

**Lubbock Arts Festival**  
April 13-15, 2012. Civic Center



4509 71st Street #907  
Lubbock, TX 79424

April 2012

Volume 5, Issue 4

### A Note from the President

Does anyone wonder what goes on at the WTRC's monthly business meetings? I never did ... I simply took for granted that I could show up at any of the Club's 13 races and get a tremendous value for my entry fee. Never did I wonder how this happened ... it was an every-race experience and, quite frankly, I expected nothing less.

Now our Club faces a new challenge. We need to make our trademark of top quality events sustainable in the face of growth. Sure it's possible that 8 to 10 people meeting once a month can continue getting the job done, but I would like to build a bit of insurance into the process of keeping our decisions and policies sound and up-to-date. You, the general membership, can become that insurance.

Soon we will begin publishing a draft outline of each of the upcoming meeting's agenda on the WTRC website. We invite you to use these general agenda topics as "ticklers" and to post your ideas, experiences, criticisms & suggestions, points-of-view and other comments on the WTRC facebook page. Hopefully, your thoughts will help us expand our focus and discussions as we conduct the Club's business each month.

Thanks again for supporting this club by entering so many of our races and for volunteering when you can. And a special thanks for adding another voice to our management efforts by sharing your thoughts with us on facebook.

SYOTR, Ron

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

The WTRC monthly business meeting is on Tuesday, April 3, 2012 @7:00pm Ron's office, 3309-67th St, 806-781-0231, All Members are welcome.

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#### RUN FOR THE ARTS

April 14, 2012  
1 Mile Kid's Café  
(Age 4-12)  
2 Mile & 15K  
Races Start at 8:00 am  
At Mac Davis Lane  
North of the Civic Center  
Suzan Caudle, Race Director  
806-787-6708

#### WTRC Officers

President – Ron Lubowicz  
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Internal Vice-President  
Amanda Boston  
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Terry Dalton

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#### Directors

Newsletter Director -  
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Race Calendar Director  
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Membership Director  
Amy McAlexander  
(Cell) 806-252-2429  
E-mail: amywtrc@gmail.com

### Congratulations!

Shannon Anderson 1:43:34

Wendy Anderson 2:19:58

Amy McAlexander 2:02:45

Mont McClendon 1:43:52

Iris Rivero 1:43:52

On your impressive times and participation of Dallas Rock-n-Roll 1/2 Marathon On March 25, 2012, Benefiting the Susan G. Komen Foundation.

PRAIRIE DOG TOWN  
2 MILE OVERALL  
"March 10, 2012"

Results By DH... WTRC...Lubbock TX wtrunning.com

Place	Name	City	Age	Time	Pace
1	quent bearden	Lubbock TX	36	10:28	5:14/M
2	Cade Speed	Wolfforth TX	15	11:43	5:52/M
3	Kadon Stabeno	Wolfforth TX	16	12:10	6:05/M
4	Trent Johnson	Lubbock TX	24	12:17	6:09/M
5	Martin Montalvo	Plainview TX	47	12:31	6:16/M
6	Josiah Baker	Lubbock TX	16	12:46	6:23/M
7	Grizzly Carder	Lubbock TX	17	13:14	6:37/M
8	K C Hart	Lubbock TX	13	13:49	6:55/M
9	Juan Herrera	Sundown TX	41	13:52	6:56/M
10	Riki Sampson	Lubbock TX	9	13:59	7:00/M
11	Abe Reyna	Lubbock TX	48	14:29	7:15/M
12	John Clements	Lubbock TX	55	15:20	7:40/M
13	Kenny Powell	Lubbock TX	38	15:43	7:52/M
14	Luis Cardenas	Lubbock TX	60	15:47	7:54/M
15	Jake Speed	Wolfforth TX	13	16:00	8:00/M
16	Tommy Sansom	Lubbock TX	54	16:01	8:01/M
17	Alex Bonner	Lubbock TX	12	16:13	8:07/M
18	Steven Morales	Lubbock TX	26	16:15	8:08/M
19	Jerry Morris	Lubbock TX	61	16:17	8:09/M
20	Debbie Gelber	Lubbock TX	43	16:29	8:15/M
21	Scott Cain	Lubbock TX	50	16:34	8:17/M
22	Brylie Corelis	Lubbock TX	12	16:42	8:21/M
23	Fred Weber	Lubbock TX	60	16:42	8:21/M
24	Steven Lindsey	Lubbock TX	11	16:57	8:29/M
25	Abraham Montalvo	Plainview TX	13	17:01	8:31/M
26	Amber Medrano	Lubbock TX	34	17:03	8:32/M
27	David Strain	Lubbock TX	31	17:05	8:33/M
28	Brian Lindsey	Lubbock TX	42	17:08	8:34/M
29	Hayden Bowman	Lubbock TX	7	17:12	8:36/M
30	Adam Rodriguez	Slaton TX	47	17:19	8:40/M
31	hedge martin	Lubbock TX	36	17:50	8:55/M
32	Joe martin	Lubbock TX	52	17:51	8:56/M
33	Sandra Torres	Lubbock TX	44	17:52	8:56/M
34	Christie Price	Lubbock TX	26	18:29	9:15/M
35	Tom Speed	Wolfforth TX	45	18:37	9:19/M
36	fred constancio	Lubbock TX	59	18:37	9:19/M
37	Johnnie Medrano	Lubbock TX	31	18:42	9:21/M
38	Kevin Hart	Lubbock TX	36	18:56	9:28/M
39	Cheryl Weber	Lubbock TX	59	18:57	9:29/M
40	Nonnie Peters	Lubbock TX	32	19:12	9:36/M
41	Krystal Morales	Lubbock TX	25	19:19	9:40/M
42	Kristen Price	Lubbock TX	23	19:20	9:40/M
43	Wendy Oglesby	Lubbock TX	40	19:23	9:42/M
44	Jay white	Lubbock TX	57	19:23	9:42/M
45	Kyden Corelis	Lubbock TX	9	19:26	9:43/M
46	Ronda Russell	shallowater TX	41	19:48	9:54/M
47	tonya barron	Lubbock TX	41	19:59	10:00/M
48	Stacy Cain	Lubbock TX	39	20:00	10:00/M
49	Gail Faries	Lubbock TX	52	20:13	10:07/M
50	Makenzie Schwertner	Lubbock TX	20	20:28	10:14/M
51	Stacie Bonner	Lubbock TX	36	20:30	10:15/M
52	Tiffany Au	Lubbock TX	25	20:40	10:20/M
53	Caleb Wood	Lubbock TX	10	20:42	10:21/M
54	madeleine davis	Lubbock TX	8	20:42	10:21/M
55	Analisa Cardenas	Lubbock TX	33	21:04	10:32/M
56	Sean Bonner	Lubbock TX	9	21:10	10:35/M
57	Sherri Rodriguez	Slaton TX	47	21:13	10:37/M
58	JIM HARRIS	Hobbs NM	69	21:21	10:41/M
59	Wesley Bygel	Lubbock TX	47	21:29	10:45/M
60	Victoria Coronado	Lubbock TX	15	21:35	10:48/M
61	Ben McClendon	Lubbock TX	8	21:45	10:53/M
62	Ross Cohen	Lubbock TX	8	21:46	10:53/M
63	Christi Hart	Lubbock TX	34	21:53	10:57/M
64	Holly Whitfield	Idalou TX	36	21:55	10:58/M
65	Jennifer Lindenberger	LubbockTX	29	22:24	11:12/M
66	Kai Langehennig	Lubbock TX	9	22:31	11:16/M
67	James Pratt	Lubbock TX	70	22:35	11:18/M
68	Julie Randolph	Lubbock TX	53	23:32	11:46/M
69	Eugenia Charles-Newton	LubbockTX	34	24:19	12:10/M
70	Paige Pierce	Plainview TX	7	24:23	12:12/M

Place	Name	City	Age	Time	Pace
71	Melanie Ruegg	Lubbock TX	20	24:24	12:12/M
72	Camille Osterkamp	Muleshoe TX	34	24:33	12:17/M
73	Rick Lampe	Lubbock TX	67	24:50	12:25/M
74	Josie Aleman	Lubbock TX	60	25:23	12:42/M
75	Charlee Whitfield	Idalou TX	9	26:31	13:16/M
76	Joshua Coronado	Lubbock TX	8	27:51	13:56/M
77	Cynthia Coronado	Lubbock TX	11	29:00	14:30/M
78	David Coronado	Lubbock TX	44	29:10	14:35/M

2M CLYDES/ATHENA

Female Finishers

Place	Name	City	Age	Actual Time	Net Time
1	Amber Medrano	Lubbock TX	34	17:03	16:56
2	Melanie Ruegg	Lubbock TX	20	24:24	24:23

Male Finishers

Place	Name	City	Age	Actual Time	Net Time
1	Kevin Hart	Lubbock TX	36	18:56	18:25
2	Johnnie Medrano	Lubbock TX	31	18:42	18:37
3	David Coronado	Lubbock TX	44	29:10	26:45

4M CLYDES/ATHENA

Female Finishers

Place	Name	City	Age	Actual Time	Net Time
1	CINDI FAZ	Lubbock TX	45	37:30	34:45
2	Gabriela Saldana	Lubbock TX	48	50:20	45:07
3	Lauren Sullivan	Lubbock TX	32	45:39	45:32

Male Finishers

Place	Name	City	Age	Actual Time	Net Time
1	Adam Puckett	Lubbock TX	41	29:24	27:34
2	Garrett Rogers	Lubbock TX	26	28:31	28:31
3	kazuyoshi Ishida	Lubbock TX	36	33:10	32:16
4	Bryan Abercrombie	Lubbock TX	45	36:27	33:10
5	Craig Peterson	Hobbs NM 55	M	39:59	33:34
6	Brian Coker	Lamesa TX34	M	36:14	35:39
7	Farrell Martin	Shallowater TX	45	39:38	36:04
8	Jerry Adams	Lubbock TX	36	37:05	36:05
9	Serbando Segovia	Lubbock TX	38	39:38	38:01
10	James Fannon	Post TX	42	41:13	38:22
11	Timothy Matis	Lubbock TX	38	40:01	38:23



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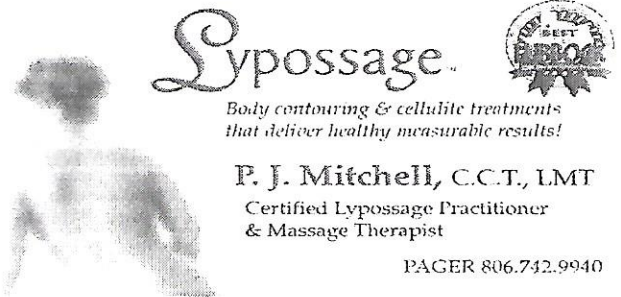
PRAIRIE DOG TOWN  
4 MILE OA

"March 10, 2012"

Results By DH... WTRC...Lubbock TX wtrunning.com

Place	Name	City	Age	Time	Pace
1	BEN TANUI	Lubbock TX	35	22:26	5:37/M
2	Lucas Morris	Lubbock TX	19	23:44	5:56/M
3	John Corelis	Lubbock TX	46	24:46	6:12/M
4	Nicholas Reeves	Lubbock TX	33	24:53	6:13/M
5	Lee Cohen	Lubbock TX	39	25:23	6:21/M
6	Joe Osterkamp	Muleshoe TX	34	25:23	6:21/M
7	Patrick Alonzo	Lubbock TX	17	25:34	6:24/M
8	Trent Early	Lubbock TX	23	25:38	6:25/M
9	Isaac Whitley	Lubbock TX	23	26:12	6:33/M
10	Hiroaki Umehara	Lubbock TX	25	26:45	6:41/M
11	Travis Knapp	Lubbock TX	16	26:58	6:45/M
12	Eric Fisher	Lubbock TX	40	27:39	6:55/M
13	Jeff Hancock	Lubbock TX	34	28:00	7:00/M
14	Heath Pennel	Lubbock TX	44	28:15	7:04/M
15	Garrett Rogers	Lubbock TX	26	28:31	7:08/M
16	Sam Mickler	Lubbock TX	23	28:46	7:12/M
17	Epi Aguirre	Lubbock TX	53	29:00	7:15/M
18	Amanda Boston	Lubbock TX	27	29:06	7:17/M
19	Walt Bowser	Lubbock TX	44	29:12	7:18/M
20	Cutter Martin	Lubbock TX	18	29:15	7:19/M
21	Adam Puckett	Lubbock TX	41	29:24	7:21/M
22	Johnny Chagoya	Lubbock TX	30	29:41	7:25/M
23	Allison Forsberg	Lubbock TX	28	29:56	
24	Ruben Lopez-Cardozo	Lubbock TX	48	30:04	7:31/M
25	Iris Rivero	LUBBOCK TX	36	30:08	7:32/M
26	Mont McClendon	Lubbock TX	40	30:08	7:32/M
27	Shannon Anderson	Lubbock TX	40	30:08	7:32/M
28	Jerry Dwyer	Lubbock TX	52	30:10	7:33/M
29	Randy Holloway	Lubbock TX	55	30:15	7:34/M
30	Rod Burgett	Shallowater TX	47	30:17	7:34/M
31	Journee' Cotton	Littlefield TX	16	30:18	7:35/M
32	Tammy Monearty	Lubbock TX	38	30:24	7:36/M
33	Craig Dominy	Lubbock TX	46	30:30	7:38/M
34	jonna byars	Lubbock TX	38	30:57	7:44/M
35	Bonnie Bowman	Lubbock TX	36	31:24	7:51/M
36	Gary Evans	Lubbock TX	32	31:29	7:52/M
37	Ronnie Adams	Lubbock TX	37	32:23	8:06/M
38	Christine Steen	Lubbock TX	32	32:30	8:08/M
39	Ginny McMinn	Lubbock TX	32	32:40	8:10/M
40	Paul Pare	Lubbock TX	49	32:50	8:13/M
41	Susan Munoz	Lubbock TX	28	32:59	8:15/M
42	kazuyoshi Ishida	Lubbock TX	36	33:10	8:18/M
43	Steve German	Lubbock TX	54	33:35	8:24/M
44	Tommy Johnson	Lubbock TX	51	33:46	8:27/M
45	chris castilleja	Lubbock TX	38	34:03	8:31/M
46	Aimee Ruel	Lubbock TX	39	34:08	8:32/M
47	Miguel Hinojosa	Lubbock TX	31	34:18	8:35/M
48	Les Kinman	Lubbock TX	46	34:19	8:35/M
49	J Edson Pinto	Lubbock TX	50	34:58	8:45/M
50	Cariy Durham	Shallowater TX	18	35:12	8:48/M
51	Randy Mulsow	Lubbock TX	56	35:29	8:52/M
52	angela decicco	Lubbock TX	26	35:51	8:58/M
53	Richard Gale	Lubbock TX	62	35:54	8:59/M
54	Laci Weikert	Lubbock TX	24	35:57	8:59/M
55	Brian Coker	Lamesa TX	34	36:14	9:04/M
56	Darla Gleaves	Lubbock TX	40	36:18	9:05/M
57	Dee Knapp	Lubbock TX	45	36:24	9:06/M
58	Janie Fryar	Welch TX	35	36:26	9:07/M
59	Diana Meadows	Lamesa TX	27	36:26	9:07/M
60	Bryan Abercrombie	Lubbock TX	45	36:27	9:07/M
61	Sharla Kinman	Lubbock TX	43	36:56	9:14/M
62	Jerry Adams	Lubbock TX	36	37:05	9:16/M
63	Tim Cotton	Littlefield TX	51	37:24	9:21/M
64	Cindi Faz	Lubbock TX	45	37:30	9:23/M
65	Wendy Anderson	Lubbock TX	41	37:38	9:25/M
66	Albert Burrier	Lubbock TX	78	37:42	9:26/M
67	Norma Garcia	Lubbock TX	42	37:43	9:26/M
68	ron lubowicz	Lubbock TX	69	37:44	9:26/M

Place	Name	City	Age	Time	Pace
70	Susan Everett	Lubbock TX	35	38:06	9:32/M
71	Theresa Daniel	Lubbock TX	44	38:13	9:33/M
72	Sam Wall	Slaton TX	62	38:36	9:39/M
73	April Covington	Lubbock TX	27	38:37	9:39/M
74	Kevin Pope	Lubbock TX	52	38:56	9:44/M
75	Brooke Hix	Lubbock TX	31	39:35	9:54/M
76	Brooke Rushing	Lubbock TX	36	39:36	9:54/M
77	Allyson Martin	Shallowater TX	14	39:37	9:54/M
78	Serbando Segovia	Lubbock TX	38	39:38	9:55/M
79	Farrell Martin	Shallowater TX	45	39:38	9:55/M
80	Staci Erickson	idalou TX	28	39:40	9:55/M
81	Pam Titzell	Lubbock TX	53	39:44	9:56/M
82	Jennifer Foster	Lubbock TX	43	39:55	9:59/M
83	Craig Peterson	Hobbs NM	55	39:59	10:00/M
84	Timothy Matis	Lubbock TX	38	40:01	10:00/M
85	Michelle Garcia	Lubbock TX	35	40:20	10:05/M
86	Kelly Harkey	Lubbock TX	24	40:31	10:08/M
87	Jennifer Adling	Lubbock TX	40	40:40	10:10/M
88	Tersa Tone	Lubbock TX	45	40:51	10:13/M
89	Mike Strum	Carlsbad NM	61	40:53	10:13/M
90	Lauren Brownd	Lubbock TX	29	40:58	10:15/M
91	Ellen Weaver	Lubbock TX	25	41:03	10:16/M
92	Danielle Cortez	Lubbock TX	27	41:06	10:17/M
93	Katie Stalnaker	Lubbock TX	27	41:08	10:17/M
94	James Fannon	Post TX	42	41:13	10:18/M
95	Jana Soto	Lubbock TX	29	43:00	10:45/M
96	mars bennett	Lubbock TX	48	43:10	10:48/M
97	Crystal Pledger	Tahoka TX	34	43:31	10:53/M
98	etta mayer	Lubbock TX	62	44:01	11:00/M
99	Julia Mueller	Lubbock TX	23	44:09	11:02/M
100	La Shell Camper	Lubbock TX	51	44:18	11:05/M
101	Young Moore	Ransom C TX	55	45:24	11:21/M
102	Lauren Sullivan	Lubbock TX	32	45:39	11:25/M
103	Shanna Faries	Lubbock TX	27	46:18	11:35/M
104	Heather Devore	LUBBOCK TX	30	46:22	11:36/M
105	Dave Houser	Lubbock TX	53	48:04	12:01/M
106	Ann Hodges	Wolfforth TX	54	48:51	12:13/M
107	Valerie Salinas	Lubbock TX	31	48:54	12:14/M
108	Sue Houser	Lubbock TX	59	49:59	12:30/M
109	Sarah Gaxiola	Lubbock TX	59	50:09	12:32/M



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West Texas Running Club is pleased to announce the West Texas Running Club / Texas Tech University Scholarship. Applications are due May 1, 2012.

Application and more information:  
<http://wtrunning.com/?p=597>

W.T.R.C. 2012 CHALLENGE SERIES  
STANDINGS AFTER 3 EVENTS  
FEMALE

YTD TOTALS						YTD TOTALS					
7 - 9 FEMALE	AGE	PTS	MILES	EVT	VOL	35 - 39 FEMALE	AGE	PTS	MILES	EVT	VOL
Paige Pierce	7	8	8	3	*	Tammy Moriearty	38	28	17.7	3	
McKenzie Dulin	9	8	3	2		Jonna Byars	38	25	17.7	3	
Lauren Banta	9	6	2	1		Iris Rivero	36	20	12.7	2	
Laura Byars	8	3	3	2		Maricarmen Solis	39	15	9	2	
10 - 12 FEMALE	AGE	PTS	MILES	EVT	VOL	Bonnie Bowman	36	14	9	2	
Brylie Corelis	12	10	2	1		Stacy Cain	39	10	2	1	
Kyden Corelis	9	10	2	1		Stacie Bonner	36	9	2	1	
Cynthia Coronado	11	9	2	1		Chanda White	38	7	8.7	1	
Sheridan Wood	11	0	5	1	*	Susan Everett	35	4	4	1	
13 - 15 FEMALE	AGE	PTS	MILES	EVT	VOL	40 - 44 FEMALE	AGE	PTS	MILES	EVT	VOL
Maddie Ward	14	10	10.7	2	*	Sharla Kinman	43	26	17.7	3	
Allyson Martin	14	10	4	1		Wendy Anderson	41	26	10	3	*
Victoria Coronado	15	10	2	1		Debbie Gelber	43	21	15.7	3	
Kayla Martin	14	9	2	1		Holly Snodgrass	42	19	13.7	2	
16 - 19 FEMALE	AGE	PTS	MILES	EVT	VOL	Wendy Oglesby	40	16	10.7	2	
Lindsey Lewallen	17	10	5	1		Sandra Torres	44	10	7	2	*
Journee' Cotton	16	10	4	1		Daria Gleaves	40	10	4	1	
20 - 24 FEMALE	AGE	PTS	MILES	EVT	VOL	Cathy Paden	41	8	8.7	1	
Kelly Harkey	24	18	9	2		Jennifer Foster	43	10	4	1	
Stephanie Higgins	23	21	8.7	1		Shannon McClendon	40	8	4	1	
Amy Martin	23	11	2	1		Susan Lewallen	44	8	2	1	
Jessie Jones	24	10	4	1		Amy Hoffpauir	40	7	5	1	
Makenzie Schwertner	20	9	2	1		Christie Hodge	41	6	8.7	1	
Tori Mahan	23	8	5	1		Aimee Ruel	39	6	4	1	
Nicole Garza	24	7	5	1		Jamie Ward	41	5	2	1	
Ijeoma Osueke	20	0	4	1	*	Shannon Grissom	44	4	5	1	
25 - 29 FEMALE	AGE	PTS	MILES	EVT	VOL	Jennifer Adling	41	4	4	1	
Angela Decicco	26	26	13	3		45 - 49 FEMALE	AGE	PTS	MILES	EVT	VOL
Amanda Boston	27	22	12.7	2		Dee Knapp	45	29	17.7	3	
April Covington	27	13	9	2		Mars Bennett	48	23	17.7	3	
Allison Forsberg	28	10	4	1		Theresa Daniel	44	21	13	3	
Laura Romero	25	9	8.7	1		Laura Lappe	46	19	6	2	
Tiffany Au	25	8	2	1		Teresa Tone	45	14	9	2	
Shanna Faries	27	5	8	2		Valeri Gatlin	45	10	5	1	
Staci Erickson	28	5	4	1		Tommie Gressett	49	9	2	1	
Amanda Hinojosa	26	4	4	1		Andi Giberson	46	8	9	2	*
30 - 34 FEMALE	AGE	PTS	MILES	EVT	VOL	Julie Polk	47	6	5	1	
Ginny McMinn	32	27	17.7	3		Heather Williams	46	3	5	1	
Nonnie Peters	32	19	4	2		Cynthia Sorrensen	48	0	8.7	1	*
Erin Dulin	33	18	6	2		Artie Corelis	45	0	4	1	*
Brooke Hix	31	15	6	2		50 - 54 FEMALE	AGE	PTS	MILES	EVT	VOL
Jennifer Farris	33	13	13.7	2		Gwen Lapple	49	17	13.7	2	
Camille Osterkamp	34	12	4	2		Julie Randolph	53	10	7	2	*
Amy McAlexander	31	11	13.7	2		Carolyn Emre	52	8	4	1	
Laura Sefcik	30	10	5	1		55 - 59 FEMALE	AGE	PTS	MILES	EVT	VOL
Christine Steen	32	10	4	1		Ann Hodges	54	28	17.7	3	
Angie Sonnenberg	32	9	8.7	1		Cheryl Weber	59	20	4	2	
Jana Redwine	31	9	5	1		Young Moore	55	19	9	2	
Analisa Cardenas	33	9	2	1		Leesa Price	55	10	5	1	
Carrie Badillo	34	7	5	1		Debbie Roman	56	9	2	1	
Erica Freeman	34	6	5	1		Sarah Gaxiola	59	8	12.7	2	*
Melinda Olivarez	33	5	2	1		Suzan Caudle	59	0	17.7	3	*
Carrie Timmons	33	2	5	1		60 - 99 FEMALE	AGE	PTS	MILES	EVT	VOL
Keirstin Carson	32	2	2	1		Etta Mayer	62	30	17.7	3	
Heather Clark	30	1	5	1		Josie Aleman	60	20	6	2	
Michelle Stephens	32	1	2	1		Sue Houser	59	9	4	1	
** = RACE DIRECTOR						PJ Sullivan	66	0	13.7	2	*
* = VOLUNTEER						ATHENA-age graded	AGE	PTS	MILES	EVT	VOL
						Gabriela Saldana	48	17	9	2	
						Brooke Rushing	36	13	6	2	
						Melanie Ruegg	20	9	2	1	
						Kristina Keyton	33	7	2	1	
						Sherri Patterson	43	6	2	1	
						Leigh-Ann Stripling	33	5	2	1	
						Crystal Salazer	32	3	9	2	*

W.T.R.C. 2012 CHALLENGE SERIES  
STANDINGS AFTER 3 EVENTS  
MALE

YTD TOTALS						YTD TOTALS					
7 - 9 MALE	AGE	PTS	MILES	EVT	VOL	45 - 49 MALE	AGE	PTS	MILES	EVT	VOL
Ross Cohen	8	12	4	2		Martin Montalvo	47	30	15.7	3	
Jon Olivarez	8	9	2	1		Ruben Lopez Cardozo	48	23	13	3	
Brenden Anderson	9	8	2	1		Abe Reyna	48	19	6	2	
Ben McClendon	8	7	3	2		Les Kinman	46	12	17.7	3	
Joshua Coronado	8	4	2	1		Troy Pratt	45	10	9	2	
10 - 12 MALE	AGE	PTS	MILES	EVT	VOL	John Corelis	46	10	4	1	
Steven Lindsey	11	9	2	1		Michael Knapp	46	9	5	1	
13 - 15 MALE	AGE	PTS	MILES	EVT	VOL	Cody Miller	46	8	13	2	**
Abraham Montalvo	13	24	8	3		Sean Schwarzentraub	44	8	5	1	
Jake Brownfield	14	9	2	1		Cliff Lewallen	48	7	5	1	
16 - 19 MALE	AGE	PTS	MILES	EVT	VOL	Wesley Bygel	47	6	2	1	
Cade Speed	15	20	4	2		Richard Gatlin	46	3	5	1	
Kadon Stabeno	16	19	4	2		50 - 54 MALE	AGE	PTS	MILES	EVT	VOL
Travis Knapp	16	18	17.7	3	*	Jerry Dwyer	52	28	17.7	3	
Daniel Emre	17	10	4	1		Joe Martin	52	26	8	3	
Josiah Baker	16	9	2	1		Epi Aguirre	53	20	17.7	3	*
Hunter Saddler	16	8	2	1		Jim Higgins	51	17	13.7	2	
Austin Martin	16	0	5	1	*	Randy Bunyard	54	17	13	3	
20 - 24 MALE	AGE	PTS	MILES	EVT	VOL	Paul Paré	49	15	12.7	2	
Lucas Morris	19	20	12.7	2		Tommy Sansom	54	10	2	1	
Matt Ange	23	10	8.7	1		Scott Cain	50	9	2	1	
Sean Monroe	23	10	5	1		Alvin Llanas	52	7	5	1	
Trent Johnson	24	10	2	1		Gail Faries	52	7	2	1	
Jake Mahan	24	9	5	1		Dennis Berger	53	14	8.7	1	*
Austin Reed	20	8	2	1		J Edson Pinto	50	6	4	1	
Zakri Redding	23	6	13.7	2	*	Tim Cotton	50	5	4	1	
25 - 29 MALE	AGE	PTS	MILES	EVT	VOL	Dave Houser	53	2	4	1	
Hiroaki Umehara	25	10	4	1		David Doyle	53	0	10	1	**
Randy Gattis	27	9	8.7	1		Ray Major	51	0	5	1	*
Tyler Johnson	24	9	2	1		55 - 59 MALE	AGE	PTS	MILES	EVT	VOL
Fernando Rivas	26	8	4	1		Randy Holloway	55	20	13	3	*
Ben Boston	27	6	8.7	1		Jim Thompson	57	17	13.7	2	
30 - 34 MALE	AGE	PTS	MILES	EVT	VOL	Jay White	57	17	10.7	2	
Joe Osterkamp	34	27	17.7	3		Joseph Wilson	56	10	5	1	
Gary Evans	32	22	13	3		Terry Dalton	57	9	13.7	2	*
Nicholas Reeves	33	19	12.7	2		Fred Constancio	59	9	10.7	2	*
Andrew Allison	30	15	17.7	3	*	Randy Mulsow	56	9	4	1	
Tony Bonner	32	10	17.7	3	*	Ed Price	55	8	2	1	
Miguel Hinojosa	31	9	17.7	3		David Higgins	59	0	26.4	3	**
Greg Landfried	30	7	2	1		John Clements	55	19	4	2	
Stephen Romero	30	6	8.7	1		60 - 64 MALE	AGE	PTS	MILES	EVT	VOL
Joshua Leyva	32	5	8.7	1		Richard Gale	62	30	17.7	3	
Matt Palmer	32	5	5	1		Jerry Morris	61	28	8	3	
Marek Potratz	30	0	8.7	1	*	Luis Cardenas	60	19	11	3	*
35 - 39 MALE	AGE	PTS	MILES	EVT	VOL	Fred Weber	60	18	4	2	
Quent Bearden	36	33	8	3		Mike Strum	61	15	13	3	*
Ronnie Adams	37	23	17.7	3		Mike Kelley	63	14	9	2	
Kenny Powell	38	19	4	2		Wayne Sullivan	61	0	13.7	2	*
Jeff Hancock	34	17	9	2		Tony Aleman	62	0	12.7	2	*
Hedge Martin	36	16	4	2		Damon Provence	61	0	4	1	*
Wesley Everett	37	8	5	1		65 - 69 MALE	AGE	PTS	MILES	EVT	VOL
Gabriel Olivarez	35	8	2	1		Rick Lampe	67	28	8	3	
Bill Hoffpauir	37	6	2	1		Ron Lubowicz	69	20	17.7	3	*
40 - 44 MALE	AGE	PTS	MILES	EVT	VOL	Jim Harris	69	20	6	2	
Lee Cohen	39	29	17.7	3		James Livermore	64	18	9	2	*
Juan Herrera	41	28	8	3		Jack Bearden	64	16	6	2	
Shannon Anderson	40	23	10	3		Gary Gressett	65	7	2	1	
Shannon Bolton	39	20	6	2		70 - 99 MALE	AGE	PTS	MILES	EVT	VOL
Mont McClendon	40	16	12.7	2		James Pratt	70	20	12.7	3	*
Eric Fisher	40	10	4	1		Gorden Jenkins	71	20	9	2	
Tim Key	44	10	4	1		Albert Burrier	78	19	9	2	
Heath Pennell	44	9	4	1		Mike R. Greer	73	10	8.7	1	
Brian Lindsey	41	9	2	1		Bill Felton	77	9	9	2	*
Marty White	40	8	8.7	1		George Jury	75	0	17.7	3	*
David Aguirre	40	7	9	2	*						
Bryan Timpe	44	6	4	1							
Tommy Wood	44	0	5	1	*						

W.T.R.C. 2012 CHALLENGE SERIES  
STANDINGS AFTER 3 EVENTS  
MALE

70 - 99 MALE	AGE	PTS	MILES	EVT	VOL
James Pratt	70	20	12.7	3	*
Gorden Jenkins	71	20	9	2	
Albert Burner	78	19	9	2	
Mike R Greer	73	10	8.7	1	
Bill Felton	77	9	9	2	*
George Jury	75	0	17.7	3	*
CLYDESDALE - age graded	AGE	PTS	MILES	EVT	VOL
Bryan Abercrombie	45	25	10	3	
Craig Peterson	55	21	17.7	3	
Adam Puckett	41	20	17.7	3	*
Tommy Johnson	51	16	9	2	
Kazuyoshi Ishida	36	16	8	2	
Jerry Adams	36	15	17.7	3	
Farrell Martin	45	14	17.7	3	*
Byron Campbell	28	10	13.7	2	
Milt Brownfield	54	10	2	1	
Nathan Paden	43	9	8.7	1	
William Pendleton	32	8	5	1	
David Coronado	44	8	2	1	
Matt Reed	36	8	2	1	
Clay Fleming	27	7	4	1	
Tracy Hix	49	7	2	1	
Patrick Curry	44	6	4	1	
Mike Bowman	45	5	2	1	
Jonathon Clark	29	4	5	1	
Jay Dulin	37	3	9	2	*
James Fannon	42	1	4	1	
Lance Ward	44	0	13.7	2	*
Timothy Matis	38	0	4	1	

\*\* = RACE DIRECTOR

\* = VOLUNTEER

### Calling All WTRC SUPERHEROES!

Every Kid Needs a Hero, but a CASA Kid Needs a Superhero!

CASA volunteers are changing the lives of foster children on the South Plains one child at a time. Wherever the child needs a voice, an advocate, or a mentor, the CASA volunteer is there. A child with a CASA volunteer is half as likely to spend time in long-term foster care as one without a volunteer advocate. And when that child leaves the system, he or she is much more likely to stay out of foster care. Permanently.

CASA of the South Plains served approximately 1,000 children this year in Lubbock, Hale, Cochran, Hockley, Terry and Yoakum counties. But, with nearly 1,200 children and youth passing through the foster care system each year on the South Plains, there are simply not enough volunteers to go around. That is why CASA of the South Plains has made a commitment- a promise to our children - to put a CASA volunteer into the life of every child that needs one.

The Tech Theta "CASA SUPERHERO 5K" is a major fundraising event for CASA. We are asking all WTRC members to please support this event through your participation. Your family and friends can also be Superheroes. Volunteers are also needed for the event.

**Register at:** <http://www.active.com/running/lubbock-tx/tech-theta-casa-superhero-5k-2012>

Be a WTRC SUPERHERO and join us in making a commitment to all those children in need. Your participation in the CASA SUPERHERO 5K will directly support the recruitment, training, and support of CASA volunteers. Through your financial support, you will be one of the compassionate, caring voices lifting these abused and neglected children up. Together, we will change the future for their children and generations to come.

**Be a WTRC SUPERHERO!**

### West Texas Running Club Joins Forces

The West Texas Running Club has joined forces with the South Plains Food Bank to fight hunger and childhood obesity through Team Kids Cafe and the Kids Cafe Fun Run. The 1 mile fun run takes place Saturday, April 14, 2012 at 8 a.m. at the Lubbock Memorial Civic Center (North side); 1501 Mac Davis Lane. The Opening Ceremony begins at 7:45 a.m. The Kids Cafe Fun Run is held in conjunction with the Run for the Arts 2 Mile and 15K Races and the Lubbock Arts Festival. Proceeds from the entire event will benefit the Kids Cafe program.

Volunteer coaches from the West Texas Running Club have been organizing and training the kids of Team Kids Cafe at nine Kids Cafe sites. Kids Cafe, an element of the South Plains Food Bank, is an after school feeding program designed to provide kids from low-income families healthy and nutritious meals and gives them a safe place to go after school. Team Kids Cafe is a coordinated training program designed to encourage healthy lifestyles through diet and exercise and focuses on the benefits of running. The coaches use a special curriculum that presents running as a fun activity. The kids experience running in a positive and enjoyable way by participating in running games, drills, relays and group activities. They attend special training clinics on running form, running safety, injury prevention and nutrition.

"We hope running and regular exercise becomes a part of their lifestyle," said West Texas Running Club member and Team Kids Cafe organizer, Terry Dalton.

"Nutrition and proper exercise are both keys to fighting childhood obesity, having greater mental focus, and positive self-esteem. Team Kids Cafe and the Kids Cafe Fun Run teach these children the importance of both aspects."

The entry fee for the 5<sup>th</sup> Annual Kids Café Fun Run is just \$10 for kids 4 – 15. Each participant receives an event t-shirt and a finisher's medal when they cross the finish line. All area youth are encouraged to participate to help support the Kids Café program.

For more information on the Kids Cafe Fun Run and the Run for the Arts, contact Race Director Suzan Caudle by email at [suzieq5279407@yahoo.com](mailto:suzieq5279407@yahoo.com). For more information regarding Team Kids Café, contact Terry Dalton at 777-1456 or email [tdalton51@hotmail.com](mailto:tdalton51@hotmail.com).

WEST TEXAS RUNNING CLUB  
LUBBOCK ARTS FESTIVAL RUN FOR THE ART SINCE 1982  
15K EVENT RECORDS (Since 1986)

## WOMEN

DIV	NAME	TOWN	ST	AGE	TIME	YEAR
13-15	Mandy Malouf	Levelland	TX	13	1:07:58	1987
16-19	Jennifer McGuire	Lubbock	TX	?	1:12:03	1990
20-24	Idalia Casiano	Lubbock	TX	23	1:00:58	1991
25-29	Sue Houle	Lubbock	TX	29	1:01:50	1991
30-34	Marjory Stewart	Lubbock	TX	32	56:24 *	1991
35-39	Marjory Stewart	Lubbock	TX	35	59:37	1994
40-44	Becky Rowley	Clovis	NM	41	1:07:43	2005
45-49	Mary Branscome	Lubbock	TX	48	1:17:10	2008
50-54	Leesa Price	Lubbock	TX	51	1:15:33	2008
55-59	Etta Mayer	Lubbock	TX	56	1:29:55	2006
60+	P. J. Mitchell	Lubbock	TX	64	1:24:51	2007
Athena	Edith Abel	Lubbock	TX	40	1:25:06	2007

## MEN

DIV	NAME	TOWN	ST	AGE	TIME	YEAR
13-15	Danny Hernandez	Lubbock	TX	14	1:01:38	1991
16-19	Mike Cagle	Lubbock	TX	19	53:34	1986
20-24	Victor Heredia	Lubbock	TX	24	48:11 *	1991
25-29	Tim Green	Lubbock	TX	25	49:32	1991
30-34	Martin Leodgard	Lubbock	TX	31	50:50	1996
35-39	Scott Brickerd	Lubbock	TX	36	48:36	1989
40-44	Ken Macinnes	Lubbock	TX	40	57:49	1996
45-49	Bobby Cunningham	Abernathy	TX	47	57:31	1986
50-54	George Jury	Lubbock	TX	52	56:39	1989
55-59	George Jury	Lubbock	TX	55	1:02:05	1992
60-64	Tom Bowser	Abilene	TX	62	1:10:39	1989
65-69	Gorden Jenkins	Amarillo	TX	65	1:20:25	2006
70+	Don Sanderson	Tulia	TX	75	1:24:29	2005
Clydes	Farrell Martin	Lubbock	TX	38	1:05:19	2005

\* Overall Men's and Women's 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.

## 2 MILE EVENT RECORDS (Since 1982)

## WOMEN

DIV	NAME	TOWN	ST	AGE	TIME	YEAR
6-12	Meghan Bass	Crosbyton	TX	12	14:02	2006
13-15	Mandy Malouf	Levelland	TX	14	12:26	1988
16-19	Maura Braithwaite	Marshfield	MA	19	12:24 *	1983
20-24	Hollye Hightower	Lubbock	TX	?	12:31	1990?
	Sarah Spillman	Lubbock	TX	24	13:18	2007
25-29	Amanda Boston	Lubbock	TX	25	13:03	2010
	Cindy Mott	Lubbock	TX	?	13:42	1983
30-34	Geri Russell	Lubbock	TX	33	13:13	1986?
	Jenny Ezell	Lubbock	TX	31	13:35	1988
35-39	Iris Rivero	Lubbock	TxX	35	13:08	2010
	Geri Russell	Lubbock	TX	38	13:36	1991?
40-44	Cheryl Weber	Lubbock	TX	43	14:39	1996
45-49	P. J. Mitchell	Lubbock	TX	46	15:26	1991
50-54	Shirley Wigley	Lubbock	TX	51	16:24	2005
55-59	Janis Waechter	Hobbs	NM	56	22:04	2008
60+	P. J. Mitchell	Lubbock	TX	62	17:37	2008
Athena	Sarah Nelson	Lubbock	TX	27	16:33	2006

## MEN

DIV	NAME	TOWN	ST	AGE	TIME	YEAR
6-12	Jake Brownfield	Lubbock	TX	12	12:56	2010
13-15	Brian Brashears	Lubbock	TX	15	10:38	1986?
16-19	Tim Green	Lubbock	TX	18	10:28	1984
20-24	Glen Morris	Lubbock	TX	?	:45 *	1983
25-29	Buddy Hutto	Levelland	TX	25	9:45 *	1986?
	Cliff McCurdy	Canadian	TX	29	10:00	1982
30-34	Brent Tidwell	Lubbock	TX	32	12:21	1989
35-39	Mark Bass	Lubbock	TX	39	11:07	1991
40-44	Ron Lubowicz	Lubbock	TX	41	10:28	1984
45-49	Ron Lubowicz	Lubbock	TX	47	11:26	1990
50-54	George Jury	Lubbock	TX	53	12:01	1990
55-59	John Stalcup	Lubbock	TX	55	14:00	1989
60-64	Jim Harris	Hobbs	NM	63	14:36	2006
65-69	Ron Lubowicz	Lubbock	TX	65	15:53	2008
70+	Bill Felton	Lubbock	TX	71	15:57	2006
Clydes	Mike Lawson	Levelland	TX	47	13:08	2006

WEST TEXAS RUNNING CLUB'S ANNUAL  
RUN FOR THE ARTS

1 MILE KID'S CAFÉ  
2 MILE & 15K

EVENT # 4 OF THE W.T.R.C.  
CHALLENGE SERIES

WHEN: SATURDAY, APRIL 14, 2012  
Register online at <http://wtrunning.com>

1 Mile Kids Café (Age 4-12) \$10

2 Mile (Age 7-12) \$15

2M/15K Club Members \$15; Non-Members \$25

Late Registration and Packet Pick-up, Friday,  
April 13th at the Civic Center-North entrance.

11:00am-6:00pm All participants \$25

NO RACE DAY REGISTRATION!!!

Saturday Packet Pick-Up: 6:45am-7:30am

Race Start at 8:00 am (1 Mile)

8:30 am start for 2M & 15K On Mac Davis Lane  
North of the Civic Center

For the safety of our 1 Milers please be parked by  
7:45am

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

## AGE DIVISIONS:

MEN: 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: 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.

\*2 Mile will also include 7-9, 10-12 & 13-15 age group  
divisions (minimum 16 to run the 15K)

AWARDS: Medals will be awarded to at least the first  
three finishers in each age group in the 2M & 15K and up  
to 50% of each group.

1 Mile Kid's Café Fun Run: all participants receive finish-  
ers medals

RACE DIRECTOR: Suzan Caudle, 806-787-6708

WTRC RACE DIRECTOR:

Randy Holloway 806-789-1547



## West Texas Running Club Event Calendar

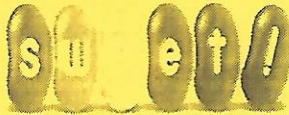
Indicates WTRC Monthly Race & CHALLENGE SERIES EVENT

- |   |  |
|---|--|
| <p>APR 03 <b>WTRC Board meeting</b>, Tuesday, 7:00pm<br/>Ron's office, 3309-67<sup>th</sup> St, 806-781-0231</p> <p>APR 07 Wayland Wellness Run: Half Marathon/10K/5K/1M,<br/><a href="http://waylandwellnessrunwalk.org/">http://waylandwellnessrunwalk.org/</a></p> <p>* APR 14 <b>RUN FOR THE ARTS</b>. Kid's Café Fun Run 8:00am, 15K/2MI<br/>8:30am, <i>(PLEASE be parked by 7:45am for a safe Kids Run)</i><br/>Lubbock Memorial Civic Ctr, Suzan Caudle, RD, 806-799-3813</p> <p>APR 15 Big D Marathon: Dallas, TX, <a href="http://www.texasmarathon.com">http://www.texasmarathon.com</a></p> <p>APR 21 New Mexico/Texas "Club Challenge". Marathon(Lovington to Hobbs), Half Marathon/10K/5K Hobbs, NM, Jim Harris, RD, 575-396-4805, <a href="http://www.leacountymuseum.org">http://www.leacountymuseum.org</a></p> <p>APR 21 Running for the Heroes: 5K, Snyder, TX, <a href="http://runningfortheheroes.com">runningfortheheroes.com</a><br/>Cpl. Darrell Campbell, 325-573-3551</p> <p>APR 21 Meadow Mile: 5K/1M, 9:00am, <a href="http://www.meadowmile.com">www.meadowmile.com</a></p> <p>APR 21 Casa Superhero 5K <a href="http://www.casa5k.org/index.php/lubbock">http://www.casa5k.org/index.php/lubbock</a><br/>Peggy Eighthy, 806-763-2272</p> | <p>APR 28 March of Dimes 5K: Amarillo, TX<br/><a href="http://www.lonestarrunnersclub.net/Calendar.htm">http://www.lonestarrunnersclub.net/Calendar.htm</a></p> <p>APR 28 Happy Texas 5K: Happy, TX<br/><a href="http://www.lonestarrunnersclub.net/Calendar.htm">http://www.lonestarrunnersclub.net/Calendar.htm</a></p> <p>MAY 05 San Angelo Nature Center Critter Crawl: 5K/1M<br/><a href="http://www.roadlizards.org/races/san-angelo-nature-center-critter-crawl/">http://www.roadlizards.org/races/san-angelo-nature-center-critter-crawl/</a></p> <p>* MAY 12 <b>HORSESHOE BEND CANYON RUNS:</b> 11M/6M/2M, 8:00AM,<br/>Randy Holloway, RD, 806-789-1547</p> <p>* JUN 09 <b>LEVELLAND LOPE:</b> 10K/2M, 8:00am, Texan Dome-South Plains<br/>College,<br/>Bill Rogers, RD, 806-894-7911</p> <p>JUN 23 Tri Raider Triathlon:<br/><a href="http://www.buffalospingslaketriathlon.com/triraiders.php#">http://www.buffalospingslaketriathlon.com/triraiders.php#</a></p> <p>JUN 24 BSL Half Ironman Triathlon:<br/><a href="http://www.buffalospingslaketriathlon.com/home.php">http://www.buffalospingslaketriathlon.com/home.php</a></p> |
|---|--|

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



April 2012  
4509 71st Street #907  
Lubbock, TX 79424



**Lubbock Arts Festival**  
April 13-15, 2012, Civic Center



*WEST TEXAS RUNNING CLUB... Presents: RUN FOR THE ARTS*

*1 Mile Kid's Café, 2 Mile and 15K Races*

*Saturday, April 14, 2012 8:00 a.m.*

**REGISTRATION and FEES**

Mail – must be received by Tuesday, **April 10, 2012**

On-line Registration Deadline – 6pm, Wednesday, **April 11, 2012** at <http://wtrunning.com>

**1 Mile (age 4-12) \$10; 2 Mi(7 to 12) \$15; 2M/15K-Club Members: \$15; Non-Members: \$25**

Late Registration and Packet Pick-up – Friday, April 13th at the Civic Center-North entrance.

11:00am – 6:00 p.m. All participants - \$25.00

No Race Day Registration..... Saturday Packet Pick up: 6:45 a.m. – 7:30 a.m.

**T-shirts to all finishers and volunteers (call Suzan Caudle 806-787-6708 to volunteer).**

Races start at 8:00am(1M), 8:30am(2M/15K) on Mac Davis Drive (north of the Civic Center)

**FOR THE SAFETY OF OUR 1 MILERS PLEASE BE PARKED BY 7:45AM!!**

**Awards\* \* 1 Mile Kid's Café Fun Run: all participants receive finishers medal.**

**2 Mile & 15K: medals awarded to 1<sup>st</sup> 3 in each age group.**

**Men:** 1<sup>st</sup> place overall; Divisional medals in 16-19, 20-24, 25-29, 30-34, 35-39, 40-44,

45-49, 50-54, 55-59, 60-64, 65-69, 70 and over; Clydesdale(190 lbs +)

**Women:** 1<sup>st</sup> place overall; Divisional medals in 16-19, 20-24, 25-29, 30-34, 35-39, 40-44,

45-49, 50-54, 55-59, 60 and over: Athena(150 lbs +)

\* 2mile will also include 7-9, 10-12 & 13-15 age group divisions (minimum 16 to run the 15K).

Name \_\_\_\_\_ Age (on race day) \_\_\_\_\_ Sex: M \_\_\_\_\_ F \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Birth Date: \_\_\_\_\_ Home Phone (\_\_\_\_\_) \_\_\_\_\_ Cell Phone (\_\_\_\_\_) \_\_\_\_\_

Distance (circle one): 1M 2M 15K T-Shirt(circle one): YS YM YL S M L XL XXL

\*Optional - check one: Clydesdale (Men 190 lbs +) \_\_\_\_\_ Athena (Women 150lbs +) \_\_\_\_\_

Emergency Contact Name: \_\_\_\_\_ Emergency Ph# \_\_\_\_\_

**Make checks payable to West Texas Running Club or "WTRC".**

**Mail completed application to: WTRC, c/o David Higgins-Treas, 3401 Alcove Ave, Lubbock, TX 79407**

**WAIVER OF LIABILITY**

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

Signature (Parent or guardian for under 18): \_\_\_\_\_