roman	55	50	11	5	
Cheryl Weber	58	20	8	2	
Sarah Gaxiola	58	17	4	2	
Suzan Caudle	58	0	63.5	7	**
60 - 99 FEMALE	AGE	PTS	MILES	EVT	VOL
Etta Mayer	62	57	49.2	6	
Josie Aleman	60	55	15	6	
Julie Selleck	60	20	4	2	
P. J. Sullivan	65	20	54.2	7	*
Carol Felton	68	9	3	1	
Carol Schempp	62	8	9.3	1	
ATHENA-age graded	AGE	PTS	MILES	EVT	VOL
Kristi Starr	40	71	46.9	7	
Katelyn Olsen	26	18	9.2	2	
Gabriela Saldana	47	17	4	2	
Stacey Lewis	30	14	23	3	
Maria Ramos	48	9	2	1	
Sherri Paterson	43	8	2	1	

**WEST TEXAS RUNNING CLUB'S ANNUAL
Hot Dam Runs
2 & 5 Mile Races**

EVENT # 8 OF THE W.T.R.C. CHALLENGE SERIES

WHEN: SATURDAY, August 13, 2011 Register online at <http://wtrunning.com> See Enclosed Mail in Form for Information On Site Registration: 7:00 to 7:30am Race Starts at 8:00am

WHERE: Martin Luther King, Jr. Memorial Area (Near water fall on Canyon Lake 6) East of MLK Blvd. at 22nd Street , Lubbock, TX

COURSE: Five mile and Two mile, out and back on asphalt, two short steep hills.

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

AGE DIVISIONS

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

Special age division for 2-mile: 7-12

Clydesdale and Athena group in both races.

AWARDS: Awards given to the first 3 in each age group and up to 50 percent in each age group, 5 Maximum

Entry Fee: W.T.R.C. Members \$5.00, Non Members \$10.00

Race day \$15.00 Everyone

RACE DIRECTOR:
806-785-5748

E-mail: randyholloway@sbcglobal.net



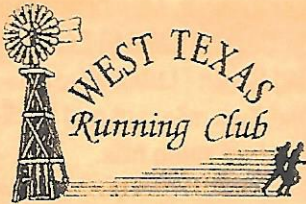
West Texas Running Club Event Calendar

Indicates WTRC Monthly Race & CHALLENGE SERIES EVENT

- AUG 02 **WTRC Board meeting:** Tuesday, 7:00pm
Ron's office, 3309-67th St, 806-781-0231
- AUG 06 **Sundown Roughneck Roadrace:** 5K/1M, 8:00am,
Sundown Tx, Emily Terry, 806-229-3163
- Aug 07 **Prude Ranch Races:** 10K/5K, Duathlon, Ft Davis TX
<http://www.fitnesscamp.org/ranchrace.html>
- AUG 06 **1st Annual Cross Country Scholarship Run:** 5K, 8:30am,
Canyon HS, www.lonestarrunnersclub.net
- * AUG 13 **HOT DAM RUNS:** 5M/2M, 8:00am, Canyon Lake#6,
22nd & MLK, PJ Sullivan, RD, 806-785-5748.
- * SEP 10 **SHALLOWATER STAMPEDE:** 10K/2M, 8:00am, Shallowater
High School, RD: Rod Burgett, 806-548-1796
- SEP 17 **Hale on Feet 5K(& Bike):** 8:45am, Plainview TX,
<http://site.haleonwheelsbikeride.com/>
Ron Appling, rappling2000@yahoo.com 806-291-3451
- SEP 17 **Shortgrass Scamper:** 10K/5K/1M, 8am, Archer City,
TX, <http://acshortgrassscampercom.webstarts.com>

- OCT 01 **17th Annual Race For the Cure:** 5K, 8:30am, Lubbock,
TX(non-timed event) <http://www.komenlubbock.org>
- OCT 01 **Crossroad Runs:** Marathon/Half Marathon/10K/5K,
Odessa, TX, <http://www.crossroadsmarathon.com>
- * OCT 08 **RED RAIDER ROAD RACE:** 10K/5K, 8:00am, TTU Rec Center,
RD'S: Amy McAlexander 806-252-2429 & Tammy Moriearty
806-438-5483
- OCT 22 **No Excuses 5k:** 5K, 9:00am, Amarillo College,
www.lonestarrunnersclub.net
- OCT 29 **Habitat Trick or Treat Trot:** 20K/10K/5K, 7:30am,
Midland, TX, Renae Ludrick 432/686-8877
- NOV 06 **Champs' 5K/1M:** 8:00am, Hillside Elementary, Amarillo, TX,
www.lonestarrunnersclub.net
- * NOV 12 **BUFFALO WALLOW RACE:** Half Marathon/2M, 9:00am,
Buffalo Springs Lake, RD: Mike, 806-765-0441

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



4509 71st Street #907
Lubbock, TX 79424
August 2011



Hot Dam Runs, August 13th, 2011

Mail 5.00 WTRC members & ages 7-12, \$10.00 non-members, \$15 Race Day
Registration Make Checks payable to: WTRC
Thru August 9 Mail checks & entry forms to: David Higgins
3401 Alcove Ave
Lubbock, TX 79407

Races start promptly at 8:00am
22nd & MLK BLVD
Lubbock, Texas
P.J.Sullivan, Race Director
(806) 785-5748

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.

Our insurance prohibits the use of strollers, skates/roller blades, pets or bicycles on the race course!

Signature of entrant _____ Signature of guardian (minors) _____

Age ____ (on race day) Date of Birth _____ Distance (circle one) 2 mile 5 mile

Male ____ Clydesdale (190+ lbs) _____ // Female ____ Athena (150 lbs or more) _____

Name _____

Address _____

City _____ State _____ Phone Number _____

Emergency Contact Name _____ Emergency Contact Phone _____

First 100 registrants receive a T-Shirt, courtesy of Oxy Health, Inc.

Ages 7 to 12 must run the 2 Mile, fee is 5.00, see WTRC Children's Running Guidelines/Policy. (wtrunning.com, Kids Page)

This NOT a closed course. Traffic hazards exist throughout the entire course!

Race day signup will be 7:00am to 7:30am ONLY