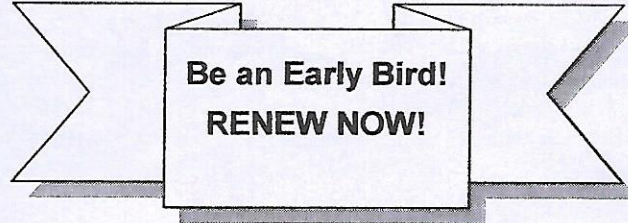
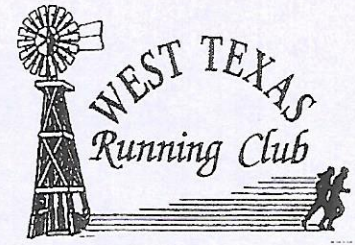




January 2012



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

2011 WTRC Toys for Tots Cross Country

The final race of the 2011 West Texas Running Club season took place on Saturday, December 10, 2011. There were some important changes this year as the Redline Cross Country Race's name was changed to the Toys for Tots Cross Country Race and we added a 1-mile fun run for kids aged 12 and under. Overall we had a great race despite snowy race conditions and a chilly 27 degrees at the start of the race. We had 29 kids brave the tough conditions and complete the 1-mile race (with several others showing up late and running the first mile of the 4 mile course). It was absolutely wonderful to see the smiles on many of the kids' faces after they ran their hearts out and were awarded their finishers medals. In the 4-mile race, we had 125 finishers (not bad for such a cold morning!) with Isaac Placencia running a 23:02 to claim the overall men's title and Becky Rogers running a 30:55 to claim the overall women's title. Perhaps most importantly, we had many people bring unwrapped gifts to help out the Marines' Toys for Tots campaign which will bring many more smiles this Holiday Season...thank you all for supporting this wonderful program!

Despite the poor weather conditions, there was no shortage of volunteers. Of course, the usual gang was there to help. Thank you to Suzan, David, Randy, George, PJ, Tony and Josie (sorry if I have forgotten anyone else here) for your help at this race and all you do at all the other races throughout the year. Thank you also to Bobby Lugo and the other Marines in attendance, we appreciate your help with the race as well as your service to our country. Finally, there were 21 other club members who helped out and made the race a success - I greatly appreciate your assistance as well. Last but not least, thanks to all the runners who came out and participated despite the snow!

I look forward to working with the club again next year, directing this wonderful event.

Lee Cohen
Race Director

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Club Historian - James Livermore
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W. T. R. C. RACES ARE USUALLY HELD THE 2ND SATURDAY OF EACH MONTH. The WTRC monthly business meeting is Tuesday, January 3, 2012 @ 7:00 p.m. at , Ron's Office, 3309 67th Street, 806-781-0231. All Members are welcome.

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Loop The Lake
5 & 2 Mile Race
Saturday, January 14, 2012
Race Starts @ 10:00 A.M.
Buddy Holly Park
North University & Cesar
Chavez
Race Director
David Doyle
(806) 535-5914

19th Annual Turkey Trot Race Director's Report

Thanksgiving is a day to celebrate the things we hold most dear: family, friends, food and **running**. The observance of Thanksgiving 2011 began for many in Lubbock by celebrating all four of these blessings at the 19th Annual Turkey Trot in Mackenzie Park. There were 741 participants that revved up their Thanksgiving appetites by crossing the finish line at the 2011 Turkey Trot. Every runner had their own motivation for showing up; for some it was the culmination of a year's worth of training, for others it was a chance to be a part of something much bigger than a run with a couple of friends. Some were there to win, while others were doing the first race of their life. Running the Turkey Trot has become a family tradition for many West Texas residents and visiting relatives that came from cities all over Texas, other states, and as far away as Chigasaki, Japan. Every year the races bring together runners of all ages and abilities, and all shapes and sizes to celebrate an early morning kick off to the Thanksgiving holiday.

For those that were there to win – let me announce the winners and some new records for several age groups. In the 2 Mile event, the winner in the men's and Overall Winner was Michael Courtney with a time of 10:58. For the women, the Overall Winner was Irene Kimaiyo with a time of 11:31. For the 12K Race, Wade Miller took the men's and Overall Winner with a time of 41:20 and the winner for the Women was Briseida Ramos with a time of 47:55.

The new course records are as follows:

2 Mile

Female Overall, Irene Kimaiyo, 11:31
Female 25-29, Irene Kimaiyo, 11:31
Female 35-39, Iris Rivero, 13:19

12K

Male 55-59, Vaughn Courtney, 51:57
Female 25-29, Briseida Ramos, 47:55
Female 55-59, Leesa Price, 1:03:33
Athena, Felicia Cervantez, 58:53

Congratulations and thank you to all the winners and all the runners!

It's obvious you have to have runners to have a Turkey Trot, but another very important **have to** is volunteers – a definite "show stopper" if you **have not**. With a big race comes a big list of volunteers – so here we go: Suzan Caudle, Carrie Byrd, Belisa Waldrup, David Houser, Beth Hardy, Mike Strum, Marty Garza, Toney Aleman, Bob Terrell, Larry DeLeon, Maria DeLeon, Nancy Downey, Anthony Lopez, Ray Major, Kala Major, Monica Pool, Tate Davis, Penne Richards, Addison Richards, Kevin Lair, Beth Hardy, Heather DeVore, Roy Gonzales, Julie Randolph, Dunte Hector, Melinda Gaston, Ben Hayes, Valeri Gatlin, Paul Pare, Mary Branscome, PJ Mitchell-Sullivan, Wayne Sullivan, and Amy McAlexander. A special thank you to Pat Crawford with the West Texas Cycling Association that led the pack of runners from the Start Line. Another special thank you to the Willems Family Outback Steakhouse Team that included: Paul, Jane, Jeff, Dan, Lynn, Norma, Ashleigh, John and Emileigh. And, another special thank you to Donna Balko, Chris Gallarneau and Team Accolade (Accolade Hospice and Home Care) that included: Edmond Balko, Andrew Wardwell, Bailey Wardwell, Shailey Miller, Briley Miller, Tori Peacock, Cheyenne Miller, Brittney Miller, Kristen Haddon, Kristi Conner and Clint Conner. Thank you all volunteers! (Please forgive me if I did not include your name)

Our volunteers are not paid; not because they are worthless, but because they are PRICELESS!

I also want to thank the Lubbock Police Department for directing traffic at the major intersections that helped to make the races safe and more enjoyable. The officers that worked the Turkey Trot included: Sergeant Marian McGuire, Sergeant Jim Curtis, Officer Gus Imbarina, and Officer Mike Irby. Thank you Lubbock Police Department! I hope you also told them thank you as you safely ran across the busy intersections.

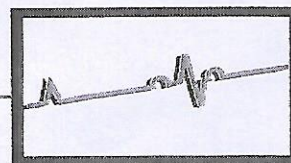
Another group of volunteers that needs to be recognized are the members of the West Texas Running Club Board that work hard to put on the best race possible each month. WTRC Board members for 2011 include: Ron Lubowicz, Amanda Boston, Wayne Sullivan, Wendy Anderson, David Higgins, Randy Holloway, Rose Hoeve, Amy McAlexander, George Jury, Suzan Caudle, PJ Sullivan, and Terry Dalton. Great Job!

The success of the 19th Annual Turkey Trot was made possible with the help of our Sponsors that come through big each year. Returning as the Presenting Sponsor was Schlotzsky's Deli. Supporting Sponsors included FootTech, Outback Steakhouse, United Supermarkets, and Culligan Water. A special thank you to Marti and Mike Greer for providing the sports drink for the races. Thank you Sponsors!

All in all, The 19th Annual Turkey Trot was a really fun morning. A great race and the opportunity to run with friends, which makes racing, an already fun event, even better. Please consider joining us in 2012 for our 20th Anniversary and making the Annual Turkey Trot a running tradition for you and your family on Thanksgiving Day!

Terry Dalton
Race Director, 19th Annual Turkey Trot

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



- MEDICAL MASSAGE
- LYPOSSAGE
- SPORT TRAINING

Pager 806.721.9940

**W.T.R.C. 2011 CHALLENGE SERIES
STANDINGS AFTER 13 EVENTS
FEMALE**

YTD TOTALS						YTD TOTALS					
6 - 12 FEMALE	AGE	PTS	MILES	EVT	VOL	40 - 44 FEMALE	AGE	PTS	MILES	EVT	VOL
Jordan Selleck	10	30	13	5	*	Sharla Kinman	43	93	37.3	12	*
Rachel Starr	9	7	12.2	4	*	Jennifer Snead	41	87	78.7	10	*
						Debbie Gelber	43	70	61.8	9	*
13 - 15 FEMALE	AGE	PTS	MILES	EVT	VOL	Jorond Gault	41	53	25	10	*
Maddie Ward	14	16	10	4	*	Valeri Gattin	45	52	52	7	*
Alexis Hoeve	15	10	35.4	4	*	Belisa Waldrop	44	51	37.4	8	*
						Wendy Anderson	41	45	68.2	10	*
20 - 24 FEMALE	AGE	PTS	MILES	EVT	VOL	Deana Martin	43	43	25.7	7	*
Amy Martin	22	98	32.8	11	*	Karen Howell	42	38	30	6	*
						Jamie Ward	41	15	11.1	4	*
25 - 29 FEMALE	AGE	PTS	MILES	EVT	VOL	Rose Hoeve	44	9	42.1	5	*
Amanda Boston	27	76	69.5	9	*						
Allison Forsberg	28	58	48.5	6	*	45 - 49 FEMALE	AGE	PTS	MILES	EVT	VOL
Shanna Faries	27	35	33.7	7	*	Gwen Lappley	49	37	56.3	8	*
Amy Hancock	29	23	33.9	6	*	Laura Lappe	45	34	19.2	6	*
						Marsha Bennett	48	33	48.6	6	*
30 - 34 FEMALE	AGE	PTS	MILES	EVT	VOL	50 - 54 FEMALE	AGE	PTS	MILES	EVT	VOL
Jennifer Farris	33	81	47.1	11	*	Kammy Philbrick	51	59	23.8	7	*
Jennifer Haddock	30	76	78.5	10	*	Julie Randolph	53	56	56.1	8	*
Christine Steen	32	69	57.7	9	*	Tami Miller	52	27	13	5	*
Mandy Poklikuha	33	64	88.7	12	*						
Amy Lovett	33	59	34.2	9	*	55 - 59 FEMALE	AGE	PTS	MILES	EVT	VOL
Amy McAlexander	31	53	55.3	11	**	Cheryl Weber	58	69	24.1	7	*
Erin Dulin	33	25	28.1	8	*	Suzan Caudle	58	0	100.5	12	**
35 - 39 FEMALE	AGE	PTS	MILES	EVT	VOL	60 - 99 FEMALE	AGE	PTS	MILES	EVT	VOL
Iris Rivero	36	100	70.8	11	*	Josie Aleman	60	104	30.1	12	*
Tammy Moriearty	38	67	58.6	8	**	Etta Mayer	62	95	78.1	11	*
Becky Gomez	38	16	31.2	5	*	Pj Sullivan	66	40	97.2	12	**
Deidre Putman-Garcia	37	12	39.2	6	*						
** = RACE DIRECTOR						ATHENA-age graded	AGE	PTS	MILES	EVT	VOL
* = VOLUNTEER						Kristi Starr	41	99	79.9	11	*
						Katelyn Olsen	26	49	37.6	7	*

Our main purpose ...

is to promote distance running as an aid to physical fitness and longevity and if need be, an alternative "Positive Addiction". We also wish to unite runners of every level of ability and interest, to exchange good health and training ideas, to train together and participate in races, but most of all to promote friendship and camaraderie among all area runners. Our monthly club races are primarily designed to offer each member a yardstick for measuring personal accomplishments and not necessarily competition against each other. We offer encouragement to all runners, regardless of age and ability. Our club is the only Running Club west of the metroplex and north of Austin which conducts at least one race per month.

**W.T.R.C. 2011 CHALLENGE SERIES
STANDINGS AFTER 13 EVENTS
MALE**

YTD TOTALS						YTD TOTALS					
6 - 12 MALE	AGE	PTS	MILES	EVT	VOL	50 - 54 MALE	AGE	PTS	MILES	EVT	VOL
Ross Cohen	8	25	22.2	9	*	Epi Aguirre	53	98	70.9	12	*
Joshua Hoeve	13	14	19.1	4	*	Jerry Dwyer	52	95	72.9	11	*
Nick Selleck	8	7	11	4	*	Joe Martin	52	80	45.8	13	*
Caleb Starr	11	5	21	5	*	David Doyle	53	53	23	7	**
						Randy Holloway	55	41	94.8	11	**
13-15 MALE	AGE	PTS	MILES	EVT	VOL	Bill Gelber	52	28	34	6	*
Abraham Montalvo	13	48	28.2	9	*	Ray Major	51	0	30.5	4	*
Josh Starr	13	19	12.2	4	*						
						55 - 59 MALE	AGE	PTS	MILES	EVT	VOL
16-19 MALE	AGE	PTS	MILES	EVT	VOL	John Clements	55	78	21.1	9	*
Austin Martin	16	32	16	7	*	Fred Constancio	59	46	21.8	7	*
						Luis Cardenas	60	27	13	4	*
25 - 29 MALE	AGE	PTS	MILES	EVT	VOL	David Weaver	60	25	26.7	4	*
Ben Boston	27	58	48.3	9	*	Terry Dalton	57	17	93.5	11	**
Curtis Norrod	27	40	21.3	5	*	Gonzalo Ramirez	55	17	21.5	4	*
Marek Potratz	30	19	14.7	4	*	Ken Spain	58	13	25	4	*
						David Higgins	59	0	104.9	13	**
30 - 34 MALE	AGE	PTS	MILES	EVT	VOL						
Gary Evans	31	68	81.2	11	*	60 - 64 MALE	AGE	PTS	MILES	EVT	VOL
Justin Selleck	34	30	19.7	5	*	Damon Provence	60	93	68.5	11	*
						Fred Weber	60	82	44.4	10	*
35 - 39 MALE	AGE	PTS	MILES	EVT	VOL	Mike Strum	60	73	87.2	11	*
Quent Bearden	36	116	88.7	12	*	James Livermore	64	68	68	11	*
Lee Cohen	39	105	64.1	12	**	Mike Kelley	62	26	58.5	6	**
Mont McCleendon	39	102	39.1	13	*	Wayne Sullivan	61	9	92.2	12	*
Shannon Anderson	40	72	39.1	10	*	Tony Aleman	62	0	75.7	10	*
Kenny Powell	37	70	28.3	9	*						
David Aguirre	39	67	69.3	11	*	65 - 69 MALE	AGE	PTS	MILES	EVT	VOL
Isaac Munoz, Jr.	35	64	67.5	11	*	Jim Harris	69	97	43.1	11	**
Hedge Martin	36	59	42.4	10	*	James Pratt	70	75	30.8	10	*
Eric Fisher	40	27	22.9	4	*	Rick Lampe	67	73	27.1	10	*
Ron Adams	36	22	53.6	6	*	Ron Lubowicz	68	10	57.1	6	*
Roy Gonzales	39	11	45.4	7	*						
Shawn Lawler	38	5	28.3	5	*	70 - 99 MALE	AGE	PTS	MILES	EVT	VOL
						Gorden Jenkins	71	100	75	11	*
40 - 44 MALE	AGE	PTS	MILES	EVT	VOL	Bill Felton	77	82	38.3	10	*
Heath Pennell	44	64	73.5	9	*	Ralph Wolf	74	49	21.3	6	*
Glen Poklikuha	40	40	24.2	5	*	George Jury	75	0	88.7	12	*
						Larry Byrd	70	0	51.1	7	*
45 - 49 MALE	AGE	PTS	MILES	EVT	VOL						
Martin Montalvo	46	97	84.7	11	*	CLYDESDALE - age graded	AGE	PTS	MILES	EVT	VOL
Cody Miller	45	89	85.9	12	**	Farrell Martin	45	84	68.9	11	*
Les Kinman	46	64	63.1	12	*	Craig Peterson	54	51	67.4	11	*
Paul Paré	49	57	66	9	*	Shaun Fant	43	43	45.5	6	*
Rod Burgett	47	46	71.3	10	**	Jay Dulin	37	40	53.7	9	*
						Lance Ward	44	28	18.1	6	*

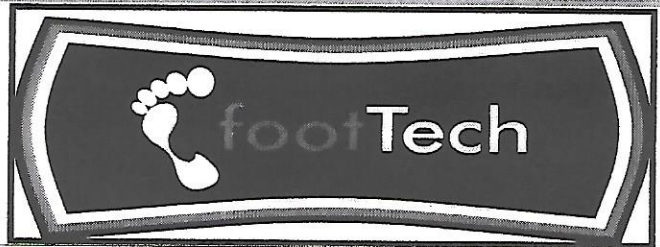
** = RACE DIRECTOR

* = VOLUNTEER

WTRC Toys For Tots CC
4 MILE OVERALL RESULTS
"December 10, 2011"

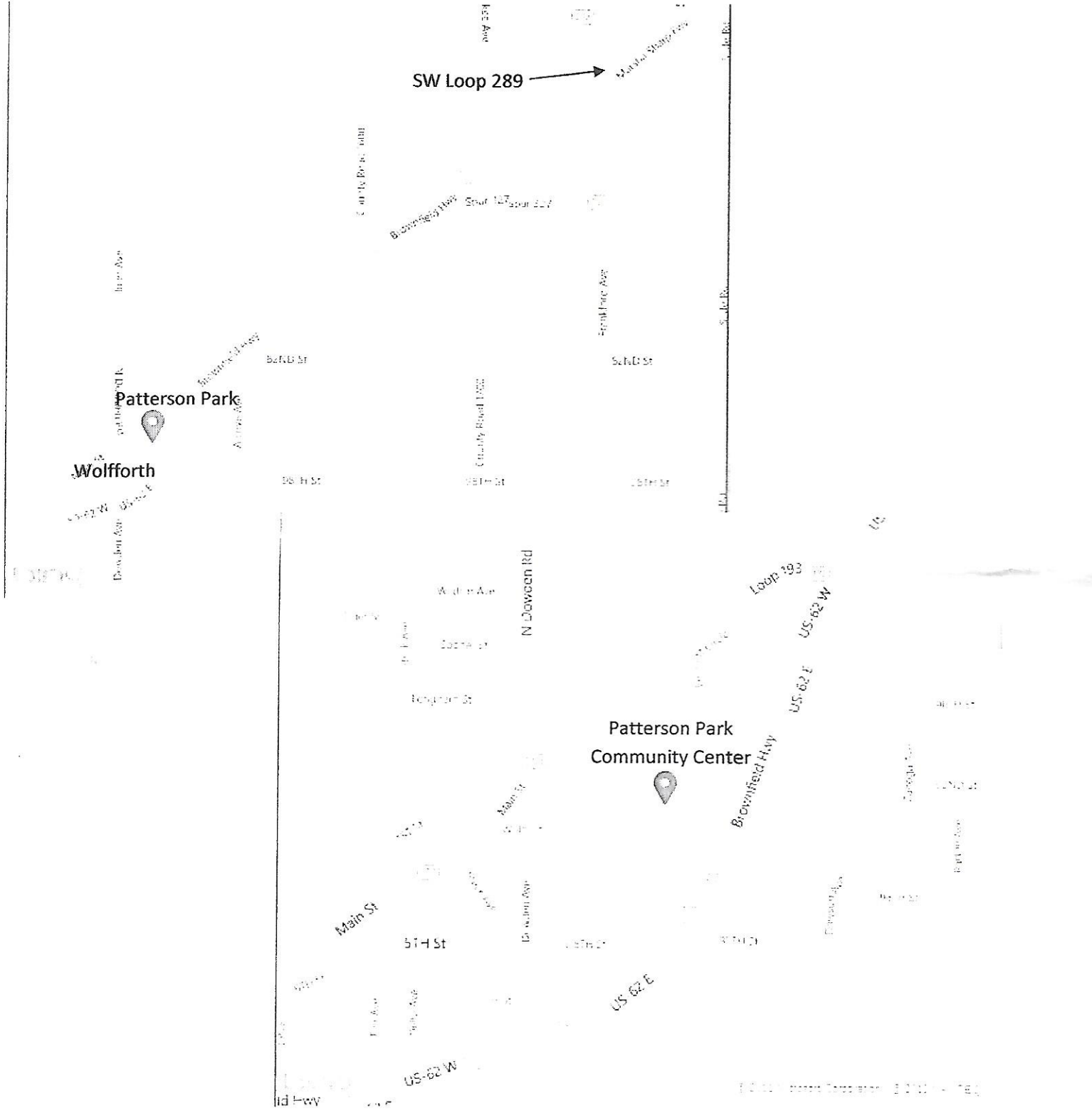
PlaceName	City	Age	TIME	PACE
1Isacc Placencia	lubbock TX	20	23:02.1	5:46/M
2BEN TANUI	LUBBOCK TX	35	23:44.1	5:56/M
3NICK WARGO	Lubbock TX	21	23:54.3	5:59/M
4Cade Speed	Wolfforth TX	16	25:20.4	6:20/M
5Larry Lovato	lubbock TX	25	26:12.9	6:33/M
6Jason Halladay	Los Alamos NM	37	26:20.9	6:35/M
7Travis Knapp	Lubbock TX	16	26:40.5	6:40/M
8Joe Osterkamp	Muleshoe TX	33	26:40.6	6:40/M
9Kadon Stabeno	Wolfforth TX	16	26:58.2	6:45/M
10Gordon Sandercox	Lubbock TX	16	27:10.0	6:48/M
11Trent Early	Lubbock TX	23	27:14.0	6:49/M
12thomas sang	lubbock TX	33	27:17.0	6:49/M
13Jake Brownfield	lubbock TX	13	27:32.2	6:53/M
14Martin Montalvo	PLAINVIEW TX	46	27:45.2	6:56/M
15Glen Poklikuha	Lubbock TX	40	28:06.7	7:02/M
16Michael Knapp	Lubbock TX	45	28:34.8	7:09/M
17Cody Miller	Lubbock TX	45	29:23.4	7:21/M
18DYLAN CARDER	LUBBOCK TX	17	29:29.9	7:22/M
19Isaac Whitley	Lubbock TX	23	29:54.1	7:29/M
20Adam Puckett	Lubbock TX	40	29:57.9	7:29/M
21Brent Tidwell	Lubbock TX	54	30:20.4	7:35/M
22Jim Higgins	Lubbock TX	51	30:47.6	7:42/M
23Becky Rogers	lubbock TX	21	30:55.8	7:44/M
24Daniel Hall	Lubbock TX	36	31:05.2	7:46/M
25Hunter Saddler	Lubbock TX	16	31:11.0	7:48/M
26Cliff Lewallen	Lubbock TX	47	31:13.1	7:48/M
27Journee' Cotton	Littlefield TX	16	31:28.8	7:52/M
28Brandon Hughes	Lubbock TX	37	31:35.7	7:54/M
29Tammy Moriearty	Lubbock TX	38	31:35.8	7:54/M
30Shannon Anderson	Lubbock TX	40	31:40.2	7:55/M
31RUSSELL CARTER	LUBBOCK TX	40	31:47.6	7:57/M
32Rod Burgett	shallowater TX	47	31:49.7	7:57/M
33ROBERT FINDLEY	ODESSA TX	23	31:58.2	8:00/M
34Derek Smith	Lubbock TX	26	32:06.6	8:02/M
35Walter Bowser	Lubbock TX	44	32:22.8	8:06/M
36William Eason	STAMFORD TX	25	32:28.3	8:07/M
37Richard Shaw	Plainview TX	49	32:53.3	8:13/M
38Jake Mahan	Wolfforth TX	24	32:58.5	8:15/M
39Zakri Redding	Lubbock TX	23	33:47.8	8:27/M
40Claudia Ramos	Lubbock TX	26	33:50.0	8:28/M
41Fred Weber	Lubbock TX	60	34:27.5	8:37/M
42cynthia sorrensen	lubbock TX	48	34:40.9	8:40/M
43Randy Holloway	Lubbock TX	55	34:54.3	8:44/M
44Damon Provence	SUDAN TX	60	34:57.6	8:44/M
45Derek Fiske	Lubbock TX	28	35:00.8	8:45/M
46Jennifer Haddock	Lubbock TX	30	35:03.3	8:46/M
47tom west	LUBBOCK TX	54	35:07.0	8:47/M
48Scott Cain	Lubbock TX	49	35:09.1	8:47/M
49Jeff Odorizzi	Dallas TX	34	35:15.0	8:49/M
50Jennifer Snead	Lubbock TX	41	35:19.7	8:50/M
51Mandy Poklikuha	Lubbock TX	33	35:24.6	8:51/M
52Sonia Rodriguez	Lubbock TX	31	35:26.5	8:52/M
53Christopher Hall	Lubbock TX	15	35:27.9	8:52/M
54Richard Gatlin	Lubbock TX	45	35:36.9	8:54/M
55Leesa Price	Lubbock TX	55	35:40.2	8:55/M
56Adam Rodriguez	Slaton TX	47	35:46.7	8:57/M
57Troy Pratt	Lubbock TX	45	35:47.4	8:57/M
58Clint Cechan	Lubbock TX	27	35:49.7	8:57/M
59Les Kinman	Lubbock TX	46	36:08.6	9:02/M
60Melissa Diamantis	LUBBOCK TX	28	36:39.2	9:10/M
61ROBBIE SANDERS	LITTLEFIELD TX	42	36:43.2	9:11/M
62NATHAN PADEN	SLATON TX	43	37:04.9	9:16/M
63Amy Martin	Lubbock TX	22	37:16.7	9:19/M
64Chris Osborne	Lubbock TX	38	37:18.8	9:20/M
65Jeff Knowles	Lubbock TX	31	37:20.3	9:20/M
66Dee Knapp	Lubbock TX	45	37:21.5	9:20/M
67Valeri Gatlin	Lubbock TX	45	37:22.9	9:21/M
68Carly Durham	Shallowater TX	17	37:30.0	9:23/M
69Tommy Johnson	lubbock TX	51	37:52.2	9:28/M
70Tristen Shackelford	Wolfforth TX	14	37:56.9	9:29/M

PlaceName	City	Age	TIME	PACE
72Cathy PADEN	SLATON TX	41	38:19.7	9:35/M
73Lee Handlin	Lubbock TX	42	38:34.6	9:39/M
74Jill Odorizzi	Dallas TX	30	38:58.5	9:45/M
75Miguel Hinojosa	Lubbock TX	31	39:05.7	9:46/M
76Alexis Roberts	LUBBOCK TX	26	39:14.8	9:49/M
77LaNell Martindale	Lubbock TX	49	39:38.8	9:55/M
78JUDY FLEMING	LUBBOCK TX	47	39:39.8	9:55/M
79GORDEN JENKINS	AMARILLO TX	71	39:41.0	9:55/M
80James Deaver	Lubbock TX	54	39:53.6	9:58/M
81malini patel	lubbock TX	30	40:18.6	10:05/M
82Joe Martin	Lubbock TX	52	41:02.7	10:16/M
83Christy Baugh	Lubbock TX	15	41:05.0	10:16/M
84Lynsey Deaton	Lubbock TX	26	41:20.1	10:20/M
85Jill Jaquess	Lubbock TX	34	41:23.3	10:21/M
86James Llivernore	LUBBOCK TX	64	41:35.8	10:24/M
87Craig Peterson	Hobbs NM	54	41:38.2	10:25/M
88gwen lappley	Lubbock TX	49	41:47.7	10:27/M
89Bill Felton	Lubbock TX	77	42:10.3	10:33/M
90Tori Mahan	Wolfforth TX	23	42:22.9	10:36/M
91april covington	lubbock TX	27	42:54.2	10:44/M
92Sam Wall	SLATON TX	62	42:55.5	10:44/M
93Jerry Adams	Lubbock TX	36	43:40.8	10:55/M
94Maria Villegas	Levelland TX	36	43:43.3	10:56/M
95MIKE STRUM	CARLSBAD NM	60	43:54.5	10:59/M
96Angel Puyear	lubbock TX	30	44:08.0	11:02/M
97Etta Mayer	Lubbock TX	62	44:27.2	11:07/M
98Arthur Zavala	Lubbock TX	40	44:29.1	11:07/M
99Stacy Cain	Lubbock TX	39	44:45.6	11:11/M
100Sherrri Rodriguez	Slaton TX	47	44:51.6	11:13/M
101Cheryl Weber	Lubbock TX	58	44:52.3	11:13/M
102Douglas Sanford	Lubbock TX	63	44:54.8	11:14/M
103Amy Lovett	Portales NM	33	44:59.5	11:15/M
104Stacey Splawn	Plainview TX	25	45:31.7	11:23/M
105David Splawn	Plainview TX	36	45:41.6	11:25/M
106Katelyn Olsen	Lubbock TX	26	45:50.6	11:28/M
107Debbie Roman	Lubbock TX	56	45:54.2	11:29/M
108Tracy Baugh	Lubbock TX	49	45:54.7	11:29/M
109Marty Adcock	Anton TX	51	47:27.0	11:52/M
110Angie Romans	Lubbock TX	45	47:28.1	11:52/M
111Carrie Timmons	Levellad TX	33	48:05.5	12:01/M
112Penne Richards	Lubbock TX	48	48:08.3	12:02/M
113Kaci Cechan	Lubbock TX	28	48:37.6	12:09/M
114Jeremy Garcia	Lubbock TX	35	48:55.9	12:14/M
115Ginger Hall	Lubbock TX	35	49:31.5	12:23/M
116Ann Hodges	Wolfforth TX	54	50:24.4	12:36/M
117Bobbey Hmrcirik	Lubbock TX	37	50:30.6	12:38/M
118Victoria Coronado	LUBBOCK TX	15	52:08.6	13:02/M
119Amber Glass	Lubbock TX	37	52:08.8	13:02/M
120Julie randolph	lubbock TX	53	52:38.9	13:10/M
121rick lampe	lubbock TX	67	53:59.9	13:30/M
122Gabriela Saldana	Lubbock TX	48	55:35.6	13:54/M
123David Coronado	LUBBOCK TX	44	57:27.2	14:22/M
124Amanda Hinojosa	Lubbock TX	26	59:12.9	14:48/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

The 2011 WTRC Year End Celebration will be held at the Wolfforth Community Center at Patterson Park (see map), on Friday, January 20, 2012 from 6:30 - 10:00 pm. Please bring your family and/or special supporters and a side dish or dessert. The club will provide the meat, bread, and drinks.



SW Loop 289 Wolfforth Patterson Park Take the Marsha Sharp Freeway (Brownfield Hwy) toward Wolfforth Patterson Park Community Center . The Community Center is on the West side of Wolfforth's Patterson Park. Access is through the North park entrance or the Baseball Complex entrance.

**LOOP THE LAKE 5 MILE & 2 MILE RUNS
WEST TEXAS RUNNING CLUB'S ANNUAL JANUARY RACE
FIVE MILE EVENT RECORDS (Since 1992)**

MEN

DIV	NAME	TOWN	AGE	TIME	YEAR
6-12	Walker Adams	San Angelo	10	36:10	2008
13-15	K.T.Manis	Hobbs, NM	15	29:05	2009
16-19	Julian Florez	Hobbs, NM	17	27:25	2010
20-24	Brandon Birdsong	Alamosa, CO	22	25:32	* 2011
25-29	Jackson Makene	Lebanon, IL	26	26:45	1998
30-34	Nick Cordes	Lubbock	31	25:52	2011
35-39	Quent Bearden	Lubbock	35	28:04	2011
40-44	Bob Jackson	Hobbs, NM	40	27:37	1999
45-49	Bob Jackson	Hobbs, NM	46	30:17	2005
50-54	Bob Jackson	Hobbs, NM	50	29:04	2010
55-59	George W. Jury	Lubbock	55	30:58	1992
60-64	Don Sanderson	Tulia	64	34:46	1994
65-69	Don Sanderson	Tulia	65	34:40	1995
70+	Don Sanderson	Tulia	70	39:33	2000
	Clydes Farrell Martin	Lubbock	36	33:11	2003

WOMEN

DIV	NAME	TOWN	AGE	TIME	YEAR
6-12	Colleen Adams	San Angelo	11	36:59	2005
13-15	Colleen Adams	Wall, Tx	15	34:07	2009
16-19	Tara Jemigan	Hawley	16	34:48	1998
20-24	Julie Wall	Lubbock	21	34:42	2004
25-29	Briseida Ramos	Lubbock	27	33:49	2011
30-34	Marjory Stewart	Lubbock	34	31:15	1993
35-39	Marjory Stewart	Lubbock	35	30:40	* 1994
40-44	Marjory Stewart	Lubbock	41	33:56	2000
45-49	Melanie McVey	Sundown	47	40:49	2009
50-54	Madonne Miner	Lubbock	51	38:33	2004
55-59	Sherill Easterling	Snyder	55	40:39	2005
60+	Deb Hendley	Lubbock	60	44:15	2010
	Athena Kristi Starr	Lubbock	40	43:01	2011

* OVERALL COURSE RECORDS

Note: ages 6-12 are no longer eligible to participate in our longer events.
This applies to male or female and any distance over 4 miles.

2 MILE EVENT RECORDS (Since 2008)**MEN**

DIV	NAME	TOWN	AGE	TIME	YEAR
6-12	Walker Adams	Wall, Tx	11	14:09	2009
13-15	Joseph Flotte	Hobbs, NM	15	11:19	2011
16-19	Lucas Morris	Lubbock	16	11:36	2009
20-24	Alex Condon	Lubbock	20	13:22	2008
25-29	Blake Bednarz	Lubbock	26	11:07	* 2011
30-34	Gabriel Olivarez	Lubbock	34	14:29	2011
35-39	Lee Cohen	Lubbock	38	12:00	2011
40-44	Juan Herrera	Sundown	40	14:47	2011
45-49	Abel Reyna	Lubbock	47	14:43	2011
50-54	Jackie Cannon	Amarillo	52	13:07	2008
55-59	Jackie Cannon	Amarillo	55	13:15	2011
60-64	Rob Lee	Lubbock	63	20:35	2011
65-69	Jim Harris	Hobbs, NM	66	18:30	2009
70+	David Lard	Amarillo	74	17:33	2011
	Clydes Milt Brownfield	Lubbock	52	15:42	2010

WOMEN

DIV	NAME	TOWN	AGE	TIME	YEAR
6-12	Avery McName	Lubbock	12	15:26	2011
13-15	Turner Adams	Wall, Tx	13	14:44	2009
16-19	Audrey Baeza	Hobbs, NM	18	13:27	* 2011
20-24	Amy Martin	Lubbock	20	16:51	2010
25-29	Amanda Boston	Lubbock	25	14:03	2010
30-34	Tammy Moriearty	Wolforth	34	16:10	2008
35-39	Tammy Moriearty	Wolforth	35	15:47	2009
40-44	Deana Martin	Shallowater	42	18:23	2011
45-49	Kammy Philbrick	Lubbock	48	17:41	2009
50-54	Glenna Beyer	Lubbock	51	20:11	2010
55-59	Beth Gerken	Amarillo	56	17:45	2011
60+	P.J. Mitchell	Lubbock	64	18:17	2010
	Athena Nikki Roa	Lubbock	24	20:50	2009

* OVERALL COURSE RECORDS

**WEST TEXAS RUNNING CLUB'S
19th Annual Loop The Lake**

EVENT # 1 OF THE W.T.R.C. CHALLENGE SERIES

WHEN: Saturday, January 14, 2012
Register online at <http://wtrunning.com>
Race starts at 10:00 A. M.

WHERE: Buddy Holly Recreation Area, West of North University & on Cesar Chavez

COURSE: Rolling 5 Mile and 2 Mile on Pavement and Concrete Walkways. WTRC Rules Do Not Permit Pets, Skates, Strollers, or Bicycles

ENTRY FEE: WTRC Members \$5.00, Non-Members \$10.00, No Race Day Registration!

AWARDS: Medals will be awarded to at least the first three finishers in each age group division and up to 50% of each group — 5 Maximum

**On-line registration expires at 6pm,
Thursday before the race.**

AGE DIVISIONS:

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

WOMEN: 13-15, 16-19, 20-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60 Plus

"Special age division for 2 mile: 7-12 male and female"
(must be at least 13 to run the 5 Mile)

Clydesdale and Athena group in both races.

WTRC - TOYS FOR TOTS 2011 (1 MILE)

Place	BIB #	Name	Gender	Age	Time
1	445	RIKI SAMPSON	M	9	6:20
2	437	GAGE URIASM	11	6:54	
3	436	FELICITY URIAS	F	9	7:47
4	401	B. ANDERSON	M	9	7:51
5	419	C. HUGHES M	7	7:59	
6	??	??	M	??	8:07
7	447	C. HEISE M	6	8:16	
8	425	E. MUNOZ F	10	8:29	
9	435	D. URIAS M	7	8:33	
10	434	S. SANDERS F	12	8:38	
11	423	B. MEDRANO	F	8	8:44
12	426	J. MUSA	M	7	8:45
13	446	D. YEOMAN M	8	10:30	
14	422	B. MEDRANO	F	4	10:31
15	409	S. GOING M	9	10:34	
16	444	C. CROSSNOE	M	10	10:44
17	??	??	F	??	11:27
18	414	J. HALL	M	11	11:33
19	408	C. CORONADO	F	11	11:44
20	407	J. CORONADO	M	8	11:46
21	438	K. VARGHESE	F	5	11:49
22	??	??	M	??	12:34
23	416	I. HESTER F	4	12:58	
24	440	G. WALDROP	F	7	13:07
25	402	M. BLANN F	7	13:14	
26	403	B. BRAGG F	7	13:34	
27	??	??	M	??	14:04
28	??	??	F	??	14:46
29	439	A. WALDROP	F	5	16:23

Unknown finishers - bibs not visible



WTRC Calendar

◆ Indicates WTRC Monthly Race & CHALLENGE SERIES EVENT

- JAN 03 WTRC Board meeting: Tuesday, 7:00pm
Ron's office, 3309-67th St, 806-781-0231
- * JAN 14 LOOP THE LAKE: 5M/2M, 10:00am, Buddy Holly Rec. area,
N. University, Lubbock, TX, RD: David Doyle, 806-535-5914
- JAN 20 END OF YEAR CELEBRATION: Bring your family/special people
in your life and a veg. dish/desert. We will have
challenge series awards and raffles for SPFB. Everyone
gets 1 ticket; additional for \$1 or 1 can of food.
Wolfforth Community Ctr at Patterson Park at 6:30pm
- JAN 21 The Duel: 2-Day event, Half Marathon/Marathon/50K/5K,
Wichita Falls www.theduel.org Sandy Monson, 940-322-3223
- JAN 29 Miracie Match Marathon: Waco, TX, Marathon/Half/4Person
Relay/5K/1M, 7:30am miraclematchmarathon.org
- JAN 29 3M Half Marathon: 6:45am, Austin, TX
http://solutions.3m.com/wps/portal/3M/en_US/HalfMarathon
- * FEB 11 COTTON PATCH RUNS: 14K/4M/4M Relay/Kids 1M, 9:00am,
Texas Boys Ranch 4810 N. CR 2800, RD: David, 806-785-8562
- FEB 19 Livestrong Austin Marathon: Marathon/Half Marathon,
<http://youraustinmarathon.com>
- FEB 26 Cowtown Marathon: <http://cowtownmarathon.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/>
- APR 07 Wayland Wellness Run: Half Marathon/10K/5K/1M,
<http://waylandwellnessrunwalk.org/>
- * APR 14 RUN FOR THE ARTS: 8:00am Kid's Café Fun Run, 15K/2MI
8:30am (PLEASE be parked by 8:00am for safety for Kid's
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>

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



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

Season's Greetings and
Best Wishes for a Happy,
prosperous fit New Year.

Be an Early Bird!
RENEW NOW!