

November 2011

Volume 4, Issue 10

4509 71st Street #907  
Lubbock, TX 79424

## The President's Report

Please accept my congratulations to all of you for your increasing dedication to our sport. How do I know this about you? It's really quite simple ... the number of finishers at our events just keep on growing. Thank you for taking your health so seriously and also for your loyalty to your Club.

But all growth comes with its growing pains. On the one hand it propelled us into the big league: (a) more use of on-line registration and payment systems, and (b) the need to purchase a chip timing system to keep up with these bigger race day numbers. Exciting? ... yes! Working perfectly? ... not yet. We found that we need to make a few minor changes for all of this to come together better, but these changes will require your understanding and cooperation.

The first one is easy and totally under your control. If you sign up on-line thru the WTRC website (which is the most flexible way to go since it locks in your on-time registration price without requiring on-line payment) you **must stay with us** until you receive your e-mail confirmation. Several runners have come to packet pickup on race day only to find they are not in the system. What they all had in common was no memory of having received a confirmation. We currently have no way of telling you that your on-line registration failed, but we CAN tell you that it worked. Make looking for your confirmation a habit ... we all win if you do.

The other change we must make will be a break with our tradition of letting runners register at the trailer literally within minutes of the starting time. For one, this practice does not mix well with the more exacting requirements of our new technology; but also, to let several hundred runners and volunteers be inconvenienced with a late start (and potentially compromising finishing times) just to accommodate a few procrastinators is simply not fair. Unfortunately, the only way this will work is to eliminate race day registration. This has already been done for Turkey Trot, the RRRR and Run for the Arts, but effective January, 2012 there will be no further race day entries at any of our events.

Thanks for helping us grow and for getting us through the pains of it all.

SYOTR, Ron

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

The WTRC monthly business meeting is Tuesday, Nov.  
01, 2011 @ 7:00 p.m. at Ron Lubowicz's Office, 3309  
67th Street, Lubbock, All Members are welcome.

2011 39th Annual Buffalo Wallow Races  
Half Marathon and 2 Miles, Saturday, November 12, 2011  
Race Starts @ 9:00 A.M., Church Parking Lot  
Buffalo Springs Lake Park, Mike Kelley, Race Director  
(806) 765-0441

### WTRC Officers

President - Ron Lubowicz  
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Internal Vice-President  
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Past President - Mike Kelley  
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### Directors

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Equipment Director - George Jury  
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Race Calendar Director  
Suzan Caudle  
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Membership Director  
Amy McAlexander  
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Club Historian - James Livermore  
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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.

### **Red Raider Road Race – October 8, 2011 Race Director's Report**

What do you get when you combine a cool, damp autumn morning, 560 enthusiastic runners, a team of dedicated volunteers and sponsors, and a limitless supply of Texas Tech game day spirit?! Why, the 30<sup>th</sup> Annual Red Raider Road Race, of course – and what a wonderful day it was for a run!

The annual Red Raider Road Race (RRRR) is designed as a fundraiser for the WTRC's RRRR Scholarship Program, and we were thrilled to award five scholarships to Texas Tech students this year. Our five very deserving and dedicated scholarship recipients were: Lauren Fossum, Daniel McMahan, Benard Ogala, Ariel Martinez, and Kelsey Keefer. Lauren, Daniel, Benard, and Ariel were on-hand to help volunteer at the finish line during the race (they likely gave you a huge congratulatory smile and maybe even a well-deserved "high five" before cutting the timing chip off your shoe!), and we were happy to be able to show them off.

There really is not a large enough way to say THANK YOU to our many volunteers and helpers who dedicated their time and talents to making this race possible. So, as our limited resources hinder our ability to rent a plane and have all of their names deservedly written in huge letters across the sky in gratitude, we would like to recognize them here! Our awesome volunteers and helpers were (in no particular order of awesomeness): Mandy Poklikuha, Amanda Boston, Lara Lowrie, Mike Lewis, Susan McAlexander, David McAlexander, Christine Steen, Ron Lubowicz and his invaluable office manager Lisa, Randy Holloway, PJ Sullivan, Wayne Sullivan, Mike Strum, Suzan Caudle, David Higgins, George Jury, Terry Dalton, Jan Simnacher, Bobbie Grimes, Vanessa Carr, Ali Baker, Matt Kerns, Alayna Alexander, Stephanie Adams, Kristen Meyer, Andrew Shideler, Jessica Lierly, Janda Jackson, Leah Olson, Andrea Oliva, Laura Arenas, Ashley Williams, Jennifer Farris, Dustin Brewster, Becky Gomez, Kristina Markell, Ryan Bailey, Cameron Richardson, Bethany Brown, Shelby Winn, Nerissa Escoto, Tony Aleman, Mike Kelley, Lauren Gemmill, Courtney Stimach, Laura Austin, Steven McDonald, Valeri Gatlin, Etta Mayer, Nikki Sandt, Steve Meador, Amanda Moss, Marty Garza, Jennifer Haddock, Andra Kerley, David Yoxsimer, Andrew Alleman, Laura Acevedo, Laura Lappe, Jessica Johnson, Scott Baugh, and Michael Moriearty. Special thanks to our student volunteers from the TTUHSC National Student Speech, Language and Hearing Association (NSSLHA) who generously help us every year, our volunteers from Accolade Home Care and Hospice, the TTUHSC SGA, and the Texas Tech Cycling Club.

Thank you, as well, to those groups on the Texas Tech University campus that assisted with the development of this race: TTU Alumni Association, (Jim Douglass, Susan Bowen), TTU Student Rec Center (Steve Waden), TTU Police Department (Sgt. Mark Haney), TTU Outdoor Events Coordinating Committee (Michael Gunn), TTU Environmental Health and Safety (Tim Riojas), and TTU Traffic and Parking (Craig Cotton).

And finally, a huge "thank you!" to our esteemed sponsors for their generous support of our race and their dedication to our community: Foot Tech, Double T 104.3, Cardinal's, United Supermarkets, Southwest Regional Wound Care Center, Helton Chiropractic, New Home Creations, Stock Building Supply, and Center for Orthopedic Surgery.

We're already looking forward to next year – run on, friends!

Tammy Moriearty, Co-Race Director  
Amy McAlexander, Co-Race Director

Note: Final race results for the Red Raider Road Race can be found on line at: [www.wtrunning.com](http://www.wtrunning.com). Runners who earned medals but did not receive them at the race can pick them up at either of the WTRC's November races (Buffalo Wallow; Turkey Trot) or by contacting Club Treasurer, David Higgins, via his contact information listed on the WTRC website at [www.wtrunning.com](http://www.wtrunning.com).

Dear Club Members,

Please keep in mind that in order to be eligible to participate in the Challenge Series one must have volunteered at least once and must have run in at least 3 races (relays will not be counted towards these three races) to be eligible for a "Points" award. If you have any questions or concerns please feel free to contact Amanda Boston by emailing [amanda.boston@gmail.com](mailto:amanda.boston@gmail.com)

RED RAIDER ROAD RACE

Overall Finish List-5K

October 08, 2011

OVERALL						OVERALL									
Place	Name	City	Age	Age Group	Place	Time	Pace	Place	Name	City	Age	Age Group	Place	Time	Pace
1	NICK WARGO	Lubbock TX	20	1 OA	17:01	5:29/M		70	Fred Weber	Lubbock TX	60	1 M 60-64	24:30	7:54/M	
2	Vicente Islas	Shallowater TX	18	1 M 16-19	18:57	6:07/M		71	Jaclyn Williams	Shallowater TX	14	8 F 13-15	24:38	7:57/M	
3	Atanacio Morales	Shallowater TX	16	2 M 16-19	18:57	6:07/M		72	Les Kinman	Lubbock TX	46	1 M 45-49	24:43	7:58/M	
4	Lee Cohen	Lubbock TX	39	1 M 35-39	19:05	6:09/M		73	Amanda Cole	Shallowater TX	17	9 F 16-19	24:44	7:59/M	
5	Jacob Jones	Guthrie TX	16	3 M 16-19	19:09	6:11/M		74	Nathanael Taylor	Lubbock TX	23	2 M 20-24	24:45	7:59/M	
6	Glen Poklikuha	Lubbock TX	40	1 M 40-44	19:18	6:14/M		75	KIMMI MOREAU	Lubbock TX	18	10 F 16-19	24:54	8:02/M	
7	Reymundo Montoya	Tulia TX	15	1 M 13-15	19:29	6:17/M		76	Courtney Heinrich	Shallowater TX	15	9 F 13-15	25:02	8:05/M	
8	JERRY DWYER	Lubbock TX	52	1 M 50-54	19:43	6:22/M		77	hedge martin	lubbock TX	36	4 M 35-39	25:03	8:05/M	
9	Trevor Franklin	Shallowater TX	17	4 M 16-19	19:47	6:23/M		78	Tucker Brendle	Guthrie TX	14	14 M 13-15	25:06	8:06/M	
10	Connor Lofus	Shallowater TX	17	5 M 16-19	19:49	6:24/M		79	Kaylee Adams	Guthrie TX	15	10 F 13-15	25:08	8:06/M	
11	Hiroaki Umehara	Lubbock TX	25	1 M 25-29	19:55	6:25/M		80	Kiwi Vasquez	Guthrie TX	15	15 M 13-15	25:11	8:07/M	
12	Kevin Duarte	Tulia TX	16	6 M 16-19	20:15	6:32/M		81	Ashley Rocha	Guthrie TX	17	11 F 16-19	25:13	8:08/M	
13	Misael Velazquez	Tulia TX	14	2 M 13-15	20:20	6:34/M		82	Brooke Harlan	Lubbock TX	12	1 F 7-12	25:16	8:09/M	
14	Wes Jackson	Shallowater TX	14	3 M 13-15	20:27	6:36/M		83	Sarah Fumagalli	Lubbock TX	27	3 F 25-29	25:19	8:10/M	
15	J.J. Sandoval	Guthrie TX	18	7 M 16-19	20:29	6:36/M		84	Kaitlyn Martinez	Shallowater TX	15	11 F 13-15	25:20	8:10/M	
16	Bryan Hall	Shallowater TX	14	4 M 13-15	20:30	6:37/M		85	Laura Terrell	Lubbock TX	27	4 F 25-29	25:25	8:12/M	
17	Shane Purser	Plano TX	19	8 M 16-19	20:41	6:40/M		86	Ian Hatley	Lubbock TX	22	3 M 20-24	25:27	8:13/M	
18	Xavien Hernandez	Lubbock TX	9	1 M 7-12	20:52	6:44/M		87	RONNIE PRIGG	LUBBOCK TX	60	2 M 60-64	25:40	8:17/M	
19	Daniella Romo	Lubbock TX	17	1 OA	20:54	6:45/M		88	Sharla Kinman	Lubbock TX	43	1 F 40-44	25:49	8:20/M	
20	Carlos Subealdeia	Tulia TX	13	5 M 13-15	21:08	6:49/M		89	scott wade	Levelland TX	47	2 M 45-49	25:50	8:20/M	
21	Blake Turner	Tulia TX	18	9 M 16-19	21:09	6:49/M		90	Justin Brown	Tulia TX	12	4 M 7-12	25:52	8:21/M	
22	Kristin Neff	Lubbock TX	17	1 F 16-19	21:10	6:50/M		91	Carly Durham	Shallowater TX	17	12 F 16-19	25:59	8:23/M	
23	Mont McClendon	Lubbock TX	39	2 M 35-39	21:20	6:53/M		92	LILIA ENRIQUEZ	LUBBOCK TX	44	2 F 40-44	26:04	8:25/M	
24	Epi Aguirre	Lubbock TX	53	2 M 50-54	21:22	6:54/M		93	Carissa Hamilton	Shallowater TX	16	13 F 16-19	26:08	8:26/M	
25	Garrett Rogers	Lubbock TX	25	2 M 25-29	21:26	6:55/M		94	SCOTT CAIN	Lubbock TX	49	3 M 45-49	26:16	8:28/M	
26	JACKIE CANNON	AMARILLO TX	55	1 M 55-59	21:27	6:55/M		95	Rebecca Davis	Lubbock TX	36	1 F 35-39	26:18	8:29/M	
27	Jim Higgins	Lubbock TX	50	3 M 50-54	21:36	6:58/M		96	Kenzie McGaha	Guthrie TX	14	12 F 13-15	26:21	8:30/M	
28	Ignacio Vasquez	Lubbock TX	44	2 M 40-44	21:41	7:00/M		97	Lee Handlin	lubbock TX	42	3 F 40-44	26:28	8:32/M	
29	Maritza Hernandez	Tulia TX	14	1 F 13-15	21:44	7:01/M		98	julia hitch	lubbock TX	20	1 F 20-24	26:35	8:35/M	
30	Abby Sandoval	Guthrie TX	17	2 F 16-19	21:45	7:01/M		99	Cody Brockman	Lubbock TX	30	2 M 30-34	26:36	8:35/M	
31	Sunny Carrasco	Tulia TX	14	6 M 13-15	21:45	7:01/M		100	Jay White	Fort Worth TX	50	6 M 50-54	26:44	8:37/M	
32	Chris Ankrum	Lubbock TX	44	3 M 40-44	21:49	7:02/M		101	JOHN REYNA	Lubbock TX	48	4 M 45-49	26:57	8:42/M	
33	SAMMIE BUSTAMANTE	Odessa TX	37	3 M 35-39	21:53	7:04/M		102	Kaylee Wilson	Lubbock TX	13	13 F 13-15	27:05	8:44/M	
34	Jaxton Hoelting	Tulia TX	12	2 M 7-12	21:59	7:05/M		103	Joshua Haney	Lubbock TX	13	16 M 13-15	27:06	8:45/M	
35	Shannon Anderson	Lubbock TX	40	4 M 40-44	22:05	7:07/M		104	HANNAH VIGIL	SHALLOWATER TX	15	14 F 13-15	27:08	8:45/M	
36	Joe Kueser	Lubbock TX	50	4 M 50-54	22:07	7:08/M		105	Debbie Aguirre	Lubbock TX	50	1 F 50-54	27:23	8:50/M	
37	Iamont sosebee	eastland TX	41	5 M 40-44	22:11	7:09/M		106	Amy Martin	Lubbock TX	22	2 F 20-24	27:27	8:51/M	
38	Kenzi Callaway	Shallowater TX	17	3 F 16-19	22:15	7:11/M		107	Zachary Dean	Lubbock TX	13	17 M 13-15	27:28	8:52/M	
39	KELLEY LITSCH	RAMSON CANYON TX	51	5 M 50-54	22:17	7:11/M		108	Ashlin Taylor	Lubbock TX	10	2 F 7-12	27:30	8:52/M	
40	Tara Price	Shallowater TX	16	4 F 16-19	22:31	7:16/M		109	Adam Rodriguez	Slaton TX	47	5 M 45-49	27:31	8:53/M	
41	Christian Rocha	Guthrie TX	15	7 M 13-15	22:33	7:16/M		110	Taylor Griffin	Lubbock TX	25	5 F 25-29	27:36	8:54/M	
42	Graden Garrison	Guthrie TX	14	8 M 13-15	22:33	7:16/M		111	Noah Rodriguez	Lubbock TX	12	5 M 7-12	27:38	8:55/M	
43	Cloudy Carrasco	Tulia TX	14	9 M 13-15	22:33	7:16/M		112	Luke Watson	Lubbock TX	11	6 M 7-12	27:38	8:55/M	
44	Alyssa Johnson	Shallowater TX	15	2 F 13-15	22:38	7:18/M		113	MARK GOMEZ	Lubbock TX	38	5 M 35-39	27:42	8:56/M	
45	Allison Maldonado	Shallowater TX	16	5 F 16-19	22:39	7:18/M		114	Danica McCallister	Lubbock TX	21	3 F 20-24	27:45	8:57/M	
46	Rebecca Spruell	Shallowater TX	17	6 F 16-19	22:45	7:20/M		115	Mattie Turner	Tulia TX	17	14 F 16-19	27:46	8:57/M	
47	Michael Reynolds	Dallas TX	25	3 M 25-29	22:47	7:21/M		116	Madelyn Holmberg	Lubbock TX	11	3 F 7-12	27:46	8:57/M	
48	Bailey Sapieha	Shallowater TX	14	3 F 13-15	22:50	7:22/M		117	Cynthia Rosales	Tulia TX	16	15 F 16-19	27:46	8:57/M	
49	Kylor Gilbreath	Guthrie TX	16	10 M 16-19	22:51	7:22/M		118	Jonathon Esquibel	Lubbock TX	40	8 M 40-44	27:52	8:59/M	
50	Rachel Furey	Lubbock TX	27	1 F 25-29	22:53	7:23/M		119	MANDY HELTON	Lubbock TX	33	1 F 30-34	27:54	9:00/M	
51	Brittany Hall	Shallowater TX	17	7 F 16-19	22:59	7:25/M		120	Joe Martin	Lubbock TX	52	7 M 50-54	27:55	9:00/M	
52	Steve Massengale	Lubbock TX	42	6 M 40-44	23:01	7:25/M		121	Ian Barsch	Fort Worth TX	24	4 M 20-24	27:57	9:01/M	
53	Edgar Martinez	Tulia TX	14	10 M 13-15	23:03	7:26/M		122	Tracy Wilson	Lubbock TX	38	6 M 35-39	27:59	9:02/M	
54	Brian Joseph	Lubbock TX	26	4 M 25-29	23:04	7:26/M		123	Holly Wilson	Lubbock TX	10	4 F 7-12	28:00	9:02/M	
55	McKenna Chancellor	Lubbock TX	18	8 F 16-19	23:05	7:27/M		124	Dennis O'Riley	Rowlett TX	53	8 M 50-54	28:00	9:02/M	
56	Madison Hoelting	Tulia TX	15	4 F 13-15	23:09	7:28/M		125	Gail Faries	Lubbock TX	52	9 M 50-54	28:01	9:02/M	
57	matthew gomez	tulia TX	11	3 M 7-12	23:16	7:30/M		126	Jaquan Doles	Lubbock TX	12	7 M 7-12	28:04	9:03/M	
58	Jesse Galan	Shallowater TX	15	11 M 13-15	23:21	7:32/M		127	KENZIE WOLFE	COLLEYVILLE TX	16	16 F 16-19	28:07	9:04/M	
59	Desiree Subealdeia	Tulia TX	13	5 F 13-15	23:21	7:32/M		128	Michelle Capdau	Lubbock TX	21	4 F 20-24	28:12	9:06/M	
60	Alicia Sims	Shallowater TX	14	6 F 13-15	23:22	7:32/M		129	Greg Landfried	Lubbock TX	30	3 M 30-34	28:14	9:06/M	
61	Duncan Pasewark	Lubbock TX	15	12 M 13-15	23:22	7:32/M		130	Ashley Hairgrove	Shallowater TX	23	5 F 20-24	28:16	9:07/M	
62	Mike Lewis	Baird TX	24	1 M 20-24	23:32	7:35/M		131	fred constancio	lubbock TX	58	3 M 55-59	28:18	9:08/M	
63	Bryce Turner	Tulia TX	13	13 M 13-15	23:41	7:38/M		132	Rachel Green	Sweetwater TX	26	6 F 25-29	28:25	9:10/M	
64	John Clements	Lubbock TX	55	2 M 55-59	23:42	7:39/M		133	Isaac Esqueda	Lubbock TX	30	4 M 30-34	28:37	9:14/M	
65	Paul Moats	Abermathy TX	44	7 M 40-44	24:00	7:45/M		134	Caleb Wilson	Lubbock TX	14	18 M 13-15	28:42	9:15/M	
66	Vanessa Aguirre	Lubbock TX	27	2 F 25-29	24:14	7:49/M		135	Tom Weis	Lubbock TX	59	4 M 55-59	28:42	9:15/M	
67	BRANDON HAMILTON	LUBBOCK TX	30	1 M 30-34	24:16	7:50/M		136	Tom Reber	Lubbock TX	52	10 M 50-54	28:45	9:16/M	
68	Duran Sanchez	Plainview TX	18	11 M 16-19	24:22	7:52/M		137	Jim Clements	lubbock TX	44	9 M 40-44	28:48	9:17/M	
69	Diana Sandoval	Guthrie TX	15	7 F 13-15	24:30	7:54/M		138	Tim Cotton	Littlefield TX	50	11 M 50-54	28:51	9:18/M	

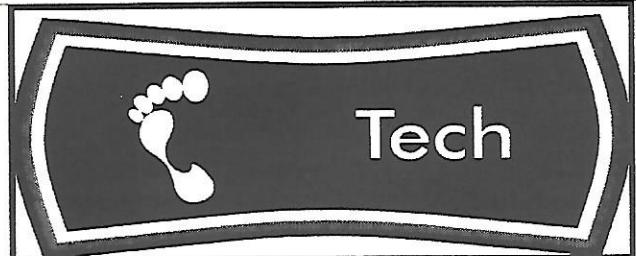
**RED RAIDER ROAD RACE**  
**Overall Finish List-5K**  
**October 08, 2011**

**OVERALL**

Place	Name	City	Age	Age Group	Time	Pace
139	Amanda isaacs	lubbock TX	34	2 F 30-34	28:56	9:20/M
140	LaNell Martindale	Lubbock TX	49	1 F 45-49	28:56	9:20/M
141	KAMMY PHILBRICK	LUBBOCK TX	50	2 F 50-54	28:59	9:21/M
142	Kate McWhitter	Guthrie TX	14	15 F 13-15	29:05	9:23/M
143	Kolton Westbrook	Lubbock TX	12	8 M 7-12	29:07	9:24/M
144	Brett Berger	Lubbock TX	13	19 M 13-15	29:09	9:24/M
145	Nicole Hood	66th St TX	14	16 F 13-15	29:12	9:25/M
146	Brad White	Fort Worth TX	15	20 M 13-15	29:15	9:26/M
147	Lewis Hill	Lubbock TX	46	6 M 45-49	29:15	9:26/M
148	April COVINGTON	LUBBOCK TX	27	7 F 25-29	29:15	9:26/M
149	Ann White	Fort Worth TX	49	2 F 45-49	29:17	9:27/M
150	Adam Vilchez	Lubbock TX	11	9 M 7-12	29:40	9:34/M
151	Kafi Adams	Lubbock TX	39	2 F 35-39	29:41	9:35/M
152	garrett mohr	lubbock TX	24	5 M 20-24	29:42	9:35/M
153	Maki Mitchell	Shallowater TX	15	17 F 13-15	29:43	9:35/M
154	Scott Knife	Lubbock TX	22	6 M 20-24	29:44	9:35/M
155	Nathan Alaniz	Dallas TX	30	5 M 30-34	29:45	9:36/M
156	garrie knight	ABERNATHY TX	23	6 F 20-24	29:46	9:36/M
157	madi sanders	shallowater TX	17	17 F 16-19	29:48	9:37/M
158	David mangold	ubbock TX	63	3 M 60-64	29:49	9:37/M
159	CARLIE CONTRERAS	SHALLOWATER TX	18	16 F 16-19	29:49	9:37/M
160	Wendy Knight	abernathy TX	42	4 F 40-44	29:50	9:37/M
161	RALPH WOLF	LUBBOCK TX	74	1 M 70-99	29:52	9:38/M
162	Lesley Abraham	Lubbock TX	22	7 F 20-24	29:53	9:38/M
163	Colleen Barry-Goodman	Lubbock TX	33	3 F 30-34	29:53	9:38/M
164	BILL FELTON	Lubbock TX	77	2 M 70-99	29:58	9:40/M
165	Cheryl Weber	Lubbock TX	58	1 F 55-59	30:00	9:41/M
166	Bethany Jimenez	Lubbock TX	15	18 F 13-15	30:16	9:46/M
167	Jenessa Depriester	Lubbock TX	15	19 F 13-15	30:17	9:46/M
168	Rachelle baker	shallowater TX	37	3 F 35-39	30:21	9:47/M
169	Travon Doles	Lubbock TX	12	10 M 7-12	30:26	9:49/M
170	Nikki Sumrall	Lubbock TX	30	4 F 30-34	30:37	9:53/M
171	Chase Gabriel	Lubbock TX	11	11 M 7-12	30:40	9:54/M
172	HEATHER DEVORE	LUBBOCK TX	30	5 F 30-34	30:41	9:54/M
173	Rowdy Bolen	Smyer TX	36	7 M 35-39	30:41	9:54/M
174	Kadie Burnam	Smyer TX	31	6 F 30-34	30:42	9:54/M
175	Janie Fryar	Welch TX	34	7 F 30-34	30:42	9:54/M
176	Jacquelyn Hacker	Wolforth TX	29	8 F 25-29	30:42	9:54/M
177	Mindi Thornton	Lubbock TX	25	9 F 25-29	30:43	9:55/M
178	MARICARMEN SOLIS	LEVELLAND TX	39	4 F 35-39	30:56	9:59/M
179	Lauren Webb	Lubbock TX	29	10 F 25-29	31:16	10:05/M
180	Quinn Ankrum	Lubbock TX	40	5 F 40-44	31:18	10:06/M
181	Sheila McCallister	Lubbock TX	47	3 F 45-49	31:18	10:06/M
182	sammy rangel	Lubbock TX	29	5 M 25-29	31:24	10:08/M
183	Martin Barrera	Shallowater TX	44	10 M 40-44	31:28	10:09/M
184	William Pasewark	Lubbock TX	55	5 M 55-59	31:36	10:12/M
185	McKenna dawson	Lubbock TX	9	5 F 7-12	31:46	10:15/M
186	Ellen Johnson	Lubbock TX	31	8 F 30-34	31:51	10:16/M
187	Mark Edwards	Dallas TX	49	7 M 45-49	31:52	10:17/M
188	Jennifer Nichols	Lubbock TX	33	9 F 30-34	31:53	10:17/M
189	Graham Pasewark	Lubbock TX	18	12 M 16-19	32:00	10:19/M
190	Amy dawson	Lubbock TX	34	10 F 30-34	32:02	10:20/M
191	Jordan Outlaw	Lubbock TX	22	8 F 20-24	32:02	10:20/M
192	Ron Hettler	Lubbock TX	54	12 M 50-54	32:04	10:21/M
193	Sherri Rodriguez	Slaton TX	47	4 F 45-49	32:07	10:22/M
194	AMANDA MOORING	AMARILLO TX	32	11 F 30-34	32:19	10:25/M
195	TIM MOORING	AMARILLO TX	37	8 M 35-39	32:19	10:25/M
196	Sarah Villanueva	Midland TX	26	11 F 25-29	32:23	10:27/M
197	Keri Moore	Lubbock TX	38	5 F 35-39	32:35	10:31/M
198	Michelle Dodgin	Idalou TX	32	12 F 30-34	32:39	10:32/M
199	Matt Rosenthal	Shallowater TX	31	6 M 30-34	32:41	10:33/M
200	Jordan Lambert	Lubbock TX	29	6 M 25-29	32:42	10:33/M
201	Jamie Burow	Lubbock TX	34	13 F 30-34	32:57	10:38/M
202	Suzanne Venable	Olton TX	42	6 F 40-44	33:01	10:39/M
203	Jeff Bartholomew	Lubbock TX	36	9 M 35-39	33:04	10:40/M
204	Leslie Hinojosa	Lubbock TX	21	9 F 20-24	33:53	10:56/M
205	Chicki Held	Austin TX	34	14 F 30-34	34:01	10:58/M
206	SHANNON GRISSOM	Lubbock TX	44	7 F 40-44	34:02	10:59/M
207	Tonya Barron	lubbock TX	41	8 F 40-44	34:04	10:59/M
208	Adelle Davis	Lubbock TX	29	12 F 25-29	34:07	11:00/M
209	Erin dulin	Shallowater TX	33	15 F 30-34	34:15	11:03/M
210	Marty Adcock	Anton TX	51	3 F 50-54	34:17	11:04/M
211	JIM HARRIS	HOBBS NM	68	1 M 65-69	34:17	11:04/M
212	Bob Terrell	Lubbock TX	68	2 M 65-69	34:29	11:07/M
213	Kevin Ten Eyck	Lubbock TX	27	7 M 25-29	34:36	11:10/M
214	Michelle Orosco	Earth TX	36	6 F 35-39	34:37	11:10/M
215	alicia howard	lubbock TX	25	13 F 25-29	34:39	11:11/M
216	TIM GRISSOM	Lubbock TX	47	8 M 45-49	34:41	11:11/M

**OVERALL**

Place	Name	City	Age	Age Group	Time	Pace
217	Shanna Faries	Lubbock TX	27	14 F 25-29	34:50	11:14/M
218	Saul Villarreal	Lubbock TX	41	11 M 40-44	34:59	11:17/M
219	JAMES PRATT	LUBBOCK TX	69	3 M 65-69	35:01	11:18/M
220	mitch watson	Lubbock TX	42	12 M 40-44	35:13	11:22/M
221	Amber Glass	Lubbock TX	37	7 F 35-39	35:18	11:23/M
222	Hannah Alexander	Lubbock TX	11	6 F 7-12	35:20	11:24/M
223	ASHLEE VAN ATTA	Lubbock TX	27	15 F 25-29	35:21	11:24/M
224	Ashton Gilbert	Guthrie TX	14	21 M 13-15	35:22	11:25/M
225	STACY CAIN	Lubbock TX	38	8 F 35-39	35:22	11:25/M
226	Alyssa Reynolds	Dallas TX	25	16 F 25-29	35:40	11:30/M
227	PRESTON SCHMID	Lubbock TX	10	12 M 7-12	36:09	11:40/M
228	Brooke Woelfle	Pampa TX	15	20 F 13-15	36:13	11:41/M
229	BETH SCHMID	Lubbock TX	39	9 F 35-39	36:15	11:42/M
230	BRETT HARRIS	LUBBOCK TX	9	13 M 7-12	36:25	11:45/M
231	SUE HOUSER	LUBBOCK TX	59	2 F 55-59	36:33	11:47/M
232	JAMIE WARD	LUBB TX	41	9 F 40-44	36:37	11:49/M
233	Adam Andrews	Lubbock TX	57	6 M 55-59	36:52	11:54/M
234	LAUREN SULLIVAN	LUBBOCK TX	33	16 F 30-34	37:03	11:57/M
235	CHRISTINE BENTLEY	Lubbock TX	44	10 F 40-44	37:04	11:57/M
236	FRANK LILLIE	DENVER CITY TX	58	7 M 55-59	37:15	12:01/M
237	Jenny Watson	Lubbock TX	41	11 F 40-44	37:58	12:15/M
238	Debbie Roman	Lubbock TX	56	3 F 55-59	38:12	12:19/M
239	Jennifer Pritchard	Lubbock TX	18	19 F 16-19	38:20	12:22/M
240	LINDSEE MAY	Lubbock TX	28	17 F 25-29	38:21	12:22/M
241	Jenny Cherry	Sweetwater TX	29	18 F 25-29	38:53	12:33/M
242	Barbara Wilkins	Lubbock TX	50	4 F 50-54	38:53	12:33/M
243	rick lampe	lubbock TX	67	4 M 65-69	39:00	12:35/M
244	Siobhan Shahan	Lubbock TX	28	19 F 25-29	39:05	12:36/M
245	Brenda Mejia	Lubbock TX	21	10 F 20-24	39:12	12:39/M
246	Todd Nelson	Dallas TX	22	7 M 20-24	39:24	12:43/M
247	Melanie Phillips	Dallas TX	22	11 F 20-24	39:25	12:43/M
248	Antonio Roman	Lubbock TX	59	8 M 55-59	39:30	12:45/M
249	Phil Zolman	Tulia TX	54	13 M 50-54	39:47	12:50/M
250	KIMBERLY RUTHARDT	Lubbock TX	31	17 F 30-34	39:49	12:51/M
251	Samantha Sanders	Lubbock TX	11	7 F 7-12	39:51	12:51/M
252	Richard Smola	Sweetwater TX	46	9 M 45-49	39:53	12:52/M
253	Jenny Smola	Lubbock TX	18	20 F 16-19	40:27	13:03/M
254	Josie Aleman	Lubbock TX	60	1 F 60-99	40:44	13:08/M
255	KYLA OSBORNE	Lubbock TX	34	18 F 30-34	40:52	13:11/M
256	Alice Kimbrough	Midland TX	26	20 F 25-29	41:04	13:15/M
257	Jeanie Chism	Lubbock TX	56	4 F 55-59	41:31	13:24/M
258	Shelli Wolfe	Lubbock TX	31	19 F 30-34	41:35	13:25/M
259	Anne Reber	Lubbock TX	50	5 F 50-54	42:14	13:37/M
260	tressa thomas	lubbock TX	31	20 F 30-34	42:36	13:45/M
261	ken sanderson	lubbock TX	64	4 M 60-64	42:39	13:45/M
262	Laura Norris	Lubbock TX	24	12 F 20-24	47:08	15:12/M
263	David Nelson	Lubbock TX	60	5 M 60-64	48:20	15:35/M
264	Pam Clark	Comanche TX	50	6 F 50-54	48:35	15:40/M
265	Amanda Clark	Lubbock TX	28	21 F 25-29	48:35	15:40/M
266	Andrew Adams	Lubbock TX	7	14 M 7-12	49:16	15:54/M
267	Abbi Adams	Lubbock TX	13	21 F 13-15	49:17	15:54/M
268	kerren lampe	lubbock TX	59	5 F 55-59	51:28	16:36/M
269	Veronica Esqueda	Lubbock TX	29	22 F 25-29	53:29	17:15/M
270	Ben Adams	Lubbock TX	11	15 M 7-12	57:55	18:41/M
271	Marcus Adams	Lubbock TX	40	13 M 40-44	58:00	18:43/M



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



OVERALL							
Place	Name	City	Bib No	Age	Age Group	Time	Pace
161	ALY MONIACI	LUBBOCK TX	913	22	18 F 20-24	1:01:08	9:52/M
162	Michael Trook	Lubbock TX	861	26	8 M 25-29	1:01:09	9:52/M
163	Kohl Weaver	Lubbock TX	157	14	7 M 13-15	1:01:10	9:52/M
164	Susanne Moore	Lubbock TX	814	37	11 F 35-39	1:01:13	9:52/M
165	Dahlia Hood	Lubbock TX	793	52	1 F 50-54	1:01:16	9:53/M
166	Ken Files	Houston TX	662	45	16 M 45-49	1:01:19	9:53/M
167	Delia Carrizales	Lubbock TX	754	29	18 F 25-29	1:01:22	9:54/M
168	Lydia Dickson	Dallas TX	760	36	12 F 35-39	1:01:26	9:55/M
169	FRANKIE VALLIE	Denver city TX	721	36	17 M 35-39	1:01:29	9:55/M
170	Kara Emberlin	Lubbock TX	660	25	19 F 25-29	1:01:37	9:56/M
171	Wendy Anderson	Lubbock TX	739	41	9 F 40-44	1:01:42	9:57/M
172	Michelle Garcia	Lubbock TX	771	35	13 F 35-39	1:01:53	9:59/M
173	jay white	lubbock TX	867	57	5 M 55-59	1:02:04	10:01/M
174	Stephen Romero	Lubbock TX	838	30	7 M 30-34	1:02:04	10:01/M
175	JAMES LIVERMORE	Lubbock TX	902	64	4 M 60-64	1:02:06	10:01/M
176	Catherine Fox	Rowlett TX	665	25	20 F 25-29	1:02:09	10:01/M
177	CYNTHIA HOLLEY	Lubbock TX	892	27	21 F 25-29	1:02:10	10:02/M
178	Kaitlyn Culbertson	Lubbock TX	653	21	19 F 20-24	1:02:16	10:03/M
179	Vanessa Brandiger	LUBBOCK TX	643	36	14 F 35-39	1:02:16	10:03/M
180	James Dembowski	Lubbock TX	655	58	6 M 55-59	1:02:39	10:06/M
181	Kami Noble	Lubbock TX	819	27	22 F 25-29	1:02:42	10:07/M
182	Livingston Sarah	Lubbock TX	843	28	23 F 25-29	1:02:43	10:07/M
183	belisa waldrop	lubbock TX	865	44	10 F 40-44	1:02:57	10:09/M
184	Eric Beaty	Benbrook TX	745	30	8 M 30-34	1:02:57	10:09/M
185	AARON EASTER	Shallowater TX	885	19	4 M 16-19	1:03:07	10:11/M
186	Brittany Jones	Lubbock TX	681	25	24 F 25-29	1:03:12	10:12/M
187	Deidre Putman-Garcia	Lubbock TX	702	37	15 F 35-39	1:03:16	10:12/M
188	Anna Herboldsheimer	Lubbock TX	893	34	11 F 30-34	1:03:41	10:16/M
189	yolanda mendoza	muleshe TX	808	52	2 F 50-54	1:03:45	10:17/M
190	lanette windham	lubbock TX	869	44	11 F 40-44	1:04:28	10:24/M
191	Lorenda Spain	Dumas TX	718	52	3 F 50-54	1:04:43	10:26/M
192	BARNEY ADAMS	Lubbock TX	881	58	7 M 55-59	1:05:00	10:29/M
193	JOSEPH BENNETT	Lubbock TX	896	45	17 M 45-49	1:05:06	10:30/M
194	MONICA ALONZO	New Deal TX	639	28	25 F 25-29	1:05:12	10:31/M
195	Keri Gassaway	Lubbock TX	772	36	15 F 35-39	1:05:32	10:34/M
196	KORI TRUBY	Lubbock TX	890	32	12 F 30-34	1:05:32	10:34/M
197	Jason Hancock	Lubbock TX	674	30	9 M 30-34	1:05:33	10:34/M
198	brooke campbell	Lubbock TX	646	19	6 F 16-19	1:06:38	10:45/M
199	Kimberly Perry	Lubbock TX	698	42	12 F 40-44	1:06:42	10:45/M
200	Julie Polk	Levelland TX	830	46	8 F 45-49	1:07:18	10:51/M
201	Laura Romero	Lubbock TX	837	24	20 F 20-24	1:07:47	10:56/M
202	ashley austin	Lubbock TX	742	30	13 F 30-34	1:07:54	10:57/M
203	Shawna Wilson	Shallowater TX	726	45	9 F 45-49	1:07:56	10:57/M
204	Suezanna Arp	Lubbock TX	740	32	14 F 30-34	1:08:06	10:59/M
205	Ronda hendricks	lubbock TX	786	44	13 F 40-44	1:08:09	11:00/M
206	Honey Haney	Wolforth TX	675	34	15 F 30-34	1:08:27	11:02/M
207	Julie Randolph	Lubbock TX	706	53	4 F 50-54	1:09:03	11:08/M
208	Caroi Schempp	Lubbock TX	716	62	2 F 60-99	1:09:04	11:08/M
209	Denerisha Eaker	Shallowater TX	310	34	16 F 30-34	1:09:09	11:09/M
210	DEBBIE CALLAHAM	Shallowater TX	886	42	14 F 40-44	1:09:14	11:10/M
211	Paul Faulkner	Lubbock TX	784	57	8 M 55-59	1:09:17	11:10/M
212	Stephanie Keeney	Shallowater TX	797	32	17 F 30-34	1:09:17	11:10/M
213	Byron Campbell	Lubbock TX	752	28	9 M 25-29	1:09:19	11:11/M
214	Sarah Floyd	Lubbock TX	769	36	17 F 35-39	1:09:32	11:13/M
215	Allysun Coffel	Lubbock TX	757	29	26 F 25-29	1:09:45	11:15/M
216	Courtney Ferguson	Lubbock TX	681	33	18 F 30-34	1:10:05	11:18/M
217	Carla Kristinek	Littlefield TX	798	51	5 F 50-54	1:10:18	11:20/M
218	Andi Evans	Lamesa TX	873	30	19 F 30-34	1:10:31	11:22/M
219	Amy Hancock	Lubbock TX	673	29	27 F 25-29	1:11:05	11:28/M
220	Shelly Exparza	Lubbock TX	762	38	18 F 35-39	1:11:25	11:31/M
221	Mars Bennett	lubbock TX	746	48	10 F 45-49	1:12:08	11:38/M
222	BETHANY VESELKA	Dallas TX	889	28	28 F 25-29	1:12:17	11:40/M
223	Kim bourne	Lubbock TX	748	34	20 F 30-34	1:12:19	11:40/M
224	Ann Hodges	Wolforth TX	678	54	6 F 50-54	1:12:27	11:41/M
225	heath halford	lubbock TX	776	32	10 M 30-34	1:12:58	11:46/M
226	hilary halford	lubbock TX	777	35	19 F 35-39	1:12:58	11:46/M
227	Valerie Salinas	Lubbock TX	714	30	21 F 30-34	1:14:39	12:02/M
228	Kristi Payton	Lamesa TX	696	42	15 F 40-44	1:14:45	12:03/M
229	Ainsley Williams	Lubbock TX	724	40	16 F 40-44	1:16:18	12:18/M
230	Sharalyn Ferguson	ackerly TX	766	50	7 F 50-54	1:17:43	12:32/M

Congratulations to Michael McDonald on his accomplishment at the City of Trees Marathon in Boise, Idaho on October 9, 2011. Michael took 3rd place in his age category.

WEST TEXAS RUNNING CLUB'S  
ANNUAL THANKSGIVING TURKEY TROT Begun 1993  
12K EVENT RECORDS Since 1999 USA T&F CERTIFIED, #TX01099ETM

MEN				
AGE GRP	NAME	TOWN	AGE	TIME YEAR
13-15	Jacob Lozano	Hobbs, NM	15	42:18 2006
16-19	Brandon Johnson	Lubbock	19	39:23 2007
20-24	Chris Layman	Lamesa	22	42:08 2006
25-29	Josephat Keino	Lubbock	28	39:01 * 2008
30-34	Nick Cordes	Lubbock	31	40:09 2010
35-39	Larry Millard	Spring Branch	39	42:19 2006
40-44	Bob Jackson	Hobbs, NM	43	41:48 2001
45-49	Bob Jackson	Hobbs, NM	48	44:06 2006
50-54	Bob Jackson	Hobbs, NM	51	43:43 2009
55-59	John Trompler	Lubbock	55	53:48 2002
60-64	Dennis Lee	Spring	60	1:01:45 2005
65-69	Ralph Wolf	Lubbock	68	1:03:21 2005
70+	Don Sanderson	Tulia	72	1:01:46 2001
Clydes	Farrell Martin	Lubbock	37	49:26 2003

WOMEN				
AGE GRP	NAME	TOWN	AGE	TIME YEAR
13-15	Colleen Adams	Wall	15	52:30 2008
16-19	Addison LeMaster	Tulia	18	52:45 2006
20-24	Leigh Daniel	Lubbock	21	44:35 * 1999
25-29	Linda Northrup	Lubbock	26	52:53 2000
30-34	Leigh Daniel-Cordes	Lubbock	32	48:40 2010
35-39	Deena Fullwood	Round Rock	36	52:59 2007
40-44	Marjory Stewart	Lubbock	40	53:18 1999
45-49	Mary Branscome	Lubbock	45	59:32 2004
50-54	Madonne Miner	Lubbock	51	59:34 2003
55-59	Deb Hendley	Lubbock	58	1:06:23 2007
60+	P. J. Mitchell	Lubbock	62	1:07:10 2007
Athena	Edie Abel	Lubbock	40	1:06:38 2006

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

WEST TEXAS RUNNING CLUB'S ANNUAL THANKSGIVING TURKEY TROT  
Since 1993 2 MILE EVENT RECORDS

MEN				
AGE GRP	NAME	TOWN	AGE	TIME YEAR
6-8	Will Overstreet	Lubbock	8	14:51 2010
9-10	Jake Brownfield	Lubbock	10	13:29 2008
11-12	Mac McGuire	Southlake	12	12:28 2005
13-15	Gary Lackey	Brownfield	15	10:50 2002
16-19	Jay Truitt	Lovington, NM	19	9:35 * 1997
20-24	Quent Bearden	Lubbock	22	9:46 1997
25-29	Chris Truitt	Lubbock	25	10:23 2000
30-34	Todd Mann	Lubbock	31	11:36 1996
35-39	Rene Gonzalez	Levelland	36	11:41 2001
40-44	Cliff McCurdy	Sanger	43	10:57 1997
45-49	Jim Leser	Lubbock	48	11:19 1994
50-54	Jackie Cannon	Amarillo	50	12:16 2006
55-59	Ron Lubowicz	Lubbock	57	12:59 2000
60-64	Jim Harris	Hobbs, NM	61	14:02 2003
65-69	Bill Felton	Lubbock	65	15:27 1999
70+	Don Sanderson	Tulia	75	16:41 2004
Clydes	Kevin Lair	Lubbock	49	13:56 2010

WOMEN				
AGE GRP	NAME	TOWN	AGE	TIME YEAR
6-8	Kyra Sloan	Jayton	8	16:00 2000
9-10	Hope Jimenez	Lamesa	10	14:27 1994
11-12	Allysa Preston	Lubbock	12	14:08 2000
13-15	Kyra Sloan	Crosbyton	13	13:01 2005
16-19	Laci Jackson	Hobbs, NM	16	11:39 * 1997
20-24	Damaris King-Vaughn	San Angelo	20	11:40 1997
25-29	Katie Skeens	Lubbock	25	13:23 2007
30-34	Iris Rivero	Lubbock	34	13:54 2009
35-39	Iris Rivero	Lubbock	35	14:02 2010
40-44	Cheryl Weber	Lubbock	41	14:13 1994
45-49	Martha Martinez	Colorado City	45	15:40 2000
50-54	Deb Hendley	Friona	54	16:26 2003
55-59	Cheryl Weber	Lubbock	55	17:32 2008
60+	Estella Galvan	Brownfield	60	19:15 2002
Athena	Sally Doherty	Petersburg	27	19:19 2008

\* OVERALL COURSE RECORDS

**W.T.R.C. 2011 CHALLENGE SERIES  
STANDINGS AFTER 10 EVENTS  
FEMALE**

YTD TOTALS						YTD TOTALS						YTD TOTALS					
6 - 12 FEMALE						30 - 34 FEMALE						45 - 49 FEMALE					
AGE	PTS	MILES	EVT	VOL		AGE	PTS	MILES	EVT	VOL		AGE	PTS	MILES	EVT	VOL	
Jordan Sefleck	10	23	6	3		Jennifer Payne	33	5	8.7	1		Cynthia Sorrensen	48	40	35.2	4	
Catherine Cannon	11	13	4	2		Katy White	34	5	6.2	1		Laura Lappe	45	34	19.2	6	*
Kenley Frazier	12	10	2	1		Jill Jaquess	34	5	6	1		Marsha Bennett	48	33	35.5	5	
Gabby Waldrop	7	9	2	1		Lisa Reimer	34	5	2	1		Gwen Lappley	49	30	31.7	5	*
Rachel Starr	9	7	12.2	4	*	Shannon Crawford	32	4	13.7	2		Pam Gaschen	46	27	15.2	3	
Julianne Reeves	7	6	2	1		Kristan Wright	30	3	5	1		Jill Haukos	47	26	18.7	3	
Katelyn Heise	10	2	4	2		Brandi Arnold	32	2	6.2	1		Dee Knapp	45	14	14.3	2	
Jacey Hise	12	0	2	1		Carrie Timmons	33	1	6.2	1		Laetta Akbar-Ali	48	11	4	2	
Tia Pratt	7	0	2	1		Stephanie Garcia	33	1	5	1		Judy Fleming	47	10	6	1	
13 - 15 FEMALE						35 - 39 FEMALE						50 - 54 FEMALE					
AGE	PTS	MILES	EVT	VOL		AGE	PTS	MILES	EVT	VOL		AGE	PTS	MILES	EVT	VOL	
Whitney Thoms	15	20	4	2		Iris Rivero	36	90	55.7	9		Kammy Philbrick	50	59	23.8	7	*
Christy Baugh	15	19	5	2		Tammy Moriearty	37	48	52.6	6	**	Julie Randolph	53	40	31.5	5	
Alexis Hoeve	14	10	22.3	3	*	Jonna Byars	37	40	41.5	5		Tami Miller	52	28	11	4	*
Journee' Cotton	16	10	6.2	1		Amy Hardberger	39	39	38.4	5		Mary Branscome	51	20	11.2	2	
Maddie Ward	14	2	2	1		Maricarmen Solis	38	20	15.3	3		Leesa Price	55	20	11	2	
16 - 19 FEMALE						40 - 44 FEMALE						55 - 59 FEMALE					
AGE	PTS	MILES	EVT	VOL		AGE	PTS	MILES	EVT	VOL		AGE	PTS	MILES	EVT	VOL	
Kelsey Higgins	20	10	6	1		Christy Hennigan	37	8	14.3	2		Debbie Roman	56	78	18.1	8	
20 - 24 FEMALE						45 - 49 FEMALE						60 - 99 FEMALE					
AGE	PTS	MILES	EVT	VOL		AGE	PTS	MILES	EVT	VOL		AGE	PTS	MILES	EVT	VOL	
Amy Martin	22	68	24.8	8	*	Letitia Munoz	36	8	3	1		Cheryl Weber	58	40	16.1	4	*
Taylor Griffin	25	45	17.1	5		Deborah Bahme	40	6	5	1		Sarah Gaxiola	59	26	9	3	
Venessa Rodriguez	24	31	30.4	4		Rhonda Frazier	39	1	9.3	1		Suzan Caudle	58	0	75.9	9	**
Elizabeth Williams	23	23	10	3		Michaela Jansen	38	0	5	1	*	Jan Sinnacher	58	0	6.2	1	*
Madelyn Sparks	24	14	8	2		Malinda Colwell	38	0	5	1		60 - 99 FEMALE					
Jordan Outlaw	22	10	7.1	2		Carol Hise	39	0	5	1		Josie Aleman	60	84	22.1	9	
Tamara Vickers	25	8	2	1		Misty Scott	35	0	5	1		Etta Mayer	62	76	66.6	9	*
Amanda Weeks	25	7	9.3	1		40 - 44 FEMALE						PJ Sullivan	66	40	76.6	10	**
Lauren Fossum	23	0	6.2	1	*	AGE	PTS	MILES	EVT	VOL		Julie Selleck	61	30	6	3	
25 - 29 FEMALE						AGE	PTS	MILES	EVT	VOL		Carol Schempp	62	17	15.5	2	
AGE	PTS	MILES	EVT	VOL		Sharla Kinman	43	83	31.3	10		Carol Felton	68	9	3	1	
Amanda Boston	27	76	56.4	8		Jennifer Snead	41	67	61.6	8	*	ATHENA-age graded					
Briseida Ramos	28	65	46.5	6		Debbie Gelber	43	58	41.2	7	*	Kristi Starr	41	81	59.3	9	*
Catherine Evans	26	59	45.4	7		Deana Martin	43	43	14.2	5		Katelyn Olsen	26	34	18.5	4	
Claudia Ramos	26	50	24.2	6		Belisa Waldrop	44	42	27.9	6		Gabriela Saldana	47	27	9.1	4	
Alison Forsberg	28	48	35.4	5	*	Jorond Gault	41	39	17	7		Stacey Lewis	30	14	23	3	
Shanna Faries	27	35	13.1	5		Wendy Anderson	41	34	53.1	8	*	Jamee Andrews	26	9	6.2	1	
Laura Sefcik	29	32	23.4	4		Karen Howell	42	32	28	5	*	Maria Ramos	49	9	2	1	
April Covington	27	27	24.3	6		Holly Snodgrass	41	29	21.2	4		Sherri Patterson	43	8	5.1	2	
Alison Blalock	25	25	27.4	4		Valeri Gatin	45	27	27.4	4	*	CLYDESDALE - age graded					
Amy Hancock	29	23	33.9	6	*	Vanessa Reasoner	42	26	18.4	3		Farrell Martin	45	74	55.4	8	
Ashley Williams	26	23	18.2	3		Lisa Garner-Santa	43	25	12	4		Craig Peterson	54	47	55.9	9	*
Laura Cope	26	18	15	2		Lee Handlin	42	24	11.1	3		Jerry Adams	35	46	51.4	8	
Veronica Esqueda	29	17	9.1	4		Lanette Windham	44	17	31.1	5		Shaun Fant	43	43	45.5	6	*
Candace Norrod	27	17	4	2		Sandra Torres	43	17	7	2		Jay Duin	37	40	53.7	9	*
Cameron Burns	27	12	17.4	3		Stephanie West	42	13	15	2		James Farrin	42	37	33.1	5	
Natalie Mahlberg	25	11	12.2	2		Rose Hoeve	44	9	21.5	3	*	Shannon Himango	45	29	16.8	3	
Sarah Fumagalii	27	9	3.1	1		Christy Reeves	42	9	6.2	1		James Deaver	54	16	11.2	2	
Jaime Wheeler	26	6	8.7	1		Wendy Guinn	44	9	2	1		Brad Stanford	42	13	13.7	2	
Lesley Montandon	29	3	4	1		Jennifer Foster	43	8	6.2	1		Jimmy Clark	60	11	5.1	2	
Jesseca Brockman	28	0	9.3	1	*	Jennifer Adling	40	7	9.2	2		Lance Ward	43	10	10.1	3	*
Allysun Coffel	29	0	6.2	1		Shannon Grissom	44	6	8.1	2		Mitt Brownfield	53	10	5	1	
Kara Emberlin	25	0	6.2	1		Jamie Ward	41	6	5.1	2		Larry Boskas	49	9	2	1	
Maggie Thompson	25	0	4	1		Quinn Ankrum	40	6	3.1	1		Chad Wheeler	27	8	8.7	1	
30 - 34 FEMALE						45 - 49 FEMALE						50 - 54 FEMALE					
AGE	PTS	MILES	EVT	VOL		AGE	PTS	MILES	EVT	VOL		AGE	PTS	MILES	EVT	VOL	
Jennifer Farris	32	62	36.9	8		Shawna Hardaway	42	4	6.2	1		Dan Branscome	54	8	5	1	
Christine Steen	32	57	37.1	7	*	Laurie Williams	42	4	5	1		Casey Smith	34	4	6.2	1	
Amy Lovett	33	53	28.2	7	*	Christine Bentley	44	1	3.1	1		Brad Pruitt	44	4	4	1	
Mandy Pokikuha	33	51	71.6	10	*	Janda Jackson	42	0	5	1	*	Jeremy Garcia	35	1	12.4	2	
Jennifer Haddock	30	51	53.9	7	*												
Carrie Badillo	34	51	37.4	6													
Amy McAlexander	31	47	49.3	9	**												
Sonia Rodriguez	31	40	35.5	5													
Nonnie Peters	32	31	38.5	7													
Sarah Stevenson	33	30	19.5	3													
Erin Duin	33	25	28.1	8	*												
Valarie Berkshire	30	23	7	3													
Amy Slayton	33	17	19.5	3													
Heather Devore	30	17	17.8	4													
Hannah Teyki	31	14	15	2													
Erin Hooker	35	12	5	2													
Ann Reeves	33	9	4	2													
Heather Keister	33	9	2	1													
Colleen Barry-Goodman	34	8	3.1	1													
Rachael Miller	31	7	5	1													

\*\* = RACE DIRECTOR

\* = VOLUNTEER

# W.T.R.C. 2011 CHALLENGE SERIES STANDINGS AFTER 10 EVENTS

## MALE

YTD TOTALS						YTD TOTALS						YTD TOTALS					
6 - 12 MALE						35 - 39 MALE						50 - 54 MALE					
AGE	PTS	MILES	EVT	VOL		AGE	PTS	MILES	EVT	VOL		AGE	PTS	MILES	EVT	VOL	
9	25	10	3			35	54	42.9	8			50	0	9	2		
11	18	4	2			39	51	44.7	8	*		53	0	8.7	1	*	
8	15	18.2	7	*		40	44	31.1	7	*		54	0	3.1	1	*	
13	14	6	3			40	27	22.9	4	*		55 - 59 MALE					
13	9	3	1			40	27	22.4	4			AGE	PTS	MILES	EVT	VOL	
8	7	6	3			36	20	23	3			55	70	17.1	7		
11	5	21	5	*		36	18	40.5	5	*		55	68	15.1	7		
11	5	2	1			37	18	13.7	2			59	47	18.1	8		
11	2	2	1			37	12	16	2			58	46	21.8	7	*	
8	0	2	1			39	11	37.9	6	*		56	27	25.5	3		
6	0	2	1			37	9	5	2			58	27	17.4	3		
10	0	2	1			39	8	11	1			59	27	13	4	*	
13-15 MALE						40 - 44 MALE						60 - 64 MALE					
AGE	PTS	MILES	EVT	VOL		AGE	PTS	MILES	EVT	VOL		AGE	PTS	MILES	EVT	VOL	
13	39	26.2	8	*		43	57	60.4	8	*		60	64	43.9	8	*	
16	27	13.2	3			44	39	27.4	5			63	57	50.5	7		
14	22	6	3			40	30	7.1	3			62	56	48.1	6		
13	19	12.2	4	*		44	27	11.1	3			60	53	62.6	8	*	
14	10	8.7	1			44	25	23.4	4			64	53	50.9	9	*	
13	10	5	1			44	24	20	3			60	52	36.4	7	*	
13	9	2	1			40	14	14.9	2			60	47	11	5		
14	6	2	1			40	10	6.2	1			60	35	10	5		
15	0	3.1	1			41	10	4	1			62	26	32.3	5	*	
16-19 MALE						45 - 49 MALE						65 - 69 MALE					
AGE	PTS	MILES	EVT	VOL		AGE	PTS	MILES	EVT	VOL		AGE	PTS	MILES	EVT	VOL	
17	49	18	5			46	77	67.6	9	*		68	78	39.1	9	**	
19	41	21.3	4			45	66	61.3	9	**		69	65	24.8	8	*	
18	39	17.2	4			46	64	51.6	10	*		67	55	21.1	8	*	
16	24	8	4			45	59	40	6			68	10	44	5	*	
17	18	15	2			49	47	41.4	6			67	9	4	1		
16	4	3	1			48	44	20.2	5			70 - 99 MALE					
17	0	3.1	1			45	44	17	6			AGE	PTS	MILES	EVT	VOL	
20 - 24 MALE						50 - 54 MALE						75 - 79 MALE					
AGE	PTS	MILES	EVT	VOL		AGE	PTS	MILES	EVT	VOL		AGE	PTS	MILES	EVT	VOL	
23	30	19.5	3			53	80	46.3	9			71	80	50.4	8		
22	11	2	1			52	75	48.3	8			77	63	32.3	8	*	
22	10	5	1			52	61	32.4	8			74	49	21.3	6	*	
22	7	6.2	1			50	60	32.6	7			71	9	8	1		
24	7	5	1			52	55	37.8	10	*		78	9	5	1		
20	0	6.2	1	*		49	24	25.7	4			72	9	5	1		
25 - 29 MALE						55 - 59 MALE						80 - 84 MALE					
AGE	PTS	MILES	EVT	VOL		AGE	PTS	MILES	EVT	VOL		AGE	PTS	MILES	EVT	VOL	
26	58	35.2	8			55	23	70.2	8	**		80	0	51.1	7	*	
27	40	21.3	5	*		51	16	8.1	2			68	78	39.1	9	**	
27	33	9	4			46	16	4	2			69	65	24.8	8	*	
28	19	17.4	3			47	3	3.1	1			67	55	21.1	8	*	
30	19	14.7	4	*		49	1	6.2	1			68	10	44	5	*	
30	14	14.4	3			48	1	5	1			67	9	4	1		
29	9	2	1			60 - 64 MALE						85 - 89 MALE					
26	7	10	1			AGE	PTS	MILES	EVT	VOL		AGE	PTS	MILES	EVT	VOL	
30	6	6.2	1			53	80	46.3	9			71	80	50.4	8		
30	3	5	1			52	75	48.3	8			77	63	32.3	8	*	
30 - 34 MALE						65 - 69 MALE						90 - 94 MALE					
AGE	PTS	MILES	EVT	VOL		AGE	PTS	MILES	EVT	VOL		AGE	PTS	MILES	EVT	VOL	
31	56	56.6	8			50	16	8.1	2			74	49	21.3	6	*	
35	45	19.7	5			46	16	4	2			71	9	8	1		
30	35	16.1	5			47	3	3.1	1			78	9	5	1		
34	34	26.2	4			49	1	6.2	1			72	9	5	1		
30	26	10	3			48	1	5	1			75	0	71.8	10	*	
30	20	5.1	2			70 - 99 MALE						95 - 99 MALE					
34	20	4	2			AGE	PTS	MILES	EVT	VOL		AGE	PTS	MILES	EVT	VOL	
32	12	9	2			53	80	46.3	9			71	80	50.4	8		
31	10	6.2	1			52	61	32.4	8			77	63	32.3	8	*	
34	10	8	1			50	60	32.6	7			74	49	21.3	6	*	
30	9	12.4	2	*		52	55	37.8	10	*		71	9	8	1		
34	9	4	1			53	44	21	6	**		78	9	5	1		
34	8	13.7	2			52	35	14.1	6			72	9	5	1		
31	8	13.7	2			50	31	25.5	4			75	0	71.8	10	*	
34	8	5	1			55	23	70.2	8	**		70	0	51.1	7	*	
33	8	2	1			51	22	17.2	3			72	0	12.4	1	**	
35	4	5	1			53	20	23.5	4								
33	4	4	1			52	20	16.2	2								
35 - 39 MALE						75 - 79 MALE						95 - 99 MALE					
AGE	PTS	MILES	EVT	VOL		AGE	PTS	MILES	EVT	VOL		AGE	PTS	MILES	EVT	VOL	
36	105	71.6	10			52	18	18.9	4	*							
39	96	48.6	10			51	14	13.7	2								
39	83	31.1	10			51	13	4	2								
37	61	26.3	8	*		51	12	18	2								
36	59	42.4	10	*		51	9	2	1								

\*\* = RACE DIRECTOR

\* = VOLUNTEER



**BUFFALO WALLOW RACES SINCE 1982**  
**WEST TEXAS RUNNING CLUB'S ANNUAL NOVEMBER RACE**  
**UPDATED EVENT RECORDS \*overall category record\***

**HALF MARATHON ALL-TIME RECORDS: MALE**  
**USA T-F CERTIFIED COURSE, TX09107ETM**

DIV	RUNNER	CITY	AGE	TIME	YEAR
13-15	Danny Hernandez	Lubbock	15	1:34:59	1991
16-19	Ricardo Gonzalez	Plainview	19	1:17:34	1997
20-24	John Ruiz	Lubbock	21	*1:11:06*	1985
25-29	Quent Bearden	Lubbock	28	1:18:06	2003
30-34	Nick Cordes	Lubbock	31	1:12:16	2010
35-39	Corky Fritch	Amarillo	36	1:17:59	1982
40-44	Bobby Cunningham	Abernathy	42	1:16:55	1982
45-49	Bobby Cunningham	Abernathy	46	1:23:19	1986
50-54	George Jury	Lubbock	50	1:23:58	1986
55-59	David Lard	Amarillo	57	1:34:39	1994
60-64	Ed Craighead	Dalhart	60	1:34:43	2003
65-69	Don Sanderson	Tulia	66	1:44:34	1996
70-99	Don Sanderson	Tulia	71	1:48:15	2001
Clydes	Farrell Martin	Lubbock	37	1:29:51	2003

**HALF MARATHON ALL-TIME RECORDS: FEMALE**

DIV	RUNNER	CITY	AGE	TIME	YEAR
13-15	Jessica Alvarez	Lubbock	14	2:19:33	2007
16-19	Donna Pruitt	Levelland	16	1:41:52	1983
20-24	Bridget Tidwell	Lubbock	23	1:25:19	2005
25-29	Sue Houle/Spitz	Lubbock	27	1:34:55	1988
30-34	Marjory Stewart	Lubbock	34	*1:24:14*	1993
35-39	Iris Rivero	Lubbock	35	1:36:34	2010
40-44	Aja James	Dallas	41	1:38:47	2000
45-49	Denise Bray	Lubbock	45	1:39:16	2006
50-54	Madonne Miner	Lubbock	51	1:43:49	2003
55-59	P.J. Mitchell	Lubbock	59	2:08:21	2003
60-99	Deb Hendley	Lubbock	61	2:05:31	2010
Athena	Kristi Starr	Lubbock	40	1:56:11	2010

\*\*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.

**BUFFALO WALLOW RACES SINCE 1973**  
**Overall category Record\* TWO-MILE ALL-TIME RECORDS:**

**MALE**

DIV	RUNNER	CITY	AGE	TIME	YEAR
06-12	Jake Brownfield	Lubbock	11	12:47	2009
13-15	Jacob Lozano	Hobbs, NM	15	10:46	2006
16-19	Marc Johnson	Lubbock	19	09:52	1975
20-24	Simon LeI	Lubbock	22	*09:28*	1995
25-29	Chris Truitt	Lubbock	25	10:25	2000
30-34	Martin Leodgard	Lubbock	31	09:41	1995
35-39	Brent Tidwell	Lubbock	38	11:22	1995
40-44	Bobby Cunningham	Abernathy	43	11:02	1983
45-49	Jim Leser	Lubbock	48	11:17	1994
50-54	George Jury	Lubbock	53	11:33	1989
55-59	Ed Craighead	Dalhart	55	12:04	1998
60-64	Jim Harris	Hobbs, NM	61	13:33	2003
65-69	David Lard	Amarillo	66	13:44	2003
70-99	David Lard	Amarillo	72	15:20	2008
CLYDES	Milt Brownfield	Lubbock	48	13:15	2006

**TWO-MILE ALL-TIME RECORDS: FEMALE**

DIV	RUNNER	CITY	AGE	TIME	YEAR
06-12	Hope Jimenez	Lamesa	10	13:43	1994
13-15	Angela Welsh	Tarzan	15	13:04	1994
16-19	Isabel Navarro	Brownfield	17	*12:06*	1975
20-24	Rebecca Graf	Lubbock	20	12:22	1996
25-29	Katie Skeens	Lubbock	28	13:31	2010
30-34	Sheril Easterling	Coahoma	32	12:27	1982
35-39	Sandra Grice	Lubbock	38	13:53	1990
40-44	Ann Gordhammer	Lubbock	40	14:03	1984
45-49	Cheryl Weber	Lubbock	45	14:44	1998
50-54	Beth Gerken	Amarillo	54	15:42	2008
55-59	Cheryl Weber	Lubbock	55	16:43	2008
60-99	Estella Galvan	Brownfield	60	19:35	2002
ATHENA	Anna Plagman	Lubbock	25	18:02	2008

**WEST TEXAS RUNNING CLUB'S**  
**39th Annual Buffalo Wallow**  
**Half Marathon and 2 Mile Races**

**The Most Challenging Half-Marathon Course in Texas**  
**USA TRACK & FIELD Certified, TX#TX93078ETM**

**EVENT # 11 OF THE W.T.R.C. CHALLENGE SERIES**

**WHEN:** Saturday, November 12, 2011  
 Register online at <http://wtrunning.com>  
 See enclosed mail in form for information.  
 On Site Registration: 7:30 to 8:30 A.M.  
 Race starts at 9:00 A. M.  
**Volunteers needed**, Please call  
 Mike Kelley @ 765-0441

**WHERE:** Buffalo Springs Lake, Church Parking Lot  
 A gate entry fee of \$5.00 for racers is  
 required to enter Buffalo Springs Lake  
 Park—Volunteers are free.  
 Seniors 65+ \$2.00

**COURSE:** Asphalt road—two mile course is out and  
 back, flat.  
 The half-marathon is a double loop of the  
 lake with 3 challenging hills.

**AID STATIONS:** At 2.5, 7, 9.3 and 11.5 miles, Splits at 1  
 and 5 Miles

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

**AWARDS:** A unique "Buffalo" medal will be awarded to  
 at least the first three finishers in the age  
 group divisions and up to 50% of each  
 group.

**AGE DIVISIONS:**

**(Half Marathon & 2 Mile Runs)**

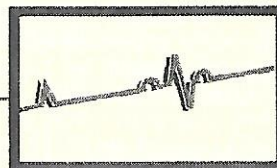
**MEN:** 16-19, 20-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-  
 69, 70 Plus

**WOMEN:** 16-19, 20-29, 30-34, 35-39,  
 40-44, 45-49, 50-54, 55-59, 60 Plus

Special ages for: 7-12 and 13-15 for 2 mile only

Ages 7-12 and 13-15 must run the two mile race (minimum age 16 to run  
 the half marathon)

Clydesdale and Athena group in both races.



Pj Mitchell, C.C.T. LMT



- MEDICAL MASSAGE
- LYPOSSAGE
- SPORT TRAINING

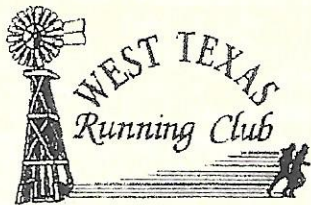
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**WTRC Calendar**

\*Indicates WTRC Monthly Race & CHALLENGE SERIES EVENT

**Races for 2012**

- NOV 01 WTRC Board meeting: Tuesday, 7:00pm  
Ron's office, 3309-67<sup>th</sup> St, 806-781-0231
  - NOV 05 Champs' 5K/1M: 8:00am, Hillside Elementary, Amarillo TX,  
[www.lonestarrunnersclub.net](http://www.lonestarrunnersclub.net)
  - \* NOV 12 BUFFALO WALLOW RACE: Half Marathon/2M, 9:00am,  
Buffalo Springs Lake, RD: Mike, 806-765-0441
  - \* NOV 24 WTRC TURKEY TROT: 9:00am, 12K/2M, MacKenzie Park,  
Terry Dalton, RD, 806-777-1456
  - DEC 03 Jingle Bell Rock and Run 5K & 1 Mile, Canyon, TX  
[www.lonestarrunnersclub.net](http://www.lonestarrunnersclub.net)
  - DEC 04 White Rock Marathon: Marathon/Half Marathon  
<http://www.runtherock.com>
  - \* DEC 10 WTRC-TOYS FOR TOTS: 4M CC, 10:00am, Mae Simmons Park,  
Lee Cohen, RD, 806-786-3793
  - DEC 18 Homeless Veteran Benefit Run: 5K, 9:00am, Comanche Trail  
Park, Big Spring, TX  
<http://pages.suddenlink.net/hcrk/docs/veterans/Veterans.pdf>
  - \* Jan 14 LOOP THE LAKE: 5M/2M, 10:00am, Buddy Holly Rec. area,  
N. University, Lubbock, TX David Doyle, RD, 806-535-5914
  - JAN 29 Miracle Match Marathon: Waco, TX, Marathon/Half/4Person  
Relay/5K/1M, 7:30am [miraclematchmarathon.org](http://miraclematchmarathon.org)
  - JAN 29 3M Half Marathon: 6:45am, Austin, TX  
[http://solutions.3m.com/wps/portal/3M/en\\_US/HalfMarathon](http://solutions.3m.com/wps/portal/3M/en_US/HalfMarathon)
  - \* FEB 11 COTTON PATCH RUNS: 14K/4M/4M Relay, 9:00am, Texas Boys  
Ranch 4810 N. Co. RD2800, David, RD, 806-785-8562
  - FEB 19 Livestrong Austin Marathon: Marathon/Half Marathon,  
<http://youraustinmarathon.com>
  - FEB 26 Cowtown Marathon: <http://cowtownmarathon.org>
- WTRC Website: <http://wtrunning.com>  
Monthly Newsletter, Calendar, Photos, Online signup & Membership



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



**2011 West Texas Running Club  
19<sup>th</sup> Annual Turkey Trot  
12 Kilometer (7.456 miles) and 2 Mile Races  
USA T&F Certified, #TX01099ETM  
Sponsored by SCHLOTZSKY'S DELI**

Date: Thanksgiving Day, November 24, 2011 Race Start: 9:00 A.M.

Location: Mackenzie Park - Cesar Chavez Drive, North of Broadway

Awards: 1<sup>st</sup>, 2<sup>nd</sup>, & 3<sup>rd</sup> Place Medals for both races in each age group

Special Medals/Awards for Overall Male and Female winners in both races

*Race Divisions:	Male	16-19	20-24	25-29	30-34	Female	16-19	20-24	25-29	30-34
		35-39	40-44	45-49	50-54		35-39	40-44	45-49	50-54
		55-59	60-64	65-69	70+		55-59	60+		
		Clydesdale (> 190 lbs.)					Athena (> 150 lbs.)			

\*NOTE: 2 Mile Race will also have 7-8, 9-10, 11-12, & 13-15, for male & female. Refer to WTRC Children's Running Policy (No one under 7 should be allowed to run more than 1 mile. Must be at least 16 to run any race over 10K) Also, special TEAM categories in the 2 Mile Race: Family (F), Open (O), School (S) - Minimum 4 per team. Teams must be pre-registered together before Saturday, November 19, 2011.

**Registration: No Race Day Registration!**

Register by 6 p.m. on Monday, 11/21/11 - \$15 WTRC Members + All Kids 12 & Under. \$20 Non-Members. Includes Race T-Shirt.

- Register on-line: WTRC Web address – <http://wtrunning.com/>. See also Course Map & Race Results.
- Register by mail (received by 11/21/10): to: David Higgins, 3401 Alcove Avenue, Lubbock, Texas 79407. Make checks payable to: WTRC.

**Packet Pick-Up and Late Registration** - \$25: 11/22 & 11/23, 11 a.m. – 6 p.m. at **Foot Tech**, 3407 34th St. Race Day Packet Pick-Up: Thursday, 11/24/11, 7:30 a.m. – 8:30 a.m. **No Race Day Registration!** For more information, contact Terry Dalton, 806-777-1456, email: [tdalton51@hotmail.com](mailto:tdalton51@hotmail.com).

**No Skates, Strollers, Bicycles, or Pets will be allowed on the course**

**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.**

Signature of entrant \_\_\_\_\_ Guardian signature (<18) \_\_\_\_\_

**Event:** (Circle one) 12K 2 mile **Sex:** (Circle one) Male Female **Age** (on race day) \_\_\_\_\_

Adult T-Shirt Sizes: (Circle one) S M L XL XXL Clydesdale/Athena \_\_\_\_\_ (Men >190#, Women >150#)

Child T-Shirt Sizes: S (6-8) M (10-12) Team Name \_\_\_\_\_ Team category \_\_\_\_\_ ("F", "O", "S")

Name: \_\_\_\_\_ Mailing Address: \_\_\_\_\_ E-mail: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_ Phone No. \_\_\_\_\_

Emergency Contact: Name: \_\_\_\_\_ Phone No. \_\_\_\_\_

# 39<sup>th</sup> Annual Buffalo Wallow Races, November 12th, 2011

Mail \$5.00 WTRC members, \$10.00 non-members, \$15 Race Day... Races start at 9:00 A.M.  
Registration Make Checks payable to: WTRC Church Parking Lot  
Thru Nov 7th Mail checks & entry forms to: David Higgins Buffalo Springs Lake Park  
3401 Alcove Ave Mike Kelley, Race Director  
Lubbock, TX 79407 (806) 765-0441

**Park Entry: \$5.00 for Racers, Volunteers Free**  
**Seniors 65+ \$2.00**

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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) (Circle race and divisions): 2 mile 1/2 Marathon Male Clydesdale (190 lbs+)

Name \_\_\_\_\_ Female Athena (150 lbs+)

Emergency Contact Name: \_\_\_\_\_ Emergency Contact Phone # \_\_\_\_\_

WTRC member? (circle one) Yes No Email: \_\_\_\_\_ Ages 7-12 and 13-15

must run the 2 Mile (minimum 16 to run the Half Marathon) **No Skates, Strollers, Pets or**

**Bicycles allowed in the Race.** Please note that the Buffalo Wallow Half Marathon now has a

time limit. You must be at the 10-mile mark by 2 hours and 10 minutes to continue the race. If you

have not completed the distance in this time you will be directed to the finish line via the bridge