

CALENDAR

* Indicates W.T.R.C. Monthly Race and CHALLENGE SERIES EVENT

- OCT. 2 RACE FOR THE CURE: Amarillo, 5K, FMI call (806)356-1913
- OCT. 5 WTRC Business meeting, 7pm, 1623 10th Street, Conference Room
- OCT. 10 W.T.R.C. Social, Buffalo Springs Lake, Call Mike Keiley
- * OCT. 16 RED RAIDER ROAD RACE: 5K and 10K, 8 am, Lubbock, TTU, Mike Greer, Race Director, 762-0895(d), 796-8213(n)
- OCT. 23 RED RIBBON RUN: Lubbock, 5K, Rose Hoeve, 796-6074 (d)
- NOV. 6 TOYS FOR TOTS 5K: Lubbock, 9am, Armed Forces Reserve Center 1 27 and Regis St., Ron Hillis, Race Director, 797-0303
- NOV. 7 SAN ANTONIO MARATHON: San Antonio, (210) 246-9652
- * NOV. 13 BUFFALO WALLOW RACES: BUFFALO SPRINGS LAKE, Half Marathon and 2 Mile, 9 am, George Jury, Race Director, 792-3291, 792-1237
- * NOV. 25 W.T.R.C. TURKEY TROT: Lubbock, 9 am, MACKENZIE PARK, 12K and 2 Mile, Chris Lonngren, Race Director, 796-0685
- DEC. 5 WHITEROCK MARATHON: Dallas, (214) 526-5318
- * DEC. 11 REDLINE 4 MILE CROSS COUNTRY: MAE SIMMONS PARK, Lubbock, 10 am Ron Lubowicz, Race Director, 740-6809 (d), 748-1855 (n)
- JAN. 1 Y2K FUN RUN: New Years Day, MACKENZIE PARK, FMI call Bob Bernero, 794-0929 (n)
- JAN. 15 LOOP THE LAKE 5 MILE RUN: 10am, BUDDY HOLLY PARK Bob Bernero, 794-0929 (n)

<http://members.tripod.com/wtrc>

For Membership, Calendar, Race Results, etc.

OCTOBER 1999



5K & 10K Road Race

18th Annual Red Raider Road Race

RED RAIDER ROAD RACE
10K and 5K

Saturday, October 16, 1999
Details Inside Back Cover

Newsletter Editor
5212 44th Street
Lubbock, Texas 79414

October 1999



WEST TEXAS RUNNING CLUB

OFFICERS

President - Mike Kelley
(H) 765-0441 (O) 766-0355

Internal Vice-President - Marti Greer
(H) 829-2153 (O) 796-8213

External Vice-President - Jon Omdahl
(H) 794-7823 (O) 766-0600

Secretary - Etta Mayer
(H) 792-1471 (O) 742-2907)

Treasurer - David Higgins
(H) 744-8328 (O) 744-2626

WTRC Web Address:

<http://members.tripod.com/wtrc>

W.T.R.C. RACES ARE USUALLY HELD THE 2nd SATURDAY OF EACH MONTH.
The WTRC monthly business meeting is on Tuesday, Oct. 5, 7:00 p.m. at 1623 10th Street, Conference Room, Bollinger, Segars, Gilbert and Moss.
All members are welcome.

FROM THE PRESIDENT

Please plan on attending the WTRC fall social, Sunday, October 10th at Buffalo Springs Lake. We are planning a fun run starting about 4:00 p.m. followed by an outdoor hamburger and hot dog grill. The idea is to provide a non-competitive environment for people to gather, talk, and have fun. The club will provide the basic meats, buns and soft drinks. Members are encouraged to bring a covered dish, chips, or anything special they want to provide. If you are able to bring an extra grill, please do so. Friends and family members are also encouraged to attend.

To get to Buffalo Springs Lake, take 50th Street East 4 miles past Loop 289, following the signs to the lake. Allow about 20-30 minutes from most parts of Lubbock. There is a \$2 charge per person gate entrance fee. Proceed through the gate and take a right on Comanche Drive immediately at the bottom of the hill. Go approximately 1/4 mile and park at the WTRC sign, next to the lake. Cross the road and go up the steep driveway to the yellow A-frame house (deliveries of food, BBQ grills, and non-runners may be made by driving up to the house).

We hope that our social will be an event that members enjoy. We want to know your ideas about this and our traditional Christmas social coming in December. Fresh, innovative thinking will be greatly appreciated. Let us know how we can provide the best possible events for our members.

Mike Kelley

WTRC LSD Training Runs Saturdays at 7:00 a.m. and Sundays: 6:00 a.m.; meeting at the Outdoor Center parking lot in MacKenzie Park For more information call Bob Bernero at 794-0929 (N)

WTRC HOTLINE - (806) 792-3293 FOR LOCAL RUNNING EVENTS UPDATE

THE SHALLOWATER STAMPEDE 2 MILE & 10 KILOMETER RUNS Shallowater, Texas SEPTEMBER 11, 1999

10K OVERALL RESULTS

PLACE	NAME	TOWN	ST	AG	S	DIV	PLACE	TIME	PACE
1	HAFF IS BANIRE	LUBBOCK	TX	27	M	1	M2029	34:55	5:38
2	TIM KEY	LUBBOCK	TX	32	M	1	M3034	36:31	5:53
3	HOWARD NORMAN	LUBBOCK	TX	48	M	1	M4549	41:47	6:44
4	TODD HEGSTROM	LUBBOCK	TX	43	M	1	M4044	43:00	6:56
5	JANDA IBETSON	LUBBOCK	TX	29	F	1	F2029	43:10	6:57
6	RANDALL WOLCOTT	LUBBOCK	TX	43	M	2	M4044	43:21	6:59
7	LUIS NEVAREZ	LUBBOCK	TX	34	M	2	M3034	43:22	6:59
8	CHRIS LONNGREN	LUBBOCK	TX	40	M	3	M4044	43:34	7:01
9	WAYNE IVEY	LUBBOCK	TX	30	M	3	M3034	45:34	7:21
10	JESSE RODRIGUEZ	BROWNFIELD	TX	34	M	4	M3034	45:50	7:23
11	RUSSELL MARTIN	SHALLOWATER	TX	41	M	4	M4044	47:23	7:38
12	ALBERT BUITRON	LUBBOCK	TX	39	M	1	M3539	47:39	7:41
13	JOE POST	LUBBOCK	TX	50	M	1	M5054	47:52	7:43
14	AL GARDNER	LEVELLAND	TX	43	M	5	M4044	48:31	7:49
15	DENNIS BELL	LUBBOCK	TX	38	M	2	M3539	49:08	7:55
16	RONNIE PRIGG	LUBBOCK	TX	45	M	2	M4549	49:29	7:58
17	KEN SPAIN	LUBBOCK	TX	48	M	3	M4549	49:33	7:59
18	KIM BLACK	LUBBOCK	TX	26	F	2	F2029	49:47	8:01
19	DAMON RICHARDS	LUBBOCK	TX	46	M	4	M4549	50:11	8:05
20	BRUCE FELLERS	LUBBOCK	TX	46	M	5	M4549	51:20	8:16
21	RON HEWETT	LUBBOCK	TX	35	M	3	M3539	51:31	8:18
22	BRAD EWING	LUBBOCK	TX	60	M	1	M6099	52:40	8:29
23	BILL ROGER	LEVELLAND	TX	60	M	2	M6099	53:06	8:33
24	JAMES BONE	LUBBOCK	TX	41	M	6	M4044	53:54	8:41
25	WADE WILSON	LUBBOCK	TX	48	M	6	M4549	54:31	8:47
26	JIM WILHELM	LUBBOCK	TX	35	F	1	F3539	54:42	8:49
27	MOLLY RHODENBAUGH	LUBBOCK	TX	64	M	3	M6099	54:46	8:49
28	GENE ADAMS	LUBBOCK	TX	42	M	7	M4044	54:55	8:51
29	DAVID MALONE	LUBBOCK	TX	66	M	4	M6099	55:05	8:52
30	JOHN STALCUP	LUBBOCK	TX	30	M	5	M3034	55:16	8:54
31	SHANNON MOORE	LUBBOCK	TX	25	M	2	M2029	55:17	8:54
32	ERIC BAREFIELD	LUBBOCK	TX	62	M	5	M6099	55:24	8:56
33	THOMAS B WORD	LUBBOCK	TX	60	M	6	M6099	55:50	9:00
34	MIKE GREER	LUBBOCK	TX	44	M	8	M4044	55:54	9:00
35	STEVE NIEMAN	SHALLOWATER	TX	57	M	1	M5559	56:37	9:07
36	RON HILLIS	LUBBOCK	TX	55	M	2	M5559	57:40	9:17
37	BOB BERNERO	LUBBOCK	TX	40	F	1	F4044	58:11	9:22
38	MARTI GREER	LUBBOCK	TX	43	M	9	M4044	58:13	9:23
39	RICHARD THOMAS	LUBBOCK	TX	29	F	3	F2029	59:43	9:37
40	MICHELE HICKLE	LUBBOCK	TX	46	F	2	F4549	59:57	9:39
41	MADONNE MINER	LUBBOCK	TX	22	F	4	F2029	59:57	9:40
42	SANDY REEVE	LUBBOCK	TX	56	M	3	M5559	1:00:36	9:46
43	ANGELA GALVAN	LUBBOCK	TX	55	F	1	F5099	1:01:43	9:57
44	ETTA MAYER	LUBBOCK	TX	45	F	3	F4549	1:04:45	10:26
45	JOHN RUSSELL	LUBBOCK	TX	56	M	3	M5559	1:04:51	10:27
46	PAM HILLIS	LUBBOCK	TX	45	F	3	F4549	1:05:42	10:35
47	RONNIE AGNEW	LUBBOCK	TX	49	M	7	M4549	1:05:42	10:35
48	ANNETTE BURENHEIDE	LUBBOCK	TX	36	F	1	F3034	1:06:36	10:44
49	MARSHA BENNETT	LUBBOCK	TX	33	F	2	F3539	1:11:25	11:30
50	CAROLYN RICE	LUBBOCK	TX	58	F	2	F5099	1:21:49	13:11
51	DELORES KEY	LUBBOCK	TX	57	F	3	F5099	1:33:36	15:05

W.R.T.C. 1999 CHALLENGE SERIES
STANDINGS AFTER 8 EVENTS

FEMALE

YTD TOTALS			YTD TOTALS						
AGE	PTS	MILES	EVT	VOL	AGE	PTS	MILES	EVT	VOL
0 - 12 FEMALE									
Heather Cannon	13	29	6	3	35 - 39 FEMALE	36	66	62.2	8
Margarita Jimenez	9	20	9	2	Marsha Bennett	37	50	28.2	6
Cammy Lass	13	19	6	2	Melanie McVey	40	38	33.2	5
Veronica Jimenez	12	9	13	2	40 - 44 FEMALE				
13 - 15 FEMALE									
Hope Jimenez	15	20	13	2	Marti Greer	40	10	4	1
16 - 19 FEMALE									
Tara Jernigan	18	29	19	3	Marjory Stewart	43	10	5	1
Mary Lou Jimenez	17	15	9	2	Martha Martinez	42	0	18	3
Lacy Lass	16	15	6	2	45 - 49 FEMALE				
Laci Jackson	17	10	4	1	Shirley Wigley	45	59	45.4	7
20 - 29 FEMALE									
Janda Ibbetson	29	50	38.4	5	Josie Aleman	48	58	25	7
Shanna Armstrong	24	35	36.1	4	Madonne Miner	46	45	36.4	5
Kim Black	26	15	11.2	2	Cheyl Weber	46	40	16	5
Brandy Temple	27	10	6	1	Pam Hillis	45	24	20.2	3
Christi Props	28	8	5	1	Theresa Marez	49	0	11	1
Michelle Wyatt	29	7	5	1	Rhonda Kauk	46	0	11	1
30 - 34 FEMALE									
Judy Lawley	34	56	57.3	7	50 - 99 FEMALE				
Vicki Fischenich	33	26	38.2	4	Etta Mayer	50	77	62.2	8
Annette Burenheide	33	19	12.2	2	P J Mitchell	53	20	29	4
Rose Hoeve	31	10	2	1	Carolyn Rice	58	18	11.2	2
Natalie Steadman	32	9	5	1	Delores Key	57	16	29.2	4
Angela Hegstrom	33	8	13.1	1	Mary Harris	53	10	15	3

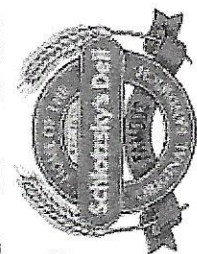
** = RACE DIRECTOR
* = VOLUNTEER

"HOT DAM" REPORT/THANKS

I wish to express my gratitude to all the sponsors that helped with this year's run; Dr. Randy Wolcott, Dr. David Gregory, SKOONER'S, Greer Industrial Inc., Hoot's Bagels, Mt. Hideaway, Allegra Soap Bar, Key Pharmaceutical and the Cactus Theater. I am thankful also for all the volunteers that came forward to help, especially James Bone for all his hard work in putting things together. The run would not have been possible without everyone's support and help.

We were able to raise \$850 for the C.A.R.E. CENTER. MUCHAS GRACIAS!
P.J. Mitchell

Schlotzsky's Deli



New Orleans Style Muffaletta Sandwiches
Sourdough Crust Pizza
Soups and Salads

All WTRC members-75c off medium Sandwich, Pizza or Chef Salad

It all started about a year ago, early one Sunday morning at Mackenzie Park during one of our weekly club training runs when David Steadman brought a video tape about the 1998 Leadville Trail 100. Several of us passed it around and by the next Sunday, after discussing it, vowed to run it in the year 2000. One of the runners, Chris Strathman who has finished 100's before, couldn't wait and signed up for the 1999 race. Race acceptance is limited and goes on a first come, first served basis to paid applicants and begins January 2nd. (Around 500 are accepted.) Applicant acceptance is over within a couple of days and the race is closed as quickly as it began, (yes there are that many nuts out there). The \$175 entry fee will make you serious about the whole thing. I was asked to crew during the day and to pace the 50 miles back during the night, and I accepted. I found out later that pacer "muleing" was not only acceptable but expected. (Muleing means carrying all the stuff.)

The Leadville Trail 100 is usually the third weekend in August. The course is an out and back 50 miles on trails over three mountain passes with a 30 hour time limit. The start is at 10,000 feet of altitude and the last pass is the steepest at near 13,000 feet. You are warned that the weather can go from warm to freezing, dry to wet within a short period of time, (this was found to be ever so true!!). The race has cut-off times at every aid station and is a front loaded race, meaning the average runner must run the first 60 as fast, and as hard as possible, to avoid getting pulled. The reason they do this becomes obvious later as you run the course. They want you over and back from that steep pass before it gets dark and cold, and while they are still able to find you. The aid stations are also medical check points, as you are weighed, pulse and blood pressure are taken and your lungs are checked for signs of pulmonary edema. The runner wears an armband with pre-race weight, b.p., pulse, etc., and if this armband is removed by race officials for any reason, the race is over for you. The DNF rate for this race is usually around 50%, higher if the weather is really bad. Oh yes, I almost forgot to mention the river crossings where you hang on to the rope, as you cross the icy water. Night time was the best for this!!

To prepare to pace, I decided to train by running 30 miles on weekends carrying a day pack with a Camelbak 70 ounce bladder and miscellaneous coats and clothes to simulate the load I would carry. These were slow runs, especially during July and August in Lubbock. Finally it was race day! The runners are off with a 4 a.m. shotgun blast, then the crew waiting begins. This waiting can really be torture. You're a runner and all day long you watch other runners run by you while you try to tell yourself to stay still and get some rest. At the aid stations you scramble as your runner comes in to get soup, salt tabs, drinks and clothes in or on them and then there are those feet!! While they sit and eat and drink, a good crew will strip off the wet, muddy socks, find the blisters or hot spots, (they will be there), grab the wet wipes, tape and vaseline or get after it!! Then they are gone and the waiting resumes. By late afternoon you are at the turn around, (50 miles), waiting, as the pacing can start after your runner checks out of this aid station. It's been a long day. My runner was behind schedule and came in with only 8 minutes before cut-off. That last steep pass was a killer. (It's a nail biter waiting for your runner to appear while watching the cut-off clock tick down.) But she made it. Finally we were off and I get to move! Now we face a long climb back over that same killer pass with only 3 hours 45 minutes to go 12 miles to beat the cut-off to the next station. (3:45 to go 12 miles, sounds easy, huh!) We start climbing, my runner started puking... this didn't look very good. (to next page)

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ULTRA-RUNNERS PAGE
LEADVILLE TRAIL 100, 1999
August 21st & 22nd

W.R.T.C. 1999 CHALLENGE SERIES STANDINGS AFTER 8 EVENTS

As a pacer you are now faced with some moral issues. When the going gets tuff do you use positive or negative psychology to keep the runner going? Do you say "come on don't be a big ole wimp" and remind them of all the pessimists back home who didn't think they could do it anyway, or do you use more positive re-enforcement by saying such things as, "dig deep you are better than you think you are, and you can do more than you think you can." I did both. We continued on, slowly. This adventure quickly became "night of the living dead". My runner was now trying to pass man and throw up at the same time. A few miles further we came upon an old man sitting on a rock. Have we climbed the mountain to find the Father of all wisdom? No, it was just an old, tired dude. (We're above treeline, it dark, windy, cold and threatening to do some serious raining, and we have to continue on, now, as the top is only maybe a couple of miles ahead, straight up ahead. At the top there is a med. tent and hot soup.) He didn't have a pacer, was out of water and was obviously spent. He was still in nylon shorts and singlet but had long rain gear in his pack. I had to dress him in the warm clothing as zippers didn't seem to work for him any more. After hydrating him I took his pack and informed him, "you're coming with us." We trudged on. What's this, another older man sitting on a rock, only this one couldn't even talk, just mumbled stuff. He also was still in shorts and a singlet and didn't know he had a jacket tied around his waist. It was getting pretty cold. I wrestled the jacket away from him, as he resisted my efforts, and put it on him. (I found out later the first man was 62 years old and the second was 60. Remember they had already done a tough 50 plus miles at this point.) He came with us as well, he didn't have a choice. I remembered thinking how much I hoped none of them would require CPR, (especially the 62 year old as he had some serious brown, crusty drool accumulating on his face and beard, probably remnants of a Power-Bar he had been gnawing on earlier. (I don't really like Power-Bar that much!))

We finally made the saddle of the pass and went over to the other side and the aid station manned by the llama people. These hardy volunteers had packed all the gear in by llama. They asked, "What can we get you?" I jokingly replied "A round of double meat llama cheeseburgers please!" they didn't think it too funny, probably the late hour. They had a giant NorthFace med. tent, which was at capacity. The tent floor was covered with bodies and blankets, these unfortunate souls would be spending the night. It was now very obvious we were not going to make the next cut off. I had taken 3 hours to go about 6 miles. I was hoping to lose the old guys here but they wanted them to continue on, if possible, with a pacer, that being me. My newly acquired "team" of runners warmed up in the cook tent and forced to eat a couple of bowls of potato soup. The next 6 miles off the mountain were all down hill. We trudged on. As we left this station the hunkered down curious llamas stared at us, I think they were probably laughing in their own way. As we descended it quickly started to warm up, and to rain again, and my runners slowly came back among the living. They started to talk and eat and drink and I believe they could have all finished if not pulled from the race. It was an easy 6 down, we crossed the river holding on to the rope and scooted on in to the next aid station where the volunteers eagerly cut off the armbands and disqualified us. Then they ran off like their hair was on fire, probably to a nice warm bed. We were the last runners to make it over the pass and the volunteers had been waiting just for us. We also found out there were a few runners behind us that didn't make it over the pass and search and rescue was out looking for them. Don't be discouraged by this report. During a race like this there will be trying times to work through. This race is an A-1 production / experience and I highly recommend it. Lowlanders, (that's us), can finish this thing. The 1999 women's winner is from San Antonio, (there goes the altitude excuse). We vowed to return. If you are interested, start preparing now. I would be glad to try and answer any questions on how to prepare for a finish. Weldon Kolb, 787-7150.

W.T.R.C. NEWS WALK OF FAME EVENTS

There have been numerous favorable comments on this inaugural event, which had 72 marathon finishers, 56 Half Marathon finishers, 50 5K finishers and 14 One Milers.

Mike and Marti Greer put in a lot of hours on this event including a lot of physical labor. Wade and Debbie Wilson also devoted a lot of time and were very busy on race day. I want to especially thank Weldon Kolb who spent several hours on Saturday helping gather finish line equipment and then after the race hauled stuff back to the storage unit. Helping at the finish line were; Wade and Debbie Wilson, Weldon Kolb, Jim Leser, Ron Lubowicz and Mike Kelley. Also helping out on the course were Mark Garland and Jimmie Key. Thanks a bunch! George

MEMBER NEWS

Your editor welcomes material submitted for the newsletter and found Weldon Kolb's report on the Leadville Trail "100", to be quite entertaining. Former club member and James Morris' son, Mark, completed that event in a time of 28 hours, 37 minutes and 30 seconds!

Congratulations to Steve and Melissa Bell of Seminole who had a daughter, born Sept. 6, 1999.

Tim Key completed the CANADIAN IRONMAN TRIATHLON, held in Penticon, B.C. on August 29, 1999. Tim finished 35th overall out of 1,770 in his second best time of 9:50:34. Unfortunately he failed to qualify for the Hawaii IRONMAN.

SCHOLARSHIP

The board of director's voted to accept applications for an additional scholarship of \$500 for the second semester at ITU. We have only one recipient this semester, Jill Aleman. Rules are listed in the August issue.

CHALLENGE SERIES

Remember, to qualify for the awards you must serve as a non-running volunteer at one of the 13 club races. No new names will be added to the "CHALLENGE STANDINGS" unless inclusion is requested.

VOLUNTEERS NEEDED

Many workers are needed for the following three races; RED RAIDER ROAD RACE, BUFFALO WALLOW, and the TURKEY TROT. Call Marti Greer at 829-2153 for the RRRR, George at 792-3291(d), 792-1237(n) for the Buffalo Wallow, and Chris Lonngren at 796-0685 for the Turkey Trot. Marti needs several people to staff the late registration desk on Friday, October 15, 1999.

W.T.R.C. WEBSITE

The club website has been "on-line" for a year now and has been viewed over 1,000 times now! The address has been shortened to <http://members.tripod.com/wtrc>

Race results are posted here usually by Monday after the race. Also entry forms to the RED RAIDER ROAD RACE and the TURKEY TROT can be obtained.

SOMETIMES DREAMS DO COME TRUE

BY JIM LESER

The dream? Being selected to be on Team USA and compete at the Worlds Duathlon Championships.

It all started in January at the first duathlon of the season, the Frost Yer Fanny in Austin. This is also when they give out the South Midwest Regional Awards (I got 2nd in age group for annual regional rankings). I had just finished 2nd in my age group and was actually feeling pretty bad about it. You see, I had rewarded myself with a brand new tri bike which had arrived 2 days before the race. It is a really cool looking Cannondale 2000 with an orange to yellow fad paint job with special racing wheels. Problem was, I had only ridden it 6 miles before the race and had not yet equipped it with a bike computer. Bottom line? My ride simply sucked and the following run wasn't much better. It's the engine that counts.

Anyway, I was standing around trying my best to come up with good excuses for not doing well (could it have been the marathon at Disney World two weeks earlier?). Some of my fellow age groupers mentioned that they were going to try to qualify for Worlds because it was to be held in the USA (North Carolina) this year and be much more affordable than the competitions abroad. This would be the first time it had returned to the USA since Dallas in 1993.

This started me thinking. Could I possibly qualify for a slot? I had gone to the Long Course World Duathlon Championships in Switzerland in 1997 after qualifying in the one and only USA qualifying race in Colorado. I was ranked 6th nationally. It would take a lot of luck since there were only 12 slots in my age group and competition would be tough. There would be 5 events that would be qualifiers. Three of these would have 2 slots, one with a single slot and the Nationals with 5 slots.

As luck would have it, Strutter's in San Angelo was a qualifier with two slots. I had won my age group last year so thought I might at least come in 2nd this year. But low and behold, I came in 3rd in the medals but out of the running for Worlds. As bad luck would have it, Bob Macy from San Diego and Michael Duhs from Dallas placed 1 and 2, respectively. Bob is an awesome cyclist who came to San Angelo to win a slot and Michael is an excellent

triathlete who I wished had stayed away from duathlons this year.

I felt crushed, but decided right then and there to travel to Tucson's Desert Duathlon and try again to capture one of two slots available. This was a 10K run/40K bike/5K run, the same distances that would be at Worlds. I had two simply awesome runs but another lousy bike and would of ended up in 4th if I hadn't given up on the bike (came in 6th). The run and bike courses were very hilly and I had significant dehydration problems.

By now there was only the June Nationals left with 5 slots. Pete Vandermy from San Antonio (who would age up into my age group) went to the Nationals in Massachusetts and won a slot. I was real happy for him because we had become good friends and fierce competitors (I can run with him but get dropped on the bike). I didn't go because of time and money problems and after all, 1999 was not going real well so why expect to win a slot?

A phone call later in June from USA Triathlon brought incredible news. Michael Duhs had released his slot to go to Ironman, leaving me the chance to go to Worlds! To say I was elated is a major understatement. This is a dream come true.

Did I tell you that uniforms are a part of the deal? Well they are, complete with a racing uniform, warm-up suit, casual shorts and polo shirt and backpack with USAT and USA logos. We get to stay together in the team hotel, complete with a team manager, bike mechanic, medical team and masseuse. The British team will be sharing our hotel. There will be about 900 competitors and 12,000 spectators. It will be televised on ESPN. There will be a parade of nations and an awards ceremony. I don't expect to place but hope to finish in the top 10 in my age group.

My wife and I are leaving early to spend time vacationing in the Blue Ridge Mountains. The race is October 16 and 17. Fall color ought to be spectacular!

Are you thinking, so what, Leser should be good enough to qualify easily for these World events? Guess again. I may be a pretty good runner but still am a second rate cyclist. I'm probably 2nd tier in my age group nationally in duathlons. So you see, this is something real special to me. I hope I can do Lubbock and the West Texas Running Club real proud in my performance. I will do my best.

WEST TEXAS RUNNING CLUB'S 18th ANNUAL RED RAIDER ROAD RACE

10K and 5K RUNS

USA T&F CERTIFIED

10K #TX97071ETM 5K #TX97070ETM

EVENT NUMBER 10 of the WTRC CHALLENGE SERIES

WHEN: SATURDAY, October 16, 1999
RACE START; 8:00 A.M., 10K and 5K

WHERE: TEXAS TECH UNIVERSITY CAMPUS, Lubbock, TX
University Recreation Center, Main and Hartford

COURSE: 5K, Flat, Single Loop of Campus on Asphalt
10K, Double Loop of Same Route

ENTRY FEE: Pre Registration: by mail or walk in at Tech Ex Students Bldg. to Oct. 14th, \$15
(WTRC members pre register for \$12 to Oct. 14th)
Late Reg; Friday, Oct. 15th, University Center, N. side, \$20 (everyone)
Raceday; 6:30 to 7:30 A.M. only, \$25

AGE DIVISIONS:

5K

MALE

12 & Under

13 - 15

16 - 19

20 - 24

25 - 29

30 - 34

35 - 39

40 - 44

45 - 49

50 - 54

55 - 59

60 Plus

FEMALE

12 & Under

13 - 15

16 - 19

20 - 24

25 - 29

30 - 34

35 - 39

40 - 44

45 - 49

50 - 54

55 - 59

60 Plus

10K

MALE

19 & Under

20 - 24

25 - 29

30 - 34

35 - 39

40 - 44

45 - 49

50 - 54

55 - 59

60 Plus

FEMALE

19 & Under

20 - 24

25 - 29

30 - 34

35 - 39

40 - 44

45 - 49

50 - 54

55 - 59

60 Plus

AWARDS: 1st Place Male and Female as well as 1st Master (Age Graded) each race receive a special Plaque. 1st 3 in each Age Group receive medals Clydesdales, 1st 3 male and female (Age Graded) Long sleeved T Shirts to all entrants

RACE DIRECTOR: Mike Greer

796-8213

WALK OF FAME RACE FESTIVAL
OVERALL RESULTS ONE MILE

PLACE	NAME	TOWN	ST	AG	S	DIV	PLACE	TIME	PACE
1	MIKE FLORES	AMARILLO	TX	42	M	1	M4044	5:27	5:27
2	BRENT TIDWELL	LUBBOCK	TX	42	M	2	M4044	5:37	5:37
3	JACKIE CANNON	AMARILLO	TX	43	M	3	M4044	5:39	5:39
4	ROBERT FORTNEY	LUBBOCK	TX	46	M	1	M4549	5:41	5:41
5	JOHN STALCUP	LUBBOCK	TX	66	M	1	M6569	8:40	8:40
6	JERRY WHITTEN	AMARILLO	TX	56	M	1	M5559	8:48	8:48
7	AIMEE AYERS	LUBBOCK	TX	10	F	1	F0110	9:41	9:41
8	SAM AYERS	LUBBOCK	TX	36	M	1	M3539	9:41	9:41
9	CINDY SCHEITZACH	IRVING	TX	23	F	1	F2024	9:56	9:56
10	CASSIE JOHNSON	GRAND PRAIRIE	TX	10	F	2	F0110	11:38	11:38
11	DORIS STALCUP	LUBBOCK	TX	64	F	1	F0664	11:52	11:52
12	BRANT AUSTIN	EULESS	TX	56	M	2	M5559	13:15	13:15
13	VANESSA JOHNSON	GRAND PRAIRIE	TX	10	F	3	F0110	13:18	13:18
14	LISA JOHNSON	GRAND PRAIRIE	TX	35	F	1	F3539	13:19	13:19

MARATHON TEAM RESULTS

4 PERSON MALE		TIME
1	WEST PRES	3:26:00 7:52
2	BARRON	3:46:19 8:38
3	BSGM	3:54:52 8:58
FEMALE		TIME
1	KEY	5:32:34 12:42
2 PERSON MIXED		TIME
1	DIXON	3:27:42 7:56
FEMALE		TIME
1	MALOUF	4:24:21 10:06
2	BECK	5:21:44 12:17



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Lubbock Communications, Inc. Commercial Radio Company



A child's voice in court
Beautiful Charity: CASA-Court Appointed
Special Advocates for Children

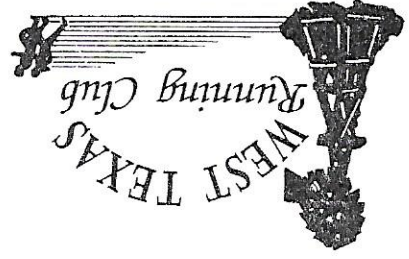
HIGHLAND MEDICAL CENTER

Presents...



Walk of Fame Race Festival:

1999



Highland Medical Center
Race Festival
P.O. Box 93726
Lubbock, Texas 79493

THE WALK OF FAME RACE FESTIVAL
 5K, HALF MARATHON and MARATHON
 September 5, 1999 Lubbock, Texas
 USA T&F CERTIFIED MARATHON, #TX99064ETH
 MARATHON OVERALL RESULTS

PLACE NAME	TOWN	ST	AG	S	DIV	PLACE	TIME	PACE
1 HAFIS BANIRE	LUBBOCK	TX	27	M	1	M2529	2:44:31	6:17
2 SCOTT EPELMAN	RICHARDSON	TX	32	M	1	M3034	2:59:29	6:51
3 BRETT PEIKERT	LUBBOCK	TX	31	M	2	M3034	3:09:38	7:14
4 STEPHEN COUCH	LUBBOCK	TX	19	M	1	M1619	3:19:24	7:37
5 KEN ASHBY	DALLAS	TX	46	M	1	M4549	3:24:38	7:49
6 TEAM WEST PRES	LUBBOCK	TX	M				3:26:00	7:52
7 JOHN TROMPLER	LUBBOCK	TX	52	M	1	M5054	3:26:43	7:54
8 JOHN SEAVER	WHITESBORO	TX	35	M	1	M3539	3:27:15	7:55
9 TEAM DIXON	BELTON	TX	M				3:27:42	7:56
10 SONJA ENGELI	LUBBOCK	TX	26	F	1	F2529	3:29:52	8:01
11 GARRY RYON	MIDLAND	TX	43	M	1	M4044	3:38:50	8:21
12 TIM GALICKI	ADDISON	TX	37	M	2	M3539	3:40:54	8:26
13 MARJORY STEWART	LUBBOCK	TX	40	F	1	F4044	3:40:54	8:26
14 LANCE WHITE	LUBBOCK	TX	26	M	2	M2529	3:45:27	8:36
15 TEAM BARRON	LUBBOCK	TX	M				3:46:19	8:38
16 BILL ROBERTSON	WACO	TX	49	M	2	M4549	3:48:41	8:44
17 RONALD HEWETT	LUBBOCK	TX	38	M	3	M3539	3:49:18	8:45
18 EVAN GROUTAGE	KINGWOOD	TX	50	M	2	M5054	3:54:30	8:57
19 TEAM BSGM	LUBBOCK	TX	M				3:54:52	8:58
20 SHANNON MOORE	LUBBOCK	TX	30	M	3	M3034	3:55:52	9:00
21 CRAIG LANGFORD	LUBBOCK	TX	38	M	4	M3539	3:56:40	9:02
22 MARK COLBERT	BOSSIER CITY	LA	33	M	4	M3034	3:57:15	9:03
23 KIRK THOMAS	LUBBOCK	TX	40	M	2	M4044	3:57:43	9:04
24 DAVID STEADMAN	LUBBOCK	TX	30	M	5	M3034	3:58:36	9:07
25 SAM BURGESSON	LAMESA	TX	34	M	6	M3034	3:58:45	9:07
26 AMY SCHMIDT	CHICKASHA	TX	25	F	2	F2529	4:01:02	9:12
27 BOB WILLIAMS	HUMBLE	TX	56	M	1	M5559	4:03:44	9:18
28 LARRY HARGUS	MESQUITE	TX	42	M	3	M4044	4:06:59	9:26
29 MARGARET DALY	LUBBOCK	TX	33	F	1	F3034	4:07:26	9:27
30 TY MEIGHAN	AUSTIN	TX	33	M	7	M3034	4:08:08	9:28
31 JON OMDAHL	LUBBOCK	TX	53	M	3	M5054	4:08:48	9:30
32 CARLOS VIGIL	GAINESVILLE	TX	50	M	4	M5054	4:11:09	9:35
33 MICHELLE WYATT	LEVELLAND	TX	29	F	3	F2529	4:12:57	9:39
34 KENDALL BLACK	GRAND PRAIRIE	TX	50	M	5	M5054	4:14:13	9:42
35 JIM DEEVER	CHRISTOVAL	TX	42	M	4	M4044	4:14:35	9:43
36 REX JOHNSON	GRAND PRAIRIE	TX	44	M	5	M4044	4:14:41	9:43
37 THOMAS CRULL	DALLAS	TX	56	M	2	M5559	4:15:28	9:45
38 RUSSEL MARTIN	SHALLOWATER	TX	41	M	6	M4044	4:19:52	9:55
39 CHELSIE BREUNIG	LUBBOCK	TX	16	F	1	F1619	4:19:57	9:55
40 CHRIS BREUNIG	LUBBOCK	TX	37	M	5	M3539	4:19:57	9:55

MARATHON OVERALL RESULTS

PLACE NAME	TOWN	ST	AG	S	DIV	PLACE	TIME	PACE
41 KIRK RICHARDSON	LUBBOCK	TX	34	M	8	M3034	4:20:21	9:56
42 BRUCE FELLERS	LUBBOCK	TX	45	M	3	M4549	4:20:50	9:57
43 STEVIN STRICKLAND	SAN ANTONIO	TX	38	M	6	M3539	4:21:19	9:58
44 FARRELL MARTIN	LUBBOCK	TX	33	M	9	M3034	4:21:30	9:59
45 TEAM MALOUF	LUBBOCK	TX	F		2	F4044	4:24:41	10:06
46 JENIECE BURNS	FORT WORTH	TX	47	F	1	F4549	4:26:39	10:11
47 JOHN DICARLO	SAN ANTONIO	TX	48	M	4	M4549	4:26:40	10:11
48 DAVON RICHARDS	LUBBOCK	TX	46	M	5	M4549	4:26:58	10:11
49 P. J. MITCHELL	LUBBOCK	TX	53	F	1	F5054	4:27:46	10:13
50 JUDY LAWLEY	LUBBOCK	TX	34	F	2	F3034	4:28:20	10:15
51 ABIGAIL WELLS	BRYAN	TX	25	F	4	F2529	4:28:51	10:16
52 JOEL CRAIG	LAS CRUCES	NM	40	M	7	M4044	4:29:47	10:18
53 SHERRYL NASH	DALLAS	TX	41	F	3	F4044	4:30:47	10:20
54 CLIFF BURGESS	WACO	TX	60	M	1	M6064	4:37:30	10:36
55 DEANA HOLT	CHRISTOVAL	TX	36	F	1	F3539	4:37:44	10:36
56 TOM GRIFFIN	AMARILLO	TX	50	M	6	M5054	4:38:24	10:38
57 KELLY FOLEY	COPPELL	TX	36	F	2	F3539	4:40:45	10:43
58 JEFF ROGERS	CANYON	TX	39	M	7	M3539	4:41:12	10:44
59 MICHAEL QUINN	RICHMOND	TX	35	M	8	M3539	4:47:40	10:59
60 BRYAN PATRIDGE	LUBBOCK	TX	32	M	10	M3034	4:51:05	11:07
61 RUSTY HAILLEY	CARROLLTON	TX	51	M	7	M5054	4:59:41	11:26
62 TIMOTHY DOSS	AUSTIN	TX	38	M	9	M3539	5:05:25	11:39
63 CATHY PADEN	SLATON	TX	29	F	5	F2529	5:07:03	11:43
64 MARSHA BENNETT	LUBBOCK	TX	36	F	3	F3539	5:17:50	12:08
65 JEFF KEY	LUBBOCK	TX	35	M	10	M3539	5:17:52	12:08
66 TEAM BECK	BELLEVILLE	TX	F			5:21:44	12:17	
67 ADAM PUCKETT	LUBBOCK	TX	28	M	3	M2529	5:31:15	12:39
68 BRETT DAVIS	FREDERICKSBURG	TX	16	M	2	M1619	5:32:03	12:40
69 TEAM KEY	LUBBOCK	TX	F			5:32:34	12:42	
70 ROY PEYTON	PLANO	TX	63	M	2	M6064	5:32:34	12:42
71 ETTA MAYER	LUBBOCK	TX	50	F	2	F5054	5:41:42	13:02
72 ROBERT EARNEY	LUBBOCK	TX	50	M	8	M5054	6:37:24	15:10

OVERALL MALE CLYDESDALE MARATHON RESULTS

PLACE NAME	AGE	TOWN	ST	TIME	AGEGRADED
1 BILL ROBERTSON	49	WACO	TX	3:48:41	3:30:25
2 RUSTY HAILLEY	51	CARROLLTON	TX	4:59:41	4:31:25
3 BRYAN PATRIDGE	32	LUBBOCK	TX	4:51:05	4:51:05

**THE WALK OF FAME RACE FESTIVAL
5K OVERALL RESULTS**

PLACE NAME	TOWN	ST	AG	S	DIV	PLACE	TIME	PACE
1 STEVEN KING	HOUSTON	TX	36	M	1	M3539	19:02	6:08
2 AL GARDNER	LEVELAND	TX	43	M	1	M4044	19:09	6:10
3 BRADLEY WHITWORTH	LUBBOCK	TX	13	M	1	M1315	19:35	6:19
4 RAMON CORTES	LUBBOCK	TX	37	M	2	M3539	19:54	6:25
5 RANDALL WOLCOTT	LUBBOCK	TX	43	M	2	M4044	20:22	6:34
6 MOSE JARAMILLO	LAMESA	TX	15	M	2	M1315	20:51	6:43
7 JESSE RODRIGUEZ	BROWNFIELD	TX	34	M	1	M3034	21:02	6:46
8 HOPE JIMENEZ	LAMESA	TX	15	F	1	F1315	21:26	6:54
9 GONZALO RAVITREZ	DALLAS	TX	43	M	3	M4044	22:01	7:06
10 NATHAN DEAVER	CHRISTOVAL	TX	15	M	3	M1315	22:34	7:16
11 CELESTE HAWMAN	AUSTIN	TX	43	F	1	F4044	22:47	7:20
12 FRED WEBER	LUBBOCK	TX	48	M	1	M4549	22:57	7:23
13 FRANK GREEN	ABERNATHY	TX	56	M	1	M5559	23:00	7:24
14 KEN ROBERTS	AMARILLO	TX	26	M	1	M2529	23:25	7:33
15 TOM WEIS	LUBBOCK	TX	47	M	2	M4549	23:26	7:33
16 RONNIE PRIGG	LUBBOCK	TX	48	M	3	M4549	23:44	7:39
17 RALPH WOLF	ABERNATHY	TX	62	M	1	M6064	23:56	7:43
18 CHERYL WEBER	LUBBOCK	TX	46	F	1	F4549	24:23	7:51
19 MOLLY RHODENBAUGH	LUBBOCK	TX	35	F	1	F3539	24:40	7:57
20 CLAY SCHEITZACH	IRVING	TX	24	M	1	M2074	24:49	8:00
21 BOB BROSELOW	LUBBOCK	TX	58	M	2	M5559	25:02	8:04
22 JAMES BONE, JR	LUBBOCK	TX	60	M	2	M6064	25:11	8:07
23 GRANT NEELEY	LUBBOCK	TX	32	M	2	M3034	25:29	8:12
24 MOLLY WRIGHT	LUBBOCK	TX	36	F	2	F3539	25:35	8:14
25 TRACY BAUGH	LUBBOCK	TX	37	F	3	F3539	25:59	8:22
26 ANGELA GALVAN	LUBBOCK	TX	22	F	1	F2074	25:59	8:22
27 DAN BILODEAU	AMARILLO	TX	32	M	3	M3034	26:03	8:23
28 MINDY BILODEAU	AMARILLO	TX	26	F	1	F2529	26:20	8:29
29 MICHELE HICKLE	LUBBOCK	TX	29	F	2	F2529	26:22	8:30
30 NATHAN PADEN	SLATON	TX	31	M	4	M3034	26:47	8:38
31 RAY MENDOZA	LUBBOCK	TX	27	M	2	M2529	26:50	8:39
32 CAREY SHAUER	LUBBOCK	TX	27	F	3	F2529	26:52	8:39
33 REBECCA FREEMAL	LUBBOCK	TX	28	F	4	F2529	28:44	9:15
34 JORGE KUTUGATA	WESLACO	TX	42	M	4	M4044	28:57	9:20
35 KIM JEFFERS	LUBBOCK	TX	32	F	1	F3034	29:18	9:26
36 DENNIS MUSTOE	AMARILLO	TX	45	M	4	M4549	29:24	9:28
37 MATT KUTUGATA	WESLACO	TX	10	M	1	M0110	29:25	9:28
38 ANNETTE BURENHEIDE	LUBBOCK	TX	33	F	2	F3034	29:33	9:31
39 STACY WIELAND	RANSOM CANYON	TX	28	F	5	F2529	31:28	10:08
40 SARRINA NEELEY	LUBBOCK	TX	31	F	3	F3034	32:33	10:29
41 MITCHELL LAY	QUINLAN	TX	50	M	1	M5054	32:58	10:37
42 DAWN WOODARD	LUBBOCK	TX	35	F	4	F3539	33:05	10:39
43 BEVERLY NEWSON	LUBBOCK	TX	40	F	2	F4044	36:48	11:51
44 JUSTIN HARGUS	MESQUITE	TX	19	M	1	M1619	37:04	11:56
45 MICAH YANCEY	LUBBOCK	TX	22	F	2	F2074	37:05	11:57
46 DON HUNT	LUBBOCK	TX	65	M	1	M6569	37:19	12:01
47 JAN RAMIREZ	DALLAS	TX	44	F	3	F4044	38:20	12:20
48 BRITTANY NEWSON	LUBBOCK	TX	13	F	2	F1315	39:00	12:34
49 MARY MCCOY	CYPRESS	TX	45	F	2	F4549	42:42	13:45
50 DONNA OSBORNE	PFLUGERVILLE	TX	42	F	4	F4044	46:33	14:59

OVERALL MALE CLYDESDALE HALF MARATHON RESULTS

PLACE NAME	AG	TOWN	ST	TIME	AGEGRADED
1 KURT WILKES	41	LUBBOCK	TX	2:06:12	2:02:11
2 KYLE ABRAHAM	33	LUBBOCK	TX	2:05:38	2:05:38
3 ROBERT URRUTIA	33	LUBBOCK	TX	2:07:44	2:07:44
4 RICK LAMPE	55	LUBBOCK	TX	2:34:08	2:13:52

**WALK OF FAME RACE FESTIVAL
OVERALL RESULTS ONE MILE**

PLACE NAME	TOWN	ST	AG	S	DIV	PLACE	TIME	PACE
1 MIKE FLORES	AMARILLO	TX	42	M	1	M4044	5:27	5:27
2 BRENT TIDWELL	LUBBOCK	TX	42	M	2	M4044	5:37	5:37
3 JACKIE CANNON	AMARILLO	TX	43	M	3	M4044	5:39	5:39
4 ROBERT FORTNEY	LUBBOCK	TX	46	M	1	M4549	5:41	5:41
5 JOHN STALCUP	LUBBOCK	TX	66	M	1	M6569	8:40	8:40
6 JERRY WHITTEN	AMARILLO	TX	56	M	1	M5559	8:48	8:48
7 AIMEE AYERS	LUBBOCK	TX	10	F	1	F0110	9:41	9:41
8 SAM AYERS	LUBBOCK	TX	36	M	1	M3539	9:41	9:41
9 CINDY SCHEITZACH	IRVING	TX	23	F	1	F2074	9:56	9:56
10 CASSIE JOHNSON	GRAND PRAIRIE	TX	10	F	2	F0110	11:38	11:38
11 DORIS STALCUP	LUBBOCK	TX	64	F	1	F6064	11:52	11:52
12 BRANT AUSTIN	EULESS	TX	56	M	2	M5559	13:15	13:15
13 VANESSA JOHNSON	GRAND PRAIRIE	TX	10	F	3	F0110	13:18	13:18
14 LISA JOHNSON	GRAND PRAIRIE	TX	35	F	1	F3539	13:19	13:19

MARATHON TEAM RESULTS

PERSON	MALE	TIME		
1 WEST PRES	LUBBOCK	TX	3:26:00	7:52
2 BARRON	LUBBOCK	TX	3:46:19	8:38
3 BSGM	LUBBOCK	TX	3:54:52	8:58
1 KEY	LUBBOCK	TX	5:32:34	12:42
1 DIXON	BELTON	TX	3:27:42	7:56
1 MALOUF	LUBBOCK	TX	4:24:21	10:06
2 BECK	BELLEVILLE	TX	5:21:44	12:17

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CASA
A child's voice in court
Benefiting Charity: CASA-Court Appointed
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THE WALK OF FAME RACE FESTIVAL
HALF MARATHON OVERALL RESULTS

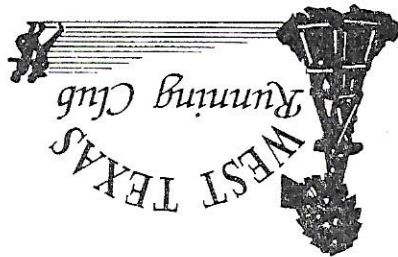
PLACE NAME	TOWN	ST	AG	S	DIV	PLACE	TIME	PACE
1 JAMES LAWRENCE	ORANGE	TX	29	M	1	M2529	1:23:28	6:23
2 BOBBY SAIN	LUBBOCK	TX	18	M	1	M1619	1:27:43	6:42
3 GLEN FOKL IKUHA	LUBBOCK	TX	28	M	2	M2529	1:28:07	6:44
4 CHUCK SPAUGH	LUBBOCK	TX	39	M	1	M3539	1:32:58	7:06
5 HOWARD NORMAN	LUBBOCK	TX	48	M	1	M4549	1:35:32	7:18
6 LARRY SMITHERS	AUSTIN	TX	48	M	2	M4549	1:36:44	7:23
7 JANDA IBBETSON	LUBBOCK	TX	29	F	1	F2529	1:36:51	7:24
8 EPI AQUIRRE	LUBBOCK	TX	40	M	1	M4044	1:36:52	7:24
9 CULLEN SHAW	LUBBOCK	TX	17	M	2	M1619	1:37:46	7:28
10 TRENT BISCHOFF	LUBBOCK	TX	22	M	1	M2024	1:38:16	7:30
11 CORINNE MORALES	UNIVERSAL CITY	TX	37	F	1	F3539	1:39:28	7:36
12 NATE WILSON	LUBBOCK	TX	43	M	2	M4044	1:42:10	7:48
13 JOHN SLATE	EL PASO	TX	43	M	3	M4044	1:42:43	7:51
14 CRISTI PROPS	LUBBOCK	TX	28	F	2	F2529	1:44:10	7:57
15 WAYNE IVEY	SLATON	TX	30	M	1	M3034	1:46:40	8:09
16 KIM BLACK	LUBBOCK	TX	26	F	3	F2529	1:48:40	8:18
17 TOM MIRELES	LUBBOCK	TX	27	M	3	M2529	1:48:53	8:19
18 SONNY ROBERSON	HELOTES	TX	51	M	1	M5054	1:49:12	8:20
19 ZACH ZANEK	LUBBOCK	TX	23	M	2	M2024	1:52:08	8:34
20 JOHN MCCOY	CYPRESS	TX	48	M	3	M4549	1:52:12	8:34
21 ROB ANDERSON	PARK CITY	UT	25	M	4	M2529	1:53:01	8:38
22 THORNTON MU	LUBBOCK	TX	25	M	5	M2529	1:53:59	8:42
23 BRAD EWING	LUBBOCK	TX	35	M	2	M3539	1:54:27	8:44
24 CONRAD HOLT	LUBBOCK	TX	40	M	4	M4044	1:54:31	8:45
25 JOHN FARESE	BOSSIER CITY	LA	38	M	3	M3539	1:55:18	8:53
26 DENNIS BELL	LUBBOCK	TX	38	M	4	M3539	1:57:21	8:58
27 SCOTT MORGAN	SWEETWATER	TX	44	M	5	M4044	1:57:42	8:59
28 SARAH SKELTON	LUBBOCK	TX	25	F	4	F2529	1:58:10	9:01
29 PETE TORRES	COLORADO CITY	TX	28	M	6	M2529	1:58:33	9:03
30 MARTHA MARTINEZ	COLORADO CITY	TX	44	F	1	F4044	1:58:34	9:03
31 SHANNA ARMSTRONG	LUBBOCK	TX	24	F	1	F2024	1:58:38	9:03
32 MICHAEL CARVER	LUBBOCK	TX	25	M	7	M2529	1:58:55	9:05
33 SHERRY JOY-BIRD	EULESS	TX	29	F	5	F2529	2:00:01	9:10
34 RICHARD TITUS	LUBBOCK	TX	47	M	4	M4549	2:00:05	9:10
35 GARY NEWSON	LUBBOCK	TX	48	M	5	M4549	2:03:09	9:24
36 PAUL THOMPSON	LUBBOCK	TX	38	M	5	M3539	2:03:45	9:27
37 JAMES LIVERMORE	LUBBOCK	TX	52	M	2	M5054	2:04:43	9:31
38 KYLE ABRAHAM	LUBBOCK	TX	33	M	2	M3034	2:05:38	9:35
39 KYLA REID	ABERNATHY	TX	33	F	1	F3034	2:06:12	9:38
40 KURT WILKES	LUBBOCK	TX	41	M	6	M4044	2:06:12	9:38
41 LEN BRIGGS	ODESSA	TX	45	M	7	M4549	2:06:22	9:39
42 SHIRRELL BOND, JR.	LUBBOCK	TX	47	M	6	M4549	2:06:44	9:41
43 DAVID HIGGINS	LUBBOCK	TX	47	M	8	M4549	2:07:10	9:42
44 ROBERT URRUTIA	LUBBOCK	TX	33	M	3	M3034	2:07:44	9:45
45 LOREN PHILLIPS	LUBBOCK	TX	45	M	9	M4549	2:07:52	9:46
46 JEFF STEIN	SWEETWATER	TX	40	M	7	M4044	2:10:01	9:56
47 KIM PEARSON	LUBBOCK	TX	44	M	8	M4044	2:12:02	10:05
48 SHIRLEY WIGLEY	LUBBOCK	TX	45	F	1	F4549	2:12:22	10:06
49 RONALD KEY	LUBBOCK	TX	56	M	1	M5559	2:12:24	10:06
50 ASTER STOWELL	FT WORTH	TX	36	F	2	F3539	2:17:38	10:30
51 IRENE O'HARA	AUSTIN	TX	38	F	3	F3539	2:30:56	11:31
52 RICK LAMPE	LUBBOCK	TX	55	M	2	M5559	2:34:08	11:46
53 JOHN WOODS	LUBBOCK	TX	33	F	3	F3034	2:37:20	12:01
54 SABRA WOODY	MIDLAND	TX	58	M	4	M5559	2:54:47	13:20
55 THOMAS BENTON	AUSTIN	TX	58	M	4	M5559	3:15:30	14:55
56 LILLIE DOSS	AUSTIN	TX	74	F	1	F7099	3:15:31	14:55

Walk of Fame Race Festival:

1999



HIGHLAND MEDICAL CENTER
Presents...



Highland Medical Center
Race Festival
P.O. Box 93726
Lubbock, Texas 79493

SEA OF RED -- RED RIBBON RUN

2ND ANNUAL RED RIBBON RUN

SPONSORED BY:

WEST TEXAS RUNNING CLUB
& SEA OF RED COMMITTEE

5K, 1 MILE RUN AND FUN RUN/WALK



When: Saturday, October 23, 1999
Registration: 8:00 to 8:45 a.m. on Site
Race Starts: 9:00 a.m.
Where: Buddy Holly Park
N. University & Canyon Lake Drive

Pre-registration available:

Mail by **October 16** to:

Rose Hoeve

2514 20th Street

Lubbock, TX 79410

or call Rose Hoeve at 796-6074 or 765-6588 (Home)

Age group awards will be given.

Entry Fee: Pre-registration \$10.00 if post
marked by October 16, 1999
Late Registration \$12.00
\$25.00 for school groups
(including 2 sponsors)

T-Shirts will be given to the first 100 registrants.

SEA OF RED -- RED RIBBON RUN

WAIVER - ALL ENTRANTS MUST READ AND SIGN

The West Texas Running Club, Sea of Red Committee, agents, or representatives of the run, or any volunteers shall not be responsible for, and shall be saved and held harmless by myself, from and against any and all claims and damages of every kind, for injury to or death of any person or persons and for damages to or loss of property arising out of or attributed to indirectly, to participant in the 1999 Red Ribbon Run. This indemnity shall extend to and shall be binding on their heirs, legatees, administrators and assigns. My signature hereto verifies that participation in this event is inherently dangerous and could result in bodily injury or death, and that proper physical training is necessary prior to such participation. Roller blades, skates, skateboards, strollers, and pets are not permitted on the race course and earphones are strongly discouraged because of the probability of increased injuries.

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

Signature of entrant _____

Signature of guardian(minors) _____

Age _____ (on race day) Date of Birth ____/____/____

____ Male

____ Female

Name _____

Street Address _____

City _____ State _____ Zip _____

Phone Number (_____) _____

Race Distance _____ 5K _____ 1 ML _____ 1 Fun Run/Walk