

May 2011

2011 Hugh Haynes Memorial
Horseshoe Bend Canyon Races
May 14, 2011
2, 6, & 11 Miles
Races Start at 8:00 am
Horseshoe Bend Canyon North of Slaton, Texas
Randy Holloway,
Race Director
806-789-1547

Volume 4, Issue 5



4501 71st Street #907
Lubbock, TX 7924

Run for the Arts Director Report 2011

Run for the Arts Race Director Report 2011

The 2011 Race for the Arts was a successful race with 312 finishers and great weather! Many runners commented on how much they enjoyed this year's race. Congratulations to all our medalists and finishers! I appreciate all the volunteers and helpers-without their help there would be no race!! Barbara Murphy and Cheryl Weber both helped with late registration and packet pick-up on Friday. I give a special thank you to Fred Weber and Ron Lubowicz for pulling double duty both Friday and Saturday. We would not have a race without David Higgins, who handles a big part of the online and mail-in registration along with the timing of races every month. I give David a very special 'thank you' this year for being in charge of the late registration all day Friday! David is also our treasurer and devotes many hours editing and posting all the wonderful photographs we all enjoy on our website. I truly appreciate ALL of the volunteers helping on race day! They are George Jury, Juan Mojica, Ken Spain, Damon Provence, Ray Major, Kayla Major, Kelsey Keefer, Shawn Lawler, Les Kinman, Kenny Powell, Chris Norrod, Roy Gonzales, Alexis Hoeve, Rose Hoeve, Cody Brockman, Jesseca Brockman, The Girlstown Girls (who has done our water stop at Broadway & Cesar Chavez Dr for several years) and James Livermore, who led the first runner in the 15K on his bike. I want to thank Terry Dalton who started the races for me so I could take pictures. I thank PJ and Wayne Sullivan for their double duty! They do a wonderful job with our Store at the races and they helped with the awards as well this year. Thank you! We also had a couple of special helpers that helped out with the race and then ran the race. They are Amy McAlexander and Randy Holloway. These two helpers help out at many races every month. We appreciate the Kid's Café group. It always adds to our race. David Weaver and Terry Dalton did a great job with the Kid's Café, adding attractions such as Raider Red, the trumpet players, and the Kid's Café pledge! Great job, to the coaches of Kid's Café runners!

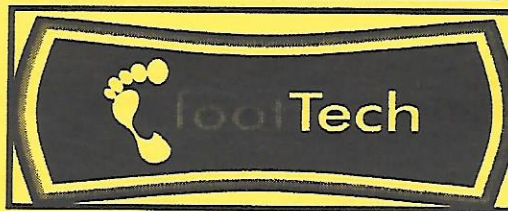
Looking forward to next year and Four Hundred!

Suzan Caudle, RFA Race Director

W. T. R. C. RACES ARE USUALLY HELD THE 2ND SATURDAY OF EACH MONTH. The WTRC monthly business meeting is on Tuesday, May 3 2011 @ 7:00 p.m. at 3309 67th Street, (806) 781-0231, all members are welcome.

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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

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RUNNER PROFILE

While I have been trying to profile some of our current members in this space, I thought I'd devote this month's feature to a former member who was very active in the WTRC while he was here, Dr. Bernie Hartman, PhD. In fact, Bernie was the "brain" behind the organization of the first RUN FOR THE ARTS (RFA) in 1982. He came to Lubbock to be on the faculty at TTU in 1975. As his story will tell, he joined the WTRC in 1979 a little after several of our current members did. I might add that his first 10K at Mackenzie Lake, September 3, 1979, was also my first 10K race. He described the course pretty well except he left out the part about the 2 to 3 foot long prairie rattler that was in one of the ruts we ran through. Back in those days the official January race of the WTRC was the Palo Duro Canyon Marathon and 4 Mile. Many of us would carpool to the races farther away and it was on the return trip of the 1982 race that the RFA was born.

Bernie got his PhD here at TTU and they left Lubbock in 1989 for Duquesne University in Pittsburgh, PA where he was Chair of Biological Sciences for ten years, and later Associate Dean of Sciences. During those years, his wife worked as a research technician at the University of Pittsburgh Medical School. He continued to train and compete in local races, but especially summers in Oregon where he could find a race somewhere nearly every weekend. He was a member of the South Coast Track Club located in Coos Bay. He and his wife retired there to Medford, OR in 2000. Bernie says "While I love Oregon, I have very fond memories of our friends and time in Lubbock. Mostly I miss it because we were all young then." He wrote the following as a project of the Osher Lifelong Learning Institute at Southern Oregon University.

RUNNING AFTER MY YOUTH AGAIN

As I walked across Main St. last Friday afternoon on my way to the Caldera Brew Pub for the weekly meeting of the Male Bonding Club, a host of runners from the boys Ashland high school cross country team did the same, but going in the opposite direction. A cluster of girl runners followed the boy's team shortly. All of the thinclads looked skinny, healthy and fit, breathing easily, running at a pace that allowed them to chatter as they passed. How I envied them.

My running days stretched from several years of the nearly nightly competitive neighborhood game of redline, three years of high school cross country at Baltimore Polytechnic Institute, followed by two years of cross country at Towson State Teachers College. While I enjoyed the competition, and camaraderie of my teammates, the biggest reward for me, was how fit I felt after a workout or a race. When awake, I was exhilarated and alert. And when I slept, I slept soundly.

After transferring to the University of Maryland in 1958, and later graduate school at American University and University of Connecticut, post doc at the Natick Labs near Boston, and faculty positions that followed, I continued to run sporadically as time would allow, but not enough to be fit or in decent aerobic shape. In those years, my athletic activity was confined to playing fast-pitch and slow-pitch softball - anaerobic sports that require little in the way of conditioning. As a kid who played competitive baseball from the age of fourteen through college, we referred to softball disrespectfully as "the old man's game." By the age of 37, I was prematurely, an old man.

My physical indolence began a slow change for the better when Makiko and I spent the summer of 1971 doing research at the University of Oregon Marine Lab, the Oregon Institute of Marine Biology (OIMB) in Charleston. There I met Dr. Bob Terwilliger, who as an undergraduate at Bowdoin College had lettered in wrestling and soccer. Bob who had obtained his Ph.D. in biochemistry from Boston University, and his wife Nora, became good friends. Late each afternoon that summer and for the following two summers, Bob and I ran the two-mile stretch on the forgiving surface of pristine Bastendorf Beach, making a modest four-mile round trip, but enough for me to attain a semblance of fitness. As important, the jaunts were also an opportunity to pick one another's brains regarding life, and our respective research projects. Those were the days of the great Marshfield high school grad and University of Oregon champion runner Steve Prefontaine. So in his honor, Bob and I referred to our selves as the "post-fontaines".

When Makiko and I moved to Texas Tech University in 1975, for the next three years, my athletic endeavors were confined to weekly, lunchtime, half-court pickup basketball games with faculty colleagues, and slow-pitch softball night games in a city league. Because we had produced our first daughter Lica in 1974, we were no longer able to spend summers working at OIMB. Also, Makiko had an excellent, responsible, full-time position as a technician in the Department of Anatomy at the TTU Medical School. So after a 6-year hiatus from running, in the early spring of 1979, I made a serious commitment to get fit. Why? My fourth-floor office and laboratory windows overlooked the TTU quarter-mile track. From time to time, in the late afternoon, I would see our aged Dean of the College of Arts and Sciences jogging on the track, circling it several times at a pace runners call the "survivor's shuffle." I figured if that old fart could do it, so could I. After all, I was only 45 years old. So, I decided that I'd take up running again, and get in aerobic shape.

When I ran in high school and college, cross country shoes were composed of a little more than a thin, arched, molded sole with a black canvas upper. Perhaps because of my youth with only slightly misaligned hips, and otherwise fortuitous mechanical makeup, I never suffered any injuries wearing them. So for my return to serious running, I purchased a pair of cheap Mercury running shoes from a sporting goods store - shoes that had a thick sole and blue nylon upper. "They looked marvelous."

Donning them, white shorts, and tee shirt, I went to the track one afternoon, stretched, and began to jog. Halfway around the track, I became so badly winded that I had to walk. When I reached the finish line, I jogged halfway round again, was again winded, and walked. Doggedly, I persisted several times until I'd covered a total of a mile. If the Dean was doing the "survivor's shuffle", how slowly did I trudge that day? Crestfallen, I returned home. The reward for my return to running - a severe case of shin splints!

It took several days to recover, but undeterred, in the interim, I sought expert advice about shoes from Jim McWhirter at his Swift Foot running store on Slide Rd. Jim, recommended Adidas running shoes, the model called Marathon. I purchased a pair, some low-cut running socks, striped nylon shorts and vented shirt. Over the next several weeks, I returned each evening to the rubberized surface of the TTU track, steadily increasing the number of laps, and the speed at which I ran them. Soon I was able to do three miles at a seven minute/mile pace without discomfort. However, running long distance on a track soon became boring, so I began to run from our modest home on 29th St. on the roads and streets near campus. Initially, I had two routes. The shorter was a three-mile loop around the fenced TTU experimental cotton field where several jack rabbits would on occasion entertain themselves by watching me go by, then sprint past at blazing speed, probably laughing to themselves. My pace on that course was between 7 and 7+/- minutes/mile. The longer route was a six-mile trek around the periphery of the TTU main campus at a slower 8 minute/mile pace. From time to time, I'd return to the track to do speed work; several in-and-out quarter-mile intervals of 80 seconds, a 5:20/mile pace.

In my time, high school and college cross country race distances were typically two miles and three miles respectively. The daily training to run those distances was not demanding or done on any scientific basis. To prepare for a race, we might run a bout 15 miles each week. But now, at 45 years of age, my training was becoming more rigorous, totaling between 25 and 30 miles/week. It would eventually average about 40 to 45 miles/week, especially when I spent summers at the University of Oregon Institute of Marine Biology (OIMB). One week when training for a marathon, I topped out at 83 miles.

What possessed me to work beyond just achieving a decent fitness level? Firstly, I chanced to read cardiologist/runner/guru George Sheehan's inspirational book "RUNNING and BEING", and bought into his training regime and philosophy. A few of his aphorisms that I particularly like and still have posted over my desk are:

RUN FOR THE ARTS
2 MILE & 15 KILOMETER RUNS
APRIL 9, 2011 Lubbock, Texas

| 15K OVERALL RESULTS | | | | | |
|-----------------------|-------------|---------|---------|---------|----------|
| Place Name | Town | St Ag | S Div | Div | 15k Pace |
| 1 Quent Bearden | LUBBOCK | TX 35 M | 1 M3539 | 54:26 | 5:51 |
| 2 BENJAMIN TANUI | LUBBOCK | TX 34 M | 1 M3034 | 56:25 | 6:04 |
| 3 David Guinn | IDALOU | TX 44 M | 1 M4044 | 1:02:02 | 6:40 |
| 4 Matt Ange | LUBBOCK | TX 23 M | 1 M2024 | 1:03:01 | 6:46 |
| 5 Jared Fry | LISLE | IL 24 M | 2 M2024 | 1:05:22 | 7:01 |
| 6 Briseida Ramos | LUBBOCK | TX 27 F | 1 F2529 | 1:05:24 | 7:02 |
| 7 MARTIN MONTALVO | PLAINVIEW | TX 46 M | 1 M4549 | 1:05:48 | 7:04 |
| 8 John Rushing | LUBBOCK | TX 20 M | 3 M2024 | 1:05:59 | 7:05 |
| 9 Trent Early | LUBBOCK | TX 22 M | 4 M2024 | 1:06:02 | 7:06 |
| 10 lucas morris | LUBBOCK | TX 18 M | 1 M1619 | 1:06:23 | 7:08 |
| 11 Newton Chilian | LUBBOCK | TX 31 M | 2 M3034 | 1:07:05 | 7:12 |
| 12 JERRY DWYER | LUBBOCK | TX 51 M | 1 M5054 | 1:07:50 | 7:17 |
| 13 Lee Cohen | LUBBOCK | TX 38 M | 2 M3539 | 1:07:50 | 7:17 |
| 14 HEATH PENNELL | LUBBOCK | TX 43 M | 2 M4044 | 1:08:31 | 7:22 |
| 15 Jim Higgins | LUBBOCK | TX 50 M | 2 M5054 | 1:09:55 | 7:31 |
| 16 Paul W Pare' | LUBBOCK | TX 49 M | 2 M4549 | 1:12:50 | 7:49 |
| 17 Randy Holloway | LUBBOCK | TX 54 M | 3 M5054 | 1:13:22 | 7:53 |
| 18 Tammy Moriearty | LUBBOCK | TX 37 F | 1 F3539 | 1:13:41 | 7:55 |
| 19 Allison Nguyen | LUBBOCK | TX 27 F | 2 F2529 | 1:13:42 | 7:55 |
| 20 Farrell Martin | SHALLOWATER | TX 44 M | 3 M4044 | 1:15:24 | 8:06 |
| 21 PAUL HUDSON | COLLEYVILLE | TX 53 M | 4 M5054 | 1:15:28 | 8:06 |
| 22 Aaron Diaz | BROWNWOOD | TX 36 M | 3 M3539 | 1:15:37 | 8:07 |
| 23 Brent Lowrey | LUBBOCK | TX 49 M | 3 M4549 | 1:16:14 | 8:11 |
| 24 Wes Everett | LUBBOCK | TX 36 M | 4 M3539 | 1:16:37 | 8:14 |
| 25 IRIS RIVERO | LUBBOCK | TX 36 F | 2 F3539 | 1:16:51 | 8:15 |
| 26 CATHERINE EVANS | HOBBS | NM 26 F | 3 F2529 | 1:18:17 | 8:25 |
| 27 Paul Lewis | LUBBOCK | TX 20 M | 5 M2024 | 1:18:31 | 8:26 |
| 28 JACOB Bramlett | LUBBOCK | TX 17 M | 2 M1619 | 1:18:48 | 8:28 |
| 29 Isaac Munoz | LUBBOCK | TX 34 M | 3 M3034 | 1:20:30 | 8:39 |
| 30 David Aguirre | LUBBOCK | TX 39 M | 5 M3539 | 1:20:31 | 8:39 |
| 31 Sarah Stevenson | LUBBOCK | TX 32 F | 1 F3034 | 1:21:06 | 8:43 |
| 32 Jeff Tucker | LUBBOCK | TX 56 M | 1 M5559 | 1:21:10 | 8:43 |
| 33 Sarah Skelton | LUBBOCK | TX 36 F | 3 F3539 | 1:21:17 | 8:44 |
| 34 Tyler Thompson | LUBBOCK | TX 26 M | 1 M2529 | 1:21:45 | 8:47 |
| 35 Epi Aguirre | LUBBOCK | TX 52 M | 5 M5054 | 1:22:17 | 8:50 |
| 36 amanda boston | LUBBOCK | TX 27 F | 4 F2529 | 1:22:17 | 8:50 |
| 37 Richard Shaw | PLAINVIEW | TX 49 M | 4 M4549 | 1:22:37 | 8:52 |
| 38 cynthia sorrensen | LUBBOCK | TX 47 F | 1 F4549 | 1:23:19 | 8:57 |
| 39 Jeffrey Rosales | LUBBOCK | TX 24 M | 6 M2024 | 1:23:53 | 9:01 |
| 40 Debbie Gelber | LUBBOCK | TX 42 F | 1 F4044 | 1:23:56 | 9:01 |
| 41 Jennifer Snead | LUBBOCK | TX 41 F | 2 F4044 | 1:24:05 | 9:02 |
| 42 Jennifer Haddock | LUBBOCK | TX 30 F | 2 F3034 | 1:24:13 | 9:03 |
| 43 Daniel Langford | WELLINGTON | TX 22 M | 7 M2024 | 1:24:20 | 9:03 |
| 44 Venessa Rodriguez | LUBBOCK | TX 24 F | 1 F2024 | 1:24:44 | 9:06 |
| 45 GARY EVANS | LUBBOCK | TX 31 M | 4 M3034 | 1:25:48 | 9:13 |
| 46 jonna byars | LUBBOCK | TX 37 F | 4 F3539 | 1:26:01 | 9:14 |
| 47 HEDGE MARTIN | LUBBOCK | TX 35 M | 6 M3539 | 1:26:02 | 9:15 |
| 48 Sandra Saenz | LUBBOCK | TX 36 F | 5 F3539 | 1:26:20 | 9:16 |
| 49 J Edson Pinto | LUBBOCK | TX 49 M | 5 M4549 | 1:26:44 | 9:19 |
| 50 Sonia Rodriguez | LUBBOCK | TX 30 F | 3 F3034 | 1:27:32 | 9:24 |
| 51 Jennifer Foster | LUBBOCK | TX 42 F | 3 F4044 | 1:27:54 | 9:26 |
| 52 Joshua Delgado | LUBBOCK | TX 15 M | 1 M1315 | 1:28:00 | 9:27 |
| 53 Leonardo Mirandola | LUBBOCK | TX 29 M | 2 M2529 | 1:28:21 | 9:29 |
| 54 Craig Goodman | LUBBOCK | TX 37 M | 7 M3539 | 1:28:22 | 9:30 |
| 55 Becca Schmitz | LUBBOCK | TX 30 F | 4 F3034 | 1:28:46 | 9:32 |
| 56 Natalie Mahlberg | LUBBOCK | TX 25 F | 5 F2529 | 1:29:17 | 9:35 |
| 57 ronnie adams | LUBBOCK | TX 36 M | 8 M3539 | 1:29:32 | 9:37 |
| 58 Mandi Pokikkuha | LUBBOCK | TX 33 F | 5 F3034 | 1:29:59 | 9:40 |
| 59 Amy Hardberger | LUBBOCK | TX 38 F | 6 F3539 | 1:30:00 | 9:40 |
| 60 Valerie Trevino | SLATON | TX 23 F | 2 F2024 | 1:30:11 | 9:41 |
| 61 Stacy Stephenson | LUBBOCK | TX 27 F | 6 F2529 | 1:30:14 | 9:41 |
| 62 jessica adame | LUBBOCK | TX 30 F | 6 F3034 | 1:30:38 | 9:44 |
| 63 Ron Appling | LUBBOCK | TX 39 M | 9 M3539 | 1:31:15 | 9:48 |
| 64 Shaun Fant | LUBBOCK | TX 43 M | 4 M4044 | 1:31:24 | 9:49 |
| 65 JB Ward | LUBBOCK | TX 43 M | 5 M4044 | 1:31:29 | 9:50 |
| 66 Jerry Adams | LUBBOCK | TX 35 M | clydes | 1:32:14 | 9:54 |
| 67 Christy Hennigan | LUBBOCK | TX 37 F | 7 F3539 | 1:32:43 | 9:57 |
| 68 Amy Slayton | LUBBOCK | TX 33 F | 7 F3034 | 1:32:59 | 9:59 |

| 15K OVERALL RESULTS | | | | | |
|--------------------------|-------------|---------|----------|---------|----------|
| Place Name | Town | St Ag | S Div | Div | 15k Pace |
| 69 Stephanie Harold | LUBBOCK | TX 23 F | 3 F2024 | 1:34:10 | 10:07 |
| 70 Janell Smith | IDALOU | TX 60 F | 1 F6099 | 1:34:11 | 10:07 |
| 71 AMANDA WEEKS | LUBBOCK | TX 24 F | 4 F2024 | 1:34:33 | 10:09 |
| 72 GORDEN JENKINS | AMARILLO | TX 70 M | 1 M7099 | 1:36:30 | 10:22 |
| 73 Randy Bunyard | LUBBOCK | TX 53 M | 6 M5054 | 1:37:40 | 10:29 |
| 74 Cory Dulin | LUBBOCK | TX 34 M | 5 M3034 | 1:37:40 | 10:29 |
| 75 Michael Hardin | LUBBOCK | TX 41 M | 6 M4044 | 1:37:51 | 10:31 |
| 76 Gwen Lappley | LUBBOCK | TX 48 F | 2 F4549 | 1:37:51 | 10:31 |
| 77 Dee Knapp | LUBBOCK | TX 44 F | 4 F4044 | 1:38:46 | 10:36 |
| 78 Deidre PutmanGarcia | LUBBOCK | TX 37 F | 8 F3539 | 1:39:48 | 10:43 |
| 79 Michelle Garcia | LUBBOCK | TX 34 F | 8 F3034 | 1:40:07 | 10:45 |
| 80 Mars Bennett | LUBBOCK | TX 47 F | 3 F4549 | 1:40:30 | 10:48 |
| 81 Karen Howell | LUBBOCK | TX 41 F | 5 F4044 | 1:40:59 | 10:51 |
| 82 Michael McDonald | LUBBOCK | TX 62 M | 1 M6064 | 1:41:26 | 10:54 |
| 83 NONNIE PETERS | LUBBOCK | TX 32 F | 9 F3034 | 1:42:56 | 11:03 |
| 84 Barbara Phipps | LUBBOCK | TX 53 F | 1 F5054 | 1:43:02 | 11:04 |
| 85 BECKY GOMEZ | LUBBOCK | TX 37 F | 9 F3539 | 1:43:16 | 11:05 |
| 86 MIKE STRUM | CARLSBAD | NM 60 M | 2 M6064 | 1:43:19 | 11:06 |
| 87 Craig Peterson | HOBBS | NM 54 M | 7 M5054 | 1:43:21 | 11:06 |
| 88 Rhonda Frazier | LUBBOCK | TX 38 F | 10 F3539 | 1:44:44 | 11:15 |
| 89 wendy burris | LUBBOCK | TX 48 F | 4 F4549 | 1:45:09 | 11:18 |
| 90 Sarah Floyd | LUBBOCK | TX 36 F | 11 F3539 | 1:45:21 | 11:19 |
| 91 Colleen Barry-Goodman | LUBBOCK | TX 34 F | 10 F3034 | 1:45:50 | 11:22 |
| 92 Amy Fleischmann | LUBBOCK | TX 22 F | 5 F2024 | 1:46:47 | 11:28 |
| 93 Etta Mayer | LUBBOCK | TX 62 F | 2 F6099 | 1:46:49 | 11:28 |
| 94 Kimberly Pery | LUBBOCK | TX 41 F | 6 F4044 | 1:47:05 | 11:30 |
| 95 Patricia Dennis | LUBBOCK | TX 48 F | 5 F4549 | 1:48:01 | 11:36 |
| 96 Carol Schempp | LUBBOCK | TX 62 F | 3 F6099 | 1:49:24 | 11:45 |
| 97 Ben Boston | LUBBOCK | TX 26 M | 3 M2529 | 1:50:06 | 11:50 |
| 98 ANGEL GREEN | SLATON | TX 37 F | 12 F3539 | 1:50:21 | 11:51 |
| 99 Vicki Fischenich | LUBBOCK | TX 45 F | 6 F4549 | 1:51:50 | 12:01 |
| 100 Jay Dulin | SHALLOWATER | TX 36 M | 11 M3539 | 1:56:32 | 12:31 |
| 101 STACEE LEWIS | LUBBOCK | TX 30 F | 11 F3034 | 1:56:34 | 12:31 |
| 102 Amy Hancock | LUBBOCK | TX 28 F | 7 F2529 | 1:57:36 | 12:38 |
| 103 Julie Randolph | LUBBOCK | TX 52 F | 2 F5054 | 1:57:57 | 12:40 |
| 104 Valerie Salinas | LUBBOCK | TX 30 F | 12 F3034 | 2:00:09 | 12:54 |

Team Kids Cafe

The West Texas Running Club and the South Plains Food Bank joined forces to help fight childhood obesity with the 4th Annual Kids Café Fun Run held in conjunction with the Run for the Arts. 84 kids from Team Kids Café and the local community crossed the finish line of the one mile event, and for the first time, heavy winter jackets or rain gear were not needed.

The proceeds from the Run for the Arts and Kids Café Fun Run will be donated to Kids Café, an after school feeding program of the South Plains Food Bank, to help continue the fight against childhood obesity. Team Kids Café is a special element of the Kids Café program that encourages a healthy lifestyle through diet and exercise that focuses on the benefits of running.

You know what the news is; now you're going to hear... the rest of the story.

The rest of the story (about Team Kids Café) began six weeks before the Kids Café Fun Run, as training for the run began at nine Kids Café locations. Eighteen volunteer coaches would spend one hour one or two days a week developing running teams and preparing the kids for the run. The coaches presented running to the kids in a positive way by engaging them in fun running games and drills. The kids were instructed on the fundamentals of running which included correct running form and technique, stretching, safety, and injury prevention. The training program culminated with the running of the 4th Annual Kids Café Fun Run.

I want to thank all the volunteer coaches, many of whom are members of the West Texas Running Club, for their time and dedication to the kids of Team Kids Cafe. The coach lineup included: Andrew Smith, Amy Hancock, Holly Snodgrass, Tracy McCasland, Jamie Birney, Berry Massey, Randy Juergens, Lauren Fossum, Maggie Callahan, Elizabeth Sharp, Shannon Zweifel, Joni Kitchens, Gonzalo Ramirez, Maria DeLeon, Larry DeLeon, Epi Aguirre, Tammy Moriearty, and Amanda Boston.

Most of the coaches expressed that Team Kids Café was a very rewarding and enriching experience and wanted to come back again next year. The greatest reward was watching 84 kids cross the finish line and receive a finisher's medal.

Terry Dalton

| 2 MILE OVERALL RESULTS | | | | | |
|------------------------|--------------|---------|-------------|-------|-------|
| Place Name | Town | St Ag | S Div Div 2 | Pace | |
| 1 Blake Bednarz | LUBBOCK | TX 26 M | 1 M2529 | 11:22 | 5:41 |
| 2 Robert Guinn | IDALOU | TX 17 M | 1 M1619 | 11:41 | 5:51 |
| 3 Jake Brownfield | LBB | TX 13 M | 1 M1315 | 12:31 | 6:16 |
| 4 Mont McClendon | LUBBOCK | TX 39 M | 1 M3539 | 13:12 | 6:36 |
| 5 JACKIE CANNON | AMARILLO | TX 55 M | 1 M5559 | 13:20 | 6:40 |
| 6 ELI SHELTON | NEW HOME | TX 13 M | 2 M1315 | 13:27 | 6:44 |
| 7 RIKI SAMPSON | LUBBOCK | TX 8 M | 1 M0112 | 13:28 | 6:44 |
| 8 Abel Reyna | LUBBOCK | TX 47 M | 1 M4549 | 13:28 | 6:44 |
| 9 WAYNE Langehennig | LUBBOCK | TX 38 M | 2 M3539 | 13:47 | 6:54 |
| 10 John DeLaGarza | AMARILLO | TX 14 M | 3 M1315 | 14:14 | 7:07 |
| 11 JEFF SHELTON | NEW HOME | TX 39 M | 3 M3539 | 14:21 | 7:11 |
| 12 Gage Urias | LUBBOCK | TX 10 M | 2 M0112 | 14:36 | 7:18 |
| 13 Justin Selleck | LUBBOCK | TX 34 M | 1 M3034 | 14:40 | 7:20 |
| 14 Luis Cardenas | LUBBOCK | TX 59 M | 2 M5559 | 14:43 | 7:22 |
| 15 John Clements | LUBBOCK | TX 54 M | 1 M5054 | 14:48 | 7:24 |
| 16 James Vordy | LUBBOCK | TX 2 M | 3 M0112 | 14:59 | 7:30 |
| 17 Demetre Martinez | LUBBOCK | TX 12 M | 4 M0112 | 15:09 | 7:35 |
| 18 BRANDON GREGORY | LUBBOCK | TX 11 M | 5 M0112 | 15:10 | 7:35 |
| 19 Cole Agnew | LUBBOCK | TX 9 M | 6 M0112 | 15:10 | 7:35 |
| 20 Alvin Llanas | WOLFFORTH | TX 52 M | 2 M5054 | 15:23 | 7:42 |
| 21 Joe frank martin | LUBBOCK | TX 51 M | 3 M5054 | 15:27 | 7:44 |
| 22 Devin Romero | LUBBOCK | TX 14 M | 4 M1315 | 15:40 | 7:50 |
| 23 Kristi Starr | LUBBOCK | TX 40 F | 1 F4044 | 15:44 | 7:52 |
| 24 KAMREN SHELTON | NEW HOME | TX 10 M | 7 M0112 | 15:45 | 7:53 |
| 25 Jennifer Farris | LUBBOCK | TX 32 F | 1 F3034 | 16:03 | 8:02 |
| 26 Claudia Ramos | LUBBOCK | TX 25 F | 1 F2529 | 16:08 | 8:04 |
| 27 Tayler Huckaby | LUBBOCK | TX 24 F | 1 F2024 | 16:10 | 8:05 |
| 28 Kenley Frazier | LUBBOCK | TX 11 F | 1 F0112 | 16:17 | 8:09 |
| 29 SCOTT WRIGHT | LUBBOCK | TX 40 M | 1 M4044 | 16:17 | 8:09 |
| 30 BELISA WALDROP | LUBBOCK | TX 43 F | 2 F4044 | 16:18 | 8:09 |
| 31 Amy Lovett | PORTALES | NM 32 F | 2 F3034 | 16:22 | 8:11 |
| 32 NOAH RODRIGUEZ | LUBBOCK | TX 12 M | 8 M0112 | 16:45 | 8:23 |
| 33 AMY MCALEXANDER | LUBBOCK | TX 30 F | 3 F3034 | 16:47 | 8:24 |
| 34 Deana Martin | SHALLOWWATER | TX 43 F | 3 F4044 | 16:48 | 8:24 |
| 35 ROBERT ROSS | LUBBOCK | TX 25 M | 2 M2529 | 17:15 | 8:38 |
| 36 Jordan Selleck | LUBBOCK | TX 10 F | 2 F0112 | 17:20 | 8:40 |
| 37 Kelsi May | LUBBOCK | TX 23 F | 2 F2024 | 17:23 | 8:42 |
| 38 Dana Krikov | LUBBOCK | TX 9 F | 3 F0112 | 17:23 | 8:42 |
| 39 KAMMY PHILBRICK | LUBBOCK | TX 59 F | 1 F5054 | 17:26 | 8:43 |
| 40 Micah Lewis | LUBBOCK | TX 49 M | 2 M4549 | 17:28 | 8:44 |
| 41 fred constancio | LUBBOCK | TX 58 M | 3 M5559 | 17:30 | 8:45 |
| 42 John Griffin | LUBBOCK | TX 29 M | 3 M2529 | 17:31 | 8:46 |
| 43 Gail Faries | LUBBOCK | TX 51 M | 4 M5054 | 17:35 | 8:48 |
| 44 Maricarmen SOLIS | LEVELLAND | TX 38 F | 1 F3539 | 17:41 | 8:51 |
| 45 JEREMY DICKSON | LUBBOCK | TX 35 M | 4 M3539 | 17:48 | 8:54 |
| 46 Lorenzo Martinez | LUBBOCK | TX 9 M | 9 M0112 | 17:56 | 8:58 |
| 47 Amy Andrus | LUBBOCK | TX 48 F | 1 F4549 | 18:06 | 9:03 |
| 48 HEATHER DEVORE | LUBBOCK | TX 29 F | 2 F2529 | 18:14 | 9:07 |
| 49 Loriele Ressler | LUBBOCK | TX 24 F | 3 F2024 | 18:29 | 9:15 |
| 50 MARIO JIMENEZ | LUBBOCK | TX 50 M | 5 M5054 | 18:31 | 9:16 |
| 51 Jaqi Trice | LUBBOCK | TX 23 F | 4 F2024 | 18:32 | 9:16 |
| 52 BILL FELTON | LUBBOCK | TX 76 M | 1 M7099 | 18:33 | 9:17 |
| 53 ABRAHAM MONTALVO | PLAINVIEW | TX 13 M | 5 M1315 | 18:42 | 9:21 |
| 54 Dakota Hernandez | LUBBOCK | TX 11 M | 10 M0112 | 18:43 | 9:22 |
| 55 Suzanne Venable | OLTON | TX 42 F | 4 F4044 | 18:44 | 9:22 |
| 56 Sharia Kinman | LUBBOCK | TX 42 F | 5 F4044 | 18:58 | 9:29 |
| 57 Shawna Hardaway | LUBBOCK | TX 42 F | 6 F4044 | 19:03 | 9:32 |
| 58 Nick Selleck | LUBBOCK | TX 7 M | 11 M0112 | 19:10 | 9:35 |
| 59 Carson Graham | LUBBOCK | TX 33 F | 4 F3034 | 19:18 | 9:39 |
| 60 KAI Langehennig | LUBBOCK | TX 8 M | 12 M0112 | 19:24 | 9:42 |
| 61 Niv Krikov | LUBBOCK | TX 40 M | 2 M4044 | 19:30 | 9:45 |
| 62 ANDREW HUDSON | COLLEYVILLE | TX 20 M | 1 M2024 | 19:31 | 9:46 |
| 63 Lisa Garner-Santa | LUBBOCK | TX 42 F | 7 F4044 | 19:35 | 9:48 |
| 64 TREVOR JONES | LUBBOCK | TX 24 M | 2 M2024 | 19:35 | 9:48 |
| 65 JIM HARRIS | HOBBS | NM 68 M | 1 M6569 | 19:40 | 9:50 |
| 66 MIKE SELLECK | RANSOM C | TX 59 M | 4 M5559 | 19:54 | 9:57 |
| 67 Erin Dulin | SHALLOWWATER | TX 32 F | 5 F3034 | 19:55 | 9:58 |
| 68 Elizabeth Williams | NOCONA | TX 23 F | 5 F2024 | 19:57 | 9:59 |
| 69 YUNA Langehennig | LUBB | TX 11 F | 4 F0112 | 20:01 | 10:01 |
| 70 Ross Cohen | LUBBOCK | TX 7 M | 13 M0112 | 20:04 | 10:02 |
| 71 Gary Gressett | LUBBOCK | TX 64 M | 1 M6064 | 20:09 | 10:05 |
| 72 Debbie Roman | LUBBOCK | TX 55 F | 1 F5559 | 20:10 | 10:05 |
| 73 Zane Gray | LUBBOCK | TX 8 M | 14 M0112 | 20:10 | 10:05 |

| 2 MILE OVERALL RESULTS | | | | | |
|--------------------------|-------------|---------|-------------|-------|-------|
| Place Name | Town | St Ag | S Div Div 2 | Pace | |
| 74 Duane Jones | LUBBOCK | TX 50 M | 6 M5054 | 20:11 | 10:06 |
| 75 Analisa Cardenas | LUBBOCK | TX 32 F | 6 F3034 | 20:16 | 10:08 |
| 76 JAMES PRATT | LUBBOCK | TX 69 M | 2 M6569 | 20:23 | 10:12 |
| 77 Donna Moore | LUBBOCK | TX 47 F | 2 F4549 | 20:30 | 10:15 |
| 78 Isaac Esqueda | LUBBOCK | TX 30 M | 2 M3034 | 20:33 | 10:17 |
| 79 CALEB WOOD | LUBBOCK | TX 9 M | 15 M0112 | 20:33 | 10:17 |
| 80 NICKLAS Venhuizen | LUBBOCK | TX 8 M | 16 M0112 | 20:35 | 10:18 |
| 81 Randy Egenbacher | LUBBOCK | TX 55 M | 5 M5559 | 20:36 | 10:18 |
| 82 Antonio Roman | LUBBOCK | TX 58 M | 6 M5559 | 20:37 | 10:19 |
| 83 Myrna Ramirez | LUBBOCK | TX 26 F | 4 F2529 | 20:40 | 10:20 |
| 84 ROBERT TERRELL | LUBBOCK | TX 67 M | 3 M6569 | 20:43 | 10:22 |
| 85 Caleb Nelson | LUBBOCK | TX 6 M | 17 M0112 | 20:48 | 10:24 |
| 86 Kevin Nelson | LUBBOCK | TX 32 M | 3 M3034 | 20:53 | 10:27 |
| 87 Kara Craig | LUBBOCK | TX 29 F | 4 F2529 | 20:53 | 10:27 |
| 88 Jennifer Gray | LUBBOCK | TX 39 F | 2 F3539 | 20:58 | 10:29 |
| 89 JOROND GAULT | LUBBOCK | TX 40 F | 8 F4044 | 20:59 | 10:30 |
| 90 JOSHUA HOEVE | RANSOM C | TX 12 M | 18 M0112 | 21:15 | 10:38 |
| 91 CORI ROGERS | LUBBOCK | TX 31 F | 7 F3034 | 21:25 | 10:43 |
| 92 Teri Fields | LUBBOCK | TX 41 F | 9 F4044 | 21:29 | 10:45 |
| 93 Maurizio ChirivaInter | LUBBOCK | TX 43 M | 3 M4044 | 21:40 | 10:50 |
| 94 Maria Ramos | LUBBOCK | TX 48 F | 3 F4549 | 21:41 | 10:51 |
| 95 Marek Potratz | LUBBOCK | TX 29 M | 4 M2529 | 21:46 | 10:53 |
| 96 Lori Vinson | LUBBOCK | TX 47 F | 4 F4549 | 22:04 | 11:02 |
| 97 LAURIE HENNINGTON | LUBBOCK | TX 40 F | 10 F4044 | 22:11 | 11:06 |
| 98 Shanna Faries | LUBBOCK | TX 26 F | 5 F2529 | 22:36 | 11:18 |
| 99 Staten Rush | LUBBOCK | TX 9 M | 19 M0112 | 23:09 | 11:35 |
| 100 Tommie Gressett | LUBBOCK | TX 48 F | 5 F4549 | 23:25 | 11:43 |
| 101 Rick Lampe | LUBBOCK | TX 66 M | 4 M6569 | 23:31 | 11:46 |
| 102 Dennis Berger | LUBBOCK | TX 52 M | 7 M5054 | 23:41 | 11:51 |
| 103 Laura Lappe | LUBBOCK | TX 45 F | 6 F4549 | 23:43 | 11:52 |
| 104 Adrian Archie | LUBBOCK | TX 23 M | 3 M2024 | 24:05 | 12:03 |
| 105 Gabriela Saldana | LUBBOCK | TX 47 F | 7 F4549 | 24:10 | 12:05 |
| 106 Janice Rogers | LUBBOCK | TX 26 F | 6 F2529 | 24:13 | 12:07 |
| 107 April Covington | LUBBOCK | TX 27 F | 7 F2529 | 24:14 | 12:07 |
| 108 MADISON DENNIS | LUBBOCK | TX 12 F | 5 F0112 | 24:41 | 12:21 |
| 109 Duncan Moore | LUBBOCK | TX 7 M | 20 M0112 | 25:02 | 12:31 |
| 110 Russ Moore | LUBBOCK | TX 38 M | 5 M3539 | 25:03 | 12:32 |
| 111 SARAH HUDSON | COLLEYVILLE | TX 50 M | 8 M5054 | 25:12 | 12:36 |
| 112 Debbie Rask | LUBBOCK | TX 52 F | 2 F5054 | 26:02 | 13:01 |
| 113 Karen Tipton | LUBBOCK | TX 40 F | 11 F4044 | 26:08 | 13:04 |
| 114 David Hubbard | LUBBOCK | TX 41 M | 4 M4044 | 26:09 | 13:05 |
| 115 AVERY DICKSON | LUBBOCK | TX 10 F | 6 F0112 | 26:23 | 13:12 |
| 116 LAETTA AKBAR-ALI | LUBBOCK | TX 48 F | 8 F4549 | 26:37 | 13:19 |
| 117 Sam Moore | LUBBOCK | TX 68 M | 5 M6569 | 27:04 | 13:32 |
| 118 Veronica Esqueda | LUBBOCK | TX 29 F | 8 F2529 | 28:49 | 14:25 |
| 119 SARAH GAXIOLA | LUBBOCK | TX 58 F | 2 F5559 | 30:31 | 15:16 |
| 120 KARI DICKSON | LUBBOCK | TX 35 F | 3 F3539 | 30:53 | 15:27 |
| 121 KAITLYN WOOD | LUBBOCK | TX 11 F | 7 F0112 | 30:55 | 15:28 |
| 122 meghan mcdougal | LUBBOCK | TX 26 F | 9 F2529 | 35:28 | 17:44 |
| 123 Kerren Lampe | LUBBOCK | TX 58 F | 3 F5559 | 35:29 | 17:45 |
| 124 Summer Smith | IDALOU | TX 16 F | 1 F1619 | 38:29 | 19:15 |

Throughout the month we often have WTRC members participate in other events such as marathons and other distance races, please feel free to email me to let me know about your accomplishments.

Congratulations to WTRC member Lucas Morris was the overall winner of the 2011 UBS Bloodgusher half-marathon in Midland on Saturday March 26, 2011 with a time of 1:26. Also, Congratulations to Amanda Boston, Epi Aguirre, Heath Pennell and Leesa Price on their Boston Marathon finish.

W.T.R.C. 2011 CHALLENGE SERIES
STANDINGS AFTER 4 EVENTS

MALE

| YTD TOTALS | | | | | | YTD TOTALS | | | | | |
|---------------------|-----|-----|-------|-----|-----|--------------------|-----|-----|-------|-----|-----|
| 6 - 12 MALE | AGE | PTS | MILES | EVT | VOL | 40 - 44 MALE | AGE | PTS | MILES | EVT | VOL |
| Cole Agnew | 9 | 25 | 10 | 3 | | Heath Pennell | 43 | 27 | 27 | 4 | * |
| Kamren Shelton | 10 | 5 | 2 | 1 | | Marin Hernandez | 40 | 10 | 4 | 1 | |
| Ross Cohen | 7 | 4 | 6 | 3 | | Brian Starr | 43 | 10 | 4 | 1 | |
| Dakota Hernandez | 11 | 2 | 2 | 1 | | Troy Pratt | 44 | 9 | 2 | 1 | |
| Caleb Starr | 10 | 1 | 2 | 1 | | Russell Carter | 40 | 8 | 8.7 | 1 | |
| Josh Starr | 12 | 1 | 2 | 1 | | Scott Burris | 41 | 6 | 13.7 | 1 | * |
| Nick Selleck | 7 | 1 | 4 | 2 | | Brett Peikert | 43 | 5 | 5 | 1 | |
| Caleb Starr | 11 | 0 | 2 | 1 | | Sean Schwarzenraub | 43 | 4 | 5 | 1 | |
| Beau Miller | 10 | 0 | 2 | 1 | | Paul Moats | 44 | 3 | 5 | 1 | |
| Carson Heise | 6 | 0 | 2 | 1 | | Greg Milford | 41 | 1 | 5 | 1 | |
| Zane Gray | 8 | 0 | 2 | 1 | | | | | | | |
| Joshua Hoeve | 12 | 0 | 2 | 1 | | 45 - 49 MALE | AGE | PTS | MILES | EVT | VOL |
| | | | | | | Martin Montalvo | 46 | 30 | 23 | 3 | |
| 13-15 MALE | AGE | PTS | MILES | EVT | VOL | Les Kinman | 45 | 24 | 19.3 | 4 | * |
| Abraham Montalvo | 13 | 16 | 8 | 3 | | Abel Reyna | 47 | 20 | 6 | 2 | |
| Austin Martin | 15 | 11 | 4 | 2 | | Paul Pare | 49 | 17 | 18 | 2 | |
| Walker Adams | 13 | 10 | 8.7 | 1 | | Cody Miller | 45 | 16 | 21.7 | 3 | ** |
| Paul David Gaschen | 15 | 9 | 2 | 1 | | Richard Shaw | 49 | 16 | 13.3 | 2 | |
| Christopher Gaschen | 13 | 6 | 2 | 1 | | J. Edson Pinto | 49 | 14 | 13.3 | 2 | |
| 16-19 MALE | AGE | PTS | MILES | EVT | VOL | Joe Kueser | 49 | 9 | 5 | 1 | |
| Lucas Morris | 18 | 20 | 13.3 | 2 | | Brent Lowrey | 49 | 8 | 9.3 | 1 | |
| Luke Samarron | 17 | 9 | 4 | 1 | | Todd Cabe | 46 | 6 | 8.7 | 1 | |
| Timothy Peikert | 16 | 8 | 5 | 1 | | Kevin Lair | 49 | 0 | 9 | 2 | * |
| 20 - 24 MALE | AGE | PTS | MILES | EVT | VOL | 50 - 54 MALE | AGE | PTS | MILES | EVT | VOL |
| Matt Ange | 23 | 20 | 13.3 | 2 | | Jerry Dwyer | 51 | 37 | 27 | 4 | |
| John Keith | 21 | 10 | 5 | 1 | | Epi Aguirre | 52 | 33 | 27 | 4 | |
| Tanner Vickers | 24 | 7 | 5 | 1 | | John Clements | 54 | 29 | 6 | 3 | |
| 25 - 29 MALE | AGE | PTS | MILES | EVT | VOL | Jim Higgins | 50 | 27 | 18.3 | 3 | |
| Curtis Norrod | 26 | 30 | 19.3 | 4 | * | Joe Frank Martin | 51 | 24 | 14.7 | 4 | * |
| Ben Boston | 26 | 21 | 20 | 3 | | Alvin Llanas | 52 | 23 | 10 | 3 | |
| Marek Potratz | 29 | 19 | 14.7 | 4 | * | Randy Bunyard | 53 | 16 | 17.3 | 3 | |
| Christopher Ramirez | 28 | 10 | 5 | 1 | | Randy Holloway | 54 | 16 | 27 | 4 | * |
| Stephen Romero | 29 | 10 | 2 | 1 | | Mitch Monroe | 50 | 14 | 13.7 | 2 | |
| John Griffin | 29 | 9 | 2 | 1 | | James Priess | 50 | 13 | 4 | 2 | |
| Zack Manning | 29 | 9 | 5 | 1 | | Gall Faries | 51 | 13 | 4 | 2 | |
| Arturo Olivarez | 29 | 9 | 2 | 1 | | Duane Jones | 50 | 12 | 18 | 2 | |
| Jason Hancock | 29 | 8 | 2 | 1 | | David Doyle | 52 | 9 | 12 | 2 | ** |
| Andrew Huff | 29 | 3 | 5 | 1 | | Bill Gelber | 52 | 7 | 10.7 | 2 | * |
| Cody Brockman | 29 | 0 | 9.3 | 1 | * | Ronnie Trollinger | 51 | 6 | 5 | 1 | |
| 30 - 34 MALE | AGE | PTS | MILES | EVT | VOL | Ed Price | 54 | 5 | 5 | 1 | |
| Isaac Munoz, Jr. | 34 | 27 | 15.3 | 3 | | Gene Adams | 53 | 5 | 8.7 | 1 | |
| Gabriel Olivarez | 34 | 26 | 14.7 | 3 | | Steve German | 53 | 5 | 4 | 1 | |
| Gary Evans | 31 | 25 | 27 | 4 | | Dennis Berger | 52 | 0 | 8.7 | 1 | * |
| Justin Selleck | 34 | 20 | 4 | 2 | | Gonzalo Ramirez | 54 | 0 | 13.3 | 2 | * |
| Jonathon Wright | 32 | 12 | 9 | 2 | | Ray Major | 50 | 0 | 23 | 3 | * |
| Isaac Esqueda | 30 | 12 | 6 | 2 | | | | | | | |
| Phillip Guengerish | 34 | 9 | 4 | 1 | | 55 - 59 MALE | AGE | PTS | MILES | EVT | VOL |
| Damon Chase | 33 | 8 | 5 | 1 | | Jackie Cannon | 55 | 40 | 10 | 4 | |
| Caleb Phillips | 30 | 8 | 13.7 | 2 | | Luis Cardenas | 59 | 27 | 13 | 4 | * |
| Matt Lillay | 34 | 8 | 13.7 | 2 | | Fred Constancio | 58 | 24 | 14.7 | 4 | * |
| Jeff Hancock | 33 | 7 | 5 | 1 | | Fred Weber | 59 | 23 | 22.3 | 4 | * |
| Wes Scholz | 34 | 4 | 5 | 1 | | Joseph Wilson | 55 | 20 | 9 | 2 | |
| David Slayton | 32 | 4 | 4 | 1 | | Lawrence Schovanec | 58 | 18 | 13.7 | 2 | |
| Chad Etrod | 34 | 3 | 5 | 1 | | Michael Selleck | 59 | 14 | 4 | 2 | |
| | | | | | | Antonio Roman | 58 | 11 | 4 | 2 | |
| 35 - 39 MALE | AGE | PTS | MILES | EVT | VOL | Jeff Tucker | 56 | 10 | 9.3 | 1 | |
| Quent Bearden | 35 | 42 | 27 | 4 | | Rick Wannamacher | 56 | 9 | 13.7 | 2 | * |
| Lee Cohen | 38 | 40 | 19.3 | 4 | | Lorenzo Padilla | 56 | 9 | 2 | 1 | |
| Mont McClendon | 39 | 35 | 13 | 4 | | Terry Dalton | 56 | 8 | 27 | 4 | * |
| Shannon Anderson | 39 | 25 | 10 | 3 | | Ken Spain | 57 | 7 | 23 | 3 | * |
| Kenny Powell | 37 | 25 | 17.3 | 4 | * | Randy Egenbacher | 55 | 6 | 2 | 1 | |
| Hedge Martin | 35 | 24 | 19.3 | 4 | | David Weaver | 59 | 5 | 14.3 | 2 | * |
| Wesley Everett | 36 | 20 | 23 | 3 | | Wayne Sullivan | 59 | 0 | 27 | 4 | * |
| Chris Toelle | 37 | 18 | 13.7 | 2 | | David Higgins | 57 | 0 | 35.7 | 4 | ** |
| David Aguirre | 39 | 13 | 18.3 | 3 | * | | | | | | |
| Eric Fisher | 39 | 8 | 13.7 | 2 | * | 60 - 64 MALE | AGE | PTS | MILES | EVT | VOL |
| Ron Adams | 36 | 8 | 13.3 | 2 | | Michael McDonald | 62 | 28 | 18.3 | 3 | |
| Jeff Shelton | 39 | 8 | 2 | 1 | | Richard Gale | 61 | 20 | 12.7 | 2 | |
| Chris Gallarneau | 35 | 6 | 2 | 1 | | Mike Kelley | 62 | 18 | 13.7 | 2 | |
| Corey King | 36 | 5 | 5 | 1 | | Mike Strum | 60 | 18 | 18 | 2 | |
| Shawn Lawler | 37 | 3 | 22.3 | 4 | * | James Livermore | 63 | 15 | 18.3 | 3 | * |
| Russ Horn | 36 | 2 | 5 | 1 | | Rob Lee | 63 | 10 | 2 | 1 | |
| Eddy Morelock | 38 | 1 | 5 | 1 | | Damon Provence | 60 | 10 | 11.3 | 2 | * |
| Roy Gonzalez | 38 | 1 | 13.3 | 2 | * | Gary Gressett | 64 | 10 | 2 | 1 | |
| Chris Milford | 37 | 0 | 5 | 1 | | Doug Sanford | 62 | 8 | 5 | 1 | |
| | | | | | | Tony Aleman | 60 | 0 | 17.7 | 3 | * |

W.T.R.C. 2011 CHALLENGE SERIES
 STANDINGS AFTER 4 EVENTS
 FEMALE

| YTD TOTALS | | | | | | YTD TOTALS | | | | | |
|--------------------|-----|-------|------|-----|---|-------------------|-----|-------|------|-----|--|
| 6 - 12 FEMALE | | | | | | 35 - 39 FEMALE | | | | | |
| AGE | PTS | MILES | EVT | VOL | | AGE | PTS | MILES | EVT | VOL | |
| Catherine Cannon | 11 | 13 | 4 | 2 | | Iris Rivero | 36 | 29 | 18.3 | 3 | |
| Jordan Selleck | 10 | 13 | 4 | 2 | | Deborah Bahme | 39 | 24 | 13 | 3 | |
| Kenley Frazier | 11 | 10 | 2 | 1 | | Tammy Moriearty | 37 | 20 | 18 | 2 | |
| Katelyn Heise | 9 | 2 | 4 | 2 | | Becky Gomez | 37 | 16 | 23 | 3 | |
| Jacey Hise | 11 | 0 | 2 | 1 | | Amy Hardberger | 38 | 14 | 18 | 2 | |
| Rachel Starr | 9 | 0 | 2 | 1 | | Shannon McClendon | 38 | 10 | 2 | 1 | |
| 13 - 15 FEMALE | | | | | | | | | | | |
| AGE | PTS | MILES | EVT | VOL | | AGE | PTS | MILES | EVT | VOL | |
| Alexis Hoeve | 14 | 0 | 9.3 | 1 | * | Sarah Floyd | 36 | 10 | 18.3 | 3 | |
| | | | | | | Sara Miller | 35 | 9 | 2 | 1 | |
| | | | | | | Christy Hennigan | 37 | 8 | 14.3 | 2 | |
| 16 - 19 FEMALE | | | | | | | | | | | |
| AGE | PTS | MILES | EVT | VOL | | AGE | PTS | MILES | EVT | VOL | |
| | | | | | | Jonna Byars | 37 | 7 | 9.3 | 1 | |
| | | | | | | Rhonda Frazier | 38 | 1 | 9.3 | 1 | |
| 20 - 24 FEMALE | | | | | | | | | | | |
| AGE | PTS | MILES | EVT | VOL | | AGE | PTS | MILES | EVT | VOL | |
| Taylor Huckaby | 24 | 28 | 11 | 3 | | Michaela Jansen | 37 | 0 | 5 | 1 | |
| Amy Martin | 22 | 20 | 12.7 | 3 | * | Malinda Colwell | 37 | 0 | 5 | 1 | |
| Venessa Rodriguez | 24 | 19 | 18 | 2 | | Carol Hise | 38 | 0 | 5 | 1 | |
| Elizabeth Williams | 23 | 15 | 4 | 2 | | Misty Scott | 35 | 0 | 5 | 1 | |
| Tamara Vickers | 24 | 8 | 2 | 1 | | 40 - 44 FEMALE | | | | | |
| Laura Romero | 24 | 8 | 2 | 1 | | AGE | PTS | MILES | EVT | VOL | |
| Alison Blalock | 24 | 7 | 5 | 1 | | Belisa Waldrop | 43 | 34 | 19.7 | 4 | |
| Amanda Weeks | 24 | 7 | 9.3 | 1 | | Sharla Kinman | 42 | 32 | 10 | 4 | |
| Jordan Outlaw | 22 | 7 | 4 | 1 | | Deana Martin | 43 | 29 | 6 | 3 | |
| 25 - 29 FEMALE | | | | | | | | | | | |
| AGE | PTS | MILES | EVT | VOL | | AGE | PTS | MILES | EVT | VOL | |
| Allison Nguyen | 27 | 28 | 23 | 3 | * | Jennifer Snead | 41 | 29 | 22 | 3 | |
| Amanda Boston | 26 | 25 | 23 | 3 | | Deborah Gelber | 42 | 29 | 27 | 4 | |
| Catherine Evans | 26 | 25 | 22 | 3 | | Jorond Gault | 40 | 22 | 10 | 4 | |
| Briseida Ramos | 27 | 21 | 14.3 | 2 | | Wendy Anderson | 40 | 21 | 14.7 | 3 | |
| Amy Hancock | 28 | 20 | 15.3 | 3 | | Lisa Garner-Santa | 42 | 17 | 10 | 3 | |
| Claudia Ramos | 25 | 20 | 4 | 2 | | Karen Howell | 41 | 16 | 18 | 2 | |
| Shanna Faries | 26 | 18 | 6 | 2 | | Dee Knapp | 44 | 14 | 14.3 | 2 | |
| April Covington | 27 | 17 | 15 | 4 | | Lee Handlin | 41 | 9 | 5 | 1 | |
| Heather Devore | 29 | 11 | 14.7 | 3 | | Lanette Windham | 43 | 9 | 13.7 | 2 | |
| Candice Norrod | 26 | 9 | 2 | 1 | | Holly Snodgrass | 41 | 7 | 4 | 1 | |
| Ledah Welch | 28 | 9 | 9 | 2 | | Janda Jackson | 41 | 0 | 5 | 1 | |
| Caroline Bales | 25 | 7 | 8.7 | 1 | | Rose Hoeve | 42 | 0 | 9.3 | 1 | |
| Vanessa Aguirre | 27 | 7 | 4 | 1 | | 45 - 49 FEMALE | | | | | |
| Veronica Esqueda | 29 | 7 | 4 | 2 | | AGE | PTS | MILES | EVT | VOL | |
| Jaime Wheeler | 25 | 6 | 8.7 | 1 | | Cynthia Sorrenson | 47 | 20 | 18 | 2 | |
| Leslie Montadon | 29 | 3 | 4 | 1 | | Jill Haukos | 46 | 18 | 12.7 | 2 | |
| Maggie Thompson | 25 | 0 | 4 | 1 | | Gwen Lapple | 48 | 18 | 14.3 | 2 | |
| Jessica Brockman | 27 | 0 | 9.3 | 1 | * | Laura Lappe | 45 | 14 | 9 | 3 | |
| 30 - 34 FEMALE | | | | | | | | | | | |
| AGE | PTS | MILES | EVT | VOL | | AGE | PTS | MILES | EVT | VOL | |
| Jennifer Farris | 32 | 30 | 19.7 | 4 | | Laetta Akbar-Ali | 48 | 11 | 4 | 2 | |
| Amy Lovett | 32 | 28 | 8 | 3 | | Kate Kueser | 48 | 10 | 5 | 1 | |
| Christine Steen | 31 | 27 | 17.7 | 3 | | Pam Gaschen | 46 | 10 | 4 | 1 | |
| Mandy Poklikuha | 33 | 22 | 27 | 4 | | Pam Humphreys | 47 | 9 | 2 | 1 | |
| Sarah Stevenson | 32 | 20 | 13.3 | 2 | | Linda Jama | 46 | 8 | 4 | 1 | |
| Amy McAlexander | 30 | 19 | 19.7 | 4 | * | Marsha Bennett | 47 | 8 | 14.3 | 2 | |
| Erin Dulin | 32 | 17 | 15 | 4 | | Andi Giberson | 45 | 7 | 5 | 1 | |
| Sonia Rodriguez | 30 | 16 | 14.3 | 2 | | Tommie Gressett | 48 | 7 | 2 | 1 | |
| Nonnie Peters | 32 | 12 | 22.3 | 4 | | Patricia Dennis | 48 | 6 | 9.3 | 1 | |
| Carrie Badillo | 33 | 10 | 4 | 1 | | Vicki Fiscenich | 45 | 5 | 9.3 | 1 | |
| Amy Slayton | 33 | 10 | 13.3 | 2 | | 50 - 54 FEMALE | | | | | |
| Heather Keister | 32 | 9 | 2 | 1 | | AGE | PTS | MILES | EVT | VOL | |
| Jennifer Haddock | 30 | 9 | 9.3 | 1 | | Kammy Philbrick | 50 | 20 | 14.7 | 3 | |
| Rachel Miller | 30 | 7 | 5 | 1 | | Julie Randolph | 52 | 18 | 14.3 | 2 | |
| Jennifer Payne | 32 | 5 | 8.7 | 1 | | Leesa Price | 54 | 10 | 5 | 1 | |
| Shannon Crawford | 31 | 4 | 13.7 | 2 | | Glenna Beyer | 52 | 10 | 2 | 1 | |
| Kristen Wright | 30 | 3 | 5 | 1 | | Barbara Phipps | 53 | 10 | 9.3 | 1 | |
| Susan Everett | 33 | 0 | 5 | 1 | | Young Moore | 54 | 8 | 4 | 1 | |
| Melody Evans | 31 | 0 | 8.7 | 1 | * | Tami Miller | 52 | 0 | 4 | 1 | |
| | | | | | | Mary Branscome | 51 | | | | |
| | | | | | | 55 - 59 FEMALE | | | | | |
| | | | | | | AGE | PTS | MILES | EVT | VOL | |
| | | | | | | Josie Aleman | 59 | 27 | 8 | 3 | |
| | | | | | | Cheryl Weber | 58 | 20 | 8 | 2 | |
| | | | | | | Debbie Roman | 55 | 20 | 4 | 2 | |
| | | | | | | Sarah Gaxiola | 58 | 17 | 4 | 2 | |
| | | | | | | Suzan Caudle | 57 | 0 | 36.3 | 4 | |
| | | | | | | 60 - 99 FEMALE | | | | | |
| | | | | | | AGE | PTS | MILES | EVT | VOL | |
| | | | | | | Etta Mayer | 62 | 29 | 22 | 3 | |
| | | | | | | Carol Schempp | 62 | 8 | 9.3 | 1 | |
| | | | | | | P. J. Sullivan | 64 | 0 | 27 | 4 | |
| | | | | | | ATHENA-age graded | | | | | |
| | | | | | | AGE | PTS | MILES | EVT | VOL | |
| | | | | | | Kristi Starr | 40 | 41 | 19.7 | 4 | |
| | | | | | | Stacey Lewis | 30 | 14 | 23 | 3 | |
| | | | | | | Maria Ramos | 48 | 9 | 2 | 1 | |
| | | | | | | Gabriela Saldana | 47 | 8 | 2 | 1 | |

** = RACE DIRECTOR
 * = VOLUNTEER

"I am a unique, never-to-be-repeated event in this Universe. Therefore, I have a unique, never-to-be-repeated role to play." "I will not last forever. But I am damn well going to know I have been here."

Second. I subscribed to the magazine Runner's World, read Joe Henderson's monthly column on training methods, bought into the idea of long slow distances (LSD!), and there learned of an entire world of other crazy people who ran competitive distance races. Third. One of the big rewards of being fit, and sleeping well, is an improvement in mental health, specifically, patience and the ability to handle stress. At that time I was deeply immersed in experimental research, supporting my four talented graduate students on my National Science Foundation (NSF) and National Aeronautics and Space Administration (NASA) grants. There was the usual pressure to acquire grants and publish, but the fractious faculty, and poor management of the Department of Biological Sciences by our chairman caused the real stress.

The faculty was divided into two factions. One was composed of about ten persons who had been hired, then tenured, before 1969, when the school was Texas Technological College (TTC). The other, numbering about fifteen of us, was hired after 1969, when TTC became Texas Tech University (TTU). With rare exception, grants and published research are not required of faculty at colleges, whereas both are expected of faculty at capital "U" universities. At the latter, it's publish or perish. The result. The old TTC faculty, unqualified to meet the expectations of a university, was always unhappy, quarrelsome, and uncivil at faculty meetings when discussing new faculty hires, policy, and making important decisions. To make matters worse, they were with rare exception, what I call "triple threat" faculty - poor teachers, poor researchers, and useless when given committee responsibilities. You cannot hide triple threats. They damage a department's reputation when inflicted on students and colleagues, yet, collect a salary. Exacerbated by an inept chairman, the conflict between the warring groups, made faculty meetings extremely stressful. However, when I became a runner, after such meetings, I made it a point to take a long run and decompress. Running for me after faculty meetings was therapeutic. Fourth. I like to compete, especially against myself.

In March, when I purchased my running shoes, I picked up a flier announcing a Diet Pepsi 10K race to be held in June. I hadn't run a race in 23 years. Was three months enough time to prepare for the race? It somehow seemed appropriate that I run that particular race because it was already my habit to follow up my training runs with a visit to the 7-11 on 34th and Memphis where I purchased and quaffed, for fluid replacement, a Big Gulp Diet Pepsi. Also, I had been drinking regular Pepsi since my youth ("12 full ounces that's a lot"). So ignorant of what to expect, I filled out the form, paid the \$5 entry fee, collected my cool Diet Pepsi t-shirt, and challenged myself to prepare for, and run the race.

My graduate students at that time were Lisa Bennett, Bill Walthall, Bruce Leander, and Randy Stewart. Bruce and Randy were casual runners, but when I told them I had entered the Diet Pepsi 10K, they decided to enter too. Both began to train in earnest, and on occasion Bruce and I worked out on the track together. Parenthetically, I should add that over the years, several of my seventeen graduate students, and some of my undergraduate research students were collegiate athletes. Their specialties ranged from saber on the fencing team (undergraduate Roy Ritzmann), swimming (Karen Sigvardt) at University of Iowa, basketball (Becky Anderson and Sterling Wright) at Texas Tech University, and tennis (Andrew Tryba) at TTU. In addition to the afore-mentioned Bruce Leander and Randy Stewart, Becky Anderson, Robin Cooper, and Andrew Tryba also became distance runners. And, all of my athletes earned the Ph.D.; Karen, Becky, and Robin obtained theirs with me.

The day of the Diet Pepsi 10K dawned warm with overcast skies. My breakfast was a cup of tea and a piece of toast. If that was a good enough pre-race meal for Frank Shorter, winner of the Marathon at the 1972 Olympics, it was good enough for me. To my surprise about 100 (?) runners appeared at the starting line of the TTU track to do battle. It was rare to see more than a handful of runners on my daily treks around campus and on the track. Where had all these people come from? Looking around, I noted they ranged in age from high school athletes to several in their sixties, the majority being in their 20's through 50's. There were several women in the throng, and everyone looked fit.

My pre-race routine was much like my high school and college days. It included stretching, jogging and wind sprints, and, nervousness, producing a couple of trips to the toilet. Bruce, Randy and I lined up together mid-pack on the eight-lane track. However, when the gun sounded, it was every man for himself, and just like rookie runners (I should have known better), we took off in a sprint at the pace of the leaders and were soon in oxygen debt. Out of physiological necessity, we quickly slowed to a 7:30/min pace, and after the first mile joined the second pack of runners that inevitably forms behind the leaders. By the fifth mile, I had passed several high school runners who had probably never raced beyond three miles, and other assorted persons. I picked up the pace at the five-mile mark and sprinted the last quarter mile when the finish line came in view. I was exhausted when I crossed the finish line, but then you're supposed to be exhausted. As Don Sanderson an excellent runner of Tulia, TX once said, "that's why it's called the finish line". My time for the 6.2 miles was a shade over 45 minutes, a 7:15 pace. Not bad, for a first race. Randy and Bruce finished in front of me.

After the last runners crossed the finish line, there was an awards ceremony. It was then I discovered where all the runners had come from. While Pepsi-Cola sponsored the race, providing t-shirts and free Pepsi to finishers, a outfit called the West Texas Running Club (WTRC) was actually responsible for publicity and management of the event. Most of the runners that day were members of the club and had come from big and little towns all over west Texas - from Amarillo 125 miles away, Brownfield, Midland, Odessa, San Angelo, Plainview, Levelland, Lamesa, as well as Clovis, Hobbs, and Portales, N.M. Trophies and medals were awarded to the first three men and women finishers in each age category, 19 and under, 20-29, 30-39, 40-49, 50-59, 60 and over. My time was nowhere near that of the best runners in my 40-49 category, while Bruce and Randy, who were in their 20's, finished out of the money too. Encouraged by my performance, I joined the WTRC that day, particularly after learning that they held a race each month, at one of the exotic towns mentioned earlier. Little did I anticipate the major life-style change joining the WTRC would involve.

The Lubbock YMCA sponsored a July race, a 5K (3.1 mile) affair at Mae Simmons Park in east Lubbock. It was the site of the Texas Tech University men's cross-country team races against Southwest Conference opponents. Even though I had increased my speed work and mileage, my campus training routes were flat. Lubbock is flat, but my first trip to Mae Simmons Park was race day where I discovered the course was hilly and run on gravel paths alternating with slick grassy surfaces. It reminded me of our home course at Towson State Teachers College. Undeterred, I joined about 75 other thin clads for the race. This time I restrained myself from going out too fast with the leaders, and settled in to a 7 min/mile pace. I attacked the hills as best I could, but my lack of hill training slowed me considerably, however, I compensated by sprinting the downhill portions. Somehow, I finished third in the 40-49 age category with a time of 21:14, a 6:50 pace, and collected my first running trophy in 23 years! Wow!

In early September I ran a similar time on a hilly gravel course, the canyon at Mackenzie Lake in the Tule Canyon which flows into the Prairie Dog Town fork of the Red River which is Palo Duro Canyon. It is about 95 miles from Lubbock east of Tulia.

Truth be told, there were few quality WTRC runners in the race, so my award was tainted, but compensated for future races, when I'd sometimes run outstanding times (for me), only to be shutout of an award by superior competitors. In those cases my only reward was a souvenir T-shirt. My collection of T-shirts far surpassed my collection of trophies.

By now, I knew several Lubbock WTRC runners and joined them most Sunday mornings for training runs a few miles east of the city at Buffalo Springs Lake. Our group consisted of James Livemore (a psychologist working for a law firm), Don Kephart (a design engineer for Gould Pumps), Mike Kelley (a psychologist working for Lubbock Mental Health and Retardation), and me. They were all younger, in their 30's. From time to time others would join us, but we four were the nucleus for several years. We usually ran two loops of the canyon (12 miles) at an 8 min/mile pace, a pace slow enough for conversation - conversations centered on running, the latest race news, shoes, and advice on how to deal with nagging injuries. Because aches and pains were such a frequent topic, we referred to ourselves as the "free medical clinic".

Long-Term Goals: Mike's long term goals are to run a half-marathon in less than 2 ½ hours in 2011 and complete an Olympic triathlon (1500 meter swim, 30 mile bike and 10K run) before September 2012.

Short-Term Goals: Mike's short-term goals are to participate in running events held by the West Texas Running Club in Lubbock each month in 2011 and compete in the longest distance in all club races. Mike will also participate in Sprint Triathlons as his schedule permits. Short-term fitness goals include improvements in biking skills, implementing a running strategy for long races where a consistent running pace is maintained from start to finish and improvement in swimming skills.

Best Performances: 14KRun - 1:32:04; 12K Run - 1:08:59; 10K Run - 56:44; 5KRun: 25:53 St. Patty's Day Triathlon 1:36:35, Mesilla Valley Triathlon 1:54:20.

Career: Mike is an engineer with URS Washington TRU Solutions at the Department of Energy's Waste Isolation Pilot Plant in Carlsbad, NM. He has been employed there for almost 15 years. As a data administrator, he is responsible for developing and maintaining documentation associated with the software system that collects information about the waste that is disposed at WIPP. He also performs reviews of documentation for environmental compliance prior to shipment of the waste from the generator/shipper sites. Mike also performs testing of changes and enhancements to the client software prior to release to the users.

Diet: Mike's diet is patterned from the Jay Robb Fat Burning Diet. He eats the same things everyday at the same times every day with few variations. He never works out on a full stomach, never eats in restaurants and never eats after 7:30 pm. For breakfast, Mike drinks a protein shake. For lunch, he has a 6 oz. portion of fish (either shark, swordfish or salmon), a salad with nonfat dressing, and an apple. For a snack, Mike eats an orange every afternoon at 2:00. For dinner, Mike will have a 6 oz. portion of chicken, a salad with nonfat dressing, and a bowl of green grapes. Mike drinks water with every meal and he will only drink water between meals. Every three days or so, if he starts to experience carb depletion, Mike eats a bowl of cereal, some sushi or a turkey sandwich. When Mike travels to running events or triathlons, he takes his own food. Mike's pre-race diet regimen is slightly different but the portions are well-controlled.

Morning Workouts: The CHS pool opens at 5:00 a.m. on weekdays. Mike is usually the first one there waiting for the place to open. A typical swim workout lasts for 40 minutes. Right now, he is doing two 50 m warm-up laps, 10 hard 50 m freestyle laps and two cool down laps. To train for the Mesilla Valley triathlon, swimming workouts were adjusted from workouts for a 300 m swim to workouts to prepare for a 500 m swim.

If the morning workout is a Tuesday or Thursday spin class, it typically lasts for 45 minutes but the training is very intense. Mike has found spinning classes to be valuable in improving both running and biking performance. During the summer and fall, Mike does a lot more outdoor running on country roads.

Mike rides with the bike club in Carlsbad on Saturdays and he runs steep hills on Sundays. The hill is paved and safe to run and bike on. The Sunday hill runs also incorporate some trail running.

Evening Workouts: Mike works out at the gym every afternoon after work, except on Mondays. For a typical workout Mike will generally start off with 40 minutes - 1 hour of elliptical trainer or treadmill running. After that, he lifts weights for about 1 hour. The weight training is a basic three day rotation of legs/shoulders, chest/triceps, and back/biceps. On Saturdays and Sundays, Mike does chest/back supersets and biceps/triceps supersets. He generally keeps to himself and focuses entirely on the workout. He doesn't have training partners and never tries to handle loads that require a spotter nor does he do power lifting exercises that could hurt his back or give him a hernia.

Other Stuff: Mike likes Lady Gaga, American Idol, football and basketball. He was married once but it didn't work out. He lives on a 4 acre farm with his two boxers who love him no matter what.

Future Planned Events:

Horseshoe Bend Canyon Run - 11 mi.- Slaton, TX - May 14
 Milkman Sprint Triathlon - Dexter, NM - June 4
 B. Birdsong Memorial Levelland Lope - 10K - June 11
 TriRaider Sprint Triathlon - Lubbock - June 25-26
 42nd Annual Firecracker Run - 10 Miles - Brownfield, TX- July 4
 Disco Sprint Tri - Johnson Branch State Park - Denton, TX - July 17
 Cochiti Lake Tri - July 31



2/3/2011



3/13/2011

**W.T.R.C. 2011 CHALLENGE SERIES
STANDINGS AFTER 4 EVENTS
MALE**

| YTD TOTALS | | | | YTD TOTALS | | | |
|-------------------------|-----|-----|-------|------------|-----|--|--|
| 65 - 69 MALE | AGE | PTS | MILES | EVT | VOL | | |
| Jim Harris | 68 | 40 | 10 | 4 | | | |
| James Pratt | 69 | 18 | 12.7 | 3 | | | |
| Rick Lampe | 66 | 15 | 9 | 3 | | | |
| Richard Morgan | 67 | 9 | 4 | 1 | | | |
| Ron Lubowicz | 67 | 0 | 23 | 3 | | | |
| 70 - 99 MALE | AGE | PTS | MILES | EVT | VOL | | |
| Gorden Jenkins | 70 | 40 | 27 | 4 | | | |
| Bill Felton | 76 | 29 | 15 | 4 | | | |
| Mike Greer | 72 | 9 | 5 | 1 | | | |
| Ralph Wolf | 73 | 0 | 5 | 1 | | | |
| George Jury | 74 | 0 | 27 | 4 | | | |
| Larry Byrd | 70 | 0 | 12.7 | 2 | | | |
| CLYDESDALE - age graded | | | | | | | |
| Farrell Martin | 44 | 38 | 27 | 4 | | | |
| Craig Peterson | 54 | 29 | 22.3 | 4 | | | |
| Jerry Adams | 35 | 26 | 24 | 4 | | | |
| Shaun Fant | 43 | 25 | 18.3 | 3 | | | |
| Shannon Himango | 44 | 20 | 13.7 | 2 | | | |
| Jay Dulin | 36 | 20 | 22.3 | 4 | | | |
| Brad Stanford | 41 | 13 | 13.7 | 2 | | | |
| Larry Bloskas | 49 | 9 | 2 | 1 | | | |
| Chad Wheeler | 26 | 8 | 8.7 | 1 | | | |
| James Fannon | 41 | 7 | 8.7 | 1 | | | |
| Brad Pruitt | 43 | 4 | 4 | 1 | | | |

**WEST TEXAS RUNNING CLUB'S ANNUAL
2011 Hugh Haynes Memorial Horseshoe Bend Canyon Races
2, 6 & 11 Miles**

EVENT # 5 OF THE W.T.R.C. CHALLENGE SERIES

WHEN: SATURDAY, May 14, 2011

Register online at www.wtrunning.com See Enclosed Mail in Form for Information On Site Registration: 7:00 to 7:30 A.M
Race Start at 8:00 A.M.

WHERE: HORSESHOE BEND CANYON; North of Slaton, TX from Lubbock, take US 84 to the First Slaton exit; turn left turn left AT Slaton Gas & Equip, right on Golf Course Rd, following the pavement North 2 miles past the OLD Slaton Golf Course to the bottom of the canyon.

COURSE: 11 Mile; Loop, one long hill between mile 1 & 2. 6 Mile; out & Back, long hill between mile 1 & 2, 2 Mile; out & back

AID STATIONS at least every 2.5 miles. WTRC Rules Do Not Permit Pets, Skates, Strollers, or Bicycles

AGE DIVISIONS:

MEN: 13-15; 16-19; 20-29; 30-34; 35-39; 40-44; 45-49;
50-54; 55-59; 60-64; 65-69; 70 Plus

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

Special age category of 6 to 12 applies to the 2 Mile only, male and female

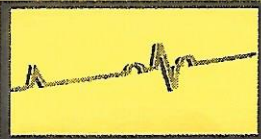
AWARDS: Medals will be awarded to at least the first 3 in each age group, and up to 50% (maximum of 5) of all finishers in each age group.

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


Race day \$15.00 Everyone

RACE DIRECTOR: Randy Holloway, 806-789-1547

E-mail: randyholloway@sbcglobal.net



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



- MEDICAL MASSAGE
- LYPOSSAGE
- SPORT TRAINING

Pager 806.721.9940

**HORSESHOE BEND CANYON RUNS
SINCE 1973**

**EVENT RECORDS
11 MILE (1985)**

| MEN | | | | |
|-------|-----------------------|---------|-----|---------|
| DIV | NAME | TOWN | AGE | TIME |
| 13-15 | Jared Davis | Bledsoe | 15 | 1:23:19 |
| 16-19 | Brian Brashears | Lubbock | 18 | 1:08:15 |
| 20-24 | Rodney Hendrix | Lubbock | 23 | 1:00:49 |
| 25-29 | Case Shay | Lubbock | 26 | 1:02:09 |
| 30-34 | Tim Key | Lubbock | 30 | 1:07:38 |
| 35-39 | Michael Njenga | Lubbock | 36 | 1:06:13 |
| 40-44 | Joe Post | Lubbock | 40 | 1:12:22 |
| 45-49 | Jerry Dwyer | Lubbock | 47 | 1:11:33 |
| 50-54 | George Jury | Lubbock | 52 | 1:10:10 |
| 55-59 | George Jury | Lubbock | 58 | 1:20:25 |
| 60-64 | Tom Bowser | Abilene | 62 | 1:29:59 |
| 65-69 | Lorenzo Ramirez | Rotan | 65 | 1:35:37 |
| 70+ | Don Sanderson | Tulia | 74 | 1:38:26 |
| | Clydes Farrell Martin | Lubbock | 35 | 1:16:47 |
| WOMEN | | | | |
| 16-19 | Heidi Smith | Lubbock | 19 | 1:37:43 |
| 20-24 | Leigh Daniel | Lubbock | 22 | 1:11:04 |
| 25-29 | Sue Houle | Lubbock | 26 | 1:15:35 |
| 30-34 | Marjory Stewart | Lubbock | 34 | 1:12:22 |
| 35-39 | Marjory Stewart | Lubbock | 35 | 1:13:16 |
| 40-44 | Denise Bray | Lubbock | 41 | 1:25:20 |
| 45-49 | Mary Branscome | Lubbock | 45 | 1:29:49 |
| 50-54 | Madonne Miner | Lubbock | 51 | 1:32:02 |
| 55-59 | P.J. Mitchell | Lubbock | 58 | 1:43:38 |
| 60+ | P.J. Mitchell | Lubbock | 61 | 1:45:31 |
| | ATHENA Lee Handlin | Lubbock | 38 | 1:52:55 |

**Note: ages 13-15 are no longer eligible to participate in our longer events. This applies to male or female and any distance over 6 miles.

**6 MILE (1989)
MEN**

| DIV | NAME | TOWN | AGE | TIME | YEAR |
|-------|---------------------|------------|-----|---------|-------|
| 13-15 | Danny Hernandez | Lubbock | 15 | 38:18 | 1992 |
| 16-19 | Anthony Herr | Plainview | 18 | 33:59 | *2005 |
| 20-24 | Theo Kurgat (LCU) | Lubbock | 20 | 34:19 | 1993 |
| 25-29 | David Sumrell(USAF) | Lubbock | 28 | 36:39 | 1991 |
| 30-34 | David Sumrell | Lubbock | 30 | 34:36 | 1993 |
| 35-39 | Brent Tidwell | Lubbock | 39 | 36:11 | 1997 |
| 40-44 | Mike Zinno | Lubbock | 42 | 37:51 | 2010 |
| 45-49 | Bobby Cunningham | Abernathy | 49 | 37:00 | 1989 |
| 50-54 | Jim Leser | Lubbock | 51 | 37:49 | 1998 |
| 55-59 | Ed Craighead | Dalhart | 56 | 40:13 | 1999 |
| 60-64 | John Stalcup | Lubbock | 62 | 49:25 | 1995 |
| 65-69 | Ralph Wolf | Abernathy | 66 | 50:31 | 2003 |
| 70+ | Bill Felton | Lubbock | 72 | 53:38 | 2007 |
| | Clydes Chad Wheeler | Lubbock | 24 | 47:01 | 2008 |
| WOMEN | | | | | |
| 13-15 | Hope Jimenez | Lamesa | 13 | 44:39 | 1997 |
| 16-19 | Becca Rapstine | White Deer | 16 | 47:36 | 2005 |
| 20-24 | Rebecca Warminski | Lubbock | 20 | 47:37 | 2005 |
| 25-29 | Laurie Welch | Lubbock | 29 | 46:46 | 1992 |
| 30-34 | Janda Ibbetson | Lubbock | 30 | 44:22 | *2000 |
| 35-39 | Denise Bray | Lubbock | 38 | 45:15 | 2000 |
| 40-44 | Melanie McVey | Sundown | 41 | 49:29 | 2003 |
| 45-49 | Susan Bacon | Lubbock | 45 | 53:42 | 2010 |
| 50-54 | Madonne Miner | Lubbock | 52 | 53:37 | 2005 |
| 55-59 | Cheryl Weber | Lubbock | 55 | 1:03:29 | 2009 |
| 60+ | P.J. Mitchell | Lubbock | 62 | 55:51 | 2008 |
| | ATHENA --- | | | | |

**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.



West Texas Running Club Event Calendar

2 MILE MEN

Indicates WTRC Monthly Race & CHALLENGE SERIES EVENT

| DIV | NAME | TOWN | AGE | TIME | YEAR |
|-------|------------------------|-----------|-----|-------|-------|
| 6-12 | Carter Tate | Midland | 10 | 13:17 | 2007 |
| 13-15 | David Stanz | Lubbock | 15 | 10:32 | 1979 |
| 16-19 | Carlos Ybarra | Lamesa | 17 | 9:59 | 1980 |
| 20-24 | Quinn Smith | Lovington | 21 | 9:50 | 1981 |
| 25-29 | Cliff McCurdy | Lubbock | 25 | 9:33 | 1979 |
| 30-34 | John Bednarski | Odessa | 30 | 9:32 | *1979 |
| 35-39 | Brent Tidwell | Lubbock | 38 | 11:14 | 1996 |
| 40-44 | Bobby Cunningham | Abernathy | 43 | 10:32 | 1983 |
| 45-49 | Jim Leser | Lubbock | 49 | 11:46 | 1996 |
| 50-54 | George Jury | Lubbock | 51 | 11:25 | 1988 |
| 55-59 | Jim Harris | Hobbs | 57 | 13:24 | 2000 |
| 60-64 | Jim Harris | Hobbs | 60 | 14:03 | 2003 |
| 65-69 | Jim Harris | Hobbs,NM | 65 | 17:54 | 2008 |
| 70+ | Bill Felton | Lubbock | 73 | 17:44 | 2008 |
| | Clydes Mill Brownfield | Lubbock | 48 | 13:11 | 2006 |

WOMEN

| | | | | | |
|-------|-----------------------|------------|----|-------|-------|
| 6-12 | Hope Jimenez | Lamesa | 11 | 14:51 | 1995 |
| 13-15 | Rendi Royel | Abernathy | 14 | 13:13 | 1997 |
| 16-19 | Mindy Mayfield | Lubbock | 17 | 12:29 | *1979 |
| 20-24 | Annie McCormick | Lubbock | 20 | 14:29 | 1996 |
| 25-29 | Judy Partin | Lubbock | 25 | 13:13 | 1987 |
| 30-34 | Pat Dolan | Lubbock | 30 | 14:09 | 1980 |
| 35-39 | Josie Aleman | Lubbock | 37 | 13:58 | 1989 |
| 40-44 | Ann Gordhammer | Lubbock | 41 | 14:03 | 1984 |
| 45-49 | Cheryl Weber | Lubbock | 46 | 14:49 | 1999 |
| 50-54 | Cheryl Weber | Lubbock | 53 | 17:10 | 2005 |
| 55-59 | Estella Galvan | Brownfield | 59 | 20:17 | 2002 |
| 60+ | Estella Galvan | Brownfield | 60 | 19:10 | 2003 |
| | Athena Wendy Anderson | Lubbock | 37 | 19:25 | 2008 |

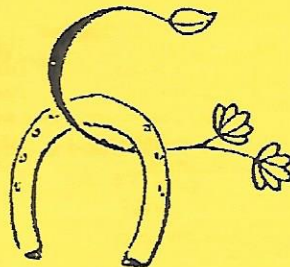
- MAY 03 WTRC Board meeting: Tuesday, 7:00pm
Ron's office, 3309-67th St, 806-781-0231
- MAY 07 Casa of the Permian Basin: 5K/1M Odessa, TX,
<http://www.casa5k.org>
- MAY 14 **HUGH HAYNES MEMORIAL HSB CANYON RUNS:**
11M/6M/2M, 8:00am, Horseshoe Bend Canyon, N. of Slaton,
Randy Holloway, RD, 806-789-1547
- MAY 15 Buffman & Squeaky Triathlon:
www.buffalospingslaketriathlon.com
- JUN 11 **BOBBY BIRDSONG MEMORIAL LEVELLAND LOPE:**
10K/2M, 8:00am, Texan Dome, South Plains College, Levelland,
TX, Bill Roger, RD, 806-894-7911
- JUN 25 Kids Tri: Buffalo Springs Lake
www.buffalospingslaketriathlon.com
- JUN 25 Tri Raider Sprint Triathlon: BSL
www.buffalospingslaketriathlon.com
- JUN 26 BSL 70.3 Half Ironman Triathlon: BSL
www.buffalospingslaketriathlon.com
- * JUL 04 **42nd ANNUAL FIRECRACKER RUN:** 10M/3M/1M elem, 8:00am,
(7:40am 1Mi Elem), Terry County Park, Brownfield,
Jim Harris, RD, 575-370-4074.
- JUL 23 New Home Freak Out! 5K/1M, New Home, TX
- AUG 06 Sundown Roughneck Roadrace: 5K/1M, 8:00am,
Emily Terry, 806-229-3163
- Aug 07 Prude Ranch Races: 10K/5K, Duathlon, Ft Davis, TX,
<http://www.fitnesscamp.org/ranchrace.html>
- * 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

* Overall Event Records

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



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



Hugh Haynes Memorial Horseshoe Bend Canyon Races

May 14th, 2011

| | | |
|--------------|---|-----------------------------------|
| Mail In | \$5.00 WTRC members, \$10.00 non-members, \$15 Race Day | Races start promptly at 8:00 A.M. |
| Registration | Make Checks payable to: WTRC | at Horseshoe Bend Canyon |
| Thru May 9th | Mail checks & entry forms to: David Higgins | North of Slaton, Texas |
| | 3401 Alcove Ave | Randy Holloway, Race Director |
| | Lubbock, TX 79407 | (806) 789-1547 Mobile |

WAIVER OF LIABILITY

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

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

This entry is not valid unless signed by the entrant, guardian, conservator, or parent for entrants under 18 years old.

Signature of entrant _____ Signature of guardian (minors) _____

Age ____ (on race day) Distance (Circle Race) 2 mile* 6 mile 11mile _____ Male ____ Clydesdale (190 lbs or more)

Name _____ Female ____ Athena (150 lbs or more)

City _____ State _____ Phone Number _____

*12 years and under must enter the 2 mile race.

Race day entry is from 7:00 a.m. to 7:30 a.m.