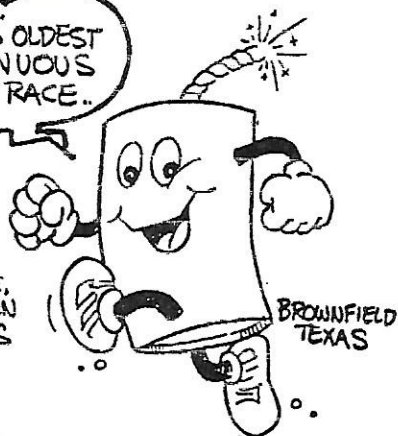


TEXAS OLDEST
CONTINUOUS
ROAD RACE..

ONE,
THREE,
AND TEN
MILES



**FIRECRACKER
RUN!**

UPCOMING RACE:

31st Annual Firecracker Runs

July 4TH

Children's 1 mile 7:40

3 & 10 mile 8:00

Jim Leser 794-2474 (N)

WTRC RACES ARE USUALLY HELD
THE 2ND SATURDAY OF EA MONTH

WTRC WEB ADDRESS:

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

MONTHLY MEETING:

The WTRC monthly business meeting is on Tuesday, July 11th, at 7:00p.m. at 1623 10th, Bolinger, Segars, Gilbert & Moss, L.L.P. Everyone welcome.

WTRC Training Runs:

Saturdays at 7:00a.m.

Sundays at 6:00a.m.

Meet at the Outdoor Center parking lot in MacKenzie Park. For more information contact Bob Bernero at 794-0929 (n).

*"Spectacular achievements are
always preceded
by unspectacular preparation."
Ruger Staubach*

WEST TEXAS RUNNING CLUB

JULY, 2000

FROM THE PRESIDENT

BYE BYE

As many of you already know, Marjorie Stewart and family are moving to Wisconsin this summer. They will relocate to Milwaukee in July. Marjorie will finish her last year of law school there but officially graduate from the Texas Tech School of Law next year. Since immigrating from Canada, Marjorie has left with us a legacy of fast times and course records, as well as time spent volunteering to work and direct such races as the Race for the Kids and the Redline XC. Its a pleasure to have someone in the club who is a tough competitor and a friendly, helpful personality, as well. It has been great to see her son Ian develop his skills to run club races and to compete in area triathlons, also. We will miss you and we wish ya'll well, eh?

Also-Rans Work Hard, Too

Have you ever run your guts out in a race and decided that the front runners couldn't be working any harder than you? But you still wonder how they can get to the finish line faster?

In an article by Owen Anderson taken from the Austin Runners Club newsletter, this frustrating phenomenon was reported as researched at the University of Cape Town Medical School. Eight fast (33 min 10K) and eight average (40 min 10K) runners were compared. Other factors being the same, the fast runners had less total muscle mass, were lighter (151 vs 170 pounds), possessed a higher average VO2 max (61 vs 56 ml/kg.min), had higher max heart rates (198 vs 187 beats per minute), and tended to be leaner (13 vs 17 percent body fat). The runners were all tested with heart rate monitors at kilometer intervals during races. The results supported the belief that fast and average runners exert roughly equal efforts during competitions. In short, the fast runners averaged 90 per cent of maximum heart rate during the 10K, while average athletes posted very similar 89 per cent of max. Anderson states, "It's not necessarily effort which pushes the fast runners along more quickly than the slower competitors...since both are working at about 90 per cent of maximal cardiovascular capacity. The difference is that the faster people have higher capacities (greater VO2maxs, loftier heart rates), less fat to lug around, and greater fatigue-resistance in their leg muscles." This bears out the belief that the divergence in performances is not due to the effort exerted - but to differences in maximal capacity. Of course, if you take a siesta at every aid station or serpentine at the finish like some runners we know, you forfeit all bragging rights!

Walk of Fame Marathon

For a while, it was touch and go as to whether the second WOF Marathon would actually be held. However, due primarily to the interest and commitment of David Higgins, it looks as if the event will be held this next Labor Day. Details still have to be planned; it looks like the Lubbock Sports Authority will help. However, your support and help is needed. Please call David at 785-8562 to offer whatever you can so this newest Lubbock tradition does not die.

Mike Kelley

WEST TEXAS RUNNING CLUB

OFFICERS

President - Mike Kelley
(H) 765-0441 (O) 766-0355
(E-mail) mkelley@mailbox.lrl.mhmr.state.tx.us

Internal Vice-President - Marti Greer
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External Vice-President - Howard Norman
(H) 780-0089 (O) 742-3170 (M) 789-5411

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Treasurer - David Higgins
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DIRECTORS

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(e-mail) dandwwilson@aol.com

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Equipment Director - Ronnie Prigg
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Race Calendar Director - Dwayne Oakeley
(H) 799-4473

Membership Director - John Trompler
(H) 794-1359
(E-mail) trompler@nts-online.net

Internal Race Director - Ron Lubowicz
(H) 748-1855 (O) 778-9550

MEMBERS IN THE NEWS:

Condolences go out this month to Dwayne Oakeley and his family. Dwayne's sister in law was killed in a car accident Monday, June 26th.

Congratulations to Hope Jimenez who finished 2nd in the class 3A 1600M State Track Meet, with a time of 5:25.

Lubbock Junior High Track Champions:

Three WTRC members really did well at the city meet in early May. Results for 9th grade girls are:

3200M: Alyssa McMenamy, 1st, 14:53.68 and Megan Wright, 3rd, 15:04.82

1600M: Megan Wright, 1st, 6:26.62 and Alyssa McMenamy, 3rd, 6:34.32

800M: Alyssa McMenamy, 2nd, 2:53.54.

9th grade boys:

Ben Wright was 1st in the 1600M, 5:12.75

Run For The Arts 5k, Midland, Tx, May 20, 2000:

Casey Sumpter 17:03, 1st Overall out of 106 Runners

Hawk Harris 17:46, 6th Overall

Jim Harris 20:42, 17th Overall

Jimmy Waechter 22:16, 34th Overall

Pete Torres 23:31, 48th Overall

Martha Martinez 24:28, 54th Overall

Jace Waechter 25:08, 57th Overall

5K Walk:

Janis Waechter 36:43, 1st Overall

Rock and Roll Marathon, June 4th, San Diego, CA:

Judy Lawley 4:10.21

Lori Ioppolo 4:20.41

Tod Hardin 5:19.02

Chuck Johnson 5:40.01

MORE CLUB MEMBERS IN THE NEWS:

Lone Star Paperchase Races, May 27th, Amarillo:

WTRC Results Marathon:

Place	Name	Town	AGE	Time
4	Wes Boullioun	Amarillo	43	3:26:47
13	Ron Hewett	Lubbock	39	3:56:16
24	Darrel McMillen	Lubbock	53	4:09:57
30	Bruce Fellers	Lubbock	46	4:25:09
35	Shannon Moore	Lubbock	31	4:28:56

Half Marathon:

Place	Name	Town	Age	Time
34	Mike Kelley	Lubbock	51	1:50:37
39	Michelle Wyatt	Levelland	29	1:51:38
41	Wayne Ivey	Slaton	31	1:53:59
53	David Higgins	Lubbock	47	1:58:35
80	PJ Mitchell	Lubbock	54	2:13:08
84	Sam Prose	Lubbock	51	2:20:00
88	Wallace Dean	Amarillo	59	2:22:20
89	Susie Cobos	Lubbock	35	2:26:45

10K Race:

Place	Name	Town	Age	Time
4	Ed Craighead	Dalhart	57	41:04
11	Hope Jimenez	Lamesa	16	44:47
16	Denise Bray	Lubbock	38	45:55
20	Judy Lawley	Lubbock	35	48:08

Milkman Triathlon, June 3rd, Dexter, NM:

500M Swim, 20KM Bike, 5KM Run

Chris Truitt	1:02.07, 2 nd 25-29, 10 th OA
Tim Key	1:00.20, 2 nd 30-34, 3 rd OA
Chuck Spaugh	1:05.17, 2 nd 40-44
Greg Hogan	1:11.13, 7 th 40-44
Robbie Temberlake	1:23.39, 10 th 50-54
Mike Kelley	1:23.53, 11 th 50-54
Jimmie Key	1:22.53, 6 th 60-64
Mike Greer	1:25.28, 7 th 60-64
Mike Lass	1:20.00, Clydesdale

Shanna Armstrong	1:11.39, 2 nd 25-29, 6 th OA
Marti Greer	1:17.28, 2 nd 40-44
Lezli Harper	1:19.16, 3 rd 40-44
Cheryl Wagner	1:19.31, 3 rd 45-49

Texas Tech Rec Ctr Triathlon, June 11th:

400M Swim, 11mi Bike, 2.4mi Run

Eric Anderson	54:26, 2 nd 18-24, 2 nd Overall out of 45 participants
Todd Hegstrom	56:23, 1 st 35-44
Greg Hogan	57:08, 2 nd 35-44
Mike Kelley	1:07.59, 2 nd 45+
Natalie Steadman	1:04.52, 2 nd 25-34
David Steadman	1:01.02, 2 nd 25-34
Joel Carton	1:08.33, 5 th 25-34
Jimmie Key	1:05.13, 1 st 45+
John David Price	7:06 swim only
Ian Stewart	1:17.47, 1 st 17 & under

**W.T.R.C. 2000 CHALLENGE SERIES
STANDINGS AFTER 6 EVENTS**

MALE

YTD TOTALS

YTD TOTALS

0 - 12 MALE	AGE	PTS	MILES	EVT	VOL
Kenneth Kinzenbaw	12	36	15	4	
Ian Stewart	11	20	6	2	
Drew Soucy	11	10	5	1	
Donnie Waldrip	10	9	2	1	
Spencer Thomas	11	0	11	1	*

13 - 15 MALE	AGE	PTS	MILES	EVT	VOL
Casey Sumpster	15	30	13	4	*
Aubrey Thomas	13	9	5	1	
Matthew Donaldson	14	9	2	1	

16-19 MALE	AGE	PTS	MILES	EVT	VOL
Caleb Beck	16	58	47.3	6	
Bobby Sain	18	20	8	2	
Ben Wright	16	17	10	2	

20 - 29 MALE	AGE	PTS	MILES	EVT	VOL
Hawk Harris	23	38	32.3	5	*
Chris Truitt	24	20	9	2	
Glen Poklikuha	28	19	12	2	
Pete Torres	28	10	2	1	
Joel Carton	28	6	4	1	

30 - 34 MALE	AGE	PTS	MILES	EVT	VOL
Tim Key	32	50	32.1	5	
Wayne Ivey	31	43	47.3	6	
Shannon Moore	31	18	28	4	*
Ricky Cavazos	31	14	9	2	
Luis Nevarez	34	7	5	1	
Andy Edmister	31	7	8	1	
Bryan Patridge	33	7	13.1	1	
Bill Trippe	34	0	5	1	*

35 - 39 MALE	AGE	PTS	MILES	EVT	VOL
Todd Davis	35	37	26.4	5	
Ron Hewett	39	27	42.1	4	**
Jeff Key	36	18	9	2	
Kevin Lair	38	17	8	2	
Brad Ewing	36	15	13	3	*
Joao Sa	35	9	4	1	

40 - 44 MALE	AGE	PTS	MILES	EVT	VOL
Kirk Thomas	41	47	39.3	5	
Mark Albus	43	43	39.3	5	
Jim Beck	40	33	47.3	6	
Al Gardner	43	30	12.2	3	
Dwayne Oakeley	43	27	32.3	5	*
David Malone	42	17	15	3	
Dan Adams	42	16	17.2	2	
Brent Tidwell	43	10	6	1	
Gonzalo Ramirez	44	9	2	1	
Wade Wilson	41	6	11	1	
Mickey Davis	42	5	5	1	
Richard Thomas	43	4	24.1	2	*
Weldon Kolb	43	0	8	1	*
Ed Dabrowski	40	0	5	1	*

45 - 49 MALE	AGE	PTS	MILES	EVT	VOL
Jimmy Samarron	46	49	29.4	6	**
Howard Norman	48	28	22.1	3	*
David Higgins	47	27	42.2	5	**
Adam Andrews	46	26	25.2	5	*
Frank Sumpster	46	20	9	3	*
Bruce Fellers	46	16	12	2	
Fred Weber	48	16	11	2	*
John McMenemy	45	14	17.1	2	
Ronnie Prigg	48	7	13	2	*
Jim Wilhelm	49	0	5	1	*
Tony Aleman	48	0	16	2	*

50 - 54 MALE	AGE	PTS	MILES	EVT	VOL
Darrel McMillen	53	55	43.3	6	
John Gregorcyk	50	54	35.4	6	
Danny Gale	54	39	30.1	4	
Mike Kelley	51	34	38.1	5	*
Ronnie Nugent	53	31	34.2	5	*
John Trompler	52	20	30.2	4	**
Jim Leser	53	20	39.1	6	*
Sam Prose	51	18	21.2	3	
Joe Martinez	54	15	13	3	*
James Livermore	52	11	17.2	2	
Joe Post	51	8	5	1	
Jon Omdahl	54	7	10.2	2	*

55 - 59 MALE	AGE	PTS	MILES	EVT	VOL
Jim Harris	57	40	38.2	5	**
Landrum Medlock	55	36	25.4	5	*
Bob Bernero	58	29	28	4	**
Rick Lampe	55	17	10	2	
Larry Byrd	59	17	37.1	5	*
Richard Bray	55	10	5	1	
Ken McEachern	59	9	11	1	
Jerry Whitten	56	9	2	1	
Ron Lubowicz	56	0	35.3	4	*
Ron Hillis	55	0	11	1	*

60 - 99 MALE	AGE	PTS	MILES	EVT	VOL
Jerry Wright	61	52	47.3	6	
Jimmy Key	62	47	28.2	5	
James Bone	60	39	31.4	6	*
Bill Roger	61	25	34.2	5	*
John Stalcup	66	19	6	2	
Mike Greer	61	14	13	2	
Don Sanderson	70	10	5	1	
Gene Adams	65	8	6.2	1	
George Jury	62	0	39.3	5	*
Hugh Haynes	68	0	11	1	*

** = RACE DIRECTOR
* = VOLUNTEER

IF YOU HAVE ANY QUESTIONS OR COMMENTS REGARDING
THE ABOVE CALL SHIRLEY WIGLEY AT 797-4201 OR 767-7019 OR
YOU CAN EMAIL HER AT WIGLEY@NTS-ONLINE.NET

**W.T.R.C. 2000 CHALLENGE SERIES
STANDINGS AFTER 6 EVENTS**

FEMALE

YTD TOTALS

YTD TOTALS

0 - 12 FEMALE

	AGE	PTS	MILES	EVT	VOL
Margarita Jimenez	10	10	4	1	

13 - 15 FEMALE

Alyssa McMenamy	15	20	10.2	2	
Veronica Jimenez	13	10	4	1	
Megan Wright	14	9	4	1	

16 - 19 FEMALE

Hope Jimenez	16	9	4	1	
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20 - 29 FEMALE

Brandy Temple	28	28	16.4	3	
Allison Morris	27	19	8	2	
Beverly English	29	10	5	1	
Sarah Skelton	25	10	4	1	

30 - 34 FEMALE

Natalie Steadman	32	37	24	4	
Janda Ibbetson	30	20	12.2	2	
Dina Phillips	34	19	10	2	
Annette Burenheide	34	17	12	2	
Moira Ridley	34	10	4	1	
Laura Crain	31	6	4	1	

** = RACE DIRECTOR

* = VOLUNTEER

35 - 39 FEMALE

	AGE	PTS	MILES	EVT	VOL
Denise Bray	38	60	31.4	6	
Marsha Bennett	36	52	47.3	6	
Susie Cobos	35	32	19.2	4	
Judy Lawley	35	30	32.1	3	
Tracy Baugh	38	17	13	3	*
Cindy Streit	36	10	2	1	
Melanie McVey	38	9	4	1	

40 - 44 FEMALE

Marjory Stewart	41	40	41.1	5	*
Martha Martinez	44	39	18.2	4	
Dianne Calhoun	41	29	20	3	
Marti Greer	41	14	13	2	
Ida Sumpter	43	0	11.2	2	*
Debbie Wilson	41	0	16	2	*

45 - 49 FEMALE

Shirley Wigley	46	49	34.2	5	
Josie Aleman	48	35	19	4	
Madonne Miner	47	35	30.2	4	
Tina Moorhead	48	17	6	2	
Cheryl Weber	46	10	16	2	*
Charlotte Davis	45	8	8	1	
Ginger Stanley	48	7	5	1	

50 - 99 FEMALE

Etta Mayer	51	50	41.1	5	
Delores Key	59	36	14	4	
P J Mitchell	53	0	13	2	*
Mary Harris	53	0	19.3	2	*

IF YOU HAVE ANY QUESTIONS OR COMMENTS REGARDING THE ABOVE, CALL SHIRLEY WIGLEY 797-4201 OR 767-7019 OR YOU CAN EMAIL HER AT WIGLEY@NTS-ONLINE.NET.

**BOBBY BIRDSONG MEMORIAL
LEVELLAND LOPE RESULTS AND RACE
DIRECTORS REPORT WILL BE PRINTED IN
THE NEXT NEWSLETTER; DUE TO
CIRCUMSTANCES BEYOND MY CONTROL
THEY WERE NOT AVAILABLE AT TIME OF
PRINTING. SORRY FOR IN CONVENIENCE
THIS MAY HAVE CAUSED.**

D. WILSON

W.T.R.C. NEWSLETTER

The newsletter editor must receive articles, advertisements, race entries, etc., by the 20th of each month. You can mail information to 7818 Kenosha Lubbock, Tx 79423 or email

ADVERTISING RATES:

Business Card	\$10 per issue	\$100 annually
Half Page	\$40 per issue	\$400 annually
Full Page	\$80 per issue	\$800 annually
Mailing Labels	\$10 per set	
Race Entry Forms	\$25 (must provide 300 copies)	

BOSTON MARATHON 2000

Racing memorabilia cover the walls of the Bill Rodgers Running Center in Faneuil Hall, Boston. There are trophies, medals, photographs, newspaper clippings, and even a few old pairs of racing flats worn at important races many years since past. Most commemorate the accomplishments of "Boston Bill." That would include multiple victories at both the Boston and New York City Marathons. But Bill Rodgers is also careful to honor friends and opponents as well. Pictures of Frank Shorter, Toshihiko Seko, Greg Meyer, and others also adorn the wall. In the middle of this celebration of the golden days of American long distance running, is a framed quotation from Bill Rodgers' book Marathoning. It says, in Bill's simple, unpretentious manner, "the marathon will humble you."

When I saw the quote, I realized once again that I had something more in common with one of the marathon's superstars than the fact we were both born in 1947 and had completed a few marathons. No, I have never been able to run nearly as fast as Bill Rodgers, but I have set out to run 26 miles as fast as I can manage, and I have met with both success and failure in those efforts. On the bad days, I have been reduced to shuffling painfully to the finish line feeling more defeated by the distance, and my own inadequacies, than by those who ran ahead of me. On the very best of days, I ran faster than I believed possible. Those days have been rare indeed. So Bill's quote awoke a communal feeling in me. Whether you are fast or slow, the marathon experience is similar for all of us. We have all felt the pain of the final miles, and the exhilaration of overcoming that pain to finish the race.

My goal for Boston 2000 was simple. Run the race from beginning to end as quickly as possible, and hopefully, qualify for next year's Boston Marathon. A simple goal, but one that is becoming increasingly difficult for this 52 year old runner. I barely qualified at Lubbock's Walk of Fame Marathon last September. I tried to improve my qualifying time at Dallas White Rock only to find my quads cramping badly before finishing in the slowest time of the 17 marathons I have completed over the past 20+ years. One week later I developed the flu, which gradually became severe bronchitis. This kept me from running for several weeks. Not a good sign for Boston. I decided to stay with my plan, however. You never know, running and racing could be even tougher next year.

Race day was cool. The temperature was in the 40 degree range all day long. The only negative was a brisk head wind that runners battled from the beginning to the end of the point to point course. In some respects, the most difficult part of the day was staying warm at the runner's village in Hopkinton where we spent two to three hours waiting for the start of the race. I got lucky. Shortly after I arrived at the village I spotted Marjory Stewart and Cliff Chambers. We were able to pass the time talking and loading up a few last carbohydrates and fluids. Marjory, Cliff, and I had logged several long runs together in preparation for this day and it was great that we could share our thoughts before starting out. Each of us would have to run our own race once it got underway.

There were over 16,000 official starters at Boston 2000. When I ran here in 1998 there were 11,000 runners. My first Boston, in 1983, had around 5,000 finishers. Thankfully, the race now uses radio frequency chips to record the time at which each runner crosses the starting line as well as to record split station times throughout the event. It took me over four minutes to arrive at the start. Unfortunately, it took still longer before I was actually able to start running. I covered the first two miles in a little under 18 minutes. I was then able to settle into my goal pace. My plan was to avoid trying to make up any lost time early in the race. That has got me into trouble in other marathons. I settled into what I believed was a sustainable pace after the first two miles and tried to hold that for the duration. The pace was around 7:40 per mile after the first congested miles. The strategy worked. I ran negative splits for the day, with a total elapsed, or chip time of 3 hours and 23 minutes. The qualifying standard for my age is 3 hours and 30 minutes, so I also achieved my goal of qualifying for next year's event. That was as fast as I could have run on that day. I was deeply satisfied.

Many thoughts pass during a marathon, and emotions can be intensified after hours of sustained effort. The experience of Boston is really about sharing a very powerful experience with a community of kindred spirits you have, for the most part, never seen before in your life. At least that is the experience of most of us who run back in the pack. While I pursued my own goals, I was surrounded by other runners each engaged in trying to achieve what they had set out to do. I felt a strong sense of community with these people. It gave me a sense of how many other people there are who share this passion for running. Yes, running with thousands of talented runners can be a humbling experience, but the inspiration of being a part of them at Boston is overwhelming. I hope to do it again.

John Trompler

CALENDAR

*Indicates W.T.R.C. Monthly Race and Challenge Series Event

- * July 4 **31ST ANNUAL FIRECRACKER RUN:** Brownfield, 8am, 10 mi & 3 mi, kids 1 mile, Race Director Jim Leser, Call (N) 794-2474, (D) 746-6101
- July 8 **JUBILEE FUN RUN AND 2 MI WALK:** Lamesa, 8am, Race Director Ida Sumpter, Call 489-7901 or pick up registration forms at the Firecracker Run on July 4th, \$10 before July 7th.
- July 29 **HICO OLD SETTLERS REUNION 5K RUN:** Downtown Hico, Tx, 8:30am, Race Director Sherill Easterling 254-796-4785, , or mail to Route 3 Box 14 Hico, Tx 76457
- * Aug 12 **HOT DAM 5 MILER:** Canyon Lake, Lubbock, (also childrens 1 mile run) 8:00am, Race Director Etta Mayer, Call 742-2907(w).
- * Sept 9 **SHALLOWATER STAMPEDE:** Shallowater High School, 8:00am, 10k and 2 mile, Race Director Dwayne Oakeley, Call 799-4473
- Sept 23 **SUSAN G. KOMEN RACE FOR THE CURE:** 5k, Race Director Liz Parke, For more race information call the Komen office 765-5281 or komen-lubbock.org
- * Oct 7 **RED RAIDER ROAD RACE:** T.T.U., Lubbock, 8:00am, 5k and 10k, Race Director Wade Wilson, Call 795-1667
- Oct 28 **Palo Duro 50 and 25 Mile Trail Run:** Palo Duro, 7:30am, 12 hr time limit, Race Director Red Spicer 6100 W 45th #627 Amarillo Tx, Call 806 353-3847
- * Nov 11 **BUFFALO WALLOW RACES:** Buffalo Springs Lake, Half Marathon and 2 mile races, 9:00am, Race Director Needed!!! Call Mike Kelley for infor (h) 765-0441 or (w) 766-0355
- * Nov 23 **W.T.R.C. TURKEY TROT:** Mackenzie Park, Lubbock, 9:00am, 12K and 2 mile races, Race Director Needed!!! Call Mike Kelley for infor (h) 765-0441 or (w) 766-0355
- Dec 3 **WHITEROCK MARATHON:** Dallas, 214 526-5318
- * Dec 9 **REDLINE 4 MILE CROSS COUNTRY:** MaeSimmons Park, Lubbock, 10:00am, Ron Lubowicz, Race Director, 740-6809 (d), 748-1855 (n)

WTRC HOTLINE: 806 792-3293, LOCAL RUNNING EVENTS UPDATE

Please be kind and preregister for all West Texas Running Club events!!

31st ANNUAL FIRECRACKER RUNS

July 4, 2000
Brownfield, Texas

31st ANNUAL FIRECRACKER RUNS REGISTRATION

Mail
Registration
thru July 1

\$5.00 WTRC members, \$6.00 non members, Children's 1 mile run \$1.00

Make checks payable to the West Texas Running Club

Mail checks & entry forms to: George Jury

3 & 10 mile race start at 8 am.

5212 44th Street

Kids 1 mile at 7:40 am at Terry

Lubbock, Texas 79414

County Park in Brownfield, Texas

Telephone registration

by 7 p.m. July 2

792-1237(n) 792-3291(d)

Waiver - all entrants must read and sign

The West Texas Running Club, agents, or representatives of the same, 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 for 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 31st Annual Firecracker Runs. 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 _____ Clydesdale (190 lbs or more)

Name _____ Female _____ Athena (150 lbs or more)

Street Address _____ Race Distance: ____ 1 mi. kids ____ 3 mi. ____ 10 mi.

City _____ State _____ Zip _____ Grade (Fall of 1999) _____ (for kids run)

Phone Number _____ T-shirt Size(circle one): S M L XL

WEST TEXAS RUNNING CLUB MEMBERSHIP APPLICATION

PLEASE PRINT ALL INFORMATION

NAME _____ SEX M F BIRTHDATE _____

Last FIRST MI

ADDRESS _____

STREET CITY STATE ZIP

PHONE H W E-MAIL _____

ANNUAL RATE IS \$15.00 FOR THE FIRST MEMBER, \$2.00 EACH ADDITIONAL FAMILY MEMBER AT THE SAME ADDRESS:

INDIVIDUAL ADDITIONAL MEMBER RENEWAL? Y N

IF ADDITIONAL FAMILY MEMBER LIST NAME(S), BIRTHDATE AND GENDER:

MAIL MEMBERSHIP APPLICATION FORM WITH CHECK PAYABLE TO: WEST TX RUNNING CLUB
PO BOX 2921
LUBBOCK, TX 79408

JANUARY IS THE START OF A NEW W.T.R.C. YEAR; ALL MEMBERSHIPS EXPIRE AND PAYMENT OF DUES IS REQUIRED TO CONTINUE RECEIVING THE NEWSLETTER AND HAVE REDUCED CLUB RACE FEES. NEW MEMBERS JOINING AFTER JULY 1ST MAY PAY \$8.00 PLUS \$2.00 FOR EACH ADDITIONAL FAMILY MEMBER. W.T.R.C. IS A VOLUNTEER NON-PROFIT ORGANIZATION. IF YOU WOULD LIKE TO BE A PART OF SUSTAINING THE PRINCIPLES OF THE CLUB PLEASE CHECK WHICH COMMITTEE YOU MAY BE ABLE TO SERVE:

RACE VOLUNTEER RACE DIRECTOR CLUB OFFICER OTHER
MEMBERSHIP APPLICATION WAIVER

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, 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, and in consideration of your acceptance of my application for membership, I, for my-self and anyone entitled to act on my behalf, waive and release the WEST TEXAS RUNNING CLUB and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in these club activities, even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I also understand that RRCA rules prohibit head phones, baby strollers or joggers, skates or blades and animals in our races.

PRINT NAME _____
SIGNATURE _____ DATE _____

PARENT'S SIGNATURE IF UNDER 18 YEARS OF AGE: _____ DATE: _____

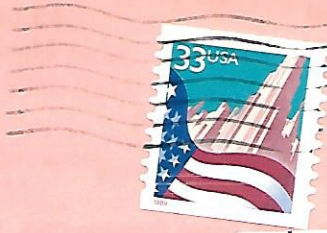
I GRANT PERMISSION TO ALL OF THE FOREGOING TO USE ANY PHOTO'S, VIDEO TAPES, RECORDINGS, OR ANY OTHER RECORD OF CLUB EVENTS FOR ANY LEGITIMATE PURPOSE.



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