



4501 71st Street #907
Lubbock, TX 7924

February 2011

Volume 4, Issue 1

A Note from the President

I'm beginning to feel like the pastor of a church ... always asking the congregation to pitch in and help out to keep things operating smoothly ... to keep the mission alive. And yet, that is our ongoing need.

We clearly have plenty of what other running, cycling, and triathlon clubs envy ... an active membership with a steady, healthy growth rate, top-notch equipment and dedicated stewardship of that equipment, a first class website that allows us to properly publish our programs and results, and enough worker bees to keep us vital in what we do. But that didn't "just happen" ... real people with names stepped up and created the culture of this club. My fear is that we begin taking this success for granted. My fear is that as today's key volunteers move on or burn out we suddenly find little vacuums being created that eventually cause our event quality and safety, or other services to our membership, to suffer.

Over the next several months I will write about suggestions we have received on ways to increase or improve our "worker bee" population which the Board has agreed to try. Perhaps by throwing these ideas into a public forum, more of you can find ways to become active and insure the Club's future.

SYOTR, Ron

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

The WTRC monthly business meeting is on Tuesday, February 1, 2011 @ 7:00 p.m. at BSGM, 8215 Nashville (East of the Veteran's War Memorial). All Members are welcome.

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Cotton Patch Runs

8M, 4M, & 4M Relay
9:00 AM, Saturday, February 12, 2011
Texas Boys Ranch
4810 N. CR 2800, Lubbock, TX
David Higgins, RD
H(806) 785-8562, Cell (806) 535-7788

Directions to Texas Boys Ranch

From Lubbock: Take Hwy 62/82 (Idalou Highway) North to FM2641, turn west for 2 miles then North for 1/2 mile on CR 2800

Or:

Take MLK Blvd north from Loop 289, then right on FM 2641, proceed 3 miles East to CR 2800, turn left for 1/2 mile. Look for the large white gate with TBR sign.

WTRC Officers

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

Internal Vice-President – Vacant

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: mkelleyrn@yahoo.com

Directors

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

Internal Race Director
Randy Holloway
(H) 794-7512, (O) 771- 0329
E-mail: randyholloway@sbcglobal.net

Equipment Director -
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E-mail: rungwj@aol.com

Race Calendar Director
Suzan Caudle
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E-mail: suzieq5279407@yahoo.com

Membership Director
Amy McAlexander
(Cell) 806-252-2429
E-mail: amymcalexander@ttuhsc.edu

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

**West Texas Running Club
2011 Loop the Lake Race Director's Report**

Saturday, January 8th was a beautiful day with almost perfect running conditions - sunny day with a temperature in the high 40's at race time with almost no wind made for excellent running conditions. Mother nature was indeed kind to us on this winter day. The male overall winner Blake Bednarz (Lubbock) who set a new record in the two mile event with a time of 11:07. Audrey Baeza (Hobbs) established a new female record in the two mile as our overall winner with a time of 13:27.

The five mile overall winner who established a new record was Brandon Birdsong-Johnson (Alamosa, CO) with a time of 25:32. The five mile female overall winner was Leigh Cordes (Lubbock) with a time of 32:24. *A total of 18 new records were set.

Records set in the five mile were as follows:

- M-30-34 Nick Cordes, Lubbock M 25:52
- M-35-39 Quent Bearden, Lubbock M 28:04
- F-25-29 Briseida Ramos, Lubbock F 33:49
- F-Athena Kristi Starr, Lubbock F 43:01

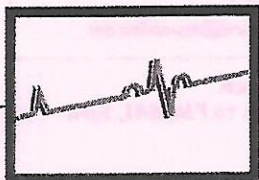
Two mile records were as follows:

- M-13-15 Joseph Flotte, Hobbs M 11:19
- M-30-34 Gabriel Olivarez, Lubbock M 14:29
- M-35-39 Lee Cohen, Lubbock M 12:00
- M-40-44 Juan Herrera, Sundown M 14:47
- M-45-49 Abel Reyna, Lubbock M 14:43
- M-55-59 Jackie Cannon, Amarillo M 13:15
- M-60-64 Rob Lee, Lubbock M 20:35
- M-70-99 David Lard, Amarillo M 17:33
- F-6-12 Avery McName, Lubbock F 15:26
- F-40-44 Deana Martin, Shallowater F 18:23
- F-55-59 Beth Gerken, Amarillo F 17:45

A total of 264 runners participated in the Loop the Lake 5 & 2 Mile Races. This is up greatly from a total of 133 in 2010. Our race could not have taken place without the efforts of many dedicated volunteers. I want to thank: David Aguirre, Tony Aleman, Marsha Bennett, Luis Cardenas, Suzan Caudle, Terry Dalton, Bill Felton, David Higgins, Randy Holloway, Michaela Jansen, Janda Jackson, George Jury, Kevin Lair, Rick Lampe, Laura Lappe, Ron Lubowicz, Ray Major, P.J. Mitchell, Wayne Sullivan, and Ralph Wolf. I'm sure other important volunteers made contributions and we thank them as well. It was a real pleasure to work with these fine people!

David Doyle (for the West Texas Running Club)

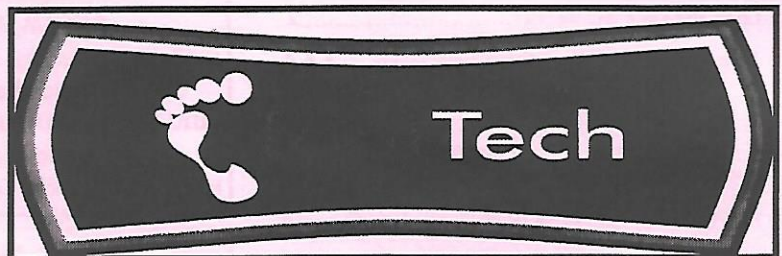
Pj Mitchell, C.C.T., I.M.T



- MEDICAL MASSAGE
- LYPOSSAGE
- SPORT TRAINING



Pager 806.721.9940



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

West Texas Running Club
20th ANNUAL LOOP THE LAKE
2 Mile and 5 Mile Road Races
Lubbock, Texas January 8, 2011

5 MILE OVERALL RESULTS				
Place	Name	Town	St Ag S Div Div	5 Pace
1	Brandon Birdsong-Johns	ALAMOSA	CO 22 M 1 M2024	25:32 5:07
2	Nick Cordes	LUBBOCK	TX 31 M 1 M3034	25:52 5:11
3	JULIAN FLOREZ	HOBBS	NM 18 M 1 M1619	27:40 5:32
4	QUENT BEARDEN	LUBBOCK	TX 35 M 1 M3539	28:04 5:37
5	John Keith	LUBBOCK	TX 21 M 2 M2024	30:23 6:05
6	JERRED HURST	LUBBOCK	TX 31 M 2 M3034	31:03 6:13
7	ROBERT GUINN	IDALOU	TX 17 M 2 M1619	31:13 6:15
8	MARTIN MONTALVO	PLAINVIEW	TX 46 M 1 M4549	31:42 6:21
9	DAVID GUINN	IDALOU	TX 44 M 1 M4044	32:15 6:27
10	Leigh Cordes	LUBBOCK	TX 32 F 1 F3034	32:24 6:29
11	HEATH PENNELL	LUBBOCK	TX 43 M 2 M4044	32:43 6:33
12	TIMOTHY PEIKERT	WOLFFORTH	TX 16 M 3 M1619	32:59 6:36
13	CHRIS TOELLE	LUBBOCK	TX 37 M 2 M3539	33:33 6:43
14	Damon Chase	LEVELLAND	TX 33 M 3 M3034	33:34 6:43
15	Marcus O'Con	DALLAS	TX 40 M 3 M4044	33:46 6:46
16	CHRISTOPHER RAMIREZ	LUBBOCK	TX 28 M 1 M2529	33:46 6:46
17	Zach Manning	LUBBOCK	TX 29 M 2 M2529	33:49 6:46
18	Briseida Ramos	LUBBOCK	TX 27 F 1 F2529	33:49 6:46
19	CODY MILLER	LUBBOCK	TX 44 M 4 M4044	33:54 6:47
20	Eric Fisher	LUBBOCK	TX 39 M 3 M3539	34:00 6:48
21	Josh Castro	IDALOU	TX 14 M 1 M1315	34:13 6:51
22	Jeff Hancock	LUBBOCK	TX 33 M 4 M3034	34:17 6:52
23	JOE KUESER	LUBBOCK	TX 49 M 2 M4549	34:23 6:53
24	JOHN COLLINS	LUBBOCK	TX 28 M 3 M2529	34:36 6:56
25	ALEXANDER BETHENCOURT	AMARILLO	TX 24 M 3 M2024	34:42 6:57
26	Epi Aguirre	LUBBOCK	TX 52 M 1 M5054	34:44 6:57
27	IRIS RIVERO	LUBBOCK	TX 35 F 1 F3539	34:47 6:58
28	Jana Redwine	LUBBOCK	TX 30 F 2 F3034	35:33 7:07
29	Eugene Cantu	LUBBOCK	TX 35 M 4 M3539	35:40 7:08
30	SCOTT BURRIS	LUBBOCK	TX 41 M 5 M4044	36:19 7:16
31	Jim Higgins	LUBBOCK	TX 50 M 2 M5054	36:20 7:16
32	JOSEPH WILSON	LUBBOCK	TX 55 M 1 M5559	36:26 7:18
33	AMANDA BOSTON	LUBBOCK	TX 26 F 2 F2529	36:30 7:18
34	Mont McClendon	LUBBOCK	TX 38 M 5 M3539	36:46 7:22
35	Corey King	LUBBOCK	TX 36 M 6 M3539	37:06 7:26
36	Wesley Everett	LUBBOCK	TX 36 M 7 M3539	37:31 7:31
37	Jordan Hudgens	LUBBOCK	TX 27 M 4 M2529	37:39 7:32
38	JERROD MARTIN	LUBBOCK	TX 35 M 8 M3539	37:46 7:34
39	RUSS HORN	LUBBOCK	TX 36 M 9 M3539	37:55 7:35
40	BRETT PEIKERT	WOLFFORTH	TX 43 M 6 M4044	38:17 7:40
41	Rod Burgett	SHALLOWATER	TX 46 M 3 M4549	38:20 7:40
42	Rick Wannemacher	LUBBOCK	TX 56 M 2 M5559	38:30 7:42
43	SHANNON HIMANGO	LEVELLAND	TX 44 M 1 CLYDE	38:45 7:45
44	COLLEEN WISDOM	LUBBOCK	TX 35 F 2 F3539	38:52 7:47
45	JONATHAN WRIGHT	LUBBOCK	TX 31 M 5 M3034	39:12 7:51
46	GARY EVANS	LUBBOCK	TX 30 M 6 M3034	39:13 7:51
47	Allison Nguyen	LUBBOCK	TX 27 F 3 F2529	39:29 7:54
48	SEAN SCHWARZENTRAUB	LUBBOCK	TX 43 M 8 M4044	39:33 7:55
49	Eddy Morelock	LUBBOCK	TX 39 M 10 M3539	39:52 7:59
50	Cliff Lewallen	LUBBOCK	TX 47 M 4 M4549	40:09 8:02
51	HUNTER SCOTT	LUBBOCK	TX 24 M 4 M2024	41:15 8:15
52	Leesa Price	LUBBOCK	TX 54 F 1 F5054	41:16 8:16
53	BRADY COOK	LUBBOCK	TX 28 M 5 M2529	41:18 8:16
54	WES SCHOLZ	RANSOM CNYN	TX 34 M 7 M3034	41:23 8:17
55	TANNER VICKERS	LUBBOCK	TX 24 M 5 M2024	41:24 8:17
56	Paul Moats	ABERNATHY	TX 44 M 9 M4044	41:25 8:17
57	Debbie Gelber	LUBBOCK	TX 42 F 1 F4044	41:31 8:19
58	Lee Handlin	LUBBOCK	TX 41 F 2 F4044	41:36 8:20
59	Kendra Brown	LUBBOCK	TX 25 F 4 F2529	41:40 8:20
60	LAWRENCE SCHOVANEC	LUBBOCK	TX 58 M 3 M5559	41:41 8:21
61	JERRY DWYER	LUBBOCK	TX 51 M 3 M5054	41:42 8:21
62	DEREK FIAS	LUBBOCK	TX 29 M 6 M2529	41:59 8:24
63	ERNEST CAVAZOS	PLAINVIEW	TX 39 M 11 M3539	42:18 8:28
64	Kathleen McGaughey	LUBBOCK	TX 24 F 1 F2024	42:23 8:29
65	CHAD ELROD	LUBBOCK	TX 34 M 8 M3034	42:44 8:33
66	Christine Steen	LUBBOCK	TX 31 F 3 F3034	42:52 8:35
67	Ben Boston	LUBBOCK	TX 26 M 7 M2529	43:01 8:37
68	Kristi Starr	LUBBOCK	TX 40 F 3 F4044	43:01 8:37
69	Andrew Huff	LUBBOCK	TX 29 M 8 M2529	43:05 8:37

5 MILE OVERALL RESULTS				
Place	Name	Town	St Ag S Div Div	5 Pace
70	Ken Spain	LUBBOCK	TX 57 M 4 M5559	43:10 8:38
71	MITCH MONROE	LUBBOCK	TX 50 M 4 M5054	43:22 8:41
72	Farrell Martin	SHALLOWATER	TX 44 M 10 M4044	43:24 8:41
73	Brandon Hughes	LUBBOCK	TX 37 M 12 M3539	43:24 8:41
74	DAVID FULLER	LUBBOCK	TX 46 M 5 M4549	43:24 8:41
75	Fred Weber	GRAND JUNCTN	CO 59 M 5 M5559	43:26 8:42
76	DANIELLE WILSON	LUBBOCK	TX 26 F 5 F2529	43:27 8:42
77	David Weaver	LUBBOCK	TX 59 M 6 M5559	43:32 8:43
78	RONNIE TROLLINGER	LUBBOCK	TX 51 M 5 M5054	43:44 8:45
79	Taylor Huckaby	LUBBOCK	TX 24 F 2 F2024	43:50 8:46
80	Sonia Rodriguez	LUBBOCK	TX 30 F 4 F3034	44:03 8:49
81	Shaun Fant	LUBBOCK	TX 42 M 11 M4044	44:08 8:50
82	Brad Stanford	WOLFFORTH	TX 41 M 12 M4044	44:13 8:51
83	Aaron Diaz	LUBBOCK	TX 36 M 13 M3539	44:33 8:55
84	Rachael Miller	LUBBOCK	TX 30 F 4 F3034	44:51 8:59
85	Chris Miller	LUBBOCK	TX 35 M 14 M3539	44:52 8:59
86	KAMI SANDERS	LUBBOCK	TX 24 F 3 F2024	44:54 8:59
87	Sarah Goodman	LUBBOCK	TX 28 F 6 F2529	45:00 9:00
88	Mandy Poklikuha	LUBBOCK	TX 32 F 6 F3034	45:15 9:03
89	Ronnie Adams	LUBBOCK	TX 35 M 15 M3539	45:37 9:08
90	Jennifer Farris	LUBBOCK	TX 32 F 7 F3034	45:41 9:09
91	Ed Price	LUBBOCK	TX 54 M 6 M5054	45:45 9:09
92	LEDAH WELCH	WOLFFORTH	TX 28 F 7 F2529	46:00 9:12
93	AMY MCALEXANDER	LUBBOCK	TX 30 F 8 F3034	46:11 9:15
94	GORDEN JENKINS	AMARILLO	TX 70 M 1 M7099	46:13 9:15
95	Caleb Phillips	LUBBOCK	TX 30 M 9 M3034	46:24 9:17
96	Alison Blalock	LUBBOCK	TX 24 F 4 F2024	46:24 9:17
97	CRAIG COX	LUBBOCK	TX 36 M 16 M3539	46:34 9:19
98	Destiny Flores	LUBBOCK	TX 26 F 8 F2529	46:58 9:24
99	Belisa Waldrop	LUBBOCK	TX 43 F 4 F4044	47:30 9:30
100	MATT LILLEY	LUBBOCK	TX 34 M 10 M3034	48:10 9:38
101	KRISTEN WRIGHT	LUBBOCK	TX 30 F 9 F3034	48:19 9:40
102	Flavio Leal	LITTLEFIELD	TX 30 M 11 M3034	48:28 9:42
103	Michelle Garcia	LUBBOCK	TX 34 F 10 F3034	48:39 9:44
104	DANNY MUNOZ	LUBBOCK	TX 36 M 17 M3539	48:42 9:45
105	Deborah Bahme	LUBBOCK	TX 39 F 3 F3539	48:49 9:46
106	Mike Kelley	LUBBOCK	TX 61 M 1 M6064	49:00 9:48
107	Sarah Floyd	LUBBOCK	TX 36 F 4 F3539	49:23 9:53
108	Craig Peterson	HOBBS	NM 54 M 7 M5054	49:36 9:56
109	Shawn Lawler	LUBBOCK	TX 37 M 18 M3539	49:50 9:58
110	Erin Dulin	SHALLOWATER	TX 32 F 11 F3034	50:04 10:01
111	KATE KUESER	LUBBOCK	TX 48 F 1 F4549	50:08 10:02
112	REBECCA GOMEZ	LUBBOCK	TX 37 F 5 F3539	50:27 10:06
113	KAREN CADDEL	LUBBOCK	TX 38 F 6 F3539	50:42 10:09
114	Erica Quebe	LUBBOCK	TX 17 F 1 F1619	50:48 10:10
115	Nonnie Peters	LUBBOCK	TX 31 F 12 F3034	50:51 10:11
116	CLAY ERWIN	LUBBOCK	TX 29 M 9 M2529	50:52 10:11
117	Dee Knapp	LUBBOCK	TX 43 F 5 F4044	50:53 10:11
118	Christy Hennigan	LUBBOCK	TX 37 F 7 F3539	50:53 10:11
119	Gwen Lappley	LUBBOCK	TX 48 F 2 F4549	50:55 10:11
120	CHANDA WHITE	LUBBOCK	TX 37 F 8 F3539	50:56 10:11
121	Shannon Crawford	LUBBOCK	TX 31 F 13 F3034	50:56 10:12
122	AMY SWAN	LUBBOCK	TX 28 F 9 F2529	50:57 10:12
123	Michael McDonald	LUBBOCK	TX 62 M 2 M6064	51:08 10:14
124	SCOTT WADE	LEVELLAND	TX 46 M 6 M4549	51:12 10:15
125	Jerry perez	LUBBOCK	TX 41 M 13 M4044	51:52 10:23
126	APRIL COVINGTON	LUBBOCK	TX 26 F 10 F2529	51:55 10:23
127	SUSAN EVERETT	LUBBOCK	TX 33 F 14 F3034	51:58 10:24
128	Lori Nielsen-Gnzalez	LUBBOCK	TX 38 F 9 F3539	52:12 10:27
129	Holly Goebel	LUBBOCK	TX 29 F 11 F2529	52:18 10:28
130	Kadie Burnam	SMYER	TX 30 F 15 F3034	52:28 10:30
131	Tameisha Bolen	SMYER	TX 35 F 10 F3539	52:46 10:34
132	Estella Hernandez	LUBBOCK	TX 44 F 6 F4044	52:48 10:34
133	BRANUM NOBLE	LUBBOCK	TX 30 M 12 M3034	52:54 10:35
134	Kimberly Perry	LUBBOCK	TX 41 F 7 F4044	53:27 10:42
135	SAM DENNIS	LUBBOCK	TX 48 F 3 F4549	53:28 10:42
136	CHRIS MILFORD	LUBBOCK	TX 37 M 19 M3539	53:49 10:46

West Texas Running Club
 20th ANNUAL LOOP THE LAKE
 2 Mile and 5 Mile Road Races
 Lubbock, Texas January 8, 2011

2 MILE OVERALL RESULTS					
Place Name	Town	St Ag	S Div	Div 2	Pace
1 Blake Bednarz	LUBBOCK	TX 26 M	1 M2529	11:07	5:34
2 JOSEPH FLOTTE	HOBBS	NM 15 M	1 M1315	11:19	5:40
3 AUSTIN PEREZ	HOBBS	NM 17 M	1 M1619	11:48	5:54
4 Lee Cohen	LUBBOCK	TX 38 M	1 M3539	12:00	6:00
5 JACKIE CANNON	AMARILLO	TX 55 M	1 M5559	13:15	6:38
6 CURTIS NORROD	LUBBOCK	TX 26 M	2 M2529	13:25	6:43
7 AUDREY BAEZA	HOBBS	NM 18 F	1 F1619	13:27	6:44
8 AVERY NUNEZ	PLAINVIEW	TX 15 M	2 M1315	13:37	6:49
9 Jake Brownfield	LUBBOCK	TX 13 M	3 M1315	13:45	6:53
10 RIKI SAMPSON	LUBBOCK	TX 8 M	1 M0112	14:10	7:05
11 Xavien Hernandez	LUBBOCK	TX 9 M	2 M0112	14:27	7:14
12 Gabriel Olivarez	LUBBOCK	TX 34 M	1 M3034	14:29	7:15
13 Kenny Powell	LUBBOCK	TX 36 M	2 M3539	14:31	7:16
14 ABEL REYNA	LUBBOCK	TX 47 M	1 M4549	14:43	7:22
15 JUAN HERRERA	SUNDOWN	TX 40 M	1 M4044	14:47	7:24
16 Shannon Anderson	LUBBOCK	TX 39 M	3 M3539	15:00	7:30
17 Carson Miller	LUBBOCK	TX 8 M	3 M0112	15:04	7:32
18 Christopher Sams	BALTIMORE	MD 26 M	3 M2529	15:05	7:33
19 Avery McName	LUBBOCK	TX 12 F	1 F0112	15:26	7:43
20 Jerry Adams	LUBBOCK	TX 35 M	4 M3539	15:50	7:55
21 SAMANTHA CARDENAS	LUBBOCK	TX 11 F	2 F0112	16:06	8:03
22 DILLON VANWINKLE	LUBBOCK	TX 16 M	2 M1619	16:07	8:04
23 Maddi Kauffman	LUBBOCK	TX 16 F	2 F1619	16:08	8:04
24 SCOTT VANWINKLE	LUBBOCK	TX 54 M	1 M5054	16:08	8:04
25 JOHN CLEMENTS	LUBBOCK	TX 54 M	2 M5054	16:09	8:05
26 Sarah Delacruz	LUBBOCK	TX 9 F	3 F0112	16:12	8:06
27 Cody Brockman	LUBBOCK	TX 29 M	4 M2529	16:19	8:10
28 Isaac Munoz Jr.	LUBBOCK	TX 34 M	2 M3034	16:31	8:16
29 ARIEL DIAZ	LUBBOCK	TX 11 F	4 F0112	16:34	8:17
30 LEXI BANDY	LUBBOCK	TX 11 F	5 F0112	16:35	8:18
31 LORENZO PADILLA	LUBBOCK	TX 56 M	2 M5559	16:36	8:18
32 ARTURO OLIVAREZ	LUBBOCK	TX 28 M	5 M2529	16:39	8:20
33 Claudia Ramos	LUBBOCK	TX 25 F	1 F2529	16:39	8:20
34 Hedge Martin	LUBBOCK	TX 35 M	5 M3539	17:02	8:31
35 Victoria Hernandez	LUBBOCK	TX 11 F	6 F0112	17:06	8:33
36 Noah Rodriguez	LUBBOCK	TX 11 M	4 M0112	17:21	8:41
37 MACIE LILLEY	LUBBOCK	TX 11 F	7 F0112	17:21	8:41
38 DAVID LARD	AMARILLO	TX 74 M	1 M7099	17:33	8:47
39 KELLYN DAVIES	LUBBOCK	TX 12 F	8 F0112	17:37	8:49
40 BETH GERKEN	AMARILLO	TX 56 F	1 F5559	17:45	8:53
41 ZAIN HUBERT	LUBBOCK	TX 14 M	4 M1315	17:48	8:54
42 Amy Lovett	PORTALES	NM 32 F	1 F3034	17:50	8:55
43 CATHERINE CANNON	LUBBOCK	TX 11 F	9 F0112	17:51	8:56
44 Fred Constancio	LUBBOCK	TX 58 M	3 M5559	17:52	8:56
45 Mariah Leal	LUBBOCK	TX 12 F	10 F0112	17:58	8:59
46 Shannon McClendon	LUBBOCK	TX 38 F	1 F3539	18:06	9:03
47 Austin Martin	SHALLOWATER	TX 15 M	5 M1315	18:08	9:04
48 Amy Martin	LUBBOCK	TX 21 F	1 F2024	18:14	9:07
49 TROY PRATT	LUBBOCK	TX 44 M	2 M4044	18:18	9:09
50 BLAKE PEREZ	LUBBOCK	TX 25 M	6 M2529	18:20	9:10
51 Deana Martin	SHALLOWATER	TX 42 F	1 F4044	18:23	9:12
52 Joe frank Martin	LUBBOCK	TX 51 M	3 M5054	18:25	9:13
53 Chris Gallarneau	LUBBOCK	TX 35 M	6 M3539	18:29	9:15
54 Les Kinman	LUBBOCK	TX 45 M	2 M4549	18:31	9:16
55 Jacey Hise	LUBBOCK	TX 11 F	11 F0112	18:31	9:16
56 ALLISON SCOTT	LUBBOCK	TX 12 F	12 F0112	18:36	9:18
57 SARAH MOLINAR	LUBBOCK	TX 12 F	13 F0112	18:38	9:19
58 Zachary Ross	LUBBOCK	TX 7 M	5 M0112	18:43	9:22
59 Wendy Anderson	LUBBOCK	TX 40 F	2 F4044	18:57	9:29
60 ROY GONZALEZ	LUBBOCK	TX 38 M	7 M3539	19:01	9:31
61 ABRAHAM MONTALVO	PLAINVIEW	TX 12 M	6 M0112	19:07	9:34
62 Edgar Dominguez	HOBBS	NM 22 M	1 M2024	19:07	9:34
63 JIM HARRIS	HOBBS	NM 68 M	1 M6569	19:09	9:35
64 Sharia Kinman	LUBBOCK	TX 42 F	3 F4044	19:14	9:37
65 Sandy Miller	LUBBOCK	TX 44 F	4 F4044	19:15	9:38
66 Adison McName	LUBBOCK	TX 12 F	14 F0112	19:21	9:41
67 KRISTILIE REYNA	LUBBOCK	TX 47 F	1 F4549	19:28	9:44
68 KATELIN HEISE	LUBBOCK	TX 9 F	15 F0112	19:30	9:45

2 MILE OVERALL RESULTS					
Place Name	Town	St Ag	S Div	Div 2	Pace
69 James Preiss	LUBBOCK	TX 50 M	4 M5054	19:31	9:46
70 Larry Bloskas	ANTON	TX 49 M	3 M4549	19:33	9:47
71 Gail Faries	LUBBOCK	TX 51 M	5 M5054	19:38	9:49
72 Natalie Rayburn	LUBBOCK	TX 8 F	16 F0112	19:50	9:55
73 Kamryn McName	LUBBOCK	TX 7 F	17 F0112	20:04	10:02
74 Lorelei Mitchell	LUBBOCK	TX 10 F	18 F0112	20:13	10:07
75 CANDICE NORROD	LUBBOCK	TX 26 F	2 F2529	20:20	10:10
76 CARSON HEISE	LUBBOCK	TX 5 M	7 M0112	20:21	10:11
77 Jessica Odorizzi	LUBBOCK	TX 24 F	2 F2024	20:23	10:12
78 JAMES PRATT	LUBBOCK	TX 69 M	2 M6569	20:24	10:12
79 Tamara Klatt	SHALLOWATER	TX 39 F	2 F3539	20:28	10:14
80 ROB LEE	LUBBOCK	TX 63 M	1 M6064	20:35	10:18
81 Glenna Beyer	LUBBOCK	TX 52 F	1 F5054	20:40	10:20
82 TAMARA VICKERS	LUBBOCK	TX 24 F	3 F2024	20:55	10:28
83 Ross Cohen	LUBBOCK	TX 7 M	8 M0112	21:53	10:57
84 Estela Escamilla	LUBBOCK	TX 54 F	2 F5054	22:16	11:08
85 Joe Narvais	LUBBOCK	TX 50 M	6 M5054	22:17	11:09
86 Marek Potratz	LUBBOCK	TX 29 M	7 M2529	22:18	11:09
87 Jorond Gault	LUBBOCK	TX 40 F	5 F4044	22:24	11:12
88 Johnna Casaus	PORTALES	NM 21 F	4 F2024	22:31	11:16
89 VERONICA LONGONA	LUBBOCK	TX 31 F	2 F3034	22:33	11:17
90 Elizabeth Williams	LUBBOCK	TX 23 F	5 F2024	22:35	11:18
91 Bryant Parrott	LUBBOCK	TX 8 M	9 M0112	22:44	11:22
92 Brett Morris	LUBBOCK	TX 11 M	10 M0112	22:46	11:23
93 Caleb Starr	LUBBOCK	TX 10 M	11 M0112	22:57	11:29
94 Caitlin LeBoeuf	LUBBOCK	TX 21 F	6 F2024	23:06	11:33
95 Myrna Salazar	LUBBOCK	TX 26 F	3 F2529	23:33	11:47
96 Heather Keister	LUBBOCK	TX 32 F	3 F3034	23:37	11:49
97 Shanna Faries	LUBBOCK	TX 26 F	4 F2529	25:02	12:31
98 Sandra Gallegos	LUBBOCK	TX 49 F	2 F4549	25:44	12:52
99 Roberta Beam	LUBBOCK	TX 36 F	3 F3539	25:51	12:56
100 Josie Aleman	LUBBOCK	TX 59 F	2 F5559	26:10	13:05
101 MADELEINE DAVIS	LUBBOCK	TX 6 F	19 F0112	26:12	13:06
102 AMY JONES	LUBBOCK	TX 26 F	5 F2529	26:13	13:07
103 CAROL STRAHAN	LUBBOCK	TX 55 F	3 F5559	26:21	13:11
104 Sherri Patterson	LUBBOCK	TX 42 F	6 F4044	27:12	13:36
105 THOMAS HAYES	LUBBOCK	TX 9 M	12 M0112	27:43	13:52
106 Avery Dickson	LUBBOCK	TX 10 F	20 F0112	28:12	14:06
107 Kenzlee Runnels	LUBBOCK	TX 6 F	21 F0112	28:14	14:07

Continue 5 MILE OVERALL RESULTS

Place Name	Town	St Ag	S Div	Div 5	Pace
137 MIKE GREER	RANSOM CNYN	TX 72 M	2 M7099	53:55	10:47
138 Brenda Roberts	LUBBOCK	TX 38 F	11 F3539	53:58	10:48
139 Angela Echols	LUBBOCK	TX 41 F	8 F4044	53:58	10:48
140 Malinda Colwell	LUBBOCK	TX 37 F	12 F3539	54:11	10:51
141 LANETTE WINDHAM	LUBBOCK	TX 43 F	9 F4044	54:49	10:58
142 Staci Bearden	LUBBOCK	TX 38 F	13 F3539	55:23	11:05
143 Jay Dulin	SHALLOWATER	TX 36 M	20 M3539	56:19	11:16
144 Stephanie Garcia	LUBBOCK	TX 33 F	16 F3034	56:23	11:17
145 Douglas Sanford	LUBBOCK	TX 62 M	3 M6064	56:44	11:21
146 JAMES LIVERMORE	LUBBOCK	TX 63 M	4 M6064	56:48	11:22
147 Amalia Aguero	LUBBOCK	TX 35 F	14 F3539	57:00	11:24
148 Amanda Miller	LUBBOCK	TX 40 F	10 F4044	59:32	11:55
149 Carol Hise	LUBBOCK	TX 38 F	15 F3539	1:00:30	12:06
150 MISTY SCOTT	LUBBOCK	TX 35 F	16 F3539	1:00:31	12:07
151 Stacey Lewis	LUBBOCK	TX 30 F	17 F3034	1:00:48	12:10
152 CYNDI KING	LUBBOCK	TX 41 F	11 F4044	1:00:54	12:11
153 Julie Randolph	LUBBOCK	TX 52 F	2 F5054	1:00:54	12:11
154 Valerie Salinas	LUBBOCK	TX 29 F	17 F2529	1:01:49	12:22
155 GREG MILFORD	LUBBOCK	TX 41 M	14 M4044	1:02:55	12:35
156 ANDI GIBERSON	LUBBOCK	TX 45 F	4 F4549	1:03:59	12:48
157 Cayce Noble	LUBBOCK	TX 30 F	18 F3034	1:04:00	12:48

CHALLENGE SERIES AWARDS BANQUET

Those of you who missed the only annual social event we have really did miss a wonderful meal and good fellowship. In the future we'd like to see every member come and get better acquainted with your fellow club members even if you did not qualify for an award.

The rule for the Challenge Series are included elsewhere in this newsletter, but to summarize one must participate in at least 4 races during the year, volunteering at one race and running in 3 races. We do have special awards for those who participate as a volunteer at a lot of races, but are unable to run enough to qualify with the "points" category.

Those receiving "Special Service" awards were, Tony Aleman, David Higgins, Suzan Caudle, Terry Dalton, Randy Holloway, Ron Lubowicz and the "VOLUNTEER of the YEAR", Shannon Anderson. High Points winners were, Damon Provence(118), David Doyle(112), Martin Montalvo(101), Iris Rivero(95) and Amanda Boston with 94.

Those with the highest miles total were Randy Holloway with 105.4 miles, David Higgins with 104.3 miles and Suzan Caudle with 103.2 miles. The most miles available to qualify in this category is 95.9, but race directors get double miles for the race they are in charge of.

Volunteers are expected to notify the Race Director and are expected to arrive at the race site 1.5 hours prior to race start and stay until everything is packed up after the awards. As keeper of the statistics, I want you to know that it is hard to pick out newer members in the race results and if I miss anyone, please e-mail me at rungwj@aol.com The tentative date for the 2011 awards banquet will be January 21, 2012.

Thank you, George W. Jury

RUNNING INSPIRATION

I am amazed at the recent increase in participants at our races and am wondering what is the motivation behind this sudden interest. I don't see the influence of people like we had back in the late sixties and early seventies. People like Dr. Kenneth Cooper, the father of "aerobics", Frank Shorter the 1972 Olympic marathon winner, Bill Rodgers, the 4 time Boston and New York Marathon winner, Jim Fixx, the author of the "COMPLETE BOOK OF RUNNING", Dr. George Sheehan, the foremost philosopher of running, and Joe Henderson and Hal Higdon, runners who became articulate writers, and not to mention Alberto Salazar and Dick Beardsley, known mainly for their "Duel in the Sun" marathon finish at Boston in 1982, now known for coaching and motivational speaker respectfully. Dick just recently had his second knee replacement surgery and still plans on running next year's Boston Marathon on the 20th anniversary of that memorable race.

Now that I no longer run, I still enjoy getting Joe Henderson's weekly e-mail, even though I don't read Runner's World or Running Times anymore, except the e-mail versions. I do get TEXAS RUNNER/TRIATHLETE and would encourage everyone to take it. Dick Beardsley has an article in it nearly every month. You can subscribe to Joe Henderson's blog at <http://www.joehenderson.com/> Below is an excerpt from Joe's weekly article last week (Jan 14) about how tough runners are, and I would like to post some personal comments at the end.

Our sport doesn't offer a version of the walker's stroll, a swimmer's float or a biker's coast. Some runs are tougher than others, but none is truly easy. Running toughness isn't like the meanness that an NFL linebacker directs against a ball-carrier. Ours is a quiet, long-suffering toughness -- a survival instinct rather than a killer instinct -- directed as much inward as outward. Distance races aren't so much runner-against-runner competitions as contests of runner-against-self.

To a distance racer toughness means starting and finishing, enduring and improving, weathering problems and correcting mistakes. Toughness means knowing when to push on and when to pull back, when to psych up and when to calm down. It's learning how to be single-minded and how to fit running into a full life.

Runner toughness is equal parts persistence and experience. You don't so much outrun opponents as outlast and outsmart them, and the toughest opponent of all is the one inside your head. Two pioneering sports psychologists, Dr. Bruce Ogilvie and Dr. Thomas Tutko, once exposed the runner in my brain, and he appeared to be rather wimpy. Late in my serious racing career I took their test for 11 desirable traits in competitors. They ranked me against the thousands of athletes tested at their Institute for the Study of Athletic Motivation. High scores on the 100-point scale meant great mental strength, and vice versa. On three crucial measures -- leadership, aggressiveness and mental toughness -- my scores languished around the 15th percentile. Ogilvie and Tutko rated me "an extremely tender-minded athlete."

I accept that assessment. I've never logged a 100-mile week, which is standard practice for harder-working runners. I've never once collapsed from exhaustion, as stronger-willed athletes do when they push too far. Still, I've done pretty well as a runner. I've raced hundreds of times, won some state high school titles and a college scholarship, and played a small role in some of the nation's biggest events. My running career has shown a form of toughness that Ogilvie and Tutko didn't measure: tough enough to survive. If my "tender-mindedness" carried me this far, then you too can surely succeed. You might just need two compensating strengths.

First, if you can't be a fighter, then be a lover. Learn to love running so you'll want to keep doing it. By doing more, you'll grow fitter and faster without fighting yourself or anyone else any harder. Second, if you can't get any tougher, then get smarter. Learn tricks for getting the most success from your available mental muscle."

There are probably only a handful of our members who actually remember when I was running in our races and occasionally went to out of town events. It's been almost 15 years since I ran my last race. I like to think I was a "tough" runner who did not start to participate in races until in my 42nd year, but I did not get "smart" about it until late in my 48th year when I was always having some type of injury trying to run 6 days a week averaging around 45 miles a week and getting up to 60 miles a week preparing for a marathon. As a youngster, the only sport I was any good at was football and even though I was small, I began learning how to run with a football in the 6th grade. I still love the sport of football and believe that the things I learned made me not only a tough runner, but a smart one also. As a sophomore in high school, I was once described as a "125 pound package of dynamite from Texas" by the local newspaper in Stockton, Missouri. Those of you who follow professional football see those 250 to 270 pound running backs who bowl over the opposition with brute force, but the really smart ones like Emmet Smith, Ladainian Tomlinson and Adrian Peterson, to name a few, use their brain and finesse and usually last longer in that tough arena than those "brutes".

George W. Jury

WTRC Challenge Series Rules

The WTRC CHALLENGE SERIES continues for 2009, 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. (There will be no duplication of awards) 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 101 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 ** An award will be presented to the male and female members who accumulate the most miles for the year in qualifying events. All provisions for Race Directors and volunteers listed above apply to this category.
3. PARTICIPATION AWARD ** An award will be presented to the female and male members who participate in the greatest number of qualifying events. 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 on July 4th. 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.

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.

New Members, Welcome to the West Texas Running Club! If you would like to receive your newsletter via email rather than regular mail, please e-mail Rose Hoeve, WTRC newsletter editor at rosehoeve@hotmail.com

WTRC Thanks!

A little over 34 years ago I joined the West Texas Running Club and have been a member ever since. When I joined it I really didn't know much about it other than they put on a monthly race for a bunch of crazies that preferred to run as a hobby. The first event I ran in I took son Mike (not a Jr.) and we both realized after the first mile of this 5 mile race, that these guys and gals were serious about their running. Since I had never run a road race and the furthest distance I had ever run in a race was 440 yards, when I was a track man in high school and college, the 5 miles looked very long. As we started out I noticed some started out real fast and others did not. As I looked in front of me and saw all the people ahead of me I told myself that they would burn out and I would reel them in. What a dreamer I was, these people were maintaining their distance from both of us. Not only were they maintaining their distance some of them were going out of sight, making me feel like I was dragging an anvil. So, as we crossed the line after 43 minutes we learned that this West Texas Running Club bunch were not only serious but they could put 'em up and lay 'em down and had a cardiovascular capacity that were much different than mine. While I was breathing hard and gasping for every breath these dudes and dudettes were running along effortlessly and making me feel like a real novice, which I was. As the years went by I was able to bring my 5 mile time down a little bit, to something like 35-37 minutes but I still had the hard breathing, and gasping for air feeling as I ran. So, yesterday I entered the 5 mile road race at Buddy Holly park and chugged along at 53 minutes and felt great. Fact is I felt so great I thought I was running it in 37 minutes, funny how the mind can fool you when you least suspect it. As I came across the line there were a few comments about the "ole man finishing" and the useless chatter that goes with "age awareness month," which is every month the planet exists and something I just made up for this blog. I also had some people who ask me how I felt and how the run was for me, my comment simply put, "I started out slow and tapered off." That always seems to draw a few grins instead of pity, and we go on to how nice the weather was or is. Actually the weather was good even at 26 degrees and a slight wind, but plenty of sun so I know I got some vitamin D. Then after returning home I got to thinking about this bunch called the West Texas Running Club and started thinking about how great it is to have such a strong organization that has been serving the runners of this area for nearly 40 years. The leadership and organization of this totally volunteer non-profit club is beyond reproach. The club has had such a great succession in leadership that it seems that no matter who is on the board or whoever is the president, the continuity of quality leadership is always there. As I look at other non-profits I have been involved in, and even served in the leadership of some of them, I feel that the West Texas Running Club sets the perfect example as to how a club of this nature should be. With all volunteers they put on 12 races per year, have great race support, great results, safe venues and great awards. Then they put the icing on the cake with a challenge series and then an annual awards get together. It just doesn't get any better than that. Even though I have been a member since 1977 I have never served on the board, but I have done volunteer work for them, including race directing one of the annual races. Working side by side with them further illustrates

MIKE GREER

LOCATION: RANSOM CANYON, TEXAS, UNITED STATES

**WEST TEXAS RUNNING CLUB'S
Cotton Patch Runs
4 MILE & 8 MILE
4 MILE RELAY**

EVENT # 2 OF THE W.T.R.C. CHALLENGE SERIES

WHEN: Saturday, February 12, 2011
Register online at <http://wtrc.tripod.com>
See enclosed mail in form for information.

On Site Registration: 8:00 to 8:45 A.M.
Race starts at 9:00 A. M.

WHERE: Texas Boys Ranch
4810 North CR 2800
Lubbock, TX

COURSE: Flat

ENTRY FEE: WTRC Members \$5.00, Non-Members \$10.00, Race Day Registration \$15.00
Everyone.

AWARDS: Medals will be awarded to at least the first three finishers in each age group division and up to 50% of each group —
5 Maximum

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

AGE DIVISIONS:

MEN: 12 & Under; 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: 12 & Under; 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.

Two and Four Person Relay Teams in the Four Mile

Directions to Texas Boys Ranch

From Lubbock: Take Hwy 62/82 (Idalou Highway) North to FM2641, turn west for 2 miles then North for 1/2 mile on CR 2800

Or:

Take MLK Blvd north from Loop 289, then right on FM 2641, proceed 3 miles East to CR 2800, turn left for 1/2 mile. Look for the large white gate with TBR sign.

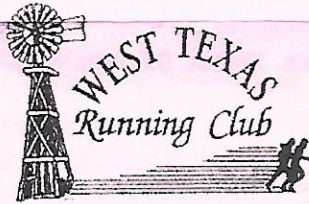
West Texas Running Club Event Calendar

*Indicates WTRC Monthly Race & CHALLENGE SERIES EVENT

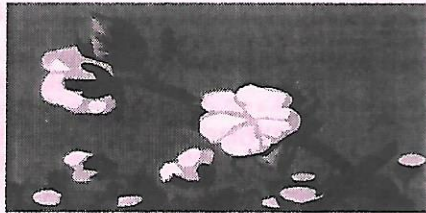
- FEB 01 WTRC Board meeting: Tuesday, 7:00pm
Ron's office, 3309-67th St, 806-781-0231
- * FEB 12 COTTON PATCH RUNS: 9:00am, 14K/4M/4M Relay,
Texas Boys Ranch, 4810 N. CO. RD 2800, RD:
David Higgins, 806-785-8562
- FEB 19 "Heart & Sole" Run: 5K/10K, 10:00am,
Spirit Ranch, www.806runners.com
- FEB 20 Livestrong Austin Marathon: 7:00am, Marathon/Half
Marathon/5K, <http://youaustinmarathon.com>
- FEB 20 AT&T Austin Marathon: 7:00am, Austin, TX,
<http://www.youraustinmarathon.com>
- FEB 27 The 2011 Cowtown: Marathon, Ft Worth, TX,
<http://www.cowtownmarathon.org>
- MAR 05 Trooper McDonald Memorial Race: 5K/1M, 8:30am,
Post, TX, www.runsignup.com , RD, Allison
Bialock, 806-781-3828, alisonbialock@gmail.com
- * MAR 12 PRAIRIE DOG TOWN RUNS: 9:00am, 4M/2M, MacKenzie
Park, E Broadway & Cesar Chavez Dr, Cody Miller,
RD, 806-773-8905

- MAR 19 Wayland Wellness 5K Run: 5K, 9:30am, Hilliard
Field, Plainview, TX, RD, Ron Appling, 806
291-3451, 291-3447, applinqr@wbu.edu
- MAR 26 The Great H.O.G.G. Race: Race has been Canceled
For this year.
- MAR 26 9th Annual Bloodgusher: ½ MARATHON/10k/5k/1k, 9:00AM,
<http://pbrunningclub.tripod.com/BloodgusherPage.htm>
- MAR 27 Capital 10,000: 10K, 8:00am, Austin, TX,
<http://www.statesman.com/cap10k>
- * APR 09 RUN FOR THE ARTS: 8:00am, 15K/2M/1M Kid's Café Fun
Run, Lubbock Memorial Civic Cntr, Mac Davis Lane,
Suzan Caudle, RD, 806-799-3813
- APR 16 Speak Up For Kids Casa 5K: 5K, contact Rose
Carket, 806-763-2272, <http://www.lubbockcasa.org>
- APR 23 Texas/New Mexico "Club Challenge": 7:00am,
Marathon/Half Marathon, Hobbs-Lovington, Jim
Harris, RD, 575-370-4034

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



4501 71st Street, #907
Lubbock, TX 79424
February 2011



WEST TEXAS RUNNING CLUB

Cotton Patch Runs

February 12, 2011

Mail
Registration
thru Feb 8th

\$5.00 WTRC members , \$10.00 non members, \$15 Race Day

Make checks payable to WTRC

Mail checks & entry forms to: David Higgins

3401 Alcove Ave, Lubbock 79407

Race starts at 9:00 A.M.
at Texas Boys Ranch

David Higgins, Race Director
785-8562(h), 535-7788(m)

Waiver of Liability - all entrants must read and sign:

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

Signature of entrant _____ Signature of guardian(minors) _____

Age _____ (on race day) Distance: _____ 4 Mile _____ 14K _____ Male _____ Clydesdale (190 lbs or more)

Name _____ Female _____ Athena (150 lbs or more)

City _____ State _____ Phone Number _____

Email: _____ Emergency Contact: _____ Emer Ph# _____

Relay (4 Mile Only) Team Name _____ 2 Person _____ relay leg: 1 _____ 2 _____
4 Person _____ relay leg: 1 _____ 2 _____ 3 _____ 4 _____

Relay Team Registration- Prior to Feb 11th is \$5.00 for each member(No race day registration)

ALL students under the age of 13: \$5.00 entry fee.

Online signup expires at 6:00pm on Feb 10th.

TBR: 4810 N. CR2800

From Lubbock, take Hwy 62/82(Idalou Hwy) north to FM2641, turn west for 2 miles, then north for ½ mile on CR2800.

OR

Take MLK, Jr BLVD north from Loop 289, then right on FM 2641. Proceed 3 miles East to CR2800 and turn left ½ mile.

Look for the large white gate with TBR sign.