



4509 71st Street #907
Lubbock, TX 79424

September 2011

Volume 4, Issue 8

Race Director's Report - Hot Dam runs

Race day began early. In fact, having spent weeks planning for a blistering hot race, we went to bed making contingency plans for the possibility of rain Saturday morning. Saturday, ironically was the coolest day of summer, with minimum wind and a gorgeous sunrise over the water. Run conditions were simply ideal for record breaking attendance, 265 runners registered, and twelve course records broken.

We had a good crowd and a good group of volunteers who help put on the race, they were: Becky Wright, Brenda Thomas, Caleb Starr, Carrie Byrd, David Higgins, Drew Wyatt, Erin Dulin, George Jury, Grace Howell, Gwen Lappley, James Bone, Jay Dulin, Karen Howell, Kristi Starr, Lance Ward, Larry Byrd, Laura Acevedo, Marty Garza, Mike Strum, Nerissa Escoto, Randy Holloway, Terry Dalton, Tony Aleman, and Wendy Anderson.

A special "thank you" to these sponsors who helped put on the race, too. They were: Foot Tech provided Gatorade and water for the finish, Garrison Care Center by Sandy Craft and Dr. Mike Rice provided Gatorade and water for the start/finish area, Hospice of The South Plains by Robin Moore for providing the watermelons and water, Mountain Hideaway by Jennifer Hubbard provided the fruit and bagels, Open Air MRI by Carla Tinsley provided the turn around water stop, Oxy Health by Greg Walton & Jay Wyatt provided the t-shirts and the one mile water stop. These folks made our race possible! And, also to my special assistant Wayne Sullivan.

Thank you,

Pj Mitchell-Sullivan, Race Director

W. T. R. C. RACES ARE USUALLY HELD THE 2ND SATURDAY OF EACH MONTH. The WTRC monthly business meeting is on Tuesday, September 6, 2011 @ 7:00 p.m. at 3309 67th Street, all members are welcome.

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- Shallowater Stampede Registration Form
- Red Raider Road Race Registration Form

Shallowater Stampede

Saturday, September 10,
2011

Shallowater High School
Shallowater, Texas

2 Miles & 10K

Race Starts @ 8:00 am

Race Director: Rod Burgett
(806) 548-1796

WTRC Officers

President – Ron Lubowicz
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Terry Dalton

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E-mail: mkelleyrun@yahoo.com

Directors

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E-mail: randyholloway@sbcglobal.net

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

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E-mail: suzieq5279407@yahoo.com

Membership Director
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Club Historian – James Livermore
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When I see some of our members running barefoot or in the new "Foot Gloves" I cringe at the thought of what could happen to those relatively unprotected feet! During my 32,000 mile running career, I often had injuries as a result of foot problems. I learned early on that I had extremely narrow feet, especially the heel, size 9.5 AA. I also had very weak ankles (floppy) and flat feet (pronated badly). So, I found that I had to have custom orthotics to try to keep my leg alignment correct as well as buy about the most expensive narrow shoes I could find. Oddly enough during my most successful running times the best shoe I could find was a model made by ASICS (Tiger) called the Epirus. These were not labeled as "narrow", but they served me well. These shoes were a distinct yellow and I had used 13 pairs, averaging 600 to 750 miles per pair when I learned the model was going to be discontinued. So, I bought the last 4 pair at once! The most common foot/ankle injury I suffered was when I would step on a pebble or in a gopher hole and in spite of the orthotics, sprain or strain the ankles. The most painful injury I ever experienced however was when I stepped on a mesquite thorn that went right through the sole in front of the hard orthotic. If you think it hurt going in, you cannot imagine the pain when pulling it out! So, as a "tenderfoot" you can see why I am concerned about those unprotected feet and all the road hazards a good pair of shoes can protect you from.

Here is Jeff Galloway's take on the matter;

"Many runners who own one of the minimal and exotic shoes that have popped up on today's market will tell you that these shoes have solved their running problems. I hear the other side of this issue, about every day, from those who have been injured (often severely) by using these products or by running barefooted. Many have to stop running for 4 to 6 months. Thousands have reported significant problems. I've seen this fad come and go 5 times during my 52 years of running. Something will come out in the media about minimal support/barefooted running, and thousands will try it. About a third of those who try it run for short distances and like the tingle of the feet so they run more. Without support, the distance or the surface of the run will often cause an injury--including a number of serious ones such as stress fractures. Each fad cycle ends when those injured tell other runners about their experience--so that very few want to put themselves at risk. Minimal shoe/barefooted running has it's place if the foot can handle it: Short runs when running on a safe surface can give the foot a bit more strength and develop a lighter touch. Unfortunately, there are lots of risks on most running surfaces: pieces of glass, metal or rock--hidden below even the most groomed grass surfaces. There are also lots of surface irregularities that can produce serious trauma injuries in one step. Today's shoes have decades of orthopedic research behind them and can protect the foot from most of the problems due to running surface."

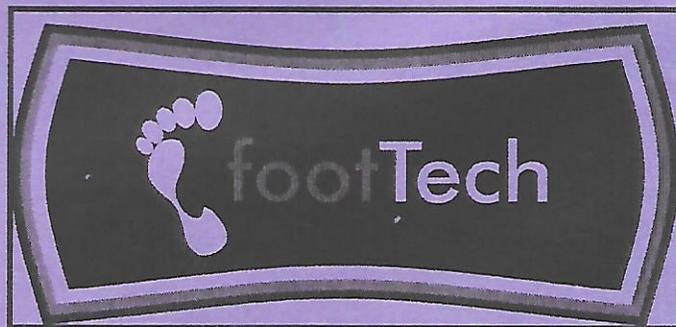


- MEDICAL MASSAGE
- LYPOSSAGE
- SPORT TRAINING

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



Pager 806.721.9940



Your Lubbock home for foot Technology.

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

West Texas Running Club
24TH ANNUAL HOT DAM 2 Mile and 5 Mile Road Races
Lubbock, Texas August 13, 2011

2 MILE OVERALL RESULTS

Place	Name	Town	St Ag	S Div	Div	2	Pace
1	Randal Guinn	IDALOU	TX 22	M	1	M2024	10:52 5:26
2	Robert HUMMINGBIRD	SAN ANGELO	TX 21	M	2	M2024	11:33 5:47
3	Lucas Morris	LUBBOCK	TX 19	M	1	M1619	11:34 5:47
4	Benjamin Demmel	LUBBOCK	TX 21	M	3	M2024	11:53 5:57
5	Trent Early	SNYDER	TX 22	M	4	M2024	12:05 6:03
6	Lee Cohen	LUBBOCK	TX 39	M	1	M3539	12:06 6:03
7	Glen Poklikuha	LUBBOCK	TX 40	M	1	M4044	12:14 6:07
8	MATTHEW RODRIGUEZ	LUBBOCK	TX 18	M	2	M1619	12:19 6:10
9	JERRY DWYER	LUBBOCK	TX 51	M	1	M5054	12:31 6:16
10	JOSHUA CASTRO	IDALOU	TX 15	M	1	M1315	13:02 6:31
11	IRIS RIVERO	LUBBOCK	TX 36	F	1	F3539	13:32 6:46
12	Mont McClendon	LUBBOCK	TX 39	M	2	M3539	13:58 6:59
13	JUAN HERRERA	SUNDOWN	TX 41	M	2	M4044	14:10 7:05
14	Jackie Cannon	AMARILLO	TX 55	M	1	M5559	14:15 7:08
15	Kenny Powell	LUBBOCK	TX 37	M	3	M3539	14:21 7:11
16	Ledah Welch	WOLFFORTH	TX 29	F	1	F2529	14:47 7:24
17	Jose Alarcon	MULESHOE	TX 29	M	1	M2529	14:55 7:28
18	David Doyle	LUBBOCK	TX 52	M	2	M5054	14:56 7:28
19	Whitney Thoms	LEVELLAND	TX 14	F	1	F1315	14:59 7:30
20	Christopher GASCHEN	LUBBOCK	TX 14	M	2	M1315	15:06 7:33
21	TJ McCall	MULESHOE	TX 12	M	1	M0112	15:10 7:35
22	Jayton BURNETT	LUBBOCK	TX 12	M	2	M0112	15:14 7:37
23	Brandon Hamilton	LUBBOCK	TX 30	M	1	M3034	15:17 7:39
24	Rock Thoms	LEVELLAND	TX 11	M	3	M0112	15:21 7:41
25	ADAM RODRIGUEZ	LUBBOCK	TX 47	M	1	M4549	15:30 7:45
26	SAM WALL	SLATON	TX 62	M	1	M6064	15:38 7:49
27	JADEN WELLS	LUBBOCK	TX 11	M	4	M0112	15:40 7:50
28	JERRY MORRIS	LUBBOCK	TX 60	M	2	M6064	15:44 7:52
29	Ben Boston	LUBBOCK	TX 26	M	2	M2529	15:57 7:59
30	JIMMY SAMARRON	LUBBOCK	TX 56	M	2	M5559	16:06 8:03
31	Carissa Terry	SUNDOWN	TX 17	F	1	F1619	16:09 8:05
32	Brylie Corelis	LUBBOCK	TX 11	F	1	F0112	16:32 8:16
33	Alexandria FREYBURGER	LUBBOCK	TX 11	F	2	F0112	16:36 8:18
34	Hailee LITTLE	LUBBOCK	TX 11	F	3	F0112	16:39 8:20
35	Breanna SANCHEZ	LUBBOCK	TX 11	F	4	F0112	16:39 8:20
36	HEDGE MARTIN	LUBBOCK	TX 36	M	4	M3539	16:41 8:21
37	Christy Baugh	LUBBOCK	TX 15	F	2	F1315	16:46 8:23
38	Jenna PAYNE	FLOYDADA	TX 27	F	2	F2529	16:48 8:24
39	John Garcia	LUBBOCK	TX 25	M	3	M2529	17:14 8:37
40	Brandon Berkshire	LUBBOCK	TX 27	M	4	M2529	17:16 8:38
41	Michael LOZANO	MULSHOE	TX 11	M	5	M0112	17:18 8:39
42	Lilee SIMPSON	LUBBOCK	TX 9	F	5	F0112	17:19 8:40
43	JOE MARTIN	LUBBOCK	TX 51	M	3	M5054	17:20 8:40
44	AMY MARTIN	LUBBOCK	TX 22	F	1	F2024	17:22 8:41
45	AMY LOVETT	PORTALES	NM 33	F	1	F3034	17:22 8:41
46	ALEXIS HART	SUNDOWN	TX 12	F	6	F0112	17:24 8:42
47	Emily Terry	SUNDOWN	TX 44	F	1	F4044	17:30 8:45
48	LORENZO PADILLA	LUBBOCK	TX 57	M	3	M5559	17:33 8:47
49	Greg LANDFRIED	LUBBOCK	TX 30	M	2	M3034	17:35 8:48
50	Collette PRICE	LUBBOCK	TX 9	F	7	F0112	17:39 8:50
51	RANDY MULSOW	LUBBOCK	TX 55	M	4	M5559	17:43 8:52
52	FRED CONSTANCIO	LUBBOCK	TX 58	M	5	M5559	17:54 8:57
53	Luis Saucedo	LITTLEFIELD	TX 58	M	6	M5559	17:57 8:59
54	KAMMY PHILBRICK	LUBBOCK	TX 50	F	1	F5054	18:07 9:04
55	Meagan WALSER	LUBBOCK	TX 11	F	8	F0112	18:11 9:06
56	Addison GORDON	LUBBOCK	TX 11	F	9	F0112	18:12 9:06
57	Allie MEUDE	LUBBOCK	TX 11	F	10	F0112	18:13 9:07
58	Hailey TAPP	LUBBOCK	TX 11	F	11	F0112	18:14 9:07
59	Nonnie Peters	LUBBOCK	TX 32	F	2	F3034	18:14 9:07
60	LEO LOVETT	PORTALES	NM 44	M	3	M4044	18:22 9:11
61	Shawna Wilson	SHALLOWATER	TX 44	F	2	F4044	18:27 9:14
62	GAIL FARIES	LUBBOCK	TX 51	M	4	M5054	18:44 9:22
63	Eric Baumann	WOLFFORTH	TX 10	M	6	M0112	18:45 9:23
64	Jules PAYNE	LUBBOCK	TX 11	F	12	F0112	19:02 9:31
65	Troy Pratt	LUBBOCK	TX 45	M	2	M4549	19:04 9:32
66	ISABEL RODRIGUEZ	LUBBOCK	TX 40	F	3	F4044	19:09 9:35

2 MILE OVERALL RESULTS

Place	Name	Town	St Ag	S Div	Div	2	Pace
67	Carina VELASQUEZ	LUBBOCK	TX 9	F	13	F0112	19:17 9:39
68	RALPH WOLF	LUBBOCK	TX 74	M	1	M7099	19:19 9:40
69	RUNNER UNKNOWN						19:28
70	Reagan BOREN	LUBBOCK	TX 11	F	14	F0112	19:36 9:48
71	Julian Hooker	LUBBOCK	TX 37	M	5	M3539	19:39 9:50
72	Jasmine OLIVAREZ	LUBBOCK	TX 11	F	15	F0112	19:42 9:51
73	MIKE SELICK	RANSOM C	TX 60	M	3	M6064	19:48 9:54
74	BILL GELBER	LUBBOCK	TX 52	M	5	M5054	19:55 9:58
75	SANDY CRAFT	LUBBOCK	TX 54	F	2	F5054	20:02 10:01
76	PAUL GASCHEN	LUBBOCK	TX 46	M	3	M4549	20:08 10:04
77	Erin Hooker	LUBBOCK	TX 34	F	3	F3034	20:14 10:07
78	Jessie Thoms	LEVELLAND	TX 35	F	2	F3539	20:18 10:09
	RUNNER UNKNOWN						20:40
79	JEROND GAULT	LUBBOCK	TX 41	F	4	F4044	20:43 10:22
80	Valarie Berkshire	LUBBOCK	TX 30	F	4	F3034	20:49 10:25
81	Sherri Rodriguez	SLATON	TX 47	F	1	F4549	20:53 10:27
82	DEBBIE ROMAN	LUBBOCK	TX 55	F	1	F5559	20:53 10:27
	RUNNER UNKNOWN						20:54
83	AINSLEIGH Mitchell	LUBBOCK	TX 11	F	16	F0112	20:58 10:29
84	Averi STOCKTON	LUBBOCK	TX 9	F	17	F0112	21:04 10:32
85	Lauren CATHERMAN	LUBBOCK	TX 9	F	18	F0112	21:04 10:32
86	John Savage	LUBBOCK	TX 62	M	4	M6064	21:19 10:40
87	Michelle Orosco	EARTH	TX 36	F	3	F3539	21:37 10:49
88	JAMES PRATT	LUBBOCK	TX 69	M	1	M6569	21:45 10:53
89	ANTONIO ROMAN	LUBBOCK	TX 58	M	7	M5559	22:33 11:17
90	JAIME GOMEZ	LUBBOCK	TX 35	M	6	M3539	22:35 11:18
91	Kiersten Fisher	LUBBOCK	TX 9	F	19	F0112	23:11 11:36
92	Mary Ann Rinehart	LUBBOCK	TX 47	F	2	F4549	23:12 11:36
93	JULIE SELICK	LUBBOCK	TX 61	F	1	F6099	23:26 11:43
94	Cori Ellington	LUBBOCK	TX 32	F	5	F3034	23:27 11:44
95	Shanna Faries	LUBBOCK	TX 26	F	3	F2529	23:28 11:44
96	TIMMY BANKSON	LUBBOCK	TX 9	M	7	M0112	23:30 11:45
97	MINDY BANKSON	LUBBOCK	TX 37	F	4	F3539	23:32 11:46
98	TAELOL SADLER	LUBBOCK	TX 10	F	20	F0112	23:33 11:47
99	TAEGAN RAMOS	LUBBOCK	TX 8	F	21	F0112	23:34 11:47
100	Wendy Grimes	LUBBOCK	TX 43	F	5	F4044	23:43 11:52
101	HEATHER HORMEL	LUBBOCK	TX 37	F	5	F3539	23:43 11:52
102	Liz Covarubias	LEVELLAND	TX 42	F	6	F4044	23:46 11:53
103	Lisa Reimer	LOOP	TX 33	F	6	F3034	23:51 11:56
104	Ruben romero	LUBBOCK	TX 28	M	5	M2529	24:24 12:12
105	Tonya Barron	LUBBOCK	TX 41	F	7	F4044	24:29 12:15
106	Amber Glass	LUBBOCK	TX 37	F	6	F3539	25:01 12:31
107	DAVID CORONADO	LUBBOCK	TX 44	M	4	M4044	26:17 13:09
108	GABRIELA SALDANA	LUBBOCK	TX 47	F	3	F4549	26:23 13:12
109	Elizabet Alarcon	MULESHOE	TX 29	F	4	F2529	26:25 13:13
110	CAYLA BANKSON	LUBBOCK	TX 12	F	22	F0112	26:40 13:20
111	Ross Cohen	LUBBOCK	TX 8	M	8	M0112	27:30 13:45
112	Adriana Rodriguez	LUBBOCK	TX 8	F	23	F0112	27:47 13:54
113	JOSIE ALEMAN	LUBBOCK	TX 60	F	2	F6099	27:48 13:54
114	NATALIE SADLER	LUBBOCK	TX 8	F	24	F0112	27:50 13:55
115	Emily Gilbert	LUBBOCK	TX 25	F	5	F2529	27:53 13:57
116	Rachel Starr	LUBBOCK	TX 9	F	25	F0112	27:55 13:58
117	Sean Wisdom	LUBBOCK	TX 9	M	9	M0112	28:55 14:28
118	Colleen Elbe	LUBBOCK	TX 36	F	7	F3539	29:19 14:40
119	Shirley PROKOP	CLOVIS	NM 55	F	2	F5559	31:47 15:54
120	Michael Prokop	CLOVIS	NM 55	M	8	M5559	31:48 15:54
121	BELLA MARTINEZ	LUBBOCK	TX 8	F	26	F0112	32:54 16:27
122	STACI WYATT	LUBBOCK	TX 44	F	8	F4044	32:57 16:29
123	DEBRA RODRIGUEZ	LUBBOCK	TX 34	F	7	F3034	32:58 16:29
124	Maddison OLIVAREZ	LUBBOCK	TX 8	F	27	F0112	33:05 16:33
125	Ann Reeves	LUBBOCK	TX 32	F	8	F3034	33:14 16:37

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24TH ANNUAL HOT DAM 2 Mile and 5 Mile Road Races
Lubbock, Texas August 13, 2011

5 MILE OVERALL RESULTS

Place	Name	Town	St	Ag	S	Div	Div	5	Pace
1	Quent Bearden	LUBBOCK	TX	36	M	1	M3539	27:55	5:35
2	BENJAMIN TANUI	LUBBOCK	TX	35	M	2	M3539	28:05	5:37
3	Nick Wargo	LUBBOCK	TX	20	M	1	M2024	30:02	6:01
4	Robert Guinn	IDALOU	TX	17	M	1	M1619	31:59	6:24
5	Newton Chillan	LUBBOCK	TX	32	M	1	M3034	32:14	6:27
6	LUKE SAMARRON	LEVELLAND	TX	18	M	2	M1619	32:15	6:27
7	John Corelis	LUBBOCK	TX	45	M	1	M4549	32:24	6:29
8	Briseida Ramos	LUBBOCK	TX	28	F	1	F2529	32:28	6:30
9	David Guinn	IDALOU	TX	45	M	2	M4549	32:46	6:34
10	Benjamin Wheeler	WILSON	TX	17	M	3	M1619	33:17	6:40
11	kyle wheeler	WILSON	TX	18	M	4	M1619	33:33	6:43
12	MARTIN MONTALVO	PLAINVIEW	TX	46	M	3	M4549	33:50	6:46
13	Jeff Hancock	LUBBOCK	TX	34	M	2	M3034	34:17	6:52
14	cody miller	LUBBOCK	TX	45	M	4	M4549	35:20	7:04
15	ADDISON WOMACK	LUBBOCK	TX	16	M	5	M1619	35:34	7:07
16	Brett Peikert	LUBBOCK	TX	43	M	1	M4044	35:39	7:08
17	Paul Paré	LUBBOCK	TX	49	M	5	M4549	35:48	7:10
18	Geoff Lynn	LUBBOCK	TX	27	M	1	M2529	36:16	7:16
19	JAKE BROWNFIELD	LUBBOCK	TX	13	M	1	M1315	36:39	7:20
20	JULIE GARZA	SLATON	TX	38	F	1	F3539	36:42	7:21
21	Amanda Boston	LUBBOCK	TX	27	F	2	F2529	36:53	7:23
22	ABEL REYNA	LUBBOCK	TX	48	M	6	M4549	37:26	7:30
23	Epi Aguirre	LUBBOCK	TX	52	M	1	M5054	37:39	7:32
24	Tammy Moriearty	LUBBOCK	TX	37	F	2	F3539	37:40	7:32
25	Jorge Romo	LUBBOCK	TX	45	M	7	M4549	37:56	7:36
26	PAUL D GASCHEN	LUBBOCK	TX	15	M	2	M1315	38:14	7:39
27	LAURA COPE	LUBBOCK	TX	26	F	3	F2529	38:16	7:40
28	Eddy Morelock	LUBBOCK	TX	39	M	3	M3539	38:26	7:42
29	David Aguirre	LUBBOCK	TX	39	M	4	M3539	38:47	7:46
30	Chris Ankrum	LUBBOCK	TX	44	M	2	M4044	39:03	7:49
31	Glen Mullins	LUBBOCK	TX	37	M	5	M3539	39:28	7:54
32	Jim Archer	LUBBOCK	TX	34	M	3	M3034	39:36	7:56
33	Craig Dominy	LUBBOCK	TX	45	M	8	M4549	40:01	8:01
34	Rod Burgett	SHALLOWATER	TX	46	M	9	M4549	40:09	8:02
35	CATHERINE EVANS	HOBBS	NM	26	F	4	F2529	40:15	8:03
36	Laura Sefcik	LUBBOCK	TX	29	F	5	F2529	40:18	8:04
37	JONNA BYARS	LUBBOCK	TX	37	F	3	F3539	40:19	8:04
38	Daniella Romo	LUBBOCK	TX	17	F	1	F1619	41:45	8:21
39	RONNIE PRIGG	LUBBOCK	TX	60	M	1	M6064	42:30	8:30
40	Tom Keaty	LUBBOCK	TX	48	M	10	M4549	42:31	8:31
41	Claudia Ramos	LUBBOCK	TX	26	F	6	F2529	42:45	8:33
42	Milt Brownfield	LUBBOCK	TX	53	M	2	M5054	42:53	8:35
43	Christine Steen	LUBBOCK	TX	32	F	1	F3034	43:05	8:37
44	Melissa Shropshire	LUBBOCK	TX	24	F	1	F2024	43:11	8:39
45	Fred Weber	LUBBOCK	TX	60	M	2	M6064	43:17	8:40
46	Kendra Brown	LUBBOCK	TX	26	F	7	F2529	43:18	8:40
47	JENNIFER HADDOCK	LUBBOCK	TX	30	F	2	F3034	43:23	8:41
48	Josh Savage	WOLFFORTH	TX	36	M	6	M3539	43:37	8:44
49	MIKE HEATH	LUBBOCK	TX	58	M	1	M5559	43:39	8:44
50	DEBBIE GELBER	LUBBOCK	TX	42	F	1	F4044	43:40	8:44
51	SONIA RODRIGUEZ	LUBBOCK	TX	31	F	3	F3034	43:51	8:47
52	DAMON PROVENCE	LUBBOCK	TX	60	M	3	M6064	43:56	8:48
53	LES KINMAN	LUBBOCK	TX	46	M	11	M4549	43:58	8:48
54	CARRIE BADILLO	LUBBOCK	TX	34	F	4	F3034	44:19	8:52
55	Sarah Sawaya	LUBBOCK	TX	33	F	5	F3034	44:25	8:53
56	ALVIN LLANAS	WOLFFORTH	TX	52	M	3	M5054	44:27	8:54
57	ARTURO OLIVAREZ	LUBBOCK	TX	29	M	2	M2529	44:35	8:55
58	Nathan Ortiz	LUBBOCK	TX	22	M	2	M2024	44:40	8:56
59	Margaret Woodfin	LUBBOCK	TX	47	F	1	F4549	44:59	9:00
60	VALERI GATLIN	LUBBOCK	TX	44	F	2	F4044	45:06	9:02
61	Scott Reynolds	LUBBOCK	TX	30	M	4	M3034	45:08	9:02
62	Jerry PEREZ	LUBBOCK	TX	42	M	3	M4044	45:10	9:02
63	Sandra Saenz	LUBBOCK	TX	36	F	4	F3539	45:11	9:03
64	HANNAH TEYHL	WOLFFORTH	TX	31	F	6	F3034	45:23	9:05
65	Jack Griner	PAULDING	OH	51	M	4	M5054	45:45	9:09
66	Cameron Burns	LUBBOCK	TX	27	F	8	F2529	45:49	9:10
67	janice trevino	LUBBOCK	TX	34	F	7	F3034	45:58	9:12
68	Mandy Poklikuha	LUBBOCK	TX	33	F	8	F3034	45:59	9:12
69	RICHARD GATLIN	LUBBOCK	TX	45	M	12	M4549	46:00	9:12
70	Brent Adcock	ANTON	TX	48	M	13	M4549	46:00	9:12

5 MILE OVERALL RESULTS

Place	Name	Town	St	Ag	S	Div	Div	5	Pace
71	SHARLA KINMAN	LUBBOCK	TX	43	F	3	F4044	46:06	9:14
72	Emmanuel Ramirez	LUBBOCK	TX	28	M	3	M2529	46:07	9:14
73	Rosa Hernandez	LUBBOCK	TX	27	F	9	F2529	46:10	9:14
74	SANDRA TORRES	LUBBOCK	TX	44	F	4	F4044	46:21	9:17
75	Craig Goodman	LUBBOCK	TX	37	M	7	M3539	46:30	9:18
76	MARY BRANSCOME	LUBBOCK	TX	51	F	1	F5054	46:31	9:19
77	Brian Starr	LUBBOCK	TX	44	M	4	M4044	46:31	9:19
78	Sonia Yeck	AUSTIN	TX	46	F	2	F4549	46:39	9:20
79	Tiffany Christie	LUBBOCK	TX	27	F	10	F2529	46:49	9:22
80	Mackenzie CORLE	ELGIN	TX	18	F	2	F1619	47:18	9:28
81	CARMEN HAZELBAKER	LOUISVILLE	KY	44	F	5	F4044	47:22	9:29
82	Brittney Houk	LUBBOCK	TX	27	F	11	F2529	47:25	9:29
83	TOM FALLGREN	LUBBOCK	TX	48	M	14	M4549	47:31	9:30
84	Robert Hitt	LUBBOCK	TX	35	M	8	M3539	47:50	9:34
85	shaylie wieck	LUBBOCK	TX	20	F	2	F2024	47:51	9:35
86	MICHAEL MCDONALD	LUBBOCK	TX	62	M	4	M6064	47:58	9:36
87	RUNNER UNKNOWN						48:01		
88	GORDEN JENKINS	AMARILLO	TX	70	M	1	M7099	48:16	9:40
89	sarah livingston	LUBBOCK	TX	28	F	12	F2529	48:29	9:42
90	Holly Snodgrass	LUBBOCK	TX	41	F	6	F4044	48:33	9:43
91	Jerry Adams	LUBBOCK	TX	35	M	9	M3539	48:39	9:44
92	PAM GASCHEN	LUBBOCK	TX	46	F	3	F4549	48:42	9:45
93	Mick Stamm	ABILENE	TX	56	M	2	M5559	49:06	9:50
94	Megan Balko	LUBBOCK	TX	25	F	13	F2529	49:26	9:54
95	Deborah Bahme	LUBBOCK	TX	39	F	5	F3539	49:38	9:56
96	AL BURRIER	LUBBOCK	TX	78	M	2	M7099	50:06	10:02
97	BILL FELTON	LUBBOCK	TX	76	M	3	M7099	50:18	10:04
98	Steve German	LUBBOCK	TX	54	M	5	M5054	50:18	10:04
99	Colleen BarryGoodman	LUBBOCK	TX	34	F	9	F3034	50:23	10:05
100	toni morales	LUBBOCK	TX	24	F	3	F2024	50:25	10:05
101	Dan BRANSCOME	LUBBOCK	TX	54	M	6	M5054	50:32	10:07
102	JAMES DEAVER	LUBBOCK	TX	53	M	7	M5054	50:40	10:08
103	Elizabeth Hadzic	LUBBOCK	TX	38	F	6	F3539	50:46	10:10
104	Cheryl Weber	LUBBOCK	TX	58	F	1	F5559	50:47	10:10
105	JAMES LIVERMORE	LUBBOCK	TX	64	M	5	M6064	51:45	10:21
106	Dawn Smith	LUBBOCK	TX	37	F	7	F3539	51:48	10:22
107	ISAAC ESQUEDA	LUBBOCK	TX	30	M	5	M3034	52:01	10:25
108	Steph West	LUBBOCK	TX	42	F	7	F4044	52:24	10:29
109	LAURIE WILLIAMS	LUBBOCK	TX	42	F	8	F4044	52:30	10:30
110	JIM THOMPSON	PLAINVIEW	TX	56	M	3	M5559	52:34	10:31
111	CRAIG PETERSON	HOBBS	NM	54	M	8	M5054	53:19	10:40
112	Duran Sanchez	PLAINVIEW	TX	18	M	6	M1619	53:45	10:45
113	Michael Hardin	LUBBOCK	TX	41	M	5	M4044	53:57	10:48
114	Kali Moore	RANSOM CANYON	TX	25	F	14	F2529	54:48	10:58
115	monica alonzo	NEW DEAL	TX	28	F	15	F2529	55:22	11:05
116	Jill McCall	MULESHOE	TX	37	F	8	F3539	55:41	11:09
117	ABRAHAM MONTALVO	PLAINVIEW	TX	13	M	3	M1315	56:02	11:13
118	LANETTE WINDHAM	LUBBOCK	TX	43	F	9	F4044	56:14	11:15
119	Amalia Aguero	LUBBOCK	TX	36	F	9	F3539	56:21	11:17
120	Stephanie garcia	LUBBOCK	TX	33	F	10	F3034	56:21	11:17
121	ashley austin	LUBBOCK	TX	30	F	11	F3034	56:33	11:19
122	Lori Nielsen-Gonzale	LUBBOCK	TX	39	F	10	F3539	57:42	11:33
123	Chrissy Nielsen	LUBBOCK	TX	31	F	12	F3034	57:45	11:33
124	Traci Sanders	LUBBOCK	TX	39	F	11	F3539	57:45	11:33
125	Madelyn Sparks	LUBBOCK	TX	24	F	4	F2024	58:36	11:44
126	Shannon Grissom	LUBBOCK	TX	44	F	10	F4044	58:45	11:45
127	ETTA MAYER	LUBBOCK	TX	62	F	1	F6099	59:33	11:55
128	Grady Moore	RANSOM CANYON	TX	21	M	3	M2024	1:00:11	12:03
129	ABRAHAM BENNETT	LUBBOCK	TX	48	F	4	F4549	1:01:16	12:16
130	Marty Adcock	ANTON	TX	51	F	2	F5054	1:01:36	12:20
131	ANN HODGES	WOLFFORTH	TX	54	F	3	F5054	1:02:39	12:32
132	jose herrera	LUBBOCK	TX	48	M	15	M4549	1:02:57	12:36
133	Valerie Salinas	LUBBOCK	TX	30	F	13	F3034	1:03:20	12:40
134	Julie Randolph	LUBBOCK	TX	52	F	4	F5054	1:04:35	12:55
135	CINDI FAZ	LUBBOCK	TX	44	F	11	F4044	1:06:47	13:22
136	LAUREN SULLIVAN	LUBBOCK	TX	32	F	14	F3034	1:06:48	13:22
137	TIM BANKSON	LUBBOCK	TX	50	M	9	M5054	1:08:53	13:47
138	MINDY BANKSON	LUBBOCK	TX	37	F	12	F3539	1:08:55	13:47
139	Sarah Gaxiola	LUBBOCK	TX	59	F	2	F5559	1:08:58	13:48

**W.T.R.C. 2011 CHALLENGE SERIES
STANDINGS AFTER 8 EVENTS
FEMALE**

YTD TOTALS						YTD TOTALS						YTD TOTALS					
6 - 12 FEMALE	AGE	PTS	MILES	EVT	VOL	35 - 39 FEMALE	AGE	PTS	MILES	EVT	VOL	50 - 54 FEMALE	AGE	PTS	MILES	EVT	VOL
Jordan Selleck	10	23	6	3		Iris Rivero	36	69	47.5	7		Kammy Philbrick	50	40	18.7	5	*
Catherine Cannon	11	13	4	2		Tammy Moriearty	37	38	34	4		Julie Randolph	52	33	25.3	4	
Kenley Frazier	12	10	2	1		Amy Hardberger	38	33	30.2	4		Tami Miller	51	26	11	4	*
Gabby Waldrop	7	9	2	1		Jonna Byars	37	31	35.3	4		Mary Branscome	51	20	11.2	2	
Rachel Starr	9	7	6	3		Julie Garza	38	20	15	2		Leesa Price	55	20	11	2	
Julianne Reeves	7	6	2	1		Becky Gomez	38	16	23	3		Barbara Phipps	54	10	9.3	1	
Katelyn Heise	9	2	4	2		Maricarmen Solis	38	14	12.2	2		Glenna Beyer	53	10	2	1	
Jacey Hise	12	0	2	1		Sarah Floyd	36	10	18.3	3		Debbie Aguirre	50	9	3	1	
						Shannon McClendon	39	10	2	1		55 - 59 FEMALE	AGE	PTS	MILES	EVT	VOL
13 - 15 FEMALE	AGE	PTS	MILES	EVT	VOL	Jessie Thoms	35	10	2	1		Debbie Roman	56	60	13	6	
Whitney Thoms	14	20	4	2		Sara Miller	36	9	2	1		Cheryl Weber	58	30	13	3	*
Christy Baugh	15	19	5	2		Christy Hennigan	37	8	14.3	2		Sarah Gaxiola	59	26	9	3	
Alexis Hoeve	14	10	22.3	3	*	Letitia Munoz	36	8	3	1		Latha Tucker	55	10	10	1	
						Vanessa Aguirre	38	7	4	1		Young Moore	55	8	4	1	
16 - 19 FEMALE	AGE	PTS	MILES	EVT	VOL	Deborah Bahme	39	6	5	1		Suzan Caudle	58	0	63.5	7	**
Kelsey Higgins	20	10	6	1		Elizabeth Hadzic	38	5	5	1		60 - 99 FEMALE	AGE	PTS	MILES	EVT	VOL
						Rhonda Frazier	39	1	9.3	1		Etta Mayer	62	67	54.2	7	
20 - 24 FEMALE	AGE	PTS	MILES	EVT	VOL	Michaela Jansen	38	0	5	1	*	Julie Selleck	61	30	6	3	
Amy Martin	22	49	19.7	6	*	Malinda Colwell	38	0	5	1		PJ Sullivan	66	20	64.2	8	**
Taylor Griffin	24	38	14.4			Carol Hise	39	0	5	1		Carol Felton	68	9	3	1	
Elizabeth Williams	23	23	10.3			Misty Scott	35	0	5	1		Josie Aleman	60	9	2	1	
Venessa Rodriguez	24	19	18.2			40 - 44 FEMALE	AGE	PTS	MILES	EVT	VOL	Carol Schempp	62	8	9.3	1	
Madelyn Sparks	24	14	8.2			Sharla Kinman	43	64	26.2	8							
Tamara Vickers	24	8	2.1			Jennifer Snead	41	49	49.2	6	*	W.T.R.C. 2011 CHALLENGE SERIES STANDINGS AFTER 8 EVENTS MALE					
Amanda Weeks	24	7	9.3	1		Debbie Gelber	42	49	35	6	*	YTD TOTALS					
Jordan Outlaw	22	7	4.1			Belisa Waldrop	43	41	21.7	5		6 - 12 MALE	AGE	PTS	MILES	EVT	VOL
						Deana Martin	43	37	8	4		Cole Agnew	9	25	10	3	
						Jorond Gault	41	33	15	6		Rock Thoms	11	18	4	2	
25 - 29 FEMALE	AGE	PTS	MILES	EVT	VOL	Wendy Anderson	41	32	46.9	7	*	Ross Cohen	8	15	10	5	
Amanda Boston	27	66	50.2	7		Karen Howell	41	32	28	5	*	Michael Edwards	12	9	3	1	
Briseida Ramos	28	54	40.3	5		Lisa Garner-Santa	43	25	12	4		Nick Selleck	8	7	6	3	
Claudia Ramos	26	45	18	5		Holly Snodgrass	41	22	15	3		Caleb Starr	11	5	19	4	*
Catherine Evans	26	43	33	5		Vanessa Reasoner	42	19	12.2	2		Kamren Shelton	11	5	2	1	
Allison Forsberg	28	28	23	3	*	Valeri Gatlin	44	18	15	2		Dakota Hernandez	11	2	2	1	
Shanna Faries	26	26	8	3		Lanette Windham	43	17	24.9	4		Zane Gray	8	0	2	1	
Alison Blalock	25	25	21.2	3		Lee Handlin	42	16	8	2		Carson Heise	6	0	2	1	
Laura Sefcik	29	24	17.2	3		Stephanie West	42	13	15	2		Beau Miller	10	0	2	1	
Ashley Williams	26	23	18.2	3		Rose Hoeve	43	9	21.5	3	*						
Amy Hancock	29	20	21.5	4	*	Wendy Guinn	44	9	2	1		13-15 MALE	AGE	PTS	MILES	EVT	VOL
Laura Cope	26	18	15	2		Jennifer Foster	43	8	6.2	1		Abraham Montalvo	13	39	24.2	7	*
April Covington	27	17	15	4		Jennifer Adling	40	7	9.2	2		Paul D. Gaschen	15	27	13.2	3	
Veronica Esqueda	29	17	6	3		Sandra Torres	44	7	5	1		Christopher Gaschen	14	22	6	3	
Candace Norrod	27	17	4	2		Laurie Williams	42	4	5	1		Josh Starr	13	19	6	3	
Natalie Mahlberg	25	11	12.2	2		Shannon Grissom	44	2	5	1		Joshua Hoeve	13	14	6	3	
Jaime Wheeler	26	6	8.7	1		Janda Jackson	41	0	5	1	*	Walker Adams	14	10	8.7	1	
Cameron Burns	27	4	5	1		45 - 49 FEMALE	AGE	PTS	MILES	EVT	VOL	Jake Brownfield	13	10	5	1	
Lesley Montandon	29	3	4	1		Laura Lappe	45	34	13	5	*	Bo Thoms	13	9	2	1	
Jesseca Brockman	27	0	9.3	1	*	Marsha Bennett	48	33	35.5	5		Nick Hoeve	14	6	2	1	
Maggie Thompson	25	0	4	1		Cynthia Sorrensen	47	30	29	3							
ATHENA-age graded	AGE	PTS	MILES	EVT	VOL	Pam Gaschen	46	27	15.2	3		16-19 MALE	AGE	PTS	MILES	EVT	VOL
Kristi Starr	40	61	46.9	7	*	Jill Haukos	47	26	18.7	3		Robert Guinn	17	49	18	5	
Gabriela Saldana	47	27	6	3		Gwen Lappley	49	18	19.3	3	*	Lucas Morris	19	41	21.3	4	
Katelyn Olsen	26	18	9.2	2		Dee Knapp	45	14	14.3	2		Luke Samarron	18	39	17.2	4	
Stacey Lewis	30	14	23	3		Laetta Akbar-Ali	48	11	4	2		Austin Martin	16	20	6	3	
Maria Ramos	49	9	2	1		Judy Fleming	46	10	6	1		Timothy Peikert	17	18	15	2	
Sherri Patterson	43	8	2	1		Kate Kueser	49	10	5	1		Isaiah Munoz	16	4	3	1	
						Margaret Woodfin	47	10	5	1		20 - 24 MALE	AGE	PTS	MILES	EVT	VOL
						Tracy Baugh	49	10	3	1		Matt Ange	23	20	13.3	2	
						Kelly Robinson	45	9	11	1		Randal Guinn	22	11	2	1	
						Pam Humphreys	48	9	2	1		John Keith	22	10	5	1	
						Linda Jama	46	8	4	1		Tanner Vickers	24	7	5	1	
						Andi Giberson	46	7	5	1							
						Tommie Gressett	49	7	2	1							
						Patricia Dennis	48	6	9.3	1							
						Vicki Fischenich	45	5	9.3	1							

** = RACE DIRECTOR

* = VOLUNTEER

**W.T.R.C. 2011 CHALLENGE SERIES
STANDINGS AFTER 8 EVENTS**

MALE

25 - 29 MALE						YTD TOTALS						60 - 64 MALE					
AGE	PTS	MILES	EVT	VOL		AGE	PTS	MILES	EVT	VOL	AGE	PTS	MILES	EVT	VOL		
Ben Boston	26	53	29	7		David Guinn	45	59	40	6	Michael McDonald	62	57	50.5	7		
Curtis Norrod	27	40	21.3	5	*	Martin Montalvo	46	57	55.2	7	Richard Gale	62	47	39.9	5		
Brandon Berkshire	27	33	9	4		Cody Miller	45	50	48.9	7	Damon Provence	60	45	31.5	6	*	
Marek Potratz	29	19	14.7	4	*	Les Kinman	46	44	46.5	8	Fred Weber	60	42	33.3	6	*	
John Griffin	29	9	2	1		Abel Reyna	48	44	20.2	5	James Livermore	64	40	38.5	7	*	
Joseph Edwards	26	7	10	1		Troy Pratt	45	35	15	5	Jerry Morris	60	39	9	4		
Andrew Huff	29	3	5	1		Rod Burgett	46	33	41.2	6	Mike Strum	60	38	50.2	6	*	
30 - 34 MALE						45 - 49 MALE						60 - 64 MALE					
AGE	PTS	MILES	EVT	VOL		AGE	PTS	MILES	EVT	VOL	AGE	PTS	MILES	EVT	VOL		
Gary Evans	31	45	44.2	6		Paul Paré	49	33	29	4	Mike Selleck	60	35	10	5		
Gabriel Olivarez	34	45	19.7	5		Brent Lowrey	49	16	20.3	2	Mike Kelley	62	21	19.9	3		
Isaac Esqueda	30	28	13	4		Richard Shaw	49	16	13.3	2	Gary Gressett	64	10	2	1		
Arturo Olivarez	30	26	10	3		Paul Gaschen	46	16	4	2	Rob Lee	63	10	2	1		
Jeff Hancock	34	25	20	3		Joe Kueser	49	9	5	1	Wayne Sullivan	60	9	59.2	8	*	
Justin Selleck	34	20	4	2		Richard Gatlin	45	7	8	2	Doug Sanford	63	8	5	1		
Jonathan Wright	32	12	9	2		50 - 54 MALE						Tony Aleman	62	0	44.9	6	*
Keagan McDermott	33	10	6	1		Jerry Dwyer	51	65	45.2	7	65 - 69 MALE						
Brandon Hamilton	30	10	2	1		Epi Aguirre	52	61	41.2	7	Jim Harris	68	59	34	7	**	
Phillip Guengerish	34	9	4	1		Alvin Llanas	52	46	20	6	James Pratt	69	47	19.7	6	*	
Matt Lilley	34	8	13.7	2		David Doyle	52	44	21	6	Rick Lampe	67	40	16	6	*	
Caleb Phillips	30	8	13.7	2		Joe Frank Martin	51	43	32.7	8	Ron Lubowicz	68	10	44	5	*	
Damon Chase	34	8	5	1		Jim Higgins	50	42	23.3	5	Richard Morgan	67	9	4	1		
Jason Hancock	30	8	2	1		Gail Faries	51	24	9	4	70 - 99 MALE						
Nicholas Reeves	33	8	2	1		Randy Holloway	54	23	70.2	8	Gorden Jenkins	70	70	44.2	7		
Wes Scholz	35	4	5	1		J. Edson Pinto	50	22	19.3	3	Bill Felton	76	46	23	6	*	
David Slayton	32	4	4	1		Bob Jackson	52	20	16.2	2	Ralph Wolf	74	30	12	4	*	
Cody Brockman	30	0	9.3	1	*	Randy Bunyard	53	16	17.3	3	Bob Broselow	70	9	6	1		
35 - 39 MALE						Ronnie Trollinger	51	16	11	2	Al Burrier	77	9	5	1		
AGE	PTS	MILES	EVT	VOL		Mitch Monroe	51	14	13.7	2	Mike Greer	72	9	5	1		
Quent Bearden	36	84	59.2	8		Bill Gelber	52	13	12.7	3	George Jury	75	0	59.2	8	*	
Lee Cohen	39	76	43.5	8		James Preiss	50	13	4	2	Larry Byrd	70	0	44.9	6	*	
Mont McClendon	39	65	26	8		Duane Jones	51	12	18	2	Bill Reger	72	0	12.4	1	**	
Kenny Powell	37	61	26.3	8	*	Paul Darden	51	9	2	1	<p align="center">2012 Elections Coming up</p> <p>One position we need to fill for next year is the "Equipment Director." This person just needs to be able to house about \$4,000 worth of equipment in a controlled environment. He/she would be required to get this necessary equipment out to each race site early, but there is no reason this person could not run in 12 of the 13 races and get the volunteer credit. Race director is responsible for getting the mile signs, etc., out. If anyone has a question about this, see George at the Stampede race.</p>						
Isaac Munoz, Jr.	35	45	30.5	6		Gene Adams	53	5	8.7	1							
Hedge Martin	36	44	37.3	8	*	Ray Major	51	0	23	3							*
Shannon Anderson	39	37	28	6	*	Kevin Lair	50	0	9	2							*
David Aguirre	39	35	32.3	6	*	Dennis Berger	52	0	8.7	1							*
Wesley Everett	36	20	23	3		55 - 59 MALE											
Eric Fisher	40	18	16.7	3	*	Jackie Cannon	55	60	14	6							
Chris Toelle	37	18	13.7	2		John Clements	55	49	10	5							
Ron Adams	36	13	34.3	4	*	Antonio Roman	59	37	13	6							
Russ Horn	37	12	16	2		Fred Constancio	58	30	16.7	5							*
Eddy Morelock	39	10	10	2		Luis Cardenas	59	27	13	4							*
Roy Gonzalez	39	9	25.5	4	*	Joseph Wilson	55	20	9	2							
Julian Hooker	37	9	5	2		Jeff Tucker	56	19	19.3	2							
Ernest Cavazos	39	8	11	1		Lawrence Schovanec	58	18	13.7	2							
Jeff Shelton	39	8	2	1		Jimmy Samarron	56	18	4	2							
Chris Gallameau	35	6	2	1		Terry Dalton	56	17	59.2	8							*
Shawn Lawler	38	5	28.3	5	*	William Hepburn	56	17	12.2	2							
Corey King	37	5	5	1		Lorenzo Padilla	57	17	4	2							
Chad Elrod	35	3	5	1		David Weaver	60	15	20.5	3							*
Chris Milford	38	0	5	1		Paul Owen	59	10	10	1							
40 - 44 MALE						Mike Heath	58	10	5	1							
AGE	PTS	MILES	EVT	VOL		Rick Wannemacher	57	9	13.7	2	*						
Heath Pennell	43	37	48	6	*	Tom Weis	59	9	3	1							
Brian Starr	44	34	21.2	4		Ken Spain	57	7	23	3	*						
Brett Peikert	43	24	20	3		Randy Mulsow	55	7	2	1							
Chris Ankrum	44	19	8	2		Randy Egenbacher	55	6	2	1							
Sean Schwarzentraub	44	13	11	2		Ed Price	55	5	5	1							
Gary Vaughn	40	10	6.2	1		David Higgins	59	0	67.9	8	**						
Marin Hernandez	41	10	4	1		Gonzalo Ramirez	55	0	13.3	2	*						
Glen Poklikuha	40	10	2	1													
Russell Carter	40	8	8.7	1													
Leo Lovett	44	8	2	1													
Scott Burris	42	6	13.7	1	*												
Greg Milford	41	1	5	1													
Lance Ward	43	0	5	1	*												

** = RACE DIRECTOR
* = VOLUNTEER

Event Records & Race Information

SHALLOWATER STAMPEDE 10K & 2 MILE EVENT RECORDS (Since 1988) USA T&F CERTIFIED, #TX07090ETM 10K

MEN

AGE	NAME	TOWN	AGE	TIME	YEAR
13-15	Frank Sumpter, Jr.	Lamesa	15	38:37	1990
16-19	Cody Turner	Shallowater	16	37:20	2000
20-24	Andy Stewart	Lubbock	21	35:02	1993
25-29	Jessie Williams	Lubbock	25	34:06	2003
30-34	Martin Leodgard	Lubbock	30	32:23	*1985
35-39	Michael Zinno	Lubbock	36	35:54	2003
40-44	Frank Sumpter	Lamesa	40	38:18	1994
45-49	Jim Leser	Lubbock	47	37:33	1994
50-54	Robert Guajardo	Levelland	51	40:47	1994
55-59	George Jury	Lubbock	56	39:43	1992
60-64	Don Sanderson	Tulia	64	43:29	1994
65-69	Ralph Wolf	Lubbock	67	50:24	2004
70+	Don Sanderson	Tulia	74	51:01	2004
Clydes	Farrell Martin	Lubbock	39	41:05	2005

WOMEN

AGE	NAME	TOWN	AGE	TIME	YEAR
1-12	Hope Jimenez	Lamesa	12	45:44	1996
13-15	Jade Booker	Shallowater	15	53:45	2000
16-19	Jade Booker	Shallowater	16	57:02	2001
20-24	Nell Rafalovich	Lubbock	24	43:23	2004
25-29	Janda Ibbetson	Lubbock	29	43:10	1999
30-34	Janda Ibbetson	Lubbock	30	42:30	2000
35-39	Marjory Stewart	Lubbock	35	37:48	*1994
40-44	Laura Baay	Amarillo	44	44:43	2007
45-49	Shirley Wigley	Lubbock	46	50:32	2000
50-54	Madonne Miner	Lubbock	50	47:30	2003
55-59	Sherill Easterling	Snyder	56	52:14	2006
60+	P.J. Mitchell	Lubbock	62	53:31	2007
Athena	Christie Zingerman	Lubbock	33	1:04:11	2007

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

2 MILE

MEN

AGE	NAME	TOWN	AGE	TIME	YEAR
1-12	Tobias Sultan	Shallowater	12	12:46	2006
13-15	Gary Lackey	Brownfield	15	10:33	2002
16-19	Lucas Morris	Lubbock	16	11:29	2008
20-24	Morgan McClarty	Lubbock	24	9:56	*1993
25-29	Frank Haist	Lubbock	29	11:01	1993
30-34	Rene Gonzalez	Levelland	30	11:08	1997
tie	Ken Mayo	Midland	30	11:08	2004
35-39	Frank Sumpter	Lamesa	39	11:20	1993
40-44	Frank Sumpter	Lamesa	43	11:24	1997
45-49	Jim Leser	Lubbock	45	11:29	1992
50-54	Jackie Cannon	Amarillo	52	12:13	2008
55-59	George W. Jury	Lubbock	55	12:15	1991
60-64	Jim Harris	Hobbs, NM	60	14:25	2003
65-69	Bill Felton	Lubbock	67	16:33	2002
70+	Ralph Wolf	Lubbock	70	16:43	2007
Clydes	Dean Diersing	Lubbock	24	15:21	2005

WOMEN

AGE	NAME	TOWN	AGE	TIME	YEAR
1-12	Rebecca Spruell	Shallowater	12	14:08	2006
13-15	Brittney Scaff	Shallowater	13	12:22	*2005
16-19	Sarah De los Santos	Shallowater	17	12:31	2006
20-24	Hope Jimenez	Lamesa	20	13:17	2004
25-29	Iris Rivero	Lubbock	29	14:10	2004
30-34	Iris Rivero	Lubbock	32	13:41	2007
35-39	Josie Aleman	Lubbock	39	15:15	1990
40-44	Cheryl Weber	Lubbock	41	14:04	1994
45-49	Debbie Martin	Shallowater	49	16:07	2000
50-54	Madonne Miner	Lubbock	52	16:36	2005
55-59	Estella Galvan	Brownfield	57	20:07	2000
60+	P.J. Mitchell	Lubbock	62	17:39	2008
Athena	Amy Hancock	Lubbock	26	19:24	2008

* OVERALL COURSE RECORDS

WEST TEXAS RUNNING CLUB'S ANNUAL Shallowater Stampede, 2 Mile & 10K Races

EVENT # 9 OF THE W.T.R.C. CHALLENGE SERIES

WHEN: SATURDAY, September 10, 2011
Register online at <http://wtrunning.com>
See Enclosed Mail in Form for Information On
Site Registration: 7:00 to 7:30am Race Starts at
8:00am

WHERE: Shallowater High School, Shallowater, TX

ENTRY FEE: WTRC Members \$5.00, Non-Members \$10.00,
Race Day Registration \$15.00 for everyone.
**Entry fee for students 7-12 years \$5.00
(2 Mile only)**

COURSE: Flat, out and back on asphalt.

WTRC Rules Do Not Permit Pets, Roller Blades, Strollers, or
Bicycles.

AGE DIVISIONS, 10K

MEN: 13-15, 16-19; 20-24; 25-29; 30-34; 35-39; 40-44; 45-49;
50-54; 55-59; 60-64; 65-69; 70 Plus
WOMEN: 13-15, 16-19; 20-24; 25-29; 30-34; 35-39; 40-44; 45-
49; 50-54; 55-59; 60 Plus
Clydesdale and Athena group in both races.

Special Division for ages 7-12 in the 2 mile

AWARDS: At least 3 "Stampede" Medallion Awards will be
given in each category and up to 50 percent of each division will
receive awards.

Volunteers needed; call Rod Burgett, Race Director
(806) 548-1796



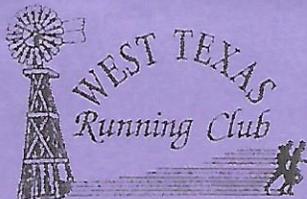
West Texas Running Club Event Calendar

* Indicates WTRC Monthly Race & CHALLENGE SERIES EVENT

- SEP 06 WTRC Board meeting: Tuesday, 7:00pm
Ron's office, 3309-67th St, 806-781-0231
- * SEP 10 **SHALLOWATER STAMPEDE:** 10K/2M, 8:00am,
Shallowater High School, RD: Rod Burgett, 806-548-1796
- SEP 17 Hale on Feet 5K(& Bike): 8:45am, Plainview TX,
<http://site.haleonwheelsbikeride.com/>
Ron Appling, rappling2000@yahoo.com 806-291-3451
- SEP 17 Shortgrass Scamper: 10K/5K/1M, 8am, Archer City,
TX, <http://acshortgrassscampercom.webstarts.com>
- OCT 01 17th Annual Race For the Cure: 5K, 8:30am, Lubbock,
TX(non-timed event) <http://www.komenlubbock.org>
- OCT 01 Crossroads Runs: Marathon/Half Marathon/10K/5K,
Odessa,TX, <http://www.crossroadsmarathon.com>
- * OCT 08 **RED RAIDER ROAD RACE:** 10K/5K, 8:00am, TTU Rec
Center,RD'S: Amy McAlexander 806-252-2429 & Tammy
Moriearty 806-438-5483
- OCT 15 St Helena 10th Annual Family Fair: 5K/2M,7:30am,
100 E Bender, Hobbs NM, Daniel Herman 575-392-9049
- OCT 22 No Excuses 5K: 5K, 9:00am, Amarillo College,
www.lonestarrunnersclub.net
- OCT 22 Frankenthon Monster Marathon: 7am, Cedar Park, TX
RD, Frank Livaudais, 512-401-2554
<http://www.frankenthon.com>
http://www.active.com/event_detail.cfm?event_id=1966175
- OCT 29 Habitat Trick or Treat Trot: 20K/10K/5K,7:30am,
Costumes encouraged, Midland, TX, Renae Ludrick 432/686-8877
- NOV 06 Champs' 5K/1M: 8:00am, Hillside Elementary, Amarillo, TX,
www.lonestarrunnersclub.net
- * NOV 12 **BUFFALO WALLOW RACE:** Half Marathon/2M, 9:00am,
Buffalo Springs Lake, RD: Mike, 806-765-0441
- * NOV 24 **WTRC TURKEY TROT:** 9:00am, 12K/2M, MacKenzie Park,
Ron Lubowicz, 806-781-0231

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

September 2011



4509 71st Street #907
Lubbock, TX 79424



West Texas Running Club
Shallowater Stampede - September 10th, 2011

Mail	\$5.00 WTRC members * , \$10.00 non-members, \$15 Race Day	Races start promptly at 8:00am.
Registration	Make Checks payable to: WTRC	Shallowater High School
Thru Sept 7th	Mail checks & entry forms to: David Higgins	Shallowater, Texas
	3401 Alcove Ave	Rod Burgett, Race Director
	Lubbock, TX 79407	(806) 548-1796

\$12.00 Extra For T Shirt (Long Sleeve)... Circle Size: S M L XL
Pay For Shirt at the Race

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.

Note: Our insurance policy prohibits strollers, skates, pets, and bicycles at WTRC events .

Signature of Entrant _____ Signature of Guardian (minors) _____

Age _____ (on race day) Date of Birth: _____ Distance (Circle ONE): 2 MILE 10

Male _____ -OR- Female _____ (Choose One)

Optional: Clydesdale (Male - 190 lbs or more) _____ -OR- Athena (Female - 150 lbs or more) _____

Name _____ Address: _____

City _____ State _____ Phone Number _____

Emergency Contact Name _____ Emer Ph Number _____

School Affiliation(ages 7-12) _____

Race Day Signup: 7:00am to 7:30am ONLY

***Entry Fee for Students 7-12 years old is \$5.00(2 Mile only), Please ref WTRC Children's Running Policy...This is not a closed course!**

Traffic hazards do exist throughout the entire course!

30th Annual Red Raider Road Race

Date: Saturday, October 8, 2011

Starting Time: 8:00 a.m.

VOLUNTEERS NEEDED

Registration: \$15 (WTRC Members) or \$20 (Non-members) – before Oct. 5th at 6 p.m.

Late Registration & Packet Pick-Up: \$25 – Friday, October 7th, 9 a.m. – 6 p.m. at the TTU Student Recreation Ctr. Main & Hartford, TTU Campus. **NO REGISTRATION ON RACE DAY**

On-line Registration: WTRC Web address: <http://wtrunning.com> or active.com. No on-line registration will be accepted after 6 p.m. on October 5th. Mailed registrations should be posted by Monday, October 3th.

Race Day Packet Pick-Up: Saturday, October 8th, 6:30 a.m. – 7:30 a.m. Inside the TTU Student Recreation Center (Main & Hartford) or at alternate race site. (see NOTICE below)

Race Day Parking: Available in the West-side TTU Student Recreation Ctr lot **ONLY**. Carpooling recommended. Other parking lots are reserved and could result in citation.

Race T-Shirts: 30th Anniversary Long-Sleeved T-Shirts – **QUANTITIES LIMITED** – Register before Oct 5th at 6 p.m. and be early at packet pick-up to guarantee your shirt!!!

Divisions:

Men: 13-15; 16-19; 20-24; 25-29; 30-34; 35-39; 40-44; 45-49; 50-54; 55-59; 60-64; 65-69; 70 & over

Women: 13-15; 16-19; 20-24; 25-29; 30-34; 35-39; 40-44; 45-49; 50-54; 55-59; 60 & over

Special Divisions: Children's Division 7-12 (5K only); Clydesdale/Athena, both races: Men 190 lbs. +; Women 150 lbs. +

**Runner's age 6 & under are not permitted to run distances more than 1 mile. Please refer to WTRC Children's Running Policy.*

Start/Finish: TTU Student Recreation Center **Aid Stations:** At 2, 3 & 5 mile marks **Split Times:** at 1 mile Main and Hartford

Course: Both the 5K & 10K Road Race will be run on the Tech Campus, with the start and finish at the Student Rec Center. A map of the course will be included in the registration packet.

Awards: Medallions will be presented to the first three finishers in each age/sex race class. 1st Place overall Male and Female winners will receive a custom engraved plaque. Also best Master in each race (age graded) will receive a custom engraved plaque. Awards will also be given to the first three, age graded, in each race in the Clydesdales division.

Award Ceremony: Presentation at 9:30 a.m. at the Finish Line

NOTICE: If kick-off for the TA&M football game is before 3pm, the race will be moved to Mackenzie Park off East Broadway. Parking available at the nearby Joyland parking lot. Do not park along the road.

For more info call: Amy McAlexander 806-252-2429 (c) or Tammy Moriearty 806-438-5483 (c)

Please make checks payable to the West Texas Running Club.

Detach - Mail Checks & Entry Forms to: **David Higgins, 3401 Alcock Ave, Lubbock, TX 79407**

First Name	MI	Last Name	Age on race day	Sex
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	M F
Address			S M L XL XXL	
<input type="text"/>			T-shirt Size	
City	State	Zip code	Make checks payable to: West Texas Running Club	
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	
Area Code	Daytime Phone Number	Entered Event	e-mail	
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	
		5K 10K Clydesdale/Athena		

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, TEXAS TECH UNIVERSITY AND ALL SPONSORS, THEIR REGENTS, OFFICERS, EMPLOYEES, REPRESENTATIVES AND SUCCESSORS, FROM ALL CLAIMS OR LIABILITIES OF ANY KIND ARISING OUT OF MY PARTICIPATION IN THE RACE OR THE CLUB'S ACTIVITIES, EVEN THOUGH THAT LIABILITY MAY ARISE OUT OF NEGLIGENCE OR CARELESSNESS, IN PART OR WHOLE, OF THE WEST TEXAS RUNNING CLUB OR OTHER SPONSORS REFERENCED ABOVE.** This entry is not valid unless signed by the entrant, guardian, conservator, or parent for entrants under 18 years old. Our insurance policy prohibits roller blades, bicycles, strollers and pets on the course.

Signature of Entrant _____

Signature of Guardian (minors) _____

FOR OFFICIAL USE ONLY