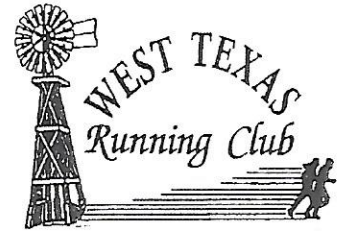




January 2011



Volume 3, Issue 12



3312 44th Street
Lubbock, TX 79413
January 2011

NOTES FROM THE PRESIDENT

2010 Challenge Series Awards Banquet will be held at, Monterey Baptist Church, 3601 50th Street, Saturday, January 15, 2011 from 6:00 - 8:00 PM? Please bring a vegetable, salad or desert dish and the club will provide meat, bread and drinks.

You might have noticed that attendance at our events has sort-of mushroomed. But this good fortune comes with a price ... the need for more volunteers to service these events. Without your increased help, it will get harder and harder to maintain the high quality standards that our monthly races are noted for. It will be just a matter of time before the "regulars" get drained by all the extra work that larger race-day numbers demand.

One idea that is almost sure to hit this coming year is the use of chip timing. This should take the pressure off the finish line personnel and help us get the results out more quickly. But there are so many other tasks that simply need to be manned to keep the course safe and other race-day details working smoothly.

One of the simplest and most effective volunteer recruiting methods is for each of us to keep tuned for news of injured Club members or those just coming off a major run or triathlon ... and to get such names to a Board member so that we can begin enlisting these runners' help at the earliest possible time. Another effective method is the conscription of family members.

Thanks for pitching in, and please feel free to send me any other ideas on how we can increase the volunteering activity within the WTRC.

SYOTR, Ron

W. T. R. C. RACES ARE USUALLY HELD THE 2ND SATURDAY OF EACH MONTH. The WTRC monthly business meeting is Tuesday, January 4, 2011 @ 7:00 p.m. at , Ron's Office, 3309 67th Street, 806-781-0231. All Members are welcome.

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Loop The Lake
5 & 2 Mile Race
Saturday, January 08, 2011
Race Starts @ 10:00 A.M.
Buddy Holly Park
North University & Cesar
Chavez
Race Director
David Doyle
(806) 535-5914

WTRC Officers

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WTRC MEMBER PROFILE
Rick Wannemacher, age 56

Some of you may have noticed the tall gray haired man who ran his first race with us at the SHALLOWATER STAMPEDE, and won his M55-59 10K age division. He ran his first race in the area at the Levelland Old Settler's Day 5K, then learned about and joined the WTRC.

I first "met" Rick by e-mail when he asked my advice about whether to run in the age group or select "clydesdale division", back in August 2010. We met in person at the Shallowater Stampede where he finished first in the M55-59 Age Group with a time of 45:47, which was 17th overall of 119. He ran the RRRR 10K in 45:58 which was good for 2nd place M55-59. These are not too shabby times for someone who had not run in competition since 1991! He volunteered at the Buffalo Wallow Races.

Here is some personal information about the man.

Born in Ohio in 1954, he got an engineering degree from Miami University (Ohio) in 1975, moved to Houston with Shell Oil after graduation, where he started in 1976, and worked in the business services part of Shell Oil, which provided information systems, financial, accounting, and human resources services to the line businesses. He had individual contributor roles in the areas of business information systems software development, finance, marketing, auditing, business planning, business process engineering, and organization design. And, he had leadership positions in line management, human resource management, project management, and account management before retiring in 1998, after 22 years, and moved to Lufkin, TX, to their retirement home.

He has 1 son (Ryan), who lives in the Houston area with his wife Serena and 2 kids (Samantha age 13, and Forrest age 16). Ryan works at NASA, and helps train astronauts for their spacewalks. Rick's wife Nancy, (who he met while working at Shell—she worked there, too) died in 2003 after 26 years of marriage while they lived on their retirement place in Lufkin. In 2006, he married again (Jan). Jan's 3 kids and 4 grandkids live in Lubbock, so he moved out here in 2008 to be closer to them. "Jan and I divorced amicably late last year." ("It had nothing to do with being close to her kids! Ha!") Currently he is teaching (part-time) a finance course at Tech, since fall semester 2009.

"I like Lubbock, and especially like teaching part-time at Texas Tech, and was really glad to learn about the WTRC and it's friendly supportive members."

RUNNING HISTORY:

He "was a mediocre high school miler" (PR was 4:43) on a small-school team. (Also played football.)

He discovered road racing when Shell transferred him to Tulsa, OK, in 1981. Trained regularly (3-4 times per week), and ran in races from 1981 to 1991 (when he lived in Tulsa, New Orleans, and then Houston), while in the late 20's to late 30's. PR's: 15K = 55:41 (5:59 pace); 10k = 36:34 (5:54 pace); 5k = 16:51 (5:26 pace)

He stopped running road races in 1991, and only sporadically ran for exercise after that. In spring of 2010, "I decided to start back up running regularly and participate in the local road races. I heard about the West Texas Running Club, and joined it (I really like the people!)." Since then, he's run in four 5K's (PR: 7:02 pace) and two 10K's (PR: 7:23 pace). he runs 3 times a week, from 6 to 9 miles at a crack. He does intervals at a local middle school track during one of the runs each week.

Rick, welcome to west Texas and the WTRC. I hope all members get a chance to meet Rick Wannemacher!

The following club members ran at the WhiteRock Marathon, December 5, 2010 22 other runners from the area also ran there.

Amy Hancock	Lubbock TX USA F 25-29 28 F	6:04:41
Russ Horn	Lubbock TX USA M 35-39 36 M	3:39:09
Etta Mayer	Lubbock TX USA F 55-59 58 F	5:52:29
Mitch Monroe	Lubbock TX USA M 50-54 50 M	4:53:58
and his son, not a member		
Sean Monroe	Lubbock TX USA M 20-24 21 M	4:53:57
Kevin Nelson	Lubbock TX USA M 30-34 31 M	4:55:43
Jana Redwine	Lubbock TX USA F 30-34 30 F	3:38:58
Chris Toelle	Lubbock TX USA M 35-39 36 M	3:14:31
Brett Peikert	Wolfforth TX USA M 40-44 43 M	3:39:44

Also quite remarkable times posted by the following who Occasionally come down and run our races.

Mike Glasscock	Amarillo TX USA M60-64 63 M	3:22:03
Ed Craighead	Dalhart TX USA M 65-69 67 M	3:27:26

Red Line RD's report

How much more of this great race-day weather can we take? Do any of you remember another year that provided such excellent running conditions for our monthly events?

Along with the near-perfect weather, we enjoyed still another record-breaking attendance ... fun for us and great for the Marines' Toys-For-Tots efforts. Of course there is no way to put on such a successful event without a great team of volunteers. Hardly a race goes by without saying thanks to David Higgins, George Jury, Randy Holloway, PJ Mitchell (Sullivan), Tony Aleman and Susan Caudle. And this month we get to add Scott Burris, Erin Dulin, James Preiss, Ben Boston, Josie Aleman, John Keith, Wayne Sullivan, Amber Morris, Paul Pare, Iris Rivero, Newton Chillan and Farrell Martin to our thank-you list.

Thanks to you runners and all of your supporters for coming out and enjoying the rolling cross country course at Mae Simmons Park and for your generous gifts to the Toys-For-Tots program.

Ron Lubowicz

WEST TEXAS RUNNING CLUB'S
 RED LINE 4 MILE CROSS COUNTRY RUN
 Benefiting the Marine Corps "TOYS FOR TOTS"
 Lubbock, Texas December 11, 2010

OVERALL RESULTS					OVERALL RESULTS								
Place	Name	Ag	S Div	Div Town	St Time	Pace	Place	Name	Ag	S Div	Div Town	St Time	Pace
1	Quent Bearden	35	M	1 M3539 Lubbock TX	22:52	5:43	70	DANNY MUNOZ	36	M	7 M3539 LUBBOCK TX	38:21	9:36
2	DAVID BOSTON	23	M	1 M2024 LUBBOCK TX	23:06	5:47	71	GORDEN JENKINS	70	M	1 M7099 AMARILLO TX	38:25	9:37
3	Lucas Morris	18	M	1 M1619 lubbock TX	25:17	6:20	72	Rebecca Castillo	39	F	1 F3539 Lubbock TX	38:35	9:39
4	David Rogowski	43	M	1 M4044 Lubbock TX	25:39	6:25	73	Jerry Adams	35	M	8 M3539 Lubbock TX	38:41	9:41
5	Cris Sharp	16	M	2 M1619 Hobbs NM	25:53	6:29	74	Dakota Hernandez	10	M	4 M0112 Lubbock TX	38:54	9:44
6	timothy peikert	16	M	3 M1619 Wolfforth TX	26:10	6:33	75	Nathan Agnew	35	M	9 M3539 Lubbock TX	38:59	9:45
7	Leigh Daniel-Cordes	32	F	1 F3034 Lubbock TX	26:26	6:37	76	Abra Jakstas	28	F	6 F2529 Lubbock TX	39:05	9:47
8	HEATH PENNELL	43	M	2 M4044 LUBBOCK TX	26:59	6:45	77	Jessica Houghtby	27	F	7 F2529 Lubbock TX	39:07	9:47
9	Lee Cohen	38	M	2 M3539 Lubbock TX	27:10	6:48	78	Mike Kelley	61	M	3 M6064 Lubbock TX	39:18	9:50
10	MARTIN MONTALVO	45	M	1 M4549 PLAINVIEW TX	27:25	6:52	79	Jill Haukos	46	F	2 F4549 Lubbock TX	39:29	9:53
11	JOE KUESER	49	M	2 M4549 LUBBOCK TX	28:33	7:09	80	fred constancio	58	M	6 M5559 lubbock TX	39:36	9:54
12	Zach Manning	29	M	1 M2529 Lubbock TX	28:48	7:12	81	Mo Hernandez	40	M	5 M4044 Lubbock TX	39:40	9:55
13	JACKIE CANNON	55	M	1 M5559 AMARILLO TX	29:17	7:20	82	NONNIE PETERS	31	F	8 F3034 LUBBOCK TX	39:42	9:56
14	BLANCA ZUBIA	18	F	1 F1619 HOBBS NM	29:19	7:20	83	Belisa Waldrop	43	F	1 F4044 Lubbock TX	39:51	9:58
15	AUDREY BAEZA	18	F	2 F1619 HOBBS NM	29:46	7:27	84	Wayne Sullivan	60	M	4 M6064 Lubbock TX	40:01	10:01
16	Brett Peikert	43	M	3 M4044 Wolfforth TX	29:48	7:27	85	Valeri Gattin	44	F	2 F4044 Lubbock TX	40:13	10:04
17	Amanda Boston	26	F	1 F2529 Lubbock TX	30:04	7:31	86	Stephanie West	42	F	3 F4044 Lubbock TX	40:29	10:08
18	Rick Wannemacher	56	M	2 M5559 Lubbock TX	30:10	7:33	87	Amy Lovett	32	F	9 F3034 Portales NM	40:52	10:13
19	Jim Higgins	50	M	1 M5054 Lubbock TX	30:15	7:34	88	Eleah Lehnen	26	F	8 F2529 Lubbock TX	40:59	10:15
20	Mont McClendon	38	M	3 M3539 Lubbock TX	30:33	7:39	89	Monte Ayers	39	M	10 M3539 Anton TX	41:02	10:16
21	CLARISSA PEREZ	15	F	1 F1315 HOBBS NM	30:39	7:40	90	APRIL COVINGTON	26	F	9 F2529 LUBBOCK TX	41:05	10:17
22	PAUL GASCHEN	15	M	1 M1315 LUBBOCK TX	30:46	7:42	91	Karen Caddel	38	F	2 F3539 Lubbock TX	41:09	10:18
23	JHERICA RHODES	16	F	3 F1619 HOBBS NM	31:08	7:47	92	JIM CLEMENTS	43	M	5 CLYDE Lubbock TX	41:16	10:19
24	RYAN CAVENDER	25	M	2 M2529 ODESSA TX	31:17	7:50	93	Sarah Floyd	36	F	3 F3539 Lubbock TX	41:26	10:22
25	Gabriel Olivarez	34	M	1 M3034 Lubbock TX	31:27	7:52	94	KATE KUESER	48	F	3 F4549 LUBBOCK TX	41:38	10:25
26	Brandon Gregory	11	M	1 M0112 Lubbock TX	31:47	7:57	95	CRAIG PETERSON	53	M	6 M5054 HOBBS NM	41:50	10:28
27	Abel Reyna	47	M	3 M4549 Lubbock TX	31:49	7:58	96	karl anderson	23	M	4 M2024 lubbock TX	41:55	10:29
28	David Aguirre	38	M	4 M3539 Lubbock TX	32:09	8:03	97	Les Kinman	45	M	5 M4549 Lubbock TX	41:56	10:29
29	Melissa Pierce	28	F	2 F2529 Lubbock TX	32:31	8:08	98	Susan Everett	33	F	10 F3034 Lubbock TX	42:11	10:33
30	Andrew Allison	29	M	3 M2529 Lubbock TX	32:34	8:09	99	Katie Higgins	19	F	4 F1619 Lubbock TX	42:15	10:34
31	Philip Wischkaemper	54	M	2 M5054 Lubbock TX	32:38	8:10	100	Troy Pratt	44	M	6 M4044 Lubbock TX	42:18	10:35
32	ROBERT FINLEY	22	M	2 M2024 ODESSA TX	32:44	8:11	101	ABRAHAM MONTALVO	12	M	5 M0112 PLAINVIEW TX	42:27	10:37
33	GARY EVANS	30	M	2 M3034 LUBBOCK TX	32:57	8:15	102	ALEJANDRO ARZIA	37	M	11 M3539 LUBBOCK TX	42:41	10:41
34	Stephen Romero	29	M	4 M2529 Lubbock TX	33:02	8:16	103	Valarie Berkshire	29	F	10 F2529 Lubbock TX	42:43	10:41
35	Jana Redwine	30	F	2 F3034 Lubbock TX	33:11	8:18	104	Dax Haggard	10	M	6 M0112 Lubbock TX	43:05	10:47
36	Jonathan Wright	31	M	3 M3034 LUBBOCK TX	33:32	8:23	105	Presley Littlefield	7	F	1 F0112 Lubbock TX	43:12	10:48
37	Cliff Lewallen	46	M	4 M4549 Lubbock TX	33:34	8:24	106	Hillary Luckett	24	F	4 F2024 Lubbock TX	43:17	10:50
38	Josh Stewart	34	M	4 M3034 Ralls TX	33:51	8:28	107	JIM HARRIS	68	M	1 M6569 HOBBS NM	43:23	10:51
39	Sarah Stevenson	32	F	3 F3034 Lubbock TX	33:59	8:30	108	Suzanne Read	25	F	11 F2529 Lubbock TX	43:25	10:52
40	RICHARD GALE	61	M	1 M6064 LUBBOCK TX	34:03	8:31	109	JIM THOMPSON	56	M	7 M5559 PLAINVIEW TX	43:30	10:53
41	Roxy Larsen	27	F	3 F2529 Lubbock TX	34:06	8:32	110	Lee Chafin	48	M	6 M4549 Lubbock TX	43:31	10:53
42	MEGAN CRITTENDEN	23	F	1 F2024 LUBBOCK TX	34:12	8:33	111	ERICA QUEBE	17	F	5 F1619 LUBBOCK TX	43:32	10:53
43	Chad Montandon	29	M	5 M2529 Lubbock TX	34:18	8:35	112	Yvette Jordan	36	F	4 F3539 Lubbock TX	43:42	10:56
44	Ken Spain	57	M	3 M5559 LUBBOCK TX	34:20	8:35	113	Deidre Putman-Garcia	36	F	5 F3539 Lubbock TX	43:43	10:56
45	DAMON PROVENCE	59	M	4 M5559 SUDAN TX	34:26	8:37	114	Kimberly Thompson	28	F	12 F2529 Lubbock TX	43:47	10:57
46	David Doyle	52	M	3 M5054 Lubbock TX	34:27	8:37	115	Cristal Ponciano	30	F	11 F3034 Lubbock TX	43:49	10:58
47	Leesa Price	54	F	1 F5054 Lubbock TX	34:28	8:37	116	Kristilie Reyna	47	F	4 F4549 Lubbock TX	43:53	10:59
48	ALLISON NGUYEN	27	F	4 F2529 LUBBOCK TX	34:29	8:38	117	Pam Titzell	52	F	2 F5054 Lubbock TX	43:54	10:59
49	Alfred Moreno	29	M	6 M2529 lubbock TX	34:37	8:40	118	Parker Littlefield	8	M	7 M0112 Lubbock TX	43:59	11:00
50	Luis Cardenas	59	M	5 M5559 Lubbock TX	35:01	8:46	119	Estella Hernandez	44	F	4 F4044 Lubbock TX	44:01	11:01
51	hedge martin	35	M	5 M3539 lubbock TX	35:04	8:46	120	Abby Miller	8	F	2 F0112 Lubbock TX	44:03	11:01
52	Cecily Darwin	21	F	2 F2024 Lubbock TX	35:04	8:46	121	Ryne Haggard	8	M	8 M0112 Lubbock TX	44:39	11:10
53	Cole Agnew	8	M	2 M0112 Lubbock TX	35:34	8:54	122	Sam Dennis	48	F	5 F4549 Lubbock TX	44:42	11:11
54	james fannon	41	M	4 M4044 post TX	35:50	8:58	123	Lesley Montandon	29	F	13 F2529 Lubbock TX	44:50	11:13
55	Cash Langford	22	M	3 M2024 Lubbock TX	36:23	9:06	124	Shannon Crawford	31	F	12 F3034 Lubbock TX	45:12	11:18
56	Brandon Berkshire	26	M	7 M2529 Lubbock TX	36:33	9:09	125	Angela Echols	41	F	5 F4044 Lubbock TX	46:07	11:32
57	TYLER CAVENDER	25	M	8 M2529 ODESSA TX	36:43	9:11	126	Jay Dulin	36	M	12 M3539 Shallowater TX	46:19	11:35
58	Noah Rodriguez	11	M	3 M0112 Lubbock TX	36:46	9:12	127	Etta Mayer	61	F	1 F6099 Lubbock TX	46:21	11:36
59	Kristen Bonner	26	F	5 F2529 Lubbock TX	37:16	9:19	128	Jill Wickremasingh	24	F	5 F2024 Lubbock TX	46:25	11:37
60	Cody Brockman	29	M	9 M2529 Lubbock TX	37:26	9:22	129	Emily Woodruff	34	F	13 F3034 Lubbock TX	46:51	11:43
61	Mandy Poklikuha	32	F	4 F3034 Lubbock TX	37:38	9:25	130	RUNNER UNKNOWN	?	?	???? TX	47:09	11:48
62	Maritza Gamboa	33	F	5 F3034 lubbock TX	37:42	9:26	131	Brenda Roberts	38	F	6 F3539 Lubbock TX	47:09	11:48
63	dan hilario	60	M	2 M6064 lubbock TX	37:44	9:26	132	FEDERICO GAMBOA	27	M	10 M2529 LUBBOCK TX	47:21	11:51
64	CHRIS MILLER	35	M	6 M3539 LUBBOCK TX	37:45	9:27	133	Kristin Englund	28	F	14 F2529 Lubbock TX	47:36	11:54
65	RACHAEL MILLER	30	F	6 F3034 LUBBOCK TX	37:47	9:27	134	Susan Urban	55	F	1 F5559 Lubbock TX	47:42	11:56
66	Ed Price	54	M	4 M5054 Lubbock TX	37:51	9:28	135	Brandy Barte	35	F	7 F3539 Lubbock TX	47:45	11:57
67	JUDY FLEMING	46	F	1 F4549 LUBBOCK TX	37:53	9:29	136	LEZLI Harper	52	F	3 F5054 Lubbock TX	48:35	12:09
68	Sonia Rodriguez	30	F	7 F3034 Lubbock TX	38:09	9:33	137	Savanah Garcia	9	F	3 F0112 Lubbock TX	48:44	12:11
69	Kaitlyn Culbertson	20	F	3 F2024 Lubbock TX	38:12	9:33	138	Madelyn Sparks	24	F	6 F2024 Lubbock TX	49:12	12:18

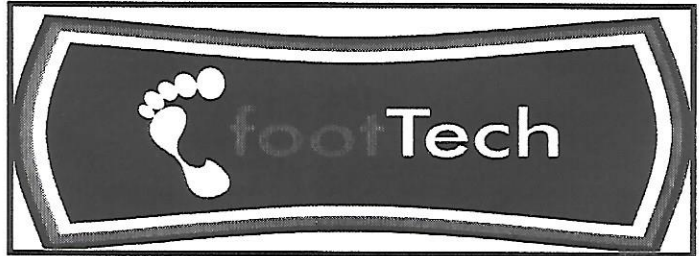
WEST TEXAS RUNNING CLUB'S
 RED LINE 4 MILE CROSS COUNTRY RUN
 Benefiting the Marine Corps "TOYS FOR TOTS"
 Lubbock, Texas December 11, 2010

OVERALL RESULTS

Place	Name	Ag	S	Div	Div	Town	St	Time	Pace
139	Arthur Zavala	35	M	13	M3539	Lubbock	TX	49:20	12:20
140	Amanda Ayers	29	F	15	F2529	Lubbock	TX	49:53	12:29
141	CARSON GRAHAM	33	F	14	F3034	LUBBOCK	TX	50:10	12:33
142	TRISHA WILLIAMS	32	F	15	F3034	LUBBOCK	TX	50:11	12:33
143	GABRIELA SALDANA	47	F	6	F4549	LUBBOCK	TX	50:34	12:39
144	Tamara Vickers	24	F	7	F2024	Lubbock	TX	50:44	12:41
145	TANNER VICKERS	23	M	5	M2024	LUBBOCK	TX	50:46	12:42
146	Julie Randolph	52	F	4	F5054	Lubbock	TX	51:15	12:49
147	GREG MILFORD	41	M	7	M4044	LUBBOCK	TX	51:25	12:52
148	CAROL HISE	38	F	8	F3539	LUBBOCK	TX	51:27	12:52
149	Debbie Dabbs	52	F	5	F5054	Lubbock	TX	51:29	12:53
150	Jaxon Quimby	7	M	9	M0112	Lubbock	TX	51:30	12:53
151	Cyndi King	41	F	6	F4044	Lubbock	TX	51:43	12:56
152	Andi Giberson	45	F	7	F4549	Lubbock	TX	51:44	12:56
153	Amanda Miller	40	F	7	F4044	Lubbock	TX	51:56	12:59
154	Amalia Aguero	35	F	9	F3539	Lubbock	TX	52:32	13:08
155	Stacee Lewis	30	F	16	F3034	Lubbock	TX	52:53	13:14
156	Cayce Noble	30	F	17	F3034	Lubbock	TX	52:54	13:14
157	Dawn Jones	37	F	10	F3539	Lubbock	TX	53:57	13:30
158	Patti Bostick	48	F	8	F4549	Lubbock	TX	54:25	13:37
159	Tiffani Allamon	33	F	18	F3034	Lubbock	TX	54:26	13:37
160	James Pratt	69	M	2	M6569	Lubbock	TX	55:01	13:46
161	rick lampe	66	M	3	M6569	lubbock	TX	55:02	13:46
162	Stephanie Rackley	35	F	11	F3539	Lubbock	TX	56:00	14:00
163	Kim Harris	43	F	8	F4044	Lubbock	TX	56:09	14:03
164	Sarah Gaxiola	58	F	2	F5559	Lubbock	TX	56:23	14:06
165	TANNER PRATT	7	M	10	M0112	LUBBOCK	TX	57:25	14:22
166	GUNNER PRATT	6	M	11	M0112	LUBBOCK	TX	57:40	14:25
167	BLYTHE CAVENDER	24	F	8	F2024	ODESSA	TX	58:31	14:38
168	MONETTE WISE	45	F	9	F4549	LUBBOCK	TX	59:30	14:53
169	BRONWYN ALLEN	44	F	9	F4044	LUBBOCK	TX	59:35	14:54
170	Stephanie Anderson	29	F	16	F2529	Lubbock	TX	1:03:30	15:53
171	Shawna Poindexter	39	F	12	F3539	Lubbock	TX	1:04:10	16:03
172	Kristi Ward	30	F	19	F3034	Lubbock	TX	1:05:02	16:16

Our main purpose ...

is to promote distance running as an aid to physical fitness and longevity and if need be, an alternative "Positive Addiction". We also wish to unite runners of every level of ability and interest, to exchange good health and training ideas, to train together and participate in races, but most of all to promote friendship and camaraderie among all area runners. Our monthly club races are primarily designed to offer each member a yardstick for measuring personal accomplishments and not necessarily competition against each other. We offer encouragement to all runners, regardless of age and ability. Our club is the only Running Club west of the metroplex and north of Austin which conducts at least one race per month.



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

WTRC 2011 Ballot for Officers & Directors

President:	Ron Lubowicz	Newsletter Director:	Rose Hoeve
Internal VP:	James Livermore	Internal Race Director:	Randy Holloway
External VP:	P.J. Mitchell-Sullivan	Equipment Director:	Wayne Sullivan
Secretary:	Wendy Anderson	Calendar Director:	Suzan Caudle
Treasurer:	David Higgins	Membership Director:	Amy McAlexander

The above candidates are acceptable to me with the following exceptions:

Please mail your completed ballot to:
 Ron Lubowicz
 PO Box 53343
 Lubbock, TX 79453

W.T.R.C. 2010 CHALLENGE SERIES
STANDINGS AFTER 13 EVENTS (with at least 3 events)

FEMALE

YTD TOTALS						YTD TOTALS					
6 - 12 FEMALE	AGE	PTS	MILES	EVT	VOL	40 - 44 FEMALE	AGE	PTS	MILES	EVT	VOL
Surayah Constancio	11	28	6	3		Lee Handlin	41	90	54.8	11	*
16 - 19 FEMALE	AGE	PTS	MILES	EVT	VOL	Wendy Anderson	40	72	76.9	12	*
Hannah Layman	17	43	12	5		Deborah Gelber	42	46	40.4	6	*
Amanda Morris	18	40	12	5	*	Tandy Layman	42	44	12	5	
Becky Rogers	19	37	35.2	4		Janda Jackson	41	40	27.8	4	
						Kelly Robinson	44	35	31.8	4	
20 - 24 FEMALE	AGE	PTS	MILES	EVT	VOL	Hollye Martinez	43	33	17.5	4	
Amy Martin	21	39	9	4		Holly Snodgrass	40	28	19.2	4	
Taylor Huckaby	24	34	26.6	5		Jennifer Snead	40	22	28.9	5	*
Alison Blalock	24	31	37.4	5		Rose Hoeve	42	11	17.5	3	*
Emily Jenkins	22	27	10	3		Angie Romans	44	10	24.3	3	
25 - 29 FEMALE	AGE	PTS	MILES	EVT	VOL	Laura Lappe	44	7	23.6	3	*
Amanda Boston	26	94	39.6	11	*	45 - 49 FEMALE	AGE	PTS	MILES	EVT	VOL
Jennifer Haddock	29	57	45.4	7		Judy Fleming	46	71	62.3	8	
Valarie Berkshire	29	51	47.9	10	*	Jill Haukos	46	49	48.5	7	**
Amy McAlexander	30	39	35	7	*	Kammy Philbrick	49	47	28.2	6	*
Allison Nguyen	27	33	29.5	4		Penne Richards	47	33	26.1	4	
Danette Mortensen	29	32	8	4		Susan Bacon	46	30	24.7	4	*
Mikasa Sullivan	28	29	13	4		Linda Jama	46	30	12.2	4	
Sarah Fumagalli	26	29	11.3	3		Margaret Woodfin	46	30	24.7	4	
Alyx Shultz	28	25	14	3		50 - 54 FEMALE	AGE	PTS	MILES	EVT	VOL
Amy Hancock	28	23	51.3	8	*	Leesa Price	54	50	43.9	6	*
Leslie Montadon	29	20	42	6		Mary Branscome	51	47	35.9	5	
April Covington	26	18	17.2	4		Debbie Roman	54	36	14	5	*
30 - 34 FEMALE	AGE	PTS	MILES	EVT	VOL	Glenna Beyer	52	28	10	4	*
Amy Lovett	32	76	26.2	10	*	Tami Miller	51	14	8	3	*
Mandy Poklikuha	32	61	53.5	10	*	55 - 59 FEMALE	AGE	PTS	MILES	EVT	VOL
Angie Sonnenberg	31	48	31.5	5		Josie Aleman	59	87	31.3	10	*
Erin Dulin	32	45	64.4	8	*	Sarah Gaxiola	58	58	45.1	7	*
Christine Steen	31	41	34.6	5		Suzan Caudle	57	9	103.2	13	**
Jana Redwine	30	40	27.4	4		60 - 99 FEMALE	AGE	PTS	MILES	EVT	VOL
Susan Wilcox	32	36	38.5	6	*	Etta Mayer	61	93	81.5	11	**
35 - 39 FEMALE	AGE	PTS	MILES	EVT	VOL	P. J. Mitchell	64	67	78.9	13	*
Iris Rivero	35	95	66.1	11	*	ATHENA-age graded	AGE	PTS	MILES	EVT	VOL
Tammy Moriearty	37	76	52.9	9	*	Gabriela Saldana	46	66	36.2	9	*
Michaela Jansen	37	51	33.3	6	*	Ginger Hall	34	41	37.6	7	*
Deborah Bahme	39	34	38	6							
						** = RACE					
Sarah Floyd	36	32	49.8	6		DIRECTOR					
Malinda Colwell	36	19	15.3	3	*	* = VOLUNTEER					
Jennifer Gray	39	9	22.3	4							

W.T.R.C. 2010 CHALLENGE SERIES
STANDINGS AFTER 13 EVENTS (with 3 or more events)
MALE

YTD TOTALS						YTD TOTALS					
6 - 12 MALE	AGE	PTS	MILES	EVT	VOL	50 - 54 MALE	AGE	PTS	MILES	EVT	VOL
Jake Brownfield	12	62	12	6		David Doyle	52	112	35.1	13	*
Abraham Montaivo	12	22	25.1	6	*	Jerry Dwyer	51	88	81.5	12	*
Patrick Irish	7	18	6	3		Epi Aguirre	52	76	65.3	9	*
Julian Hall	10	11	20.2	4	*	Joseph Wilson	55	56	43.9	6	
Josiah Romanus	7	11	6	3		Bill Pasewark	53	51	17.1	8	
Arthur Romanus	8	9	6	3		Joe Frank Martin	51	47	18	7	
13-15 MALE	AGE	PTS	MILES	EVT	VOL	John Clements	54	39	14.2	5	*
Duncan Pasewark	14	35	10	5		Randy Holloway	54	37	105.4	13	**
Joshua Brownfield	14	33	8	4		Ed Price	54	34	40.8	6	*
Austin Preiss	15	30	9.1	4		Ronnie Trollinger	50	33	11	4	
16-19 MALE	AGE	PTS	MILES	EVT	VOL	Gonzalo Ramirez	54	33	24.4	5	
Lucas Morris	18	102	44.4	10		Greg Hogan	51	33	32.7	4	
Timothy Peikert	16	56	40.6	7		Randy Bunyard	53	24	29.7	6	
Graham Pasewark	17	33	13.1	6		55 - 59 MALE	AGE	PTS	MILES	EVT	VOL
Jon David Bruegel	18	31	28.7	6	*	Luis Cardenas	59	96	30.1	11	*
Nathan Conroy	18	15	7.1	3		Fred Constancio	58	90	26.1	11	
20 - 24 MALE	AGE	PTS	MILES	EVT	VOL	Ken Spain	57	76	66.6	10	*
John Keith	21	48	37	5		Wayne Sullivan	60	41	80.3	13	*
25 - 29 MALE	AGE	PTS	MILES	EVT	VOL	Antonio Roman	58	40	11	5	
Ben Boston	25	75	46.5	11	*	Bill Hepburn	55	33	36.1	6	
Stephen Romero	29	62	28.4	7		Dan Hilario	60	31	17	4	
Brandon Berkshire	26	49	42.4	10	*	Tom Weis	59	29	22.6	4	
Zack Manning	29	33	19.2	4		Rick Wannemacher	56	29	29.5	4	*
Blake Bednarz	26	31	12.2	3		David Weaver	59	22	23.5	4	*
Andrew Huff	29	30	39.9	5		Jimmy Clark	58	17	41.9	7	**
Andres Pedroza	28	24	18.3	3		Terry Dalton	55	9	60.1	7	**
30 - 34 MALE	AGE	PTS	MILES	EVT	VOL	David Higgins	57	0	104.3	13	**
Jeff Hancock	33	59	60.5	6		60 - 64 MALE	AGE	PTS	MILES	EVT	VOL
Gary Evans	30	58	77.7	11	*	Richard Gale	61	88	62.3	9	
Michael Berry	34	51	45.3	7	*	James Livermore	63	65	39.9	7	
Chad Wilcox	34	40	15	5		Mike Kelley	61	63	82.5	9	**
Paul Fowler	33	16	11.2	3		Michael McDonald	62	60	63	8	*
35 - 39 MALE	AGE	PTS	MILES	EVT	VOL	Tony Aleman	60	0	60.6	9	*
Shannon Anderson	39	98	55.7	13	*	65 - 69 MALE	AGE	PTS	MILES	EVT	VOL
Lee Cohen	38	87	43.4	9	*	Gorden Jenkins	70	98	63.2	11	*
Hedge Martin	35	79	73	13	*	Jim Harris	68	88	43.1	10	**
Mont McClendon	38	71	40.5	9	*	Rick Lampe	66	72	28.1	10	*
Sean Grass	39	45	39.6	7		Ron Lubowicz	67	70	82.7	12	*
Chris Toelle	36	40	39.3	5		Larry Byrd	69	0	19.3	2	*
Daniel Hall	35	40	32.5	5		70 - 99 MALE	AGE	PTS	MILES	EVT	VOL
Russ Horn	36	31	31	4		Bill Felton	76	95	35.3	11	*
Matthew Gordillo	36	29	17.4	3		Albert Burrier	77	68	50.9	8	*
Eric Fisher	38	18	18.8	3	*	Ralph Wolf	73	57	28.2	7	*
40 - 44 MALE	AGE	PTS	MILES	EVT	VOL	Mike Greer	70	9	11.2	2	*
Scott Burris	41	85	71.1	12	*	George Jury	74	0	90.9	12	*
Brett Peikert	43	63	44.8	7		Bill Roger	70	0	18.6	2	**
Ignacio Vasquez	43	50	39.8	7		CLYDESDALE - age graded	AGE	PTS	MILES	EVT	VOL
David Guinn	44	50	33	5		Damon Provence	59	118	51.8	13	*
Troy Pratt	44	48	19.1	7		Farrell Martin	44	78	57.7	9	*
Cody Miller	44	45	40.8	7	**	Craig Peterson	53	71	62.5	12	*
Heath Pennell	43	44	25.2	5		Shaun Fant	42	52	29.5	7	*
James Layman	44	42	12	5		Milt Brownfield	52	43	32.7	6	*
David Rogowski	43	40	19.5	4		Jerry Adams	35	41	53.5	9	
Ricky Martinez	42	36	25.1	4		Jay Dulin	36	39	51.3	7	
Noe Valles	44	35	22.6	5		Dan Branscome	53	29	20.4	4	
Sean Schwarzentraub	43	17	17.7	3		Preston Smith	64	18	18.2	4	
45 - 49 MALE	AGE	PTS	MILES	EVT	VOL	Bryan Williams	33	11	11.2	3	
Martin Montaivo	45	101	78.4	11	*						
James Priess	50	72	25.1	10	*	** = RACE DIRECTOR					
Paul Pare	48	50	50.3	7	*	* = VOLUNTEER					
Rod Burgett	45	46	45.8	6	**						
Mark Woodfin	48	36	26.7	5							
Jim Higgins	50	32	25.9	4							
Richard Shaw	48	31	33.2	5							
Adam Barron	47	13	20.5	3	*						

LOOP THE LAKE 5 MILE & 2 MILE RUNS
WEST TEXAS RUNNING CLUB'S ANNUAL JANUARY RACE

FIVE MILE EVENT RECORDS (Since 1992)

MEN					
DIV	NAME	TOWN	AGE	TIME	YEAR
6-12	Walker Adams	San Angelo	10	36:10	2008
13-15	K.T.Manis	Hobbs, NM	15	29:05	2009
16-19	Julian Florez	Hobbs, NM	17	27:25	2010
20-24	Adolfo Carillo	Levelland	23	26:26	* 1994
25-29	Jackson Makene	Lebanon, IL	26	26:45	1998
30-34	David Sumrell	Lubbock	30	28:04	1994
35-39	Tim Key	Lubbock	36	29:48	2004
40-44	Bob Jackson	Hobbs, NM	40	27:37	1999
45-49	Bob Jackson	Hobbs, NM	46	30:17	2005
50-54	Bob Jackson	Hobbs, NM	50	29:04	2010
55-59	George W. Jury	Lubbock	55	30:58	1992
60-64	Don Sanderson	Tulia	64	34:46	1994
65-69	Don Sanderson	Tulia	65	34:40	1995
70+	Don Sanderson	Tulia	70	39:33	2000
	Clydes Farrell Martin	Lubbock	36	33:11	2003

WOMEN					
DIV	NAME	TOWN	AGE	TIME	YEAR
6-12	Colleen Adams	San Angelo	11	36:59	2005
13-15	Colleen Adams	Wall, Tx	15	34:07	2009
16-19	Tara Jernigan	Hawley	16	34:48	1998
20-24	Julie Wall	Lubbock	21	34:42	2004
25-29	Briseida Ramos	Lubbock	25	36:49	2009
30-34	Marjory Stewart	Lubbock	34	31:15	1993
35-39	Marjory Stewart	Lubbock	35	30:40	* 1994
40-44	Marjory Stewart	Lubbock	41	33:56	2000
45-49	Melanie McVey	Sundown	47	40:49	2009
50-54	Madonne Miner	Lubbock	51	38:33	2004
55-59	Sherill Easterling	Snyder	55	40:39	2005
60+	Deb Hendley	Lubbock	60	44:15	2010
	Athena Kammy Philbrick	Lubbock	44	45:24	2005

* OVERALL COURSE RECORDS

**Note: ages 6-12 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 2008)

MEN					
DIV	NAME	TOWN	AGE	TIME	YEAR
6-12	Walker Adams	Wall, Tx	11	14:09	2009
13-15	Scotty Vasquez	Lubbock	15	12:20	2009
16-19	Lucas Morris	Lubbock	16	11:36	* 2009
20-24	Alex Condon	Lubbock	20	13:22	2008
25-29	Stephen Romero	Lubbock	27	14:11	2009
30-34	John Barrientos	Lubbock	34	15:39	2008
35-39	Glen Poklikuha	Lubbock	38	12:41	2008
40-44	Scott Burris	Lubbock	40	15:01	2010
45-49	Ronnie Trollinger	Lubbock	48	15:28	2008
50-54	Jackie Cannon	Amarillo	52	13:07	2008
55-59	David Higgins	Lubbock	55	16:04	2008
60-64	---				
65-69	Jim Harris	Hobbs, NM	66	18:30	2009
70+	Bill Felton	Lubbock	74	17:54	2009
	Clydes Milt Brownfield	Lubbock	52	15:42	2010

WOMEN					
DIV	NAME	TOWN	AGE	TIME	YEAR
6-12	Kathleen Adams	Wall, Tx	7	17:06	2009
13-15	Turner Adams	Wall, Tx	13	14:44	2009
16-19	Amanda Morris	Lubbock	17	16:28	2010
20-24	Amy Martin	Lubbock	20	16:51	2010
25-29	Amanda Boston	Lubbock	25	14:03	* 2010
30-34	Tammy Moriearty	Wolfforth	34	16:10	2008
35-39	Tammy Moriearty	Wolfforth	35	15:47	2009
40-44	Angie Hines	Sundown	42	18:32	2009
45-49	Kammy Philbrick	Lubbock	48	17:41	2009
50-54	Glenna Beyer	Lubbock	51	20:11	2010
55-59	Josie Aleman	Lubbock	56	24:37	2008
60+	P.J.Mitchell	Lubbock	64	18:17	2010
	Athena Nikki Roa	Lubbock	24	20:50	2009

* OVERALL COURSE RECORDS

WEST TEXAS RUNNING CLUB'S
18th Annual Loop The Lake

EVENT # 1 OF THE W.T.R.C. CHALLENGE SERIES

WHEN: Saturday, January 08, 2011
Register online at <http://wtrc.tripod.com>
See enclosed mail in form for information.
On Site Registration: 9:00 to 9:45 A.M.
Race starts at 10:00 A. M.

WHERE: Buddy Holly Recreation Area, West of North University & on Cesar Chavez
Register in the Landwer House

COURSE: Rolling 5 Mile and 2 Mile on Pavement and Concrete Walkways. WTRC Rules Do Not Permit Pets, Skates, Strollers, or Bicycles

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

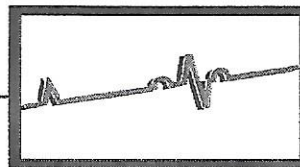
On-line registration expires at 6pm,
Thursday before the race.

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.

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



- MEDICAL MASSAGE
- LYPOSSAGE
- SPORT TRAINING

Pager 806.721.9940

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 rhoeve@lubbockisd.org

WTRC Calendar

*Indicates WTRC Monthly Race & CHALLENGE SERIES EVENT

- JAN 04 WTRC Board meeting: Tuesday, 7:00pm
Ron's office, 3309-67th St, 806-781-0231
- * JAN 08 LOOP THE LAKE: 5M/2M, 10:00AM, Buddy Holly Rec Area. RD: David Doyle, 806-535-5914
- JAN 15 WTRC – Challenge Series Award Banquet: 6:00pm. Monterey Baptist Church, Lubbock, TX, EVERYONE IS INVITED!!! Bring side dish or desert.
- JAN 22 Endurathon 25K Road Race & Relay: 25K, 8:30am, Bulverde, TX, www.active.com
- JAN 30 3M Half Marathon & Relay: 6:45am, Austin, TX, <http://solutions.3M.com>
- * 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 20 Livestrong Austin Marathon: 7:00am, Marathon/Half Marathon/5K, <http://youraustinmarathon.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 12 PRAIRIE DOG TOWN RUNS: 9:00am, 4M/2M, MacKenzie Park, E Broadway & Cesar Chavez Dr, Cody Miller, RD, 806-773-8905
- MAR 26 The Great H.O.G.G. Race: Marathon/Half/10K/5K/1M, Lamesa, TX, <http://www.cornerstonelamesa.org/HOGGRace.html>
- 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 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.



3312 44th Street
Lubbock, TX 79413
January 2011

Season's Greetings and
Best Wishes for a Happy,
prosperous fit New Year.

**Be an Early Bird!
RENEW NOW!**