



September 2013

Volume 6, Issue 8

P. O. Box 2921  
Lubbock, TX 79408

### Message from the Board...

The WTRC Board continues to do the good work for its running events after taking a customary meeting break in July due to the earliness of that month's race. Already half way through this race calendar year we are looking forward to not only conducting the remaining five club races, but will also be involved in marketing National Run at Work and Run at School Day events. Thanks to resources from the Road Runners Club of America, Terry Dalton is coordinating area efforts with area businesses and school districts scheduled for September 20<sup>th</sup>. If you have any questions regarding this effort or any other WTRC happenings, please feel free to contact any board member.

W. T. R. C. RACES ARE USUALLY HELD THE 2ND SATURDAY OF EACH MONTH. The WTRC monthly business meeting is on Tuesday, September 3, 2013 @ 7:00 p.m. at 3309 67th Street, all members are welcome.



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

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#### In This Issue

- Member Highlight.....2
- Hot Dam 5 Mile Overall Results.....3
- Hot Dam 2 Mile Overall Results.....4
- Challenge Series.....5.&.6
- Shallowater Stampede  
Event Records .....7
- Shallowater Stampede  
Event Information.....7

### Shallowater Stampede

Saturday, September 14, 2013  
Shallowater High School  
Shallowater, Texas  
2 Miles & 10K  
Race Starts @ 8:00 am  
Race Director: Rod Burgett  
(806) 548-1796





**I am a West Texas Runner**  
**Featuring WTRC members, Sharla and Les Kinman**  
**By Laura Lappe**

**When did each of you get started running?**

**Les** – I started running a little over three years ago, just before my 45<sup>th</sup> birthday. Although I had been athletic my whole life, I was pretty sedentary, and about 80 lbs overweight. Running those first steps was my first real attempt in years to lose weight and achieve better health.

**Sharla** – My first race was the Casa Red Ribbon Run in 2008...I offered to run with the Cross Country team so the coach could be at the finish line for the runners. I thought, "It's only a mile. I can run a mile." Then, after Les got into running, I wanted to support him. I ran the Loop the Lake 2 mile and hated every minute of it. Two hours later I asked Les about the next race and distance...

**Do your kids run?**

**Les** – Our son ran cross country in middle school, but hasn't run since. Our daughter recently started running to train for the Color Run, and she's run a club race since then, but it's been hard to keep her motivated. Both our kids are so busy, as I fear too many kids are these days, that it's hard to get them to focus on their health and the social and mental benefits of running.

**Sharla** – Both of our kids have natural stride and running form. They think we are trying to butter them up to run with us, but we really are jealous of their natural ability. We continue to encourage them and hope they will see the benefits of running and how it has changed our lives. Even though they feign disdain, we know they are very proud of us!

**The question a lot of other parents want to know: how do you work running in to your schedules?**

**Les** – Since our kids are older, we don't face many of the challenges parents of younger kids do, but the demands teenagers place on parents are still significant. For me, the bigger challenge is working running into my work, family, and church schedule. When I was training for my first marathon (and not dealing with ITBS), I had to resort to some creative scheduling in order to get my training in. I've run as early as 4:00 a.m. and as late as midnight; I've run in temperatures from 7 degrees to 107 degrees; I've gotten lost in major cities while traveling for work; and I've spent more time than I care to remember on strange treadmills. However, I've found that when you're passionate about a pursuit, you will find a way.

**Sharla** – During the week, I am up VERY early!!!! I'll face just about any weather, rather than the treadmill. We are fortunate at this stage in our lives...Our kids are old enough to be at home ASLEEP while we are out running early on Saturday mornings. We are usually home and fixing breakfast, and they had no idea we were even gone!

**Favorite race(s) you have run?**

**Les** – It's hard to pick one or two, but standouts include the Gothic to Crested Butte 1/3 Marathon; Marine Corps Marathon; Houston Marathon ; Aspen Valley Half Marathon; and the Austin Half.

**Sharla** – Ditto to Les' favs... And add our first half, RnR San Antonio. Repeat races have been The Palo Duro Hot Dog and Dallas RnR half.

**Dream race or run location?**

**Les** – I'm partial to Boston, the city, but the marathon is too easy an answer. I love the idea of a challenge, and I love Colorado, so I'll go with Leadville or Pikes Peak. On an international level, I'd love to run the streets of London, Paris, or Rome.

**Sharla** – Some romantic place, like Hawaii or Paris! J

**Do you have a running music playlist and what two songs would be on it?**

**Les** – My music collection is so eclectic and, in many cases, old, that it would be impossible to narrow it down to two songs, so instead I'll give you two podcasts. I started listening to podcasts a couple of years ago to help pass the time during long runs. I recommend Runner Academy for the interviews and running substance and This American Life for stories you can't wait to tell someone about.

**Sharla** – I love running with playlists because I associate memories with songs. Those race place memories are fantastic diversions (and inspirations) on training mornings, esp those long, hot Lubbock summer mornings. Phil Phillips, "Home" and Sidewalk Prophet's "Live Like That" are on my Houston playlist, and I run many mornings to that one!



**HOT Dam 2013  
5 MILE OVERALL  
August 10, 2013**

Place	Name	City	Age	AG Place	TIME	Time Back	PACE
1	Cade Speed	Wolfforth TX	17	1 OA	28:50		5:46/M
2	Josiah Baker	Lubbock TX	17	1 M 16-19	31:01	2:10	6:12/M
3	Ben Miller	Lubbock TX	24	1 M 20-24	32:55	4:04	6:35/M
4	Ben Smith	Lubbock TX	16	2 M 16-19	33:43	4:53	6:45/M
5	Joshua Leyva	Lubbock TX	34	1 M 30-34	33:59	5:08	6:48/M
6	Caitlin Napoleo	Lubbock TX	24	1 OA	34:20	5:29	6:52/M
7	Matt Snowden	Lubbock TX	26	1 M 25-29	34:23	5:32	6:53/M
8	Scott Beller	Lubbock TX	37	1 M 35-39	34:45	5:54	6:57/M
9	Martin Montalvo	Plainview TX	48	1 M 45-49	34:46	5:55	6:57/M
10	Doyen Brinker	Lubbock TX	52	1 M 50-54	34:53	6:02	6:59/M
11	Glen Mullins	Lubbock TX	39	2 M 35-39	35:36	6:46	7:07/M
12	Jessica McGill	Wolfforth TX	16	1 F 16-19	36:18	7:27	7:16/M
13	Andrew Allison	Lubbock TX	32	2 M 30-34	37:00	8:09	7:24/M
14	Paul Pare	Lubbock TX	51	2 M 50-54	37:24	8:34	7:29/M
15	Mark Woodfin	Lubbock TX	51	3 M 50-54	37:33	8:42	7:31/M
16	Jim Higgins	Lubbock TX	52	4 M 50-54	37:34	8:43	7:31/M
17	Megan Taylor	Lubbock TX	17	2 F 16-19	37:35	8:44	7:31/M
18	Nathan Paden	Slaton TX	45	2 M 45-49	38:14	9:23	7:39/M
19	Mason Cain	Lubbock TX	16	3 M 16-19	38:15	9:24	7:39/M
20	Corby White	Farwell TX	35	3 M 35-39	38:21	9:30	7:40/M
21	Adam Barron	Lubbock TX	50	5 M 50-54	38:32	9:41	7:42/M
22	Eric Cordero	Lubbock TX	13	1 M 13-15	38:50	9:59	7:46/M
23	Juan Herrera	Sundown TX	43	1 M 40-44	38:54	10:03	7:47/M
24	Connie Waddell	Wolfforth TX	48	1 F 45-49	39:31	10:41	7:54/M
25	Nicholas Reeves	Lubbock TX	34	3 M 30-34	39:42	10:52	7:56/M
26	Laura Sefcik	Lubbock TX	31	1 F 30-34	39:52	11:02	7:58/M
27	Jeremy Dickson	Lubbock TX	37	4 M 35-39	40:00	11:09	8:00/M
28	Ronnie Adams	Lubbock TX	38	5 M 35-39	40:09	11:18	8:02/M
29	David Tripple	Lubbock TX	30	4 M 30-34	40:12	11:21	8:02/M
30	Chris Lonngren	Lubbock TX	54	6 M 50-54	40:18	11:27	8:04/M
31	Duane Brown	Lubbock TX	28	2 M 25-29	40:25	11:34	8:05/M
32	Jounee' Cotton	Littlefield TX	18	3 F 16-19	40:28	11:38	8:06/M
33	Jonna Byars	Lubbock TX	39	1 F 35-39	40:29	11:38	8:06/M
34	Jeff Tucker	Lubbock TX	58	1 M 55-59	41:06	12:15	8:13/M
35	Jameson Grant	Midland TX	31	5 M 30-34	41:09	12:18	8:14/M
36	Tyler Trammel	Lubbock TX	34	6 M 30-34	41:09	12:19	8:14/M
37	Jerry McPhail	Lubbock TX	35	6 M 35-39	41:33	12:43	8:19/M
38	Debbie Gelber	Lubbock TX	44	1 F 40-44	41:41	12:50	8:20/M
39	David Reed	Lubbock TX	41	2 M 40-44	41:50	12:59	8:22/M
40	Deloras Shubert	Midland TX	45	2 F 45-49	42:15	13:24	8:27/M
41	Paul Poe	Lubbock TX	43	3 M 40-44	42:16	13:25	8:27/M
42	Dan Boyd	Lubbock TX	42	4 M 40-44	42:25	13:34	8:29/M
43	Beth Waddell	Wolfforth TX	20	1 F 20-24	43:08	14:17	8:38/M
44	Scott Cain	Lubbock TX	51	7 M 50-54	43:26	14:35	8:41/M
45	Michelle Wyatt	Levelland TX	43	2 F 40-44	43:30	14:39	8:42/M
46	Valeri Gatlin	Lubbock TX	46	3 F 45-49	43:43	14:52	8:45/M
47	Fred Weber	Lubbock TX	62	1 M 60-64	43:44	14:53	8:45/M
48	Arturo Olivarez	Lubbock TX	31	7 M 30-34	43:50	14:59	8:46/M
49	Margaret Woodfil	Lubbock TX	49	4 F 45-49	43:57	15:06	8:47/M
50	Costica Adamita	Lubbock TX	33	8 M 30-34	44:07	15:16	8:49/M
51	Johnny Haynes	Levelland TX	24	2 M 20-24	44:11	15:20	8:50/M
52	Robert Bloodwor	Lubbock TX	48	3 M 45-49	44:11	15:20	8:50/M
53	Jonathan Botros	Lubbock TX	31	9 M 30-34	44:30	15:39	8:54/M
54	Trina Brumley	Wilson TX	30	2 F 30-34	44:41	15:50	8:56/M
55	Sarah Skelton	Lubbock TX	39	2 F 35-39	44:44	15:53	8:57/M
56	Jessica Olivas	Lubbock TX	28	1 F 25-29	44:58	16:07	9:00/M
57	Ronnie Prigg	Lubbock TX	62	2 M 60-64	44:59	16:08	9:00/M
58	Al Gardner	Levelland TX	57	2 M 55-59	44:59	16:08	9:00/M
59	Mandy Satterwhil	Lubbock TX	35	3 F 35-39	45:04	16:13	9:01/M
60	Tom Conklin	Lubbock TX	27	3 M 25-29	45:13	16:22	9:03/M
61	Steve German	Lubbock TX	56	3 M 55-59	45:17	16:26	9:03/M
62	Darla Gleaves	Lubbock TX	41	3 F 40-44	45:19	16:28	9:04/M
63	Orlando Marquez	Petersburg TX	26	4 M 25-29	45:25	16:34	9:05/M
64	Chad Okamoto	Dimmitt TX	39	7 M 35-39	45:29	16:38	9:06/M
65	Sharla Kinman	Lubbock TX	45	5 F 45-49	45:30	16:39	9:06/M
66	Joe Schaunaman	Lubbock TX	36	8 M 35-39	45:37	16:46	9:07/M
67	Frank Mendoza	Earth TX	46	4 M 45-49	45:42	16:51	9:08/M
68	Vanessa Revis	Lubbock TX	28	2 F 25-29	45:54	17:03	9:11/M
69	Tommy Johnson	Buffalo Spgs TX	53	8 M 50-54	46:04	17:13	9:13/M
70	Troy Pratt	Lubbock TX	47	5 M 45-49	46:15	17:24	9:15/M

**HOT Dam 2013  
5 MILE OVERALL  
August 10, 2013**

Place	Name	City	Age	AG Place	TIME	Time Back	PACE
71	Michael Tullos	Lubbock TX	48	6 M 45-49	46:16	17:25	9:15/M
72	David Lightner	Lubbock TX	63	3 M 60-64	46:30	17:39	9:18/M
73	Crystal Salazar	Lubbock TX	34	3 F 30-34	46:38	17:47	9:20/M
74	Richard Gatlin	Lubbock TX	47	7 M 45-49	47:05	18:14	9:25/M
75	Cole Martin	Lubbock TX	22	3 M 20-24	47:10	18:20	9:26/M
76	Jenny Miller	Lubbock TX	26	3 F 25-29	47:32	18:41	9:30/M
77	Jim Deaver	Lubbock TX	55	4 M 55-59	47:36	18:45	9:31/M
78	Jerry Adams	Lubbock TX	37	9 M 35-39	47:58	19:08	9:36/M
79	Joe Martin	Lubbock TX	53	9 M 50-54	48:02	19:12	9:36/M
80	Blythe McPhail	Lubbock TX	35	4 F 35-39	48:36	19:46	9:43/M
81	Alison Blalock	Lubbock TX	27	4 F 25-29	48:46	19:55	9:45/M
82	Jill Holden	Lubbock TX	36	5 F 35-39	48:52	20:01	9:46/M
83	Terry Dalton	Lubbock TX	58	5 M 55-59	49:18	20:27	9:52/M
84	Michael McDonal	Lubbock TX	64	4 M 60-64	49:25	20:34	9:53/M
85	Tim Cotton	Littlefield TX	52	10 M 50-54	49:31	20:40	9:54/M
86	Gorden Jenkins	Amarillo TX	72	1 M 70-99	49:56	21:05	9:59/M
87	Rickey Evans	Lorenzo TX	63	5 M 60-64	49:59	21:08	10:00/M
88	Les Kinman	Lubbock TX	48	8 M 45-49	50:01	21:10	10:00/M
89	Amy Martin	Lubbock TX	24	2 F 20-24	50:09	21:18	10:02/M
90	Gail Faries	Lubbock TX	53	11 M 50-54	51:23	22:32	10:17/M
91	Mars Bennett	Lubbock TX	50	1 F 50-54	51:45	22:54	10:21/M
92	Jamie Anderson	Lubbock TX	33	4 F 30-34	51:58	23:07	10:24/M
93	Raymond Lara	Tahoka TX	36	10 M 35-39	52:21	23:30	10:28/M
94	Mary Pena	Dumas TX	44	4 F 40-44	52:25	23:34	10:29/M
95	Charles Davis	Shallowater TX	69	1 M 65-69	53:14	24:23	10:39/M
96	Jim Thompson	Plainview TX	58	6 M 55-59	53:31	24:40	10:42/M
97	Joshua Holden	Lubbock TX	36	11 M 35-39	54:05	25:15	10:49/M
98	Mike Greer	Ransom C TX	74	2 M 70-99	54:40	25:50	10:56/M
99	Terri Evans	Lorenzo TX	54	2 F 50-54	54:59	26:08	11:00/M
100	Selena Thompson	Lubbock TX	32	5 F 30-34	55:26	26:35	11:05/M
101	Ruby Smith	Lubbock TX	38	6 F 35-39	56:10	27:20	11:14/M
102	Janna Blue	Lubbock TX	34	6 F 30-34	56:21	27:30	11:16/M
103	Ronda Russell	Shallowater TX	43	5 F 40-44	56:30	27:39	11:18/M
104	Carlata Crosson	Lubbock TX	37	7 F 35-39	56:50	27:59	11:22/M
105	Tish Clayton	Lubbock TX	48	6 F 45-49	56:55	28:04	11:23/M
106	Carol Schemp	Lubbock TX	64	1 F 60-99	57:07	28:16	11:25/M
107	Sarah Gaxiola	Lubbock TX	61	2 F 60-99	57:11	28:20	11:26/M
108	Stella Luera	Olton TX	55	1 F 55-59	57:52	29:02	11:34/M
109	Etta Mayer	Lubbock TX	64	3 F 60-99	58:39	29:48	11:44/M
110	Cathy Hudson	Wolfforth TX	46	7 F 45-49	58:52	30:01	11:46/M
111	Virginia Bevers	Post TX	53	3 F 50-54	59:19	30:28	11:52/M
112	James Livemore	Lubbock TX	66	2 M 65-69	59:35	30:44	11:55/M
113	Lydia Turner	Levelland TX	59	2 F 55-59	00:49	31:58	12:10/M
114	Kim Schober	Lubbock TX	47	8 F 45-49	00:53	32:02	12:11/M
115	Shanna Faries	Lubbock TX	28	5 F 25-29	07:25	38:34	13:29/M
116	Gabriela Saldan	Lubbock TX	49	9 F 45-49	09:58	41:07	14:00/M

**HOT Dam 2013  
2 MILE OVERALL  
August 10, 2013**

Place	Name	City	Age	TIME	PACE
1	Nick Wargo	Lubbock TX	22	11:17	5:39/M
2	John Corelis	Lubbock TX	47	11:36	0:19 5:48/M
3	Matt Brasher	Edmond OK	26	13:01	1:43 6:31/M
4	Alexander Chamales	Lubbock TX	15	13:06	1:48 6:33/M
5	Sam Wyatt	Lubbock TX	26	13:45	2:28 6:53/M
6	Gabriel Walton	Dimmitt TX	15	14:09	2:52 7:05/M
7	Victoria Ramirez	Lubbock TX	13	14:12	2:55 7:06/M
8	Breeanna Sanchez	Lubbock TX	13	14:18	3:01 7:09/M
9	Paul Darden	Sundown TX	53	14:21	3:04 7:11/M
10	Ben Ward	Wolfforth TX	15	14:29	3:11 7:15/M
11	Roy Bassett	Lubbock TX	49	14:44	3:27 7:22/M
12	Jeremy Gerron	Lubbock TX	14	14:49	3:32 7:25/M
13	Zachary Tieman	Lubbock TX	14	14:56	3:39 7:28/M
14	Jerry Morris	Lubbock TX	62	14:59	3:42 7:30/M
15	John Clements	Lubbock TX	57	15:00	3:43 7:30/M
16	Carina Velasquez	Lubbock TX	11	15:08	3:51 7:34/M
17	Jasmine Olivarez	Lubbock TX	13	15:21	4:03 7:41/M
18	Conor Woodfin	Lubbock TX	19	15:21	4:04 7:41/M
19	Joshua Crowder	Lubbock TX	12	15:28	4:11 7:44/M



HOT Dam 2013  
2 MILE OVERALL  
August 10, 2013

Place	Name	City	Age	TIME	PACE
20	Mont McClendon	Lubbock TX	41	15:29 4:12	7:45/M
21	Kaegan Kitchens	Lubbock TX	12	15:33 4:15	7:47/M
22	Brylie Corelis	Lubbock TX	13	15:37 4:19	7:49/M
23	Adam Puckett	Lubbock TX	42	15:47 4:30	7:54/M
24	Kate Kitchens	Lubbock TX	15	15:48 4:31	7:54/M
25	Abraham Montalvo	Plainview TX	15	15:52 4:35	7:56/M
26	Gonzalo Ramirez	Lubbock TX	57	15:58 4:41	7:59/M
27	Katie Meade	Lubbock TX	11	15:59 4:41	8:00/M
28	Ethan Walton	Dimmitt TX	10	16:07 4:50	8:04/M
29	Caleb Crowder	Lubbock TX	16	16:15 4:57	8:08/M
30	Kyden Corelis	Lubbock TX	11	16:22 5:04	8:11/M
31	Alia Cerda	Lubbock TX	13	16:22 5:05	8:11/M
32	Emma Crowder	Lubbock TX	13	16:23 5:06	8:12/M
33	Haley Tapp	Lubbock TX	13	16:26 5:09	8:13/M
34	Juan Velasquez	Lubbock TX	48	16:38 5:21	8:19/M
35	Karen Howell	Lubbock TX	43	16:43 5:26	8:22/M
36	Jules Payne	Lubbock TX	13	16:52 5:35	8:26/M
37	Tiffany Davis	Lubbock TX	12	16:53 5:36	8:27/M
38	Daniel Cervantez	Lubbock TX	37	17:11 5:54	8:36/M
39	Claudia Flores	Lubbock TX	12	17:32 6:14	8:46/M
40	Collette Price	Lubbock TX	12	17:37 6:20	8:49/M
41	Adrian Lara	Lubbock TX	10	17:52 6:34	8:56/M
42	Dylan Whitworth	Lubbock TX	12	17:54 6:37	8:57/M
43	Melissa Chamales	Lubbock TX	44	18:00 6:42	9:00/M
44	Avery Cavazos	Lubbock TX	12	18:09 6:51	9:05/M
45	Tino Gamueda	Lubbock TX	12	18:09 6:52	9:05/M
46	Mary Ann Rinehart	Lubbock TX	49	18:13 6:55	9:07/M
47	Sarah Fumagalli	Lubbock TX	29	18:23 7:06	9:12/M
48	Pj Sullivan	Lubbock TX	67	18:24 7:07	9:12/M
49	Jubilee' Cotton	Littlefield T13		18:48 7:30	9:24/M
50	Brogan Ross	Lubbock TX	12	18:49 7:31	9:25/M
51	Angelica Okamoto	Dimmitt TX	37	18:55 7:38	9:28/M
52	David Crowder	Lubbock TX	52	18:56 7:38	9:28/M
53	Phil Gilbert	Lubbock TX	27	19:01 7:44	9:31/M
54	Janet Cotton	Littlefield T52		19:09 7:51	9:35/M
55	Maddie Ward	Lubbock TX	16	19:18 8:01	9:39/M
56	Robbie Vittitow	Lubbock TX	30	19:21 8:04	9:41/M
57	Carmen Cervantez	Lubbock TX	10	19:26 8:09	9:43/M
58	Spencer Ward	Lubbock TX	10	19:29 8:11	9:45/M
59	Jaree Conklin	Lubbock TX	27	19:30 8:12	9:45/M
60	Lance Ward	Lubbock TX	45	19:31 8:14	9:46/M
61	Austin Beaudoin	Lubbock TX	13	19:33 8:15	9:47/M
62	Landon Beaudoin	Lubbock TX	7	19:34 8:17	9:47/M
63	Matthew Tieman	Lubbock TX	12	19:36 8:18	9:48/M
64	Keely McArthur	Lubbock TX	17	19:39 8:22	9:50/M
65	Saylor Corelis	Lubbock TX	8	19:45 8:28	9:53/M
66	Bill Felton	Lubbock TX	78	19:47 8:30	9:54/M
67	Marty Adcock	Anton TX	53	19:54 8:36	9:57/M
68	Ellie Lopez		9	20:13 8:56	10:07/M
69	Ellianna Perez	Tahoka TX	8	20:14 8:56	10:07/M
70	Emmanuel Ramirez	Lubbock TX	30	20:14 8:57	10:07/M
71	Brenna Medrano	Lubbock TX	11	20:17 8:59	10:09/M
72	Michael Hudson	Wolfforth TX	50	20:40 9:22	10:20/M
73	Natalie Sadler	Lubbock TX	11	20:55 9:37	10:28/M
74	Nikki Narviaz	Lubbock TX	13	20:55 9:37	10:28/M
75	Madison Olivarez	Lubbock TX	11	20:59 9:42	10:30/M
76	Rhyley Klemke	Lubbock TX	11	20:59 9:42	10:30/M
77	Destiny Shaffer	Lubbock TX	16	21:21 10:04	10:41/M
78	Stacy Cain	Lubbock TX	40	21:29 10:12	10:45/M
79	Colin McKinnon	Lubbock TX	7	21:56 10:39	10:58/M
80	Garrett McKinnon	Lubbock TX	41	21:56 10:39	10:58/M
81	Brittany Brasher	Edmond OK	23	22:06 10:48	11:03/M
82	Katie Becker	Denton TX	25	22:06 10:48	11:03/M
83	Savannah Poehl	Lubbock TX	12	22:11 10:54	11:06/M
84	Daisy Narviaz	Lubbock TX	14	22:14 10:56	11:07/M
85	Lauren Beaudoin	Lubbock TX	10	22:57 11:40	11:29/M
86	Joye Hudson	Wolfforth TX	25	23:24 12:06	11:42/M
87	Kianna Wilson	Lubbock TX	12	23:27 12:10	11:44/M
88	Rick Lampe	Lubbock TX	69	23:33 12:16	11:47/M
89	Jessica Ramirez-Cervant	Lubbock TX	31	23:41 12:24	11:51/M

HOT Dam 2013  
2 MILE OVERALL  
August 10, 2013

Place	Name	City	Age	TIME	PACE
90	J Edson Pinto	Lubbock TX	52	23:43 12:26	11:52/M
91	Artie Corelis	Lubbock TX	47	24:02 12:44	12:01/M
92	James Pratt	Lubbock TX	71	24:15 12:57	12:08/M
93	Jeff Hagins	Lubbock TX	46	24:26 13:09	12:13/M
94	Maggie Craig	Wolfforth TX	17	24:39 13:21	12:20/M
95	Natalio Hernandez	Idalou TX	44	26:01 14:44	13:01/M
96	Charolette Poehl	Lubbock TX	11	26:03 14:45	13:02/M
97	Julianne Reeves	Lubbock TX	9	26:42 15:25	13:21/M
98	Josie Aleman	Lubbock TX	62	27:08 15:50	13:34/M
99	Emily Gilbert	Lubbock TX	27	27:21 16:04	13:41/M
100	Yvette Perez	Tahoka TX	34	27:37 16:19	13:49/M
101	Emma Wyatt	Lubbock TX	25	28:14 16:56	14:07/M
102	Kitty Tannery	Lubbock TX	16	28:14 16:57	14:07/M
103	Shelly Sanford	Lubbock TX	39	34:01 22:43	17:01/M
104	Jamie Mendoza	Earth TX	40	34:01 22:43	17:01/M
105	Debbie Stafford	Slaton TX	53	36:55 25:37	18:28/M
106	Kristi Humphreys	Lubbock TX	36	38:50 27:33	19:25/M

### Race Director's Report

As I reflect on my first experience as race director of the Hot Dam several things come to mind..... First and foremost PJ Sullivan was a great race director and really went out with a bang, in her first race as a participant this year, she set a new age group record in the two mile: 18:24, way to go PJ! As is always the case, you can never tell about the weather except that it is always HOT! This year we had very favorable weather and 222 finishers. We also had a total of 6 new age group records set in the two mile race:

M45-49	John Corelis	Lubbock TX	11:36
M60-64	Jerry Morris	Lubbock TX	14:59
F10-12	Carina Velasquez	Lubbock TX	15:08
F13-15	Victoria Ramirez	Lubbock TX	14:12
F40-44	Karen Howell	Lubbock TX	16:43
F60+	P. J. Sullivan	Lubbock TX	18:24

Great job to all! I also was very blessed to have so many volunteers this year, special thanks to the following: Kelly Smith, Grace Howell, Chris Howell, Cheryl Weber, Brad Stewart, Christine Steen, Ann Hodges, Randy Holloway, Susan Caudle, David Higgins, George Jury and last but not least my wife Wendy and son Brenden.

Another fabulous race put on by the best in the West running club, see ya'll next month at the Shallowater Stampede!



**W.T.R.C. 2013 CHALLENGE SERIES  
STANDINGS AFTER 8 EVENTS**

YTD TOTALS														
FEMALE														
7 - 9 FEMALE					25 - 29 FEMALE (cont'd)					40 - 44 FEMALE (cont'd)				
AGE	PTS	MILES	EVT	VOL	AGE	PTS	MILES	EVT	VOL	AGE	PTS	MILES	EVT	VOL
Saylor Corelis	7	55	12	6	April Covington	29	7.5	8	2	Melissa Tipton	40	7	2	1
Elianna Perez	8	23	5	3	Jennifer Gorman	27	7	2	1	Jennifer Gray	41	6	2	1
Rachel Cohen	7	15	14	4*	Shanna Faries	28	6.5	5	1*	Holly Snodgrass	43	5.5	9.3	1
Paige Pierce	8	12	8	3*	Alexis Roberts	28	6.5	5	1	Konni Humphrey	43	5	2	1
Julianne Reeves	9	12	3	2	Krystal Moyers	27	6	4	1	Cathy Paden	43	4.5	11	1
Tia Pratt	9	7	2	1	Kelsi Patterson	29	4	4	1	Denise Boynton	42	1	3	1
Lanie Abers	9	6	2	1	Elizabeth Decicco	26	4	2	1	45 - 49 FEMALE				
Lydia Brackeen	8	5	1	1	Mikayla Monroe	27	1	2	1	Deloras Shubert	45	79	59.2	8
Daisy Cheatwood	9	5	1	1	Naomi Howard	26	0.5	4	1	Sharla Kinman	45	60.5	44.5	7
Katelyn Toele	8	5	1	1	30 - 34 FEMALE					Connie Waddell	48	51	32.9	5
Katherine Hall	7	2	2	1	Leana Moreno	32	51.5	38	5	Valeri Gatlin	46	43.5	39	5
Madelyn Haas	10	0	2	1	Laura Sefcik	31	48	31.2	5	Mars Bennett	50	41	36	5
10 - 12 FEMALE					Crystal Salazar	34	47.5	48	7*	Margaret Woodfin	49	32.5	23.7	4
Carina Velasquez	11	70	17	7	Jana Redwine	33	39	30.5	4	Kimberly Kennedy	47	32	12	4
Kyden Corelis	11	52	12	6	Christine Steen	34	38.5	27.7	5*	Sandra Mulsow	45	25	28	4*
McKenzie Dufin	10	19	5	3	Jennifer Haddock	32	36	45.2	5*	Heather Williams	47	19.5	17.7	3
Madison Abers	12	13	4	2	Jeni Nichols	34	27.5	20.9	4	Tish Clayton	48	16.5	16.2	3
Kaylee Steen	12	13	3	2	Heather De Vore	32	26.5	15	5*	Laura Lappe	47	15	26.7	4*
Laura Byars	10	12	6	3	Yvette Perez	34	22	9	4	Theresa Daniel	46	14	9	2
Kendall Toele	11	11	3	2	Erin Dufin	34	21.5	22	4	Susan Lewallen	45	13.5	13.3	2*
Camren Cervantez	10	9	5	2	Sarah Adams	35	19	4	2	Cathy Hudson	46	13.5	8	2
Abby Miller	10	9	2	1	Nicole Crier	31	15	4	2	Deana Martin	45	11.5	7	2*
Maya Madrid	10	5	1	1	Brooke Hix	33	14.5	7	2	Cynthia Sorrensen	49	10.5	4	1
Julia Haas	13	0	2	1	Shannon Crawford	34	13.5	6	2	Sylvia Miller	49	9	13.7	2
13 - 15 FEMALE					Amanda Veesart	33	12.5	9	2	Toni Gafford	46	8	2	1
Brylie Corelis	13	59	12	6	Leigh Cordes	35	10.5	5	1	Ellen Collins	49	7	3	1
Meagan Matthews	15	27.5	10	3	Laura Haley	31	10	4	1	Julie Polk	48	4.5	4	1
Jubilee' Cotton	13	26	17.2	5*	Melissa Pierce	31	10	2	1	Angie Romans	47	3.5	4	1
Victoria Ramirez	13	21	5	2	Sara Abers	33	9	4	2	Dee Knapp	47	0	11	1*
Brenna Mendoza	13	14	3	2	Trisha Mackey	33	9	2	1	50 - 54 FEMALE				
Brienna Sprinkle	14	9	2	1	Angie Sonnenberg	34	8.5	4	1	Terri Evans	54	39.5	27.2	4
Ragan Holder	15	8	3	1	Keirstin Carson	34	7.5	6	2	Janet Cotton	52	36	9	4
Kelsey Hix	15	8	2	1	Jamie Anderson	33	7.5	5	1	Mary Branscome	53	31.5	29	3
Reagan Mendoza	15	7	3	1	Selena Thompson	32	7	9	2	Gwen Lappley	51	31	15	3
Kate Kitchers	15	7	2	1	Jai Madrid	33	7	2	1	Virginia Bevers	53	20.5	10	3
Skylar Maldonado	14	5	1	1	Kelly Hixson	34	6	9	2	Julie Randolph	54	17.5	11	3*
Yuna Langehennig	13	0	2	1	Nonnie Peters	34	5	2	1	Marty Adcock	53	17	5	2
16 - 19 FEMALE					Gracie Landin	31	4	2	1	Tommie Gressett	51	10	2	1
Joumee' Cotton	18	49.5	28	5	Amy Campbell	33	2	2	1	Kammy Philbrick	52	9	2	1
Maddie Ward	16	48	19.7	6*	35 - 39 FEMALE					Kelly Smiley	51	9	2	1
Julia Kennedy	16	40	14	5	Jonna Byars	39	80	59.2	8	55 - 59 FEMALE				
Destiny Shaffer	16	32	8	4	Mandy Pokdikuha	35	56.5	48.2	7	Ann Hodges	56	64	59.2	8*
Megan Taylor	17	30.5	14	3	Ruby Smith	39	51.5	37.2	8	Carol Swinonos	55	44	36.5	5*
Kyla Daniel	17	28.5	10	3	Alisan Sweet	36	40	34.2	5	Leesa Price	56	42	29.3	4
Maggie Craig	17	24	6	3	Brooke Rushing	37	34.5	25	5*	Debbie Roman	58	39	8	4
Allison Eaton	20	19	20.3	2	Analisa Cardenas	35	34.5	13	5*	Young Moore	57	26.5	23	3
Allyson Martin	16	11.5	7	2*	Tammy Moriearty	39	31	12.2	3	Carol Clowes	58	18.5	15.3	2
Amanda Cole	18	9.5	5	1	Angelica Okamoto	37	30	7	3	Brenda Askew	58	10	3	1
Robyn Smith	16	7	2	1	Jennifer McGuire	38	23	22.2	5	Glenna Beyer	55	9	3	1
20 - 24 FEMALE					Jody Dennis	36	22.5	23	3	Katie Williamson	55	6	3	1
Amy Martin	24	44	26.9	6	Michelle Garcia	37	19.5	30.3	3	60 - 99 FEMALE				
Caitlin Napoleoni	24	44	17	4	Carrie Ashley	37	18	8	2	Josie Aleman	62	77	19	8
Jocelyn Kennedy	21	33	14	5	Blythe Mcphail	35	17	15	2	Etta Mayer	64	68.5	55.2	7
Katie Pakizer	23	31	23.3	3	Leigh Haas	37	14	18	3	Sarah Gaxiola	61	56	42	6
Beth Waddell	20	25	13.2	3	Bonnie Bowman	38	10.5	8.7	1	PJ Sullivan	67	48.5	45.2	7*
Morgan Humphrey	20	19	6	3	Ginger Hall	37	9.5	7	2	Cheryl Weber	60	31.5	13	4*
Jaimie Miller	23	18	18	2	Sara Bratcher	38	9	2	1	Suzan Caudle	60	21	68.5	8**
Whitney Brown	24	18	5	2	Rachel Womack	35	8	6	1	Carol Schemp	64	10.5	5	1
Callie Jones	24	17	12.7	2	Jill Jaquess	35	8	2	1	Carol Felton	70	9	3	1
Laura Heers	23	16	4	2	Holly Vinson	39	7.5	4	1	ATHENA-age graded				
Kimber Adcock	21	12	9	2	Deanna Duncan	38	7	18	2	Lydia Turner	59	64	37.5	7*
Lauren Murphree	25	9.5	5	1	Carlata Crosson	37	7	10	2	Kitty Tannery	16	53	15	7
Lacy Rosburg	23	9	3	1	Nicie Pratt	40	7	2	1	Gabriela Saldana	49	48.5	34	6*
Aimee Ayers	24	7.5	5	1	Rachel Brehrens	37	6.5	9.3	1	Debbie Stafford	53	46	32.3	7*
Lindsey Daniel	21	6	2	1	Amy Harlen	37	6.5	6	2	Artie Corelis	47	44.5	15	6*
Sarah Montgomery	23	2	3	1	Janie Fryar	36	6.5	4	1	Janna Blue	34	35	20.2	4
25 - 29 FEMALE					Cynthia Arriaga	38	6	2	1	Kristi Starr	42	21	20.3	2
Amanda Boston	29	59	42.2	6*	Val Jordan	35	6	2	1	Jennie Ketchem	28	19	18	2
Kelly Harkey	25	52.5	28.9	6	Erica Freeman	35	5.5	5	1	Kim Smith	51	18.5	15	3*
Krystal Morales	27	49	12	5	Maritza Gamboa	36	5.5	4	1	Elizabeth Alarcon	31	16	4	2
Korey Garza	29	34	15	4	Cindi Bradshaw	37	5	2	1	Sarah Haro	35	15.5	7	2
Jessica Olivas	28	33.5	20	4	Keely Gnagy	35	2.5	4	1	Jamie Mendoza	40	14	4	2
Emma Wyatt	25	23.5	24	5*	Sherilyn Toele	38	0	2	1	Kelly Smith	29	12	11.2	2*
Christina Gallant	26	22.5	21.2	4	40 - 44 FEMALE					Shelly Sanford	39	12	5	2
Ashley Williams	28	22	20	3*	Debbie Gelber	44	79	50.2	8	Leann Heinrich	40	10	2	1
Suzanne Franco	28	21	19.7	2	Michaela Jansen	40	67.5	49.2	7*	Kristi Shields	45	9.5	9.3	1
Julie Sloan	29	21	14.3	2	Wendy Anderson	43	52.5	46	8*	Cristina Bailey	32	9	4	1
Robbie Vittitow	30	21	13	4	Stacy Cain	40	50.5	27.9	8*	Kris Ann Blodgett	29	7	2	1
Jaree Conklin	27	21	7	3	Karen Howell	43	32	18.3	4	Sara Lusk	31	6.5	4	1
Devora Castillo	26	19	4	2	Melissa Chamales	44	32	9	4	Jansen Wilhite	25	6	4	1
Katy Snowden	26	17	6	3	Maricarmen Solis	40	28.5	13	4	Ashley Nelson	35	5	2	1
Claudia Ramos	28	15.5	11	2	Ronda Russell	43	25	15	4	Ex-pat				
Alison Blackock	27	15.5	7	2	Jennifer Adling	42	22.5	15	3	Iris Rivero	38	52.2	8	
Candace Norrod	29	12	4	2	Aimee Ruel	41	20	12.7	2	Teresa Jourden	29	48	6	
Angela Decicco	27	10.5	13.3	2	Ainsley Nelson	42	16.5	10	3	Susan Wilcox	35	27.2	7	
Tara Beardon	29	10	3	1	Amy Boren	42	14.5	11	2	Jill Haukos	49	27.2	6	
Sarah Furnagalli	29	10	2	1	Audra McWilliams	42	9	2	1	** = RACE DIRECTOR				
Andrea Norton	26	9.5	11	1	Daria Gleaves	41	8.5	5	1	* = VOLUNTEER				
Autumn Aneshansley	29	8	2	1	Amy Paiva	41	7	3	1					
					Shelly Pattison	43	7	2	1					







# Event Records & Race Information

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

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

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

MEN			
AGE	NAME	TOWN	AGE TIME YEAR
13-15	Frank Sumpter, Jr.	Lamesa	15 38:37 1990
16-19	Cody Turner	Shallowater	16 37:20 2000
20-24	Andy Stewart	Lubbock	21 35:02 1993
25-29	Jessie Williams	Lubbock	25 34:06 2003
30-34	Martin Leodgard	Lubbock	30 32:23 * 1995
35-39	BEN TANUI	Lubbock	35 35:44 2011
40-44	Frank Sumpter	Lamesa	40 38:18 1994
45-49	Jim Leser	Lubbock	47 37:33 1994
50-54	Robert Guajardo	Levelland	51 40:47 1994
55-59	George W. Jury	Lubbock	56 39:43 1992
60-64	Don Sanderson	Tulia	64 43:29 1994
65-69	Ralph Wolf	Lubbock	67 50:24 2004
70+	Don Sanderson	Tulia	74 51:01 2004
	Clydes Farrell Martin	Lubbock	39 41:05 2005

WOMEN			
AGE	NAME	TOWN	AGE TIME YEAR
10-12	Hope Jimenez	Lamesa	12 45:44 1996
13-15	Jade Booker	Shallowater	15 53:45 2000
16-19	Journee Cotton	Littlefield	17 49:44 2012
20-24	Nell Rafalovich	Lubbock	24 43:23 2004
25-29	Briseida Ramos	Lubbock	26 41:24 2009
30-34	Janda Ibbetson	Lubbock	30 42:30 2000
35-39	Marjory Stewart	Lubbock	35 37:48 * 1994
40-44	Laura Baay	Amarillo	44 44:43 2007
45-49	Cynthia Sorrensen	Lubbock	48 49:08 2011
50-54	Madonne Miner	Lubbock	50 47:30 2003
55-59	Sherill Easterling	Snyder	56 52:14 2005
60+	Deb Hendly	Lubbock	61 52:40 2010
	Athena Kristi Starr	Lubbock	41 52:54 2012

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 USA T&F CERTIFIED, #TX07091ETM

MEN			
AGE	NAME	TOWN	AGE TIME YEAR
7-9	Riki Sampson	Lubbock	8 13:20 2011
10-12	Tobias Sultan	Shallowater	12 12:46 2006
13-15	Gary Lackey	Brownfield	15 10:33 2002
16-19	Lucas Morris	Lubbock	18 10:53 2010
20-24	Morgan McClarty	Lubbock	24 9:56 * 1993
25-29	Frank Haist	Lubbock	29 11:01 1993
30-34	Rene Gonzalez	Levelland	30 11:08 1997
	Ken Mayo	Midland	30 11:08 2004
35-39	Quent Bearden	Lubbock	37 10:27 2012
40-44	Frank Sumpter	Lamesa	43 11:24 1997
45-49	Jim Leser	Lubbock	45 11:29 1992
50-54	Jackie Cannon	Amarillo	52 12:13 2008
55-59	George W. Jury	Lubbock	55 12:15 1991
60-64	Jim Harris	Hobbs, NM	60 14:25 2003
65-69	Bill Felton	Lubbock	67 16:33 2002
70+	Ralph Wolf	Lubbock	70 16:43 2007
	CLYDE Milt Brownfield	Lubbock	51 15:03 2009

WOMEN			
AGE	NAME	TOWN	AGE TIME YEAR
7-9	Catherine Cannon	Lubbock	9 15:40 2009
10-12	Rebecca Spruell	Shallowater	12 14:08 2006
13-15	Brittney Scaff	Shallowater	13 12:22 * 2005
16-19	Sarah De los Santos	Shallowater	17 12:31 2006
20-24	Hope Jimenez	Lamesa	20 13:17 2004
25-29	Iris Rivero	Lubbock	29 14:10 2004
30-34	Iris Rivero	Lubbock	32 13:41 2007
35-39	IRIS RIVERO	LUBBOCK	36 13:28 2011
40-44	Cheryl Weber	Lubbock	41 14:04 1994
45-49	Debbie Martin	Shallowater	49 16:07 2000
50-54	Madonne Miner	Lubbock	52 16:36 2005
55-59	Cheryl Weber	Lubbock	59 18:12 2012
60+	P. J. Mitchell	Lubbock	62 17:39 2008
	Athena Ashley Hairgrove	Shallowater	23 19:05 2011

\* OVERALL COURSE RECORDS

WHEN: SATURDAY, September 14, 2013  
Register online at <http://wtrunning.com>  
Race Starts at 8:00am

WHERE: Shallowater High School, Shallowater, TX

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

COURSE: Flat, out and back on asphalt.

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

### AGE DIVISIONS

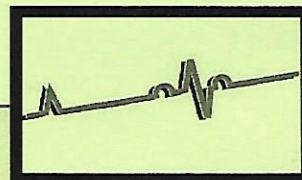
**MEN:** 13-15,16-19; 20-24; 25-29; 30-34; 35-39; 40-44; 45-49; 50-54; 55-59; 60-64; 65-69; 70 Plus

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

**Special Division for ages 7-12 in the 2 mile**

**AWARDS:** At least 3 "Stampede" Medallion Awards will be given in each category and up to 50 percent of each division will receive awards. Maximum of 5

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



Pj Mitchell, C.C.T., LMT



- MEDICAL MASSAGE
- LYPOSSAGE
- SPORT TRAINING

Pager 806.721.9940



## West Texas Running Club Event Calendar

\*Indicates WTRC Monthly Race & CHALLENGE SERIES EVENT

SEP 03 **WTRC Board meeting:** Tuesday, 7:00pm

Ron's office, 3309-67<sup>th</sup> St, 806-781-0231

\* SEP 14 **SHALLOWATER STAMPEDE:** 2M/ 10K, Shallowater, High School, Rod Burgett, RD, 806-548-1796

SEP 21 Cotton Country Sprint Triathlon: 9:00 am,  
<http://www.southplainscollege.edu/information-for/community-business/fitnesscomplex/triathlon10.php>

SEP 21 Shortgrass Scamper: Archer City, TX, <http://www.acshortgrassscamper.com>

SEP 28 Buffalo Stampede Color Run: 5K/1K, Caprock Canyons State Park, Quitaque, TX, <http://www.facebook.com/caprockcanyons>

SEP 29 Panhandle Marathon: Lubbock, TX  
<http://www.panhandlemarathon.com/index.html>

OCT 05 Race for The Cure: Lubbock, TX, [komenlubbock.org](http://komenlubbock.org)

\* OCT 12 **RED RAIDER ROAD RACE:** 7:30AM, 5K/10K, Rec Center Texas Tech campus, Race Directors, Tammy Moriearty [rrwtrc@gmail.com](mailto:rrwtrc@gmail.com) and Valeri Gatlin [rrwtrc@gmail.com](mailto:rrwtrc@gmail.com)

OCT 19 Kerens Cotton Row Run: 8:00am, 1K/5K, Main Street, Kerens, TX, Tresa Darby, 903-654-8138, [tresa@airmail.net](mailto:tresa@airmail.net) <http://sdrv.ms/1bdlvDz>

OCT 19 Color Me Rad 5K: Lubbock, TX,

<http://www.colormerad.com/race.i?raceid=140&t=Lubbock>

OCT 26 Freedom Run: 5K, David Brown-Dawson, 916.501.5421,

[david.brown-dawson@ttu.edu](mailto:david.brown-dawson@ttu.edu) <http://www.eventbrite.com/event/5640338404>

NOV 06 5K for Family Counseling: Texas Tech Rec Center,  
<http://fcslubbock.org/5K.html>

NOV 09 **BUFFALO WALLOW RUNS:** 2M/HALF MARATHON, 9am, Buffalo Springs Lake, Inside Main Gate, Mike Kelley, RD, 806-765-0441.

NOV 23 Holiday Half: Half Marathon/5K, Galveston Island,  
<http://www.halfmarathonmoodygardens.com/>

NOV 28 **WTRC TURKEY TROT:** 2M/12K, 9am, MacKenzie Park: American Museum of Agricultural, E Broadway & Canyon Lake Dr, Terry Dalton, RD, [tdalton51@hotmail.com](mailto:tdalton51@hotmail.com)

DEC 07 Ugly Christmas Sweater Run: Midland, TX,

[http://www.active.com/event\\_detail.cfm?event\\_id=2101423](http://www.active.com/event_detail.cfm?event_id=2101423)

WTRC site: <http://wtrunning.com> Newsletter, Cal, Photos, signup/Membership

September 2013



P. O. Box 2921  
Lubbock, TX 79408

