

4501 71st Street #907
Lubbock, TX 7924

February 2012

Volume 5, Issue 1

Loop the Lake RD Report

The January 14, 2012 "Loop the Lake" races were great, due to unseasonably warm weather and a cast of volunteers that worked hard to make these races an enjoyable experience for our runners. 225 runners came out to participate in this first race of the new year. Race winners were as follows: Female 2 Mile - Amy Martin 16:16, Female 5 Mile - Allison Forsberg 37:01; Male 2 Mile - Quent Bearden 10:40, Male 5 Mile - Seraiah Pineda 27:37.

Eight new records were set in the 2 mile race. Male 7-12 Ricki Sampson, Male 20-24 Dunte Hector, Male 35-39 Quent Bearden (Overall Record - 10:40), Male 40-44 Juan Herrera, Male 60-64 Fred Weber. Female 20-24 Amy Martin, Female 40-44 Norma Garcia. Female Athena - Lynsey Deaton. (Please look for the race results in this newsletter for specific times. Congratulations to each of these runners.)

I would like to thank the following volunteers for all of their help. Volunteers were: Randy Holloway, Luis Cardenas, Zakri Redding, Ray Major, David Higgins, Kayla Major, Sandra Torres, Lance Ward, Mike Strum, George Jury, Bill Felton, Suzan Caudle, Andi Giberson, Austin Martin, Farrell Martin, Jay Dulin, Tommy Wood, Sheridan Wood, Julie Randolph, Paige Pierce, Tracy Baugh, David Aguirre, Epi Aguirre, PJ Mitchell, and Wayne Sullivan. Thanks also to Camp Fire Council for allowing us to use their facility on race day.

Thanks to all that came out and participated in our "Loop the Lake" races!
David Doyle, LTL Race Director

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

The WTRC monthly business meeting is on Tuesday, February 7, 2012 at Ron's Office, 3309 67th Street, 806-781-0231 @ 7:00 p.m. at All Members are welcome.

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Cotton Patch Runs

14K, 4M, 4m Relay, 1M Kids fun run
9:00 AM, Saturday, February 11, 2012
Texas Boys Ranch
4810 N. CR 2800, Lubbock, TX
David Higgins, RD
H(806) 785-8562, Cell (806) 535-7788

Directions to Texas Boys Ranch

From Lubbock: Take Hwy 62/82 (Idalou Highway) North to FM2641, turn west for 2 miles then North for 1/2 mile on CR 2800

Or:

Take MLK Blvd north from Loop 289, then right on FM 2641, proceed 3 miles East to CR 2800, turn left for 1/2 mile. Look for the large white gate with TBR sign.

WTRC Officers

President – Ron Lubowicz
(O) 781-0231
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Internal Vice-President
Amanda Boston
amanda.boston@gmail.com

External Vice-President
Terry Dalton

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Directors

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Race Calendar Director
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Amy McAlexander
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Club Historian – James Livermore
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**W.T.R.C. 2012 CHALLENGE SERIES
STANDINGS AFTER 1 EVENT
FEMALE**

YTD TOTALS						YTD TOTALS					
6 - 12 FEMALE	AGE	PTS	MILES	EVT	VOL	45 - 49 FEMALE	AGE	PTS	MILES	EVT	VOL
Mckenzie Dulin	8	8	2	1		Valeri Gattin	45	10	5	1	
						Laura Lappe	46	10	2	1	
13 - 15 FEMALE	AGE	PTS	MILES	EVT	VOL	Tommie Gressett	49	9	2	1	
Maddie Ward	14	10	2	1		Mars Bennett	48	7	5	1	
						Teresa Tone	45	5	5	1	
16-19 FEMALE	AGE	PTS	MILES	EVT	VOL	Vicki Fischenich	46	2	5	1	
Christy Baugh	15	10	5	1		Andi Giberson	46	0	5	1	*
						50 - 54 FEMALE	AGE	PTS	MILES	EVT	VOL
20 - 24 FEMALE	AGE	PTS	MILES	EVT	VOL	Gwen Lappley	49	8	5	1	
Amy Martin	22	11	2	1		Tracy Baugh	50	0	5	1	*
Tori Mahan	23	8	5	1		Julie Randolph	53	0	5	1	*
						55 - 59 FEMALE	AGE	PTS	MILES	EVT	VOL
25 - 29 FEMALE	AGE	PTS	MILES	EVT	VOL	Ann Hodges	54	10	5	1	
Allison Forsberg	28	11	5	1		Leesa Price	55	10	5	1	
April Covington	27	7	5	1		Cheryl Weber	58	10	2	1	
						Young Moore	55	9	5	1	
30 - 34 FEMALE	AGE	PTS	MILES	EVT	VOL	Debbie Roman	56	9	2	1	
Laura Sefcik	30	10	5	1		Suzan Caudle	59	0	5	1	*
Nonnie Peters	32	9	2	1		60 - 99 FEMALE	AGE	PTS	MILES	EVT	VOL
Erin Dulin	33	8	2	1		Etta Mayer	62	10	5	1	
Carrie Badillo	34	7	5	1		Pj Sullivan	67	0	5	1	*
Camille Osterkamp	33	6	2	1		Sandra Torres	112	0	5	1	*
Jennifer Farris	33	5	5	1		ATHENA-age graded	AGE	PTS	MILES	EVT	VOL
Amy McAlexander	31	4	5	1		Teresa Jourden	28	10	5	1	
Carrie Timmons	33	2	5	1		Gabriela Saldana	48	8	5	1	
						Kristina Keyton	33	7	2	1	
35 - 39 FEMALE	AGE	PTS	MILES	EVT	VOL	Sherri Patterson	43	6	2	1	
Tammy Moriearty	38	10	5	1							
Jonna Byars	38	9	5	1							
Christy Hennigan	38	6	5	1							
Maricarmen Solis	39	5	5	1							
40 - 44 FEMALE	AGE	PTS	MILES	EVT	VOL	** = RACE DIRECTOR					
Holly Snodgrass	42	9	5	1		* = VOLUNTEER					
Wendy Anderson	41	9	2	1							
Sharla Kinman	43	8	5	1							
Susan Lewallen	44	8	2	1							
Jamie Ward	41	5	2	1							
Shannon Grissom	44	4	5	1							



- MEDICAL MASSAGE
- LYPOSSAGE
- SPORT TRAINING



Pj Mitchell, C.C.T., LMT

Pager 806.721.9940

Directions to Texas Boys Ranch

From Lubbock: Take Hwy 62/82 (Idalou Highway) North to FM2641, turn west for 2 miles then North for 1/2 mile on CR 2800

Or:

Take MLK Blvd north from Loop 289, then right on FM 2641, proceed 3 miles East to CR 2800, turn left for 1/2 mile. Look for the large white gate with TBR sign.

**W.T.R.C. 2012 CHALLENGE SERIES
STANDINGS AFTER 1 EVENT**

MALE

YTD TOTALS						YTD TOTALS					
AGE	PTS	MILES	EVT	VOL		AGE	PTS	MILES	EVT	VOL	
6 - 12 MALE						45 - 49 MALE					
Brenden Anderson	9	8	2	1		Martin Montalvo	47	10	5	1	
Ross Cohen	8	6	2	1		Cody Miller	45	8	5	1	
13-15 MALE						50 - 54 MALE					
Jake Brownfield	14	9	2	1		Jerry Dwyer	52	10	5	1	
Abraham Montalvo	13	7	2	1		Jim Higgins	51	9	5	1	
Abraham Montalvo	13	7	2	1		Alvin Llanas	52	7	5	1	
16-19 MALE						55 - 59 MALE					
Austin Martin	16	0	5	1	*	Randy Bunyard	54	6	5	1	
20 - 24 MALE						60 - 64 MALE					
Sean Monroe	22	10	5	1		Richard Gale	62	10	5	1	
Jake Mahan	24	9	5	1		Fred Weber	60	10	2	1	
Zakri Redding	23	0	5	1	*	Jerry Morris	60	9	2	1	
25 - 29 MALE						65 - 69 MALE					
Tyler Johnson	24	9	2	1		Luis Cardenas	60	0	5	1	
30 - 34 MALE						70 - 99 MALE					
Joe Osterkamp	34	10	5	1		Gorden Jenkins	71	10	5	1	
Andrew Allison	30	8	5	1		James Pratt	70	10	2	1	
Isaac Esqueda	31	8	2	1		Albert Burrier	78	9	5	1	
Tony Bonner	32	6	5	1		Bill Felton	77	0	5	1	
Brandon Hamilton	30	6	2	1		George Jury	75	0	5	1	
Miguel Hinojosa	31	2	5	1		CLYDESDALE - age graded					
35 - 39 MALE						Adam Puckett	40	10	5	1	
Quent Bearden	36	11	2	1		Milt Brownfield	54	10	2	1	
Jeff Hancock	34	9	5	1		Tommy Johnson	51	9	5	1	
Kenny Powell	37	9	2	1		Craig Peterson	55	7	5	1	
Gabriel Olivarez	35	8	2	1		Jerry Adams	36	6	5	1	
Hedge Martin	36	7	2	1							
Jay Dulin	37	0	5	1	*						
40 - 44 MALE											
Lee Cohen	39	9	5	1							
Shannon Anderson	40	8	2	1							
Les Kinman	43	1	5	1							
David Aguirre	40	0	5	1	*						
Lance Ward	44	0	5	1	*						
Tommy Wood	44	0	5	1	*						

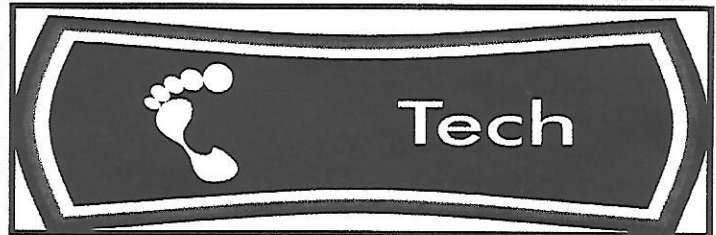
** = RACE DIRECTOR

* = VOLUNTEER

LOOP THE LAKE 5 MILE - Overall Results

January 14, 2012

Place	Name	City	Age	AG Place	Time	Pace	Place	Name	City	Age	AG Place	Time	Pace
1	Seraiah Pineda	Hobbs NM	17	1 M OA	27:37	5:31/M	72	Jerry Adams	Lubbock TX	36	3 M 13-99	46:14	9:15/M
2	Ben Tanui	Lubbock TX	35	1 M 35-39	28:17	5:39/M	73	Jennifer Farris	Lubbock TX	33	6 F 30-34	46:29	9:18/M
3	Robert Morrow	Clifton TX	29	1 M 25-29	29:15	5:51/M	74	Christy Baugh	Lubbock TX	15	1 F 13-15	46:53	9:23/M
4	Lee Cohen	Lubbock TX	39	2 M 35-39	32:25	6:29/M	75	Alvin Llanas	Wolfforth TX	52	4 M 50-54	46:59	9:24/M
5	Blake Jagers	Dallas TX	27	2 M 25-29	32:41	6:32/M	76	Amy Mcalexander	Lubbock TX	31	7 F 30-34	47:30	9:30/M
6	Joe Osterkamp	Muleshoe TX	34	1 M 30-34	32:54	6:35/M	77	Gorden Jenkins	Amarillo TX	71	1 M 70-99	47:50	9:34/M
7	Martin Montalvo	Plainview TX	47	1 M 45-49	32:59	6:36/M	78	Riley Edmister	Lubbock TX	14	2 F 13-15	47:58	9:36/M
8	Travis Knapp	Lubbock TX	16	1 M 16-19	33:23	6:41/M	79	Lindsey Lewallen	Lubbock TX	17	1 F 16-19	48:10	9:38/M
9	Jerry Dwyer	Lubbock TX	52	1 M 50-54	33:29	6:42/M	80	Nicole Garza	Lubbock TX	24	4 F 20-24	48:17	9:39/M
10	Jeff Hancock	Lubbock TX	34	2 M 30-34	33:49	6:46/M	81	Carly Durham	Shallowater TX	18	2 F 16-19	48:27	9:41/M
11	Tim Key	Lubbock TX	44	1 M 40-44	34:27	6:53/M	82	Gwen Lapple	Lubbock TX	49	3 F 45-49	48:36	9:43/M
12	Michael Knapp	Lubbock TX	46	2 M 45-49	34:38	6:56/M	83	Crystal Salazar	Lubbock TX	32	8 F 30-34	48:38	9:44/M
13	Cody Miller	Lubbock TX	45	3 M 45-49	35:27	7:05/M	84	Maricarmen Solis	Levelland TX	39	6 F 35-39	48:48	9:46/M
14	Allison Forsberg	Lubbock TX	28	1 F OA	37:01	7:24/M	85	Gina Walker	Spur TX	41	5 F 40-44	49:49	9:58/M
15	Becky Rogers	Lubbock TX	21	1 F 20-24	37:02	7:24/M	86	Gonzalo ramirez	Lubbock TX	56	3 M 55-59	49:53	9:59/M
16	Adam Puckett	Lubbock TX	40	1 C OA	37:09	7:26/M	87	Michelle Garcia	Lubbock TX	35	7 F 35-39	49:57	9:59/M
17	Andrew Allison	Lubbock TX	30	3 M 30-34	37:21	7:28/M	88	Jim Thompson	Plainview TX	57	4 M 55-59	50:10	10:02/M
18	Freddy Rodruquiz	O'Donnell TX	16	2 M 16-19	37:36	7:31/M	89	Theresa Daniel	Lubbock TX	44	6 F 40-44	50:12	10:02/M
19	Cliff Lewallen	Lubbock TX	48	4 M 45-49	37:40	7:32/M	90	Mars Bennett	Lubbock TX	48	4 F 45-49	50:28	10:06/M
20	Tammy Moriearty	Lubbock TX	38	1 F 35-39	37:44	7:33/M	91	Randy Bunyard	Lubbock TX	54	5 M 50-54	50:29	10:06/M
21	Jim Higgins	Lubbock TX	51	2 M 50-54	37:52	7:34/M	92	April Covington	Lubbock TX	27	4 F 25-29	50:35	10:07/M
22	Walter Bowser	Lubbock TX	44	2 M 40-44	38:09	7:38/M	93	Teresa Jourden	Whitharal TX	28	1 A OA	51:23	10:17/M
23	Gary Evans	Lubbock TX	31	4 M 30-34	38:18	7:40/M	94	Julie Polk	Levelland TX	47	5 F 45-49	51:24	10:17/M
24	Sean Monroe	Lubbock TX	22	1 M 20-24	38:40	7:44/M	95	Leslie Smith	Lubbock TX	29	5 F 25-29	51:45	10:21/M
25	Rod Burgett	Shallowater TX	47	5 M 45-49	38:42	7:44/M	96	Albert Burrier	Lubbock TX	78	2 M 70-99	52:03	10:25/M
26	Brandon Knapp	Lubbock TX	19	3 M 16-19	38:49	7:46/M	97	Ron Lubowicz	Lubbock TX	68	1 M 65-69	52:04	10:25/M
27	Jonna Byars	Lubbock TX	38	2 F 35-39	38:50	7:46/M	98	Kelly Harkey	Lubbock TX	24	5 F 13-99	52:23	10:29/M
28	Tony Bonner	Lubbock TX	32	5 M 30-34	39:05	7:49/M	99	Craig Peterson	Hobbs NM	55	4 M 13-99	52:58	10:36/M
29	Wesley Everett	Lubbock TX	37	3 M 35-39	39:07	7:49/M	100	James Livermore	Lubbock TX	64	2 M 60-64	53:01	10:36/M
30	Jake Mahan	Wolfforth TX	24	2 M 20-24	39:12	7:50/M	101	Teresa Tone	Lubbock TX	45	6 F 45-49	53:10	10:38/M
31	Joseph Wilson	Lubbock TX	56	1 M 55-59	39:16	7:51/M	102	Young Moore	Ransom Canyon	55	2 F 55-59	53:22	10:40/M
32	Laura Sefcik	Lubbock TX	30	1 F 30-34	39:32	7:54/M	103	MaryAnn Schwertner	Wilson TX	48	7 F 45-49	54:13	10:51/M
33	Matt Palmer	Lubbock TX	32	6 M 30-34	39:50	7:58/M	104	Stephanie Higgins	Lubbock TX	22	5 F 20-24	54:27	10:53/M
34	Jana Redwine	Lubbock TX	31	2 F 30-34	39:57	7:59/M	105	Heather Williams	Lubbock TX	46	8 F 45-49	54:45	10:57/M
35	Sean Schwarzentraub	Lubbock TX	44	3 M 40-44	39:58	8:00/M	106	Carrie Timmons	Levelland TX	33	9 F 30-34	54:58	11:00/M
36	Claudia Ramos	Lubbock TX	26	1 F 25-29	40:12	8:02/M	107	Mike Kelley	Lubbock TX	63	3 M 60-64	54:58	11:00/M
37	Clint Cechan	Lubbock TX	28	3 M 25-29	40:36	8:07/M	108	Vicki Fischenich	Lubbock TX	46	9 F 45-49	54:59	11:00/M
38	Ruben Lopez Cardozo	Lubbock TX	47	6 M 45-49	40:51	8:10/M	109	Etta Mayer	Lubbock TX	62	1 F 60-99	55:31	11:06/M
39	Leesa Price	Lubbock TX	55	1 F 55-59	40:58	8:12/M	110	Shannon Grissom	Lubbock TX	44	7 F 40-44	56:27	11:17/M
40	Johnny Chagoya	Lubbock TX	30	7 M 30-34	41:12	8:14/M	111	Adelle Davis	Slaton TX	29	6 F 25-29	58:00	11:36/M
41	Melissa Shropshire	Lubbock TX	24	2 F 20-24	41:27	8:17/M	112	Kyla Hamilton	Lubbock TX	26	7 F 25-29	58:16	11:39/M
42	Tommy Johnson	Lubbock TX	51	1 M 13-99	41:44	8:21/M	113	Amber Glass	Lubbock TX	37	8 F 35-39	58:35	11:43/M
43	Catrina Mead	Lubbock TX	38	3 F 35-39	41:51	8:22/M	114	Byron Campbell	Lubbock TX	28	5 M 13-99	1:00:27	12:05/M
44	Valeri Gatlin	Lubbock TX	45	1 F 45-49	41:59	8:24/M	115	Ann Hodges	Wolfforth TX	54	1 F 50-54	1:00:28	12:06/M
45	Debbie Gelber	Lubbock TX	43	1 F 40-44	42:08	8:26/M	116	David Houser	Lubbock TX	53	6 M 50-54	1:03:58	12:48/M
46	Jerry Perez	Lubbock TX	42	4 M 40-44	42:16	8:27/M	117	Cecelis Sue Houser	Lubbock TX	59	3 F 55-59	1:04:05	12:49/M
47	William Pendleton	Lubbock TX	32	2 M 13-99	42:18	8:28/M	118	Gabriela Saldana	Lubbock TX	48	6 F 13-99	1:06:46	13:21/M
48	Brent Adcock	Anton TX	48	7 M 45-49	42:24	8:29/M	119	Jon Clark	Lubbock TX	29	6 M 13-99	1:07:30	13:30/M
49	Ginny McMinn	Lubbock TX	32	3 F 30-34	42:39	8:32/M							
50	Richard Gatlin	Lubbock TX	45	8 M 45-49	42:49	8:34/M							
51	Ronnie Adams	Lubbock TX	36	4 M 35-39	43:06	8:37/M							
52	Bonnie Bowman	Lubbock TX	36	4 F 35-39	43:07	8:37/M							
53	Mike Garcia	Wylie TX	32	8 M 30-34	43:13	8:39/M							
54	Chris Castilleja	Lubbock TX	38	5 M 35-39	43:14	8:39/M							
55	Steve German	Lubbock TX	54	3 M 50-54	43:24	8:41/M							
56	Troy Pratt	Lubbock TX	45	9 M 45-49	43:49	8:46/M							
57	Richard Gale	Lubbock TX	62	1 M 60-64	44:16	8:51/M							
58	Miguel Hinojosa	Lubbock TX	31	9 M 30-34	44:17	8:51/M							
59	Terry Dalton	Lubbock TX	57	2 M 55-59	44:25	8:53/M							
60	Holly Snodgrass	Lubbock TX	42	2 F 40-44	44:41	8:56/M							
61	Les Kinman	Lubbock TX	46	10 M 45-49	44:58	9:00/M							
62	Sharia Kinman	Lubbock TX	43	3 F 40-44	44:58	9:00/M							
63	Christy Hennigan	Lubbock TX	38	5 F 35-39	45:07	9:01/M							
64	Tori Mahan	Wolfforth TX	23	3 F 20-24	45:07	9:01/M							
65	Kathleen McGaughey	Lubbock TX	25	2 F 25-29	45:13	9:03/M							
66	Carrie Badillo	Lubbock TX	34	4 F 30-34	45:20	9:04/M							
67	E Freericaman	Shallowater	34	5 F 30-34	45:24	9:05/M							
68	angela decicco	Lubbock TX	26	3 F 25-29	45:37	9:07/M							
69	Phillip Spiegelberg	Lubbock TX	23	3 M 20-24	45:39	9:08/M							
70	Dee Knapp	Lubbock TX	45	2 F 45-49	46:09	9:14/M							
71	Amy hoffpair	Lubbock TX	40	4 F 40-44	46:11	9:14/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

ReRunS

Recycled Running Shoes

You jog in them and race in them. When you wake up early for that morning run they are there for you. They have a special place in your closet and in your heart. They are your running shoes, but what happens when you've loved them to death?

When you buy new running shoes, recycle your old shoes with ReRunS. Give your old shoes a new life by giving them to a kid who has no running shoes. Many kids with Team Kids Café need running shoes, and your recycled running shoes will be as good as new for a kid who has none. All types, sizes, male and female athletic shoes are needed. And you thought your shoes would never run again. Your recycled running shoes are given new life with ReRunS.

Bring your running shoes to any West Texas Running Club race and deposit them in the ReRunS recycling bin located next to the trailer.

You can also recycle your running shoes at these fine retailers:

FootTech, 3407 34th Street.

New Balance, 5027 Milwaukee Avenue.

Cardinal's Sport Center, 6524 Slide Road.

Waste is a terrible thing to mind – Recycle with ReRunS!!!

About Team Kids Café: Team Kids Cafe is a coordinated training program to promote running and fitness to children of the South Plains Food Bank's Kids Café after-school program. The main objective of the Team Kids Café program is to achieve positive changes in the long term health of children by encouraging active and healthy lifestyles through running. Research shows that running can help children do better in school, manage stress, and reduce childhood obesity. Volunteer running coaches will develop Team Kids Café running teams at each of the Kids Café locations. The training program will begin on March 5th, 2012 and culminate with the opportunity for the children to participate in the Kids Café Fun Run held in conjunction with the Run for the Arts on Saturday, April 14th, 2012. For more information or if you would like to volunteer, contact Terry Dalton at tdalton51@hotmail.com or 806-777-1456.

About Kids Cafe: http://www.spfb.org/site/c.lgLQIV0yGpF/b.5542383/k.EA5D/Kids_Cafe.htm

About the South Plains Food Bank: www.spfb.org/

About the West Texas Running Club: <http://wtrunning.com/>

Join the Fight Against Childhood Obesity

The West Texas Running Club and the South Plains Food Bank are joining forces to fight childhood obesity through the Kids Café Fun Run and Team Kids Café.

Team Kids Café is an element of the South Plains Food Bank's Kids Café program. Kids Café is an after school feeding program designed to give kids healthy and nutritious meals. Team Kids Café is a running program designed to encourage healthy lifestyles through diet and exercise and focuses on the benefits of running. Volunteer coaches are needed to develop running teams at each of the Kids Café locations. The coaches will use a curriculum specific to presenting running as a fun activity. The kids will participate in running games and activities and receive special training on correct running form and technique, running safety, injury prevention and nutrition. The coaches will attend a special Train the Trainer seminar to learn the aspects of the Team Kids Café training program.

The Team Kids Café six week training program will begin the week of March 5th at each of the Kids Café locations, and culminates with the opportunity for the kids to participate for Free in the Kids Café Fun Run on Saturday, April 14th, held in conjunction with the Run for the Arts.

If you would like to volunteer or want more information, please contact Terry Dalton at tdalton51@hotmail.com or 806-777-1456.

Our club is relatively small, approximately 500 members, but active. The club was formed in 1972 and has continued to sponsor monthly races which offer low entry fees and divisional awards. We sponsor 13 club races held annually. One of these is the 4th of July "Firecracker Run", in Brownfield, Texas, which originated in 1970 and has the distinction of being the longest standing continual road race in the state of Texas. Two other monthly races have been held at the same location and month every year since 1973 – The Horseshoe Bend Canyon Spring Frolic in May and The Buffalo Wallow Half-Marathon in November.

The club also assists in 3 larger community road races yearly. These races feature t-shirts and a slightly higher entry fee than our regular monthly events. In April, the Run for the Arts features over 300 participants in an open 15K and 2mile race. Also in the fall, the Red Raider Road Race 5K and 10K is held, usually coinciding with Texas Tech University's Homecoming. This race attracts around 600 runners from around the state and nation. This race benefits the Red Raider Road Race Scholarship Fund. At Thanksgiving we sponsor the WTRC Turkey Trot 12K and 2 Mile races, which attract around 600 runners. These are just a few of the WTRC sponsored events that make our active club a GREAT CLUB

WTRC - Children's Running Guidelines

Running is fun for children and it's good for them. Running with classmates, friends, and family is a positive experience for all participants. To promote youth running is a goal of the West Texas Running Club. Participation by children, pre-teens, and teenagers must be safe, and the distances appropriate for younger ages. The younger the age the shorter the right distance, both for training and racing. For example, no purposeful running before Kindergarten(5 years of age) and One mile "fun runs" for children under 8 years of age.

Children are not young adults. They are more vulnerable to climate stress, both heat and cold. Their growing bones and developing joints are susceptible to overuse injuries. A child who is hurting should not continue running. Cross-training with other sports prevents psychological burnout and overuse injuries.

Please enjoy the Kids Running Program and provide encouragement and wise counsel on appropriate distances and training...and the occasional pair of shoes. Running is a perfect activity to continue into adulthood.

Three references are provided for further use:

1. "Risks in Distance Running for Children" Pediatrics; Vol 86 5 Nov 1990
<http://aappolicy.aappublications.org/cgi/content/abstract/pediatrics;86/5/799?eaf&eaf>
2. "Overuse Injuries, Over Training, and Burnout in Adolescent Athletes" Pediatrics; Vol 119, 6 June 2007
3. "Youth Movement" Runners World; 4 April 2010

The American Academy of Pediatrics, on the issue of excessive training among children, published a policy statement in the 1990s that says growth-plate damage, stress fractures and chronic tendinitis, among other maladies, can hinder children who run too much too soon. Children are also less efficient at regulating their body temperature, which means running more than 30 minutes can become harmful for them on especially hot or cold days.

WTRC - CHILDRENS RUNNING POLICY

- 1) Children must be at least 4 years old to run in the 1 mile races and it is advised that an adult run along with the child less than 7 years old.
- 2) No one under 7 should be allowed to run more than 1 mile
- 3) Anyone under 13 must run the shortest race in our multi race events and a minimum age of 10 to run the 5K or 3Mi
- 4) Must be at least 16 to run any race over 10K (No 12K, 8 Mile, 15K, 10 Mile, 11 Mile or Half Marathon)
- 5) Children under the age of 10 must be accompanied by an adult at ALL times! Our courses are NOT closed and therefore a traffic hazard is always present.

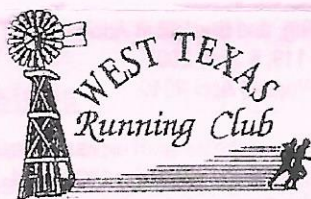
West Texas Running Club Event Calendar

Indicates WTRC Monthly Race & CHALLENGE SERIES EVENT

- FEB 07 **WTRC Board meeting:** Tuesday, 7:00pm
Ron's office, 3309-67th St, 806-781-0231
- * FEB 11 **COTTON PATCH RUNS:** 14K/4M/4M Relay(2PERSON)/Kids 1M,
9:00am, Texas Boys Ranch 4810 N. CR 2800, RD: David,
806-785-8562
- MAR 03 Colon Cancer Awareness 5K and 2K: 9:00am, food and
Beer, <http://www.lonestarrunnersclub.net/Calendar.htm>
Amarillo, TX
- FEB 19 Livestrong Austin Marathon: Marathon/Half Marathon,
<http://youraustinmarathon.com>
- FEB 26 Cowtown Marathon: <http://cowtownmarathon.org>
- MAR 03 The Crazy Desert Trail: Half Marathon/Marathon/50K
www.roadlizards.org
- * MAR 10 **PRAIRIE DOG TOWN RUNS:** 4M/2M, 9:00am, MacKenzie
Park, E Broadway & Cesar Chavez Dr, RD: Cody Miller,
806-773-8905
- MAR 25 Capital 10,000: <http://www.statesman.com/cap10k/>
- MAR 31 10TH Annual Bloodgusher: Half Marathon/10K/5K/1K,
<http://pbrunningclub.tripod.com/BloodgusherPage.htm>
Midland, TX
- MAR 31 10TH Annual Bloodgusher: Half Marathon/10K/5K/1K,
<http://pbrunningclub.tripod.com/BloodgusherPage.htm>
Midland, TX
- APR 07 Wayland Wellness Run: Half Marathon/10K/5K/1M,
<http://waylandwellnessrunwalk.org/>
- * APR 14 **RUN FOR THE ARTS:** Kid's Café Fun Run 8:00am, 15K/2MI 8:30am,
(PLEASE be parked by 7:45am for a safe Kids Run),
Lubbock Memorial Civic Ctr, Suzan Caudle, RD, 806-799-3813
- APR 15 Big D Marathon: Dallas, TX, <http://www.texasmarathon.com>
- APR 21 New Mexico/Texas "Club Challenge": Marathon(Lovington to
Hobbs), Half Marathon/10K/5K Hobbs, NM, Jim Harris, RD,
575-396-4805, <http://www.leacountymuseum.org>
- MAY 12 **HORSESHOE BEND CANYON RUNS:** 11M/6M/2M, 8:00AM,
Randy Holloway, RD, 806-789-1547

WTRC Website: <http://wtrunning.com>

Monthly Newsletter, Calendar, Photos, Online signup & Membership



4501 71st Street, #907
Lubbock, TX 79424
February 2012



WEST TEXAS RUNNING CLUB

Cotton Patch Runs

February 11, 2012

Mail \$5.00 WTRC members & students-12 & under, \$10.00 non members .. Race starts at 9:00 A.M.
Registration Make checks payable to WTRC at Texas Boys Ranch
thru Feb 7th Mail checks & entry forms to: David Higgins David Higgins, Race Director
3401 Alcove Ave, Lubbock 79407 785-8562(h), 535-7788(m)

Waiver of Liability - all entrants must read and sign:

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. RRCA rules prohibit skates, strollers, blades and pets on the course.

Signature of entrant _____ Signature of guardian(minors) _____

Age _____ (on race day) Distance: _____ 14 K _____ 4 Mile _____ 1 Mi _____ Male _____ Clydesdale (190+ lbs)

Name _____ Female _____ Athena (150+ lbs)

City _____ State _____ Phone Number _____

Email: _____ Emergency Contact: _____ Emer Ph# _____

2 Person Relay (4 Mile Only) Team Name _____ Relay LEG: 1 _____ 2 _____

ALL students under the age of 13: \$5.00 entry fee.

Relay Team Registration- Prior to Feb 9th, entry is \$5.00 for each team member.

Online signup expires at 6:00pm Thursday, Feb 9th NO RACE DAY REGISTRATION

TBR: 4810 N. CR2800

From Lubbock, take Hwy 62/82 (Idalou Hwy) north to FM2641, turn west for 2 miles, then north for ½ mile
On CR2800.

OR

Take MLK, Jr BLVD north from Loop 289, then right on FM 2641.

Proceed 3 miles East to CR2800 and turn left ½ mile.

Look for the large white gate with Texas Boys Ranch sign.