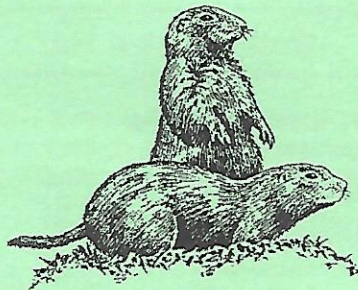




March 2012



Volume 5 Issue 2

A Note From the President

When is a running event "as safe as it can be?" We examine that question at almost every WTRC board meeting. Why? ... because we feel that our charter demands that safety must continue to be regarded as one of the key elements of properly managed running events.

When a running club is made up of only a couple hundred members and draws fewer than 100 entrants per event, almost all of them being "regular" runners, a water station or two and a few course monitors arguably make the courses "safe enough". But as participation grows and the runner profile continues to change (more grade-schoolers and groups of "get-fit" walkers for example), the question of "... safe enough?" must be answered differently.

Today our events meet or exceed the aid-stations-per-mile recommended by the RRCA, we use police officers and sheriff's deputies for street crossings, hire EMS services, provide redundant course monitoring and "sweepers" to assist distressed runners or to neutralize loose dogs, elk and rhinos, and have developed protocols for severe conditions such as black-ice, flooding, etc.

But is all of this "safe enough"? I don't believe it is ... but I also do not believe that the missing elements of running safety for this club can be provided by the WTRC board or its race directors. They have to come from you the runners. Only **YOU** can turn down or take off those headphones on the long, unwatchable stretches of country road where farm hands drive a bit too fast and you tend to "drift" a bit too close to the center stripe; only **YOU** can run alongside your 7-year-old who is clueless about traffic; only **YOU** can say "I've had it" when it is over 100 degrees and you've never felt quite this bad before; only **YOU** can decide that running in a crowd of 500 with your baby in a stroller is a bit risky.

Please help us make our events safer than "safe enough".

SYOTR, Ron

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

The WTRC monthly business meeting is on Wednesday, March 07, 2012 @ 7:00 p.m. at Ron's office, 3309-67th St., All Members are welcome.

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Prairie Dog Town Races
2 and 4 Mile
March 10, 2012
Start at 9:00 AM
 MacKenzie Park /
 Broadway & Canyon
 Lake Drive
 Cody Miller,
 Race Director,
 806-773-8905



4509 71st Street #907
Lubbock, TX 79424

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Event: 4th Annual Cotton Patch Runs at Texas Boys Ranch, Feb 11th It was almost TOO COLD for this year's run, as we had several who were not quite prepared for the sub-freezing temps. My apologies for the delays, equipment failures and miscommunication. I appreciate everyone who came out to support this event...and to all of the wonderful volunteers. You are all VERY SPECIAL to the WTRC.

of Participants: 220...not bad, considering the elements.

Weather: Very, very cold and windy...wind chill around 5 degrees. It's a good thing Wolfforth EMS was on hand to provide assistance!

Volunteers: Suzan Caudle (Asst RD), Fred Constancio, Debbie Gelber, George Jury, Marek Potratz, Terry Dalton, Tony Aleman, Dennis Berger, James Pratt, Lubowicz, Amy Hancock, PJ and Wayne Sullivan, Adam Puckett, Lance & Maddie Ward, Russ Miller, Kyla Graham & Brady Goen from TBR, Riley Willingham, Tania Moody & Jody Rose (courtesy of Russ), Donna & Loni from PNB, Travis Knapp, Sarah Gaxiola, Cynthia Sorrenson, Myriam, Brad and Monika....Thank you very much!! Also, Randy Holloway, Mike Greer, Amanda Boston and Laura Lappe helped out before running!!

Relay teams: 21 total 2-person teams from Honey Elementary, Shallowater, Centennial Elementary, TxBR, Roscoe Wilson, Frenship and several open/mixed ages. Overall winning team was "Last Place", and what a clever name, eh? Amy Hancock and Laura Lappe did a great job organizing and handling the check-in duties.

1 Mile Fun Run: 33 youngsters braved the cold for this first running of the 1 Mile. See our results page for the one mile order of finish.

Individual Winners: Overall 4 mile winners were Shae Riley and Quent Bearden. 14K winners were Coby Styles and Amanda Boston. One mile winners were Riki Sampson and Paige Pierce.

Photos: see our website (soon) for a link to slideshows, courtesy of Suzan Caudle and Jim Harris.

Texas Boys Ranch is a very gracious host and again expressed their appreciation to the WTRC for coming out to "The Ranch" for this memorable event. We hope you will continue to support it next year.

David Higgins, Race Director

Volunteer Coaches Needed

Welcome to Team Kids Café!

The Kids Café Fun Run for 2012 is Saturday, April 14th -less than two months away.

Many kids from Team Kids Cafe will train for the Run and when they cross the finish line, you will get to experience their pride and sense of accomplishment. These emotions will be evident from their ear-to-ear smiles and the bright Finisher's Medal proudly displayed from around their neck. Many of the kids who finish the Run, will wear their Finisher's Medal and Event T-shirt to bed that night, to church the next day, and to school into the next week. Their **inspiration** is derived from their sense of accomplishment.

Inspiring kids is the goal of Team Kids Café. As the coach, you will be **inspiring** kids by providing a positive role model. You will be **inspiring** kids by encouraging them to make healthy choices in what they do everyday. You will be **inspiring** kids to achieve a positive change in their long term health.

You will be changing lives by showing the kids an alternative to a sedentary lifestyle!

Team Kids Café is a running program for the children of Kids Cafe designed to encourage healthy lifestyles through diet and exercise and focuses on the benefits of running. Kids Café, 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.

Using a curriculum that presents running as a fun activity, coaches will train and develop their Team Kids Café running team at a Kids Café location in Lubbock. Your kids will experience running in a positive and enjoyable way by participating in running games, drills, relays and group activities. They will attend special training clinics on running form and technique, running safety, injury prevention and nutrition. Coaches will serve as a positive role model by demonstrating and nurturing teamwork, leadership, good sportsmanship and discipline. The benefits for your kids are a positive self-esteem derived from a sense of accomplishment and all the healthy benefits associated with running that include: doing better in school, managing stress, and reducing childhood obesity. Previous coaching experience is not required. You will attend a special Train the Trainer coach's seminar to learn the Team Kids Café curriculum. All you need to bring is the desire to inspire!

The Team Kids Café six week training program will begin the week of March 5th, 2012 at each Kids Café location. Coaches will work with their teams for one hour, two times per week. Training days and times have not yet been finalized for all the kids Café locations, but most of the training will occur during the 4 – 6 p.m. window. The program culminates with the opportunity for the kids to participate for Free in the 5th Annual Kids Café Fun Run on Saturday, April 14th, held in conjunction with the West Texas Running Club's Run for the Arts and the Lubbock Arts Festival. All Team Kids Café participants receive an Event T-shirt to wear for the Run and a Finisher's Medal when they cross the finish line. The West Texas Running Club donates all the proceeds from this event to the South Plains Food Bank's Kids Café program.

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

COTTON PATCH RUN AT TBR
4 MILE OVERALL
"February 11, 2012"
WTRC LUBBOCK TX

PlaceName	City	Age	Time	Pace	PlaceName	City	Age	Time	Pace
1quent bearden	lubbock TX	36	22:53	5:43/M	69Ryan Bye	Lubbock TX	22	41:48	10:27/M
2David Preston	Lubbock TX	24	24:00	6:00/M	70Jennifer Flanagan	Clifton TX	24	41:51	10:28/M
3Last Place team	Wolfforth TX	16	24:28	6:07/M	71Dian Alonzo	Lubbock TX	49	42:04	10:31/M
4Ganbare Nihon B	lubbock TX	28	24:55	6:14/M	72Ellen Weaver	Lubbock TX	25	42:11	10:33/M
5Poncho & Lefty Honey	LUBBOCK	10	25:27	6:22/M	73Lauren Brownd	Lubbock TX	29	42:14	10:34/M
6Speed Bumps team	Lubbock TX	16	25:45	6:26/M	74MIKE STRUM	CARLSBAD NM	61	42:35	10:39/M
7Cam Mencio	Lubbock TX	29	27:52	6:58/M	75Marty Adcock	Anton TX	51	43:10	10:48/M
8Tim Key	Lubbock	44	28:21	7:05/M	76Kaci Cechan	Lubbock TX	28	43:50	10:58/M
9Shannon Bolton	Lubbock TX	39	29:16	7:19/M	77LaShell Camper	Lubbock TX	51	44:12	11:03/M
10Shannon Anderson	Lubbock TX	40	29:58	7:29/M	78Carolyn Emre	Lubbock TX	52	46:10	11:33/M
11Shae Riley	Cedar Park TX	35	30:10	7:33/M	79Mike Kelley	Lubbock TX	63	46:12	11:33/M
12Juan Herrera	Levelland TX	41	30:14	7:34/M	80Shanna Faries	Lubbock TX	27	47:02	11:46/M
13Johnny Chagoya	Lubbock TX	30	30:31	7:45/M	81Jay Dulin	Shallowater TX	37	47:21	11:50/M
14GARY EVANS	Lubbock TX	31	30:42	7:41/M	82VALERIE SALINAS	Lubbock TX	31	47:46	11:57/M
15David Aguirre	Lubbock TX	40	31:01	7:45/M	83JIM HARRIS	HOBBS NM	69	48:18	12:05/M
16Richard Shaw	Plainview TX	50	31:04	7:46/M	84Kelsey Jordan	Lubbock TX	17	49:47	12:27/M
17Jeffrey Rosales	Lubbock TX	25	31:05	7:46/M	85Emma Mcqueen	Lubbock TX	17	49:48	12:27/M
18Abel Reyna	Lubbock TX	48	31:13	7:48/M	86Jennifer Hooper	Lubbock TX	39	50:10	12:33/M
19Randy Holloway	Lubbock TX	55	31:34	7:54/M	87Laura Lappe	Lubbock TX	46	50:41	12:40/M
20Ruben Lopez-Cardozo	Lubbock TX	48	31:44	7:56/M	88ANDI GIBERSON	LUBBOCK TX	46	?	?
21Chris Riley	Cedar Park TX	37	33:17	8:19/M	89Niv Krikov	Lubbock TX	41	?	?
22Jeff Knowles	Lubbock TX	31	33:37	8:24/M	90Bailey Martin	Lorenzo TX	19	?	?
23Sam's Team	Slaton TX	22	33:43	8:26/M	91Rob Noland	Hereford TX	47	?	?
24Bryan Timpe	Lubbock TX	43	33:48	8:27/M	92JUSTIN VIGIL	Shallowater TX	13	?	?
25Troy Pratt	Lubbock TX	45	33:52	8:28/M	93MIA barrientos	Lubbock TX	17	?	?
26Power Pals-Honey	Lubbock TX	10	34:00	8:30/M	94Bill Felton	Lubbock TX	77	?	?
27Philip Spiegelberg	Lubbock TX	23	34:15	8:33/M	95Josie Aleman	Lubbock TX	60	?	?
28Angela DeCicco	Lubbock TX	26	34:30	8:38/M	96rick lampe	Lubbock TX	67	?	?
29Clay Fleming	Idalou TX	27	34:40	8:40/M	97Amanda Hinojosa	Lubbock TX	26	?	?
30Gambare Nihon A	Lubbock TX	38	34:41	8:40/M					
31Jerry Morris	Lubbock TX	61	34:55	8:44/M					
32Luis Cardenas	Lubbock TX	60	35:23	8:51/M					
33Running Red Raiders	Lubbock TX	10	35:27	8:52/M					
34Kazuyoshi Ishida	Lubbock TX	36	35:50	8:58/M					
35Doodle Dudes Honey	Lubbock TX	10	35:59	9:00/M					
36Fernando Rivas	Lubbock TX	26	35:59	9:00/M					
37Sisters IN LAW	Lubbock TX	23	36:20	9:05/M					
38Double H team	Lubbock TX	25	36:20	9:05/M					
39Muleshoe Moms	Muleshoe TX	29	36:36	9:09/M					
40Jack Bearden	Lubbock TX	64	36:39	9:10/M					
41THE ROOKIES team	Lubbock TX	24	36:46	9:12/M					
42Daniel Emre	Lubbock TX	17	36:50	9:13/M					
43Bryan Abercrombie	Lubbock TX	45	36:57	9:14/M					
44Soul Sisters Honey	Lubbock TX	10	37:23	9:21/M					
45THE HOEVES team	RANSOM C TX	13	37:26	9:22/M					
46Dustin Lynn Killpack	Lubbock	23	37:45	9:26/M					
47Theresa Daniel	Lubbock TX	44	37:59	9:30/M					
48Wendy Anderson	Lubbock TX	41	38:07	9:32/M					
49Gorden Jenkins	Amarillo TX	71	38:09	9:32/M					
50Shannon McClendon	Lubbock TX	40	38:22	9:36/M					
51JIM DECKER	Lubbock TX	50	38:29	9:37/M					
52TBR- The Bouncers	Lubbock TX	15	38:32	9:38/M					
53Patrick Curry	Lubbock TX	44	39:07	9:47/M					
54Maricarmen Solis	Levelland TX	39	39:14	9:49/M					
55gary sema	Lubbock TX	32	39:27	9:52/M					
56Tracy Suit	Lubbock TX	41	39:39	9:55/M					
57joe martin	Lubbock TX	52	39:41	9:55/M					
58Erin Dulin	Shallowater TX	33	39:55	9:59/M					
59Energizer Bunnies	Lubbock TX	10	40:02	10:01/M					
60Randy Bunyard	Lubbock TX	54	40:03	10:01/M					
61Mad Dash team Honey	Lubbock TX	10	40:04	10:01/M					
62Zombie HuntersHoney	Lubbock TX	10	40:04	10:01/M					
63Jessie Jones	Lubbock TX	23	40:07	10:02/M					
64Tayler Griffin	Lubbock TX	25	40:09	10:02/M					
65Lynsey Deaton	Lubbock TX	26	40:17	10:04/M					
66Abraham Montalvo	Plainview TX	13	40:30	10:08/M					
67Devils team - Honey	Lubbock TX	10	41:06	10:17/M					
68Mario Brothers Honey	Lubbock TX	10	41:11	10:18/M					

WTRC Policies

Children's Running Policies

Age Group Policy

0-3 Not allowed to run in WTRC races

4-6 Allowed to run in the 1 mile races; not allowed to run in races farther than 1 mile; must be accompanied by an adult at ALL times

7-9 Allowed to run in any race up to and equal to 2 miles; must be accompanied by an adult at ALL times

10-12 Allowed to run in any race up to and equal to 4 miles

13-15 Allowed to run in any race up to and equal to 10 kilometers (6.2 miles) 16+ Allowed to run any WTRC race

Registration policy

There is no race day registration for any WTRC Race.

Please use the online signup method, even if you're not sure you will be there. The online signup always expires 2 days prior to race day at 6pm (except for our 3 "t-shirt races," which expire 3 days prior at 6pm).

Bib/Chip Pick-up policy

Bib/chip pick-up expires 30 minutes prior to every race.

No runner will be allowed to pick up their bib or chip after the pick-up table closes. Volunteers need ample time to get the chip system ready for the race to start.

Plan on arriving to the race site early to have time to park and pick up your bib and chip.

Races will start on time.

You must also notify the race director of your intent to volunteer at their race. This is the only way volunteers are kept track of.

Be courteous & have fun!

COTTON PATCH RUN AT Texas Boys Ranch
14K OVERALL
February 11, 2012
Lubbock TX

PlaceName	City	Age	Time	Pace	PlaceName	City	Age	Time	Pace
1Koby Styles	Holliday TX	27	50:54	5:55/M	70Stephanie Higgins	Lubbock TX	23	??	
2Robert Morrow	Clifton TX	29	55:21	6:26/M	71James Livermore	Lubbock TX	64	??	
3Lucas Morris	Lubbock TX	19	55:46	6:29/M	72Etta Mayer	Lubbock TX	62	??	
4Newton Chillan	Lubbock TX	31	57:58	6:44/M	73Jason McDonald	Shallowater TX	38	??	
5Matt Ange	Lubbock TX	23	58:27	6:48/M	74Laura Romero	Lubbock TX	24	??	
6John Rushing	Lubbock TX	21	58:42	6:50/M	75Magan Styles	Holliday TX	25	??	
7Luke Samarron	Levelland TX	18	58:51	6:51/M	76Mike Greer	Ransom Cnyn TX	73	1:45:06	12:13/M
8Trent Early	Lubbock TX	23	59:15	6:53/M	77Ann Hodges	Wolforth TX	54	1:58:05	13:44/M
9Nicholas Reeves	Lubbock TX	33	1:00:03	6:59/M					
10Joe Osterkamp	Muleshue TX	34	1:01:02	7:06/M					
11Martin Montalvo	Plainview TX	47	1:01:32	7:09/M					
12Lee Cohen	Lubbock TX	39	1:01:47	7:11/M					
13Epi Aguirre	Lubbock TX	53	1:05:38	7:38/M					
14Paul Pare	Lubbock TX	49	1:05:44	7:39/M					
15Amanda Boston	Lubbock TX	27	1:06:10	7:42/M					
16Andrew Allison	Lubbock TX	30	1:06:12	7:42/M					
17Iris Rivero	Lubbock TX	36	1:06:18	7:43/M					
18Jerry Dwyer	Lubbock TX	52	1:06:18	7:43/M					
19Stephen Romero	Lubbock TX	30	1:06:37	7:45/M					
20Tammy Moriearty	Lubbock TX	38	1:07:28	7:51/M					
21Joshua Leyva	Lubbock TX	32	1:08:04	7:55/M					
22Walter Bowser	Lubbock TX	44	1:08:12	7:56/M					
23Mont McClendon	Lubbock TX	40	1:09:16	8:03/M					
24Jonna Byars	Lubbock TX	38	1:11:01	8:15/M					
25Avery Blake Nunez	Plainview TX	16	1:12:05	8:23/M					
26Tony Bonner	Lubbock TX	32	1:12:15	8:24/M					
27Jim Higgins	Lubbock TX	51	1:13:19	8:32/M					
28Randy Gattis	Lubbock TX	27	1:13:22	8:32/M					
29Manny Vigil	Shallowater TX	38	1:13:47	8:35/M					
30Marty White	Lubbock TX	40	1:16:12	8:52/M					
31Farrell Martin	Shallowater TX	45	1:16:32	8:54/M					
32Melanie Robertson	Midland TX	29	1:16:48	8:56/M					
33Chris Castillega	Lubbock TX	38	1:17:40	9:02/M					
34Clint Cechan	Lubbock TX	28	1:17:53	9:03/M					
35Ronnie Adams	Lubbock TX	37	1:18:28	9:07/M					
36Ginny McMinn	Lubbock TX	32	1:19:30	9:15/M					
37Angie Sonnenberg	Lubbock TX	32	1:19:33	9:15/M					
38Nathan Paden	Slaton TX	43	1:19:35	9:15/M					
39Chris Bery	Lubbock TX	32	1:20:03	9:18/M					
40Jennifer Farris	Lubbock TX	33	1:20:14	9:20/M					
41Miguel Hinojosa	Lubbock TX	31	1:20:31	9:22/M					
42Brent Adcock	Anton TX	49	1:21:00	9:25/M					
43Kyle Campbell	Lubbock TX	23	1:23:21	9:42/M					
44Richard Gale	Lubbock TX	62	1:23:57	9:46/M					
45Les Kinman	Lubbock TX	46	1:24:14	9:48/M					
46Holly Snodgrass	Lubbock TX	42	1:24:23	9:49/M					
47Sharla Kinman	Lubbock TX	43	1:24:56	9:53/M					
48Zakni Redding	Lubbock TX	23	1:26:07	10:01/M					
49Ruben Picon	Lubbock TX	25	1:26:44	10:05/M					
50Amy McAlexander	Lubbock TX	31	1:26:59	10:07/M					
51Dee Knapp	Lubbock TX	45	1:28:09	10:15/M					
52Jessica Hendricks	Lubbock TX	27	1:28:11	10:15/M					
53J Edson Pinto	Lubbock TX	50	1:28:37	10:18/M					
54Gwen Lapplely	Lubbock TX	49	1:31:13	10:36/M					
55Chanda White	Lubbock TX	38	1:31:28	10:38/M					
56Jerry Adams	Lubbock TX	36	1:31:34	10:39/M					
57Cathy Paden	Slaton TX	41	1:31:35	10:39/M					
58Jim Thompson	Plainview TX	57	1:32:00	10:42/M					
59Wendy Oglesby	Lubbock TX	40	1:32:09	10:43/M					
60Jay White	Lubbock TX	57	1:32:10	10:43/M					
61Craig Peterson	Hobbs NM	55	1:32:10	10:43/M					
62Christie Hodge	Lubbock TX	41	1:33:08	10:50/M					
63Julie Haverdink	Lubbock TX	39	1:33:10	10:50/M					
64Ben Boston	Lubbock TX	27	1:33:41	10:54/M					
65Tim Chase	Midland TX	54	1:35:50	11:09/M					
66mars bennett	Lubbock TX	48	??						
67Byron Campbell	Lubbock TX	28	??						
68Kris CHarboneau	TBR TX	17	1:43:00						

Cotton Patch at TBR - One Mile Fun Run
Feb 11, 2012

1. RIKI SAMPSON,	AGE 9 (Overall Male)
2. DONA VAUGHN HILL,	10
3. XAVIER RODRIGUEZ,	8
4. BEN MCCLENDON,	8
5. JEREMY MCGINNIS,	12
6. PAIGE PIERCE,	7 (Overall Female)
7. CARSON BOLTON,	8
8. MADELEINE DAVIS,	7
9. BRANT BOLTON,	9
10. LUCAS LIRA,	9
11. ??	(male)
12. ??	(female)
13. MCKENZIE DULIN,	8
14. DA'QUAN FRAZIER,	9
15. ELIDA VALDEZ,	12
16. ISABELLE BRUMLEY,	7
17. JAIDYN MILLER,	6
18. ??	(female)
19. ETHAN CONNOR,	9
20. KHLOEI SERNA,	4
21. MEAGAN WALSTON,	10
22. ??	(female)
23. BAYLIE CHILDRESS,	11
24. KATHERINE HALL,	6
25. LAURA BYARS,	8
26. TAYLOR GOMEZ,	8
27. VICTORIA SILVA,	9
28. LISET RODRIGUEZ,	9
29. T.J. STEELE,	9
30. NADIA SALAS,	9
31. COLTON MORTENSEN,	5
31. JESSLYN MORTENSEN,	9
32. TITO LIRA,	11
33. DANIEL,	13
?? No Visible Bib	

Congratulations to

Mike Strum from Carlsbad, NM and member of the WTRC came in 3rd Place in his age group in the Southwest Challenge Series. A Duathlon and Triathlon Championship 2011 Podium Finishers and Qualifi-

W.T.R.C. 2012 CHALLENGE SERIES
STANDINGS AFTER 2 EVENTS
FEMALE

YTD TOTALS						YTD TOTALS					
7 - 9 FEMALE	AGE	PTS	MILES	EVT	VOL	40 - 44 FEMALE	AGE	PTS	MILES	EVT	VOL
Mckenzie Dulin	8	8	2	1		Holly Snodgrass	42	19	13.7	2	
Lauren Banta	9	6	2	1		Wendy Anderson	41	18	6	2	
Laura Byars	8	3	2	1		Sharla Kinman	43	17	13.7	2	
						Cathy Paden	41	8	8.7	1	
13 - 15 FEMALE	AGE	PTS	MILES	EVT	VOL	Shannon McClendon	40	8	4	1	
Maddie Ward	14	10	10.7	2	*	Susan Lewallen	44	8	2	1	
Kayla Martin	14	9	2	1		Wendy Oglesby	40	7	8.7	1	
						Amy Hoffpauir	40	7	5	1	
16-19 FEMALE	AGE	PTS	MILES	EVT	VOL	Christie Hodge	41	6	8.7	1	
Lindsey Lewallen	17	10	5	1		Jamie Ward	41	5	2	1	
Kyla Daniel	15	8	2	1		Shannon Grissom	44	4	5	1	
						Deborah Gelber	43	0	8.7	1	*
20 - 24 FEMALE	AGE	PTS	MILES	EVT	VOL	Sandra Torres	44	0	5	1	*
Stephanie Higgins	23	16	13.7	2							
Amy Martin	23	11	2	1		45 - 49 FEMALE	AGE	PTS	MILES	EVT	VOL
Jessie Jones	23	10	4	1		Dee Knapp	45	19	13.7	2	
Tori Mahan	23	8	5	1		Laura Lappe	46	19	6	2	
Nicole Garza	24	7	5	1		Mars Bennett	48	15	13.7	2	
						Theresa Daniel	44	15	9	2	
25 - 29 FEMALE	AGE	PTS	MILES	EVT	VOL	Valeri Gatlin	45	10	5	1	
Angela Decicco	26	18	9	2		Tommie Gressett	49	9	2	1	
Amanda Boston	27	11	8.7	1		Andi Giberson	46	8	9	2	*
Allison Forsberg	28	11	5	1		Julie Polk	47	6	5	1	
Laura Romero	24	9	8.7	1		Teresa Tone	45	5	5	1	
April Covington	27	7	5	1		Heather Williams	46	3	5	1	
Shanna Faries	27	5	4	1		Cynthia Sorrensen	48	0	8.7	1	*
Amanda Hinojosa	26	4	4	1							
						50 - 54 FEMALE	AGE	PTS	MILES	EVT	VOL
30 - 34 FEMALE	AGE	PTS	MILES	EVT	VOL	Gwen Lapple	49	17	13.7	2	
Ginny McMinn	32	18	13.7	2		Carolyn Emre	52	8	4	1	
Erin Dulin	33	18	6	2							
Jennifer Farris	33	13	13.7	2		55 - 59 FEMALE	AGE	PTS	MILES	EVT	VOL
Amy Mcalexander	31	11	13.7	2		Leesa Price	55	10	5	1	
Laura Sefcik	30	10	5	1		Cheryl Weber	58	10	2	1	
Angie Sonnenberg	32	9	8.7	1		Young Moore	55	9	5	1	
Jana Redwine	31	9	5	1		Debbie Roman	56	9	2	1	
Carrie Badillo	34	7	5	1		Suzan Caudle	59	0	13.7	2	*
Brooke Hix	31	7	2	1		Sarah Gaxiola	59	0	8.7	1	*
Erica Freeman	34	6	5	1							
Camille Osterkamp	34	6	2	1		60 - 99 FEMALE	AGE	PTS	MILES	EVT	VOL
Melinda Olivarez	33	5	2	1		Etta Mayer	62	20	13.7	2	
Carrie Timmons	33	2	5	1		Josie Aleman	60	10	4	1	
Keirstin Carson	32	2	2	1		Pj Sullivan	66	0	13.7	2	*
Heather Clark	30	1	5	1							
Michelle Stephens	32	1	2	1		ATHENA-age graded	AGE	PTS	MILES	EVT	VOL
35 - 39 FEMALE	AGE	PTS	MILES	EVT	VOL	Brooke Rushing	36	10	2	1	
Tammy Moriearty	38	19	13.7	2		Gabriela Saldana	48	8	5	1	
Jonna Byars	38	17	13.7	2		Kristina Keyton	33	7	2	1	
Maricarmen Solis	39	15	9	2		Sherri Patterson	43	6	2	1	
Chanda White	38	7	8.7	1		Leigh-Ann Stripling	33	5	2	1	
Chanda White	38	7	8.7	1		Crystal Salazar	32	3	5	1	
Bonnie Bowman	36	7	5	1							

** = RACE DIRECTOR

* = VOLUNTEER

W.T.R.C. 2012 CHALLENGE SERIES
STANDINGS AFTER 2 EVENTS
MALE

YTD TOTALS						YTD TOTALS					
7 - 9 MALE	AGE	PTS	MILES	EVT	VOL	50 - 54 MALE	AGE	PTS	MILES	EVT	VOL
Jon Olivarez	8	9	2	1		Jerry Dwyer	52	19	13.7	2	
Brenden Anderson	9	8	2	1		Joe Martin	52	18	6	2	
Ross Cohen	8	6	2	1		Jim Higgins	51	17	13.7	2	
13-15 MALE	AGE	PTS	MILES	EVT	VOL	Randy Bunyard	54	13	9	2	
Abraham Montalvo	13	17	6	2		Paul Pare	49	9	8.7	1	
Jake Brownfield	14	9	2	1		J. Edson Pinto	50	7	8.7	1	
16-19 MALE	AGE	PTS	MILES	EVT	VOL	Alvin Llanas	52	7	5	1	
Travis Knapp	16	10	13.7	2	*	David Houser	53	5	5	1	
Daniel Emre	17	10	4	1		David Doyle	53	0	10	1	**
Cade Speed	15	10	2	1		Dennis Berger	53	0	8.7	1	*
Kadon Stabeno	16	9	2	1		55 - 59 MALE	AGE	PTS	MILES	EVT	VOL
20 - 24 MALE	AGE	PTS	MILES	EVT	VOL	Jim Thompson	57	17	8.7	1	
Matt Ange	23	10	8.7	1		Randy Holloway	55	11	4	1	*
Lucas Morris	19	10	8.7	1		Joseph Wilson	56	7	0	0	
Jake Mahan	24	9	5	1		Terry Dalton	57	7	8.7	1	*
Zakri Redding	23	6	13.7	2	*	Jay White	57	9	8.7	1	
25 - 29 MALE	AGE	PTS	MILES	EVT	VOL	John Clements	55	14	0	0	
Randy Gattis	27	9	8.7	1		Ed Price	55	14	0	0	
Tyler Johnson	24	9	2	1		Ed Price	55	14	0	0	
Fernando Rivas	26	8	4	1		David Higgins	59	0	17.4	1	**
Ben Boston	27	6	8.7	1		Fred Constancio	59	0	8.7	1	*
30 - 34 MALE	AGE	PTS	MILES	EVT	VOL	60 - 64 MALE	AGE	PTS	MILES	EVT	VOL
Joe Osterkamp	34	18	13.7	2		Richard Gale	62	20	13.7	2	
Gary Evans	31	16	9	2		Jerry Morris	61	19	6	2	
Andrew Allison	30	15	13.7	2		Mike Kelley	63	14	9	2	
Tony Bonner	32	10	13.7	2		Fred Weber	60	10	2	1	
Nicholas Reeves	33	9	8.7	1		Luis Cardenas	60	9	9	2	*
Greg Landfried	30	7	2	1		Mike Strum	61	7	4	1	
Stephen Romero	30	6	8.7	1		Wayne Sullivan	61	0	13.7	2	*
Joshua Leyva	32	5	8.7	1		Tony Aleman	62	0	8.7	1	*
Matt Palmer	32	5	5	1		65 - 69 MALE	AGE	PTS	MILES	EVT	VOL
Miguel Hinojosa	31	4	13.7	2		Rick Lampe	67	19	6	2	
Marek Potratz	30	0	8.7	1	*	James Livermore	64	18	13.7	2	
35 - 39 MALE	AGE	PTS	MILES	EVT	VOL	Jack Bearden	64	16	6	2	
Quent Bearden	36	22	6	2		Ron Lubowicz	69	10	13.7	2	*
Ronnie Adams	37	14	13.7	2		Jim Harris	69	10	4	1	
Jeff Hancock	34	9	5	1		Gary Gressett	64	7	2	1	
Kenny Powell	37	9	2	1		70 - 99 MALE	AGE	PTS	MILES	EVT	VOL
Wesley Everett	37	8	5	1		Gorden Jenkins	71	20	9	2	
Gabriel Olivarez	35	8	2	1		Mike R. Greer	73	10	8.7	1	
Hedge Martin	36	7	2	1		Bill Felton	77	9	9	2	*
Bill Hoffpauir	36	6	2	1		Albert Burrier	78	9	5	1	
40 - 44 MALE	AGE	PTS	MILES	EVT	VOL	George Jury	75	0	13.7	2	*
Shannon Bolton	39	20	6	2		CLYDESDALE - age graded	AGE	PTS	MILES	EVT	VOL
Lee Cohen	39	19	13.7	2		Bryan Abercrombie	45	18	6	2	
Juan Herrera	41	18	6	2		Craig Peterson	55	16	13.7	2	
Shannon Anderson	40	17	6	2		Jerry Adams	36	13	13.7	2	
Timothy Key	44	10	4	1		Byron Campbell	28	11	13.7	2	
Mont McClendon	40	9	8.7	1		Adam Puckett	41	10	13.7	2	*
Marty White	40	8	8.7	1		Nathan Paden	43	10	8.7	1	
Marty White	40	8	8.7	1		Milt Brownfield	54	10	2	1	
David Aguirre	40	7	9	2	*	Tommy Johnson	51	9	5	1	
Bryan Timpe	43	6	4	1		William Pendleton	32	8	5	1	
Tommy Wood	44	0	5	1	*	Kazuyoshi Ishida	36	8	4	1	
45 - 49 MALE	AGE	PTS	MILES	EVT	VOL	Matt Reed	36	8	2	1	
Martin Montalvo	47	20	13.7	2		Clay Fleming	27	7	4	1	
Troy Pratt	45	10	9	2		Tracy Hix	49	7	2	1	
Abel Reyna	48	10	4	1		Patrick Curry	44	6	4	1	
Michael Knapp	46	9	5	1		Mike Bowman	45	5	2	1	
Ruben Lopez-Cardozo	48	9	4	1		Jonathon Clark	29	4	5	1	
Cody Miller	46	8	5	1		Jay Dulin	37	3	9	2	*
Sean Schwarzentraub	44	8	5	1		Lance Ward	44	0	13.7	2	*
Les Kinman	46	7	13.7	2							
Cliff Lewallen	48	7	5	1		** = RACE DIRECTOR					
Richard Gatlin	45	3	5	1		* = VOLUNTEER					

WEST TEXAS RUNNING CLUB - PRAIRIE DOG RUNS-RECORD
 UPDATED-2011
 4 MILE RECORDS (Since 1983)
 USA T&F Certified, #TX97108ETM

MEN					
DIV	NAME	TOWN	AGE	TIME	YEAR
6-12	Ben Stewart	Lubbock	12	28:56	1999
13-15	Robert Jackson	Lubbock	15	24:01	1983
16-19	Brandon Birdsong	Lubbock	19	20:51*	2007*
20-24	Bob Jackson	Portales,NM	24	20:53	1983
25-29	Morgan McClarty	Lubbock	25	21:13	1994
30-34	Cliff McCurdy	Canadian	30	21:20	1984
35-39	Bob Jackson	Hobbs, NM	38	21:34	1997
40-44	George Chaves	Tucumcari,NM	40	21:27	1994
45-49	Robert Guajardo	Levelland	48	23:55	1991
50-54	Jim Leser	Lubbock	51	24:01	1998
55-59	George Jury	Lubbock	55	24:22	1992
60-64	Jim Harris	Hobbs,NM	61	29:59	2004
65-69	Don Sanderson	Tulia	66	28:47	1996
70+	Bill Felton	Lubbock	71	33:23	2006
	Clydes Kevin Lair	Lubbock	38	26:13	2000

WOMEN

DIV	NAME	TOWN	AGE	TIME	YEAR
6-12	Sara Aragon	Tucumcari,NM	12	29:41	1997
13-15	Laci Jackson	Hobbs, NM	15	26:33	1997
16-19	Anne Plachetka	Lubbock	18	32:26	1996
20-24	Christina Graham	Lubbock	24	25:42	2011
25-29	Hope Jimenez	Lamesa	27	26:11	2011
30-34	Marjory Stewart	Lubbock	32	23:58*	1991*
35-39	Marjory Stewart	Lubbock	36	25:24	1995
40-44	Marjory Stewart	Lubbock	40	28:57	1999
45-49	Denise Bray	Lubbock	45	29:40	2007
50-54	Madonne Miner	Lubbock	50	31:26	2003
55-59	P.J. Mitchell	Lubbock	57	36:13	2003
60+	P.J. Mitchell	Lubbock	60	38:15	2005
	Athena Kristi Starr	Lubbock	40	33:45	2011

* OVERALL COURSE RECORDS

TWO MILE EVENT RECORDS (Since 2007)

***** MALE *****
 *OVERALL: Nick Cordes

DIV	NAME	AGE	TOWN	TIME	YEAR
06- 12	JAKE BROWNFIELD	12	LUBBOCK	12:43	2010
13- 15	LUCAS MORRIS	15	LUBBOCK	11:43	2008
16- 19	LUCAS MORRIS	17	LUBBOCK	11:37	2010
20- 24	CORY HIGGINS	20	LUBBOCK	10:27	2008
25- 29	BRETT HART	28	LUBBOCK	14:13	2008
30- 34	Nick Cordes	31	LUBBOCK	10:19*	2011*
35- 39	GLEN POKLIKUHA	36	LUBBOCK	12:21	2008
40- 44	Juan Herrera	40	Sundown	14:00	2011
45- 49	JIM HIGGINS	47	LUBBOCK	13:33	2008
50- 54	JACKIE CANNON	52	AMARILLO	13:17	2008
55- 59	Jackie Cannon	55	Amarillo	14:07	2011
60- 64	Damon Provence	60	Sudan	15:14	2011
65- 69	JIM HARRIS	68	HOBBS, NM	19:08	2011
70+	BILL FELTON	72	LUBBOCK	16:20	2007

CLYDESDALE 2 MILE

Name	Age	Town	St	TIME	YEAR
JOHN CLEMENTS	53	LUBBOCK	TX	14:31	2010

***** FEMALE *****
 *OVERALL: AMANDA BOSTON

DIV	NAME	AGE	TOWN	TIME	YEAR
06- 12	Catherine Cannon	11	LUBBOCK	16:01	2011
13- 15	LINDSEY LEWALLEN	13	LUBBOCK	15:20	2008
16- 19	KYRA SLOAN	16	CROSBYTON	13:50	2009
20- 24	LARISSA TRUE	24	LUBBOCK	13:34	2009
25- 29	AMANDA BOSTON	26	LUBBOCK	12:58*	2010*
30- 34	IRIS RIVERO	34	LUBBOC	13:18	2010
35- 39	TAMMY MORIEARTY	35	WOLFFORTH	15:00	2009
40- 44	LEE HANDLIN	40	LUBBOCK	15:32	2009
45- 49	LAURIE KELSO	45	RANSOM CANYON	18:05	2007
50- 54	SISSY KEELING	51	ABILENE	16:43	2010
55- 59	Debbie Roman	55	LUBBOCK	22:58	2011
60+	P J MITCHELL	62	LUBBOCK	17:34	2007

ATHENA 2 MILE

Name	Age	Town	St	TIME	YEAR
STEPHANIE BRINKMAN	38	AUSTIN	TX	23:52	2007

WEST TEXAS RUNNING CLUB'S ANNUAL
 PRAIRE DOG TOWN RACES
 4 MILE & 2 MILE

EVENT # 3 OF THE W.T.R.C. CHALLENGE SERIES

WHEN: SATURDAY, MARCH 10, 2012

Register online at <http://wtrunning.com>

See Enclosed Mail in Form for Information

Bib & Chip pickup from: 7:45 to 8:30 A.M

No Race Day Registration!

Prairie Dog Town Races 2 & 4 Miles Start at 9:00 A.M.

WHERE: Broadway & Canyon Lake Road

AID STATIONS: Approximately Every Two Miles

AGE DIVISIONS:

MEN: 10-12, 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: 10-12,13-15; 16-19; 20-29; 30-34; 35-39; 40-44; 45-49; 50-54;
 55-59; 60 Plus Clydesdale and Athena group in both races.

**"Special age group for the 2 Mile: 7 to 9
 (must be at least 10 to run the 4M)"**

AWARDS: A Unique Prairie Dog Medal will be awarded To at least the first three finishers in each age group in the 2 and 4 mile and up to 50% of each group.

Entry Fee: \$5.00 WTRC Members & <13, \$15.00 Non Members

RACE DIRECTOR: Cody Miller, 806-773-8905

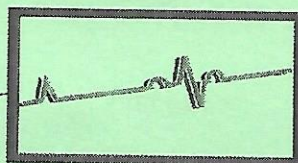
WTRC RACE DIRECTOR: Randy Holloway 806-789-1547



Lubbock's Running & Comfort Shoe Store

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



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



- MEDICAL MASSAGE
- LYPOSSAGE
- SPORT TRAINING

Pager 806.721.9940

West Texas Running Club Event Calendar

WTRC CALENDAR 2012

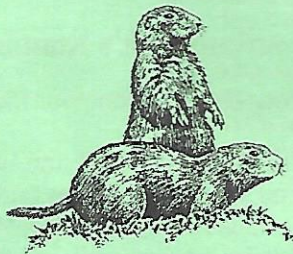
* Indicates WTRC Monthly Race & CHALLENGE SERIES EVENT

- MAR 07 **WTRC Board meeting:** Wednesday, 7:00pm
Ron's office, 3309-67th St, 806-781-0231
- MAR 03 Colon Cancer Awareness 5K and 2K: 9:00am, food and Beer, <http://www.lonestarrunnersclub.net/Calendar.htm>
Amarillo, TX
- 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, 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
- 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>
- APR 21 Running for the Heroes: 5K, Snyder, TX, runningfortheheroes.com Cpl. Darrell Campbell, 325-573-3551
- APR 21 Meadow Mile: 5K/1M, 9:00am, www.meadowmile.com
- APR 21 Casa Superhero 5K: <http://www.casa5k.org/index.php/lubbock>
Peggy Eighmy, 806-763-2272
- * MAY 12 **HORSESHOE BEND CANYON RUNS:** 11M/6M/2M, 8:00AM, Randy Holloway, RD, 806-789-1547
- * JUN 09 **LEVELLAND LOPE:** 10K/2M, 8:00am, Texan Dome-South Plains College, Bill Rogers, RD, 806-894-7911

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



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



West Texas Running Club Prairie Dog Town Races

March 10th, 2012

Mail \$5.00 WTRC Members & <13, \$15.00 Non-members, No Race Day Registration
Registrations Make Checks payable to: WTRC at MacKenzie Park-Lubbock
Thru March 5th Mail checks & entry forms to: David Higgins Broadway & Cesar Chavez Dr
3401 Alcove Ave Cody Miller, Race Director
Lubbock, TX 79407 (806) 773-8905

Waiver - 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, INCLUDING THE LUBBOCK COUNTY WATER CONTROL AND IMPROVEMENT DISTRICT NO.1, FROM ALL CLAIMS OR LIABILITIES OF ANY KIND ARISING OUT OF MY PARTICIPATION IN THE RACE OR THE CLUB'S ACTIVITIES, EVEN THOUGH THAT LIABILITY MAY ARISE OUT OF NEGLIGENCE OR CARELESSNESS, IN PART OR WHOLE, OF THE WEST TEXAS RUNNING CLUB OR OTHER SPONSORS REFERENCED ABOVE.**

This entry is not valid unless signed by the entrant, guardian, conservator, or parent for entrants under 18 years old.

Signature of entrant _____ Signature of guardian (minors) _____

Age: _____ (race day) Birth Date: _____ Email: _____

Distance: _____ 2 miles _____ 4 miles _____ Male _____ Clydesdale (190 lbs or more)

Name _____ Female _____ Athena (150 lbs or more)

City _____ State _____ Phone Number _____

Emergency Contact _____ Emer Phone: _____

Minimum ages: 7 to run the 2 Mile, 10 to run the 4 Mile. Races start at 9:00am. Check-in expires at 8:30.