

CALENDAR

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

- OCT. 2 W.T.R.C. Business meeting, Tuesday, October 2, 2001
7:00 p.m. at 1623 10th Street
- * OCT. 6 **RED RAIDER ROAD RACE:** TTU Campus, Lubbock, 8:00 am, 10K and 5K
Wade Wilson, Race Director, 795-1667, dandwilson@aol.com
- OCT. 20 **RED RIBBON RUN:** Lubbock, 5K, Rose Hoeve, 796-6074 (d)
- OCT. 28 **WALK OF FAME RACE FESTIVAL:** Marathon, Half Marathon, 5K, 1 Mi.
FMI, call 796-8213 or 747-7572
- * NOV. 10 **BUFFALO WALLOW RACES:** BUFFALO SPRINGS LAKE, Half Marathon and
2 Mile, 9 am, George Jury, Race Director, 792-3291, 792-1237
- NOV. 17 **TOYS FOR TOTS 5K RUN:** Lubbock, 9am, Armed Forces Reserve
Center, Interstate 27 & Regis St., Ron Hillis, RD, 797-0303
- * NOV. 22 **W.T.R.C. TURKEY TROT:** Mackenzie Park, Lubbock, 9:00 am, 12K
and 2 Mile, Ron Lubowicz, RD, 778-9550 (d), 748-1855 (n)
- * DEC. 8 **REDLINE 4 MILE CROSS COUNTRY:** Mae Simmons Park, Lubbock, 10am
Ron Lubowicz, Race Director, 778-9550 (d), 748-1855 (n)
- DEC. 9 **WHITEROCK MARATHON:** Dallas, call 1-214-526-5318
- JAN. 12 **LOOP THE LAKE 5 MILE:** Buddy Holly Park, 10am (Race Director
needed, call Ron Lubowicz)
- JAN. 20 **COMPAQ/HOUSTON MARATHON:** FMI, call (713)957-3453
- FEB. ? **3M HALF MARATHON:** Austin, FMI call (512) 984-7223
- * FEB. 9 **COTTON PATCH RUNS:** FRENSHIP HIGH, Wolfforth, 9am, 4 & 8 Miles,
David Higgins, Race Director, 744-2626(w), 744-8328(h)
- * FEB. ? **MOTOROLA/AUSTIN MARATHON:** Austin, FMI, Call (512) 505-8304
- FEB. 23 **FORT WORTH COWTOWN MARATHON:** FORT WORTH, Call (817) 735-2033
- * MAR. 9 **PRAIRIE DOG TOWN RUN:** MacKenzie Park, Lubbock, 4 Miles, 9am
John Trompler, Race Director, 794-1359

http://members.tripod.com/wtrc
For Membership, Calendar, Race Results, etc.

October 2001

James Livemore
5707 2nd Place
Lubbock, TX 79416

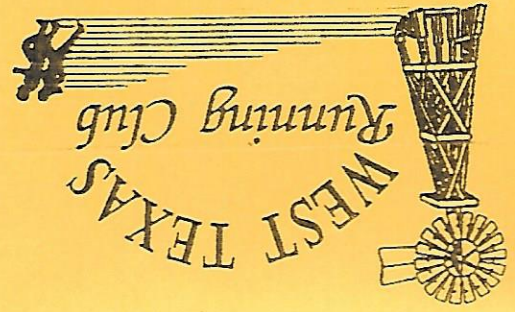
Run the Texas Tech
Campus as part of Tech's
Homecoming Weekendl
October 6, 2001



20th
ANNUAL
RED
RAIDER
ROAD
RACE

Newsleter
5406 86th St.
Lubbock, Texas 79424

October 2001



5K & 10K
Road Race

WEST TEXAS RUNNING CLUB

OFFICERS

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

Internal Vice-President - Ron Lubowicz
(H) 748-1855 (O) 745-3955
E-mail: ronlubo@aol.com

External Vice-President - Debbie Wilson
(H) 795-1667
E-mail: dandwilson@aol.com

Secretary - Etta Mayer
(H) 792-1471 (O) 742-2907
E-mail: etta.mayer@ttu.edu

Treasurer - David Higgins
(H) 785-8562 (O) 795-5823
E-mail: d_higgins69@hotmail.com

WTRC Web Address:

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

DIRECTORS

Newsletter Director - John Trompler
(H) 794-1359
E-mail: trompler@eudoramail.com

External Race Director - Ron Hewett
(H) 792-4093 (O) 742-3319

Equipment Director - Ronnie Prigg
(H) 698-1266 (Pager) 723-0139

Race Calendar Director - Dwayne Oakeley
(H) 799-4473
E-mail: oakeley@nts-online.com

Membership Director - Martha Martinez
(H) 915-728-5984 (O) 915-728-5294
E-mail: pforres33@yahoo.com

Internal Race Director - Pete Torres
(H) 915-728-9007 (O) 915-728-5294
E-mail: pforres33@yahoo.com

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

The WTRC monthly business meeting is on Tuesday, October 2, 7:00 p.m. at 1623 10th Street, Conference Room, Bolinger, Segars, Gilbert & Moss. All members are welcome.

NOTES FROM THE EDITOR

Red Raider Road Race

In many respects, the single most important event sponsored by the West Texas Running Club is the Red Raider Road Race. It will most likely have the largest number of participants of any event we will hold this year, and it serves as a fund-raiser for the Club's scholarship program. It is important to support this race any way you can. Our efforts in the past allowed the awarding of three \$1,000 scholarships to deserving Texas Tech students this year. How can you help? Running in this race is the simplest way, but by no means the only way. Volunteers are still needed to make this event possible. If you can volunteer, please call Debbie Wilson at 795-1667. Corporate, organizational, and individual sponsors have also played an important role in making this race a success over the years. We thank The Center for Orthopedic Surgery and the accounting firm of Bolinger, Segars, Gilbert & Moss for their support of this year's effort. If you are aware of any organization that would be interested in providing additional support to the Red Raider Road Race (this year or next), please give Debbie a call.

Komen Race for the Cure

Thanks to the many club volunteers who helped at the finish line for the Race for the Cure. We hope to give complete recognition to all who helped in next month's newsletter. Many club members also participated in the race. For results, take a look online at www.komen-lubbock.org. Keep on running.....John Trompler

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 748-8418 (N)

THE SHALLOWATER STAMPEDE 2 MILE & 10 KILOMETER RUNS SEPTEMBER 8, 2001 Shallowater, Texas

10K OVERALL RESULTS

PLACE	NAME	TOWN	ST	AG	S	DIV	PLACE	TIME	PACE
1	BOBBY SAIN	LUBBOCK	TX	20	M	1	M2029	38:33	6:13
2	TIM KEY	LUBBOCK	TX	34	M	1	M3034	38:48	6:15
3	SAM BURGESSON	LAMESA	TX	36	M	1	M3539	39:12	6:19
4	RODOLFO CHAVEZ	SAN ANTONIO	TX	18	M	1	M1619	39:46	6:24
5	TIM SEIPEL	SHALLOWATER	TX	17	M	2	M1619	41:20	6:40
6	JACOB KELLY	LUBBOCK	TX	25	M	2	M2029	41:24	6:40
7	DAVID STEADMAN	ENGLEWOOD	CO	21	M	3	M2029	41:55	6:45
8	AL GARDNER	LUBBOCK	TX	32	M	2	M3034	42:04	6:47
9	STANISLAV KAMARSKI	LEVELLAND	TX	45	M	1	M4549	42:15	6:49
10	CHRIS LONNGREN	LUBBOCK	TX	47	M	2	M4549	42:45	6:53
11	WAYNE IVEY	LUBBOCK	TX	42	M	1	M4044	42:53	6:55
12	MATT LINDGREN	SLATON	TX	32	M	3	M3034	43:18	6:59
13	KEITH SELLERS	LUBBOCK	TX	34	M	4	M3034	43:46	7:03
14	WADE WILSON	LUBBOCK	TX	44	M	2	M4044	43:47	7:03
15	RICHARD LOMBARDINI	LUBBOCK	TX	43	M	3	M4044	44:02	7:06
16	LINDA NORTHRUP	LUBBOCK	TX	25	M	4	M2029	44:21	7:09
17	EPI AGUIRRE	SHALLOWATER	TX	17	M	3	M1619	45:02	7:15
18	BOBBY MORA	LUBBOCK	TX	26	F	1	F2029	45:18	7:18
19	MARK ALBUS	LUBBOCK	TX	42	M	4	M4044	45:58	7:24
20	SHANNON MOORE	LEVELLAND	TX	33	M	5	M4044	46:38	7:31
21	LYNN LEE	LUBBOCK	TX	44	M	5	M4044	47:00	7:34
22	TOM GRIFFIN	LUBBOCK	TX	32	M	6	M3034	47:03	7:35
23	JOHN TROMPLER	LUBBOCK	TX	31	M	7	M3034	47:12	7:36
24	ADAM PUCKETT	LUBBOCK	TX	52	M	1	M5054	47:50	7:42
25	DANNY GALEY	LUBBOCK	TX	54	M	2	M5054	48:12	7:46
26	BRUCE FELLERS	LUBBOCK	TX	30	M	8	M3034	48:24	7:48
27	RICHARD TITUS	COLORADO CITY	TX	48	M	1	M5559	48:30	7:49
28	JULIE HURLBUT	WOLFFORTH	TX	49	M	3	M4549	48:36	7:50
29	MOIRA RIDLEY	LUBBOCK	TX	49	M	4	M4549	48:41	7:51
30	JEREMY LEGGOE	LUBBOCK	TX	21	F	2	F2029	49:18	7:57
31	JAMES LIVERMORE	LUBBOCK	TX	36	F	1	F3539	49:40	8:00
32	MIKE KELLEY	LUBBOCK	TX	33	M	9	M3034	51:24	8:17
33	BILL ROGER	LUBBOCK	TX	54	M	4	M5054	51:41	8:20
34	KRISTINA LEE	LEVELLAND	TX	52	M	4	M5054	52:44	8:30
35	SHIRLEY WIGLEY	LUBBOCK	TX	62	M	1	M6099	53:39	8:39
36	JAMES WICKERSHAM	LUBBOCK	TX	27	F	3	F2029	53:54	8:41
37	RICHARD THOMAS	LUBBOCK	TX	47	F	1	F4549	53:59	8:42
38	JAMES BONE	LUBBOCK	TX	41	M	6	M4044	54:01	8:42
39	RENAE ALVAREZ	LUBBOCK	TX	45	M	5	M4549	54:23	8:46
40	MARTHA MARTINEZ	LUBBOCK	TX	61	M	2	M6099	55:11	8:54
41	PETE TORRES	LUBBOCK	TX	29	F	4	F2029	55:21	8:55
42	DEANVER COLE	COLORADO CITY	TX	46	F	2	F4549	55:30	8:57
43	JIM WILHELM	LUBBOCK	TX	30	M	10	M3034	55:31	8:57
44	MADONNE MINER	LUBBOCK	TX	30	M	11	M3034	56:10	9:03
45	JOHN DAVIS	LUBBOCK	TX	50	M	5	M5054	56:14	9:04
46	MARIANNE MILLER	LUBBOCK	TX	48	F	3	F4549	56:34	9:07
47	LORI COLE	LUBBOCK	TX	25	M	5	M2029	56:36	9:07
48	JADE BOOKER	LUBBOCK	TX	28	F	5	F2029	56:39	9:08
49	ROD BURGETT	LUBBOCK	TX	28	F	6	F2029	56:50	9:09
50	DAVE QUINN	SHALLOWATER	TX	16	F	1	F1619	57:02	9:11
51	ANNETTE BURENHE IDE	SHALLOWATER	TX	36	F	2	F3539	57:07	9:12
52	JULIE CRIBBS	LEVELLAND	TX	26	M	6	M2029	58:33	9:26
53	DAVID BALDNER	TAHOCA	TX	35	F	2	F3539	1:00:05	9:41
54	DAVID BALDNER	WHITEFACE	TX	43	F	1	F4044	1:00:19	9:43
55	DAVID BALDNER	LUBBOCK	TX	41	M	7	M4044	1:00:21	9:43

THE SHALLOWATER STAMPEDE
10K OVERALL RESULTS (Continued)

PLACE	NAME	TOWN	ST	AG	S	DIV	PLACE	TIME	PAGE
56	ETTA MAYER	LUBBOCK	TX	52	F	1	F5099	1:00:29	9:45
57	JIMMY CLARK	LUBBOCK	TX	49	M	6	M4549	1:00:45	9:47
58	CYNTHIA JOHNSON	LITTLEFIELD	TX	37	F	3	F3539	1:01:16	9:52
59	KIRK WHITTLE	NEW HOME	TX	26	M	7	M2029	1:03:03	10:09
60	ROBIN THOMAS	MORTON	TX	41	F	2	F4044	1:03:17	10:12
61	LINDA WICKERSHAM	LUBBOCK	TX	38	F	4	F3339	1:04:40	10:25
62	AMY WHITTLE	NEW HOME	TX	26	F	7	F2029	1:05:51	10:36
63	LOUANNA ARTERBURN	LUBBOCK	TX	32	F	1	F3034	1:05:52	10:37
64	CHARLOTTE BINGHAM	LUBBOCK	TX	39	F	5	F3539	1:06:31	10:43
65	ALLISON MORRIS	LUBBOCK	TX	29	F	8	F2029	1:06:49	10:46
66	BRANDY TEMPLE	LUBBOCK	TX	28	F	9	F2029	1:06:55	10:47
67	CONNIE BERLINGER	LUBBOCK	TX	47	F	4	F4549	1:06:58	10:47
68	MADELINE TAYLOR	LUBBOCK	TX	49	F	5	F4549	1:10:49	11:25
69	SHELLY FUNSCH	RANSOM CANYON	TX	23	F	10	F2029	1:11:14	11:28
70	SAM PROSE	LUBBOCK	TX	53	M	6	M5054	1:12:05	11:37
71	DICK BAKER	LUBBOCK	TX	56	M	2	M5359	1:12:05	11:37
72	CHARLOTTE DAVIS	LUBBOCK	TX	47	F	6	F4549	1:23:38	13:28
73	TERRI SQUYRES	LUBBOCK	TX	56	F	2	F5099	1:23:43	13:29

RACE DIRECTOR'S REPORT

This was the year for records at the 13th running of the Shallowater Stampede Races. (Incidentally, according to Ron Lubowicz, the Stampede shares the same anniversary year as the Cowboy Symposium.) We had a record number of runners with 155 registered runners. 73 people ran the 10K, nearly doubling last year's 46 and the two-mile finishers record increased to 82 runners, up from 63. Again, for the second year, we welcomed a large number of participants from the Shallowater Junior High School/High School Girls Cross Country teams, along with a few other Shallowater High School Athletes.

Thanks to the many volunteers who made it possible for all who participated to have a quality race. Those who helped before, during and after the race included: David Higgins, Ronnie Prigg, Mike Malone, Tony Aleman, P.J. Mitchell, Adam Andrews, Russell Martin, Jim Beck, Caleb Beck, Nathan Beck, Sheri Oakeley, Rebecca Puckett, Ron Lubowicz, Darrell McMillen, Wade Wilson and Rick Lampe. It was good to see George Jury back behind the computer after an absence last year. Also, special thanks to Larry Byrd for once again going out a few weeks before the race and marking off the course.

Also volunteering were several parents of Shallowater High School's Class of 2002. Again this year, our race benefited Shallowater High School's "Project Graduation". Parents sold long-sleeved T-shirts for a \$6.00 donation to the end of school drug-free party. After selling out last year, they ordered a record 100 shirts this year, and for the second year in a row, the shirts sold out before the race began! Thanks to all who purchased a shirt.

The overall male and female winners in the 2-mile race were: Jimmy Samarron of Levelland with a time of 12:29 (this is Jimmy's second straight win in Shallowater) and Natalie Steadman of Lubbock with a time of 14:01. Overall male and female winners for the 10-K were: Bobby Sain of Lubbock with a time of 38:33 and Linda Northrup of Lubbock with a time of 45:18.

Thanks again to all who participated either by running or volunteering. It would not have been possible without all of you.

Dwayne Oakeley, Race Director

THE SHALLOWATER STAMPEDE
2 MILE & 10 KILOMETER RUNS
SEPTEMBER 8, 2001 Shallowater, Texas
2 MILE OVERALL RESULTS

PLACE	NAME	TOWN	ST	AG	S	DIV	PLACE	TIME	PAGE
1	JIMMY SAMARRON	LEVELLAND	TX	46	M	1	M4549	12:29	6:15
2	HOUSTON HOWELL	SHALLOWATER	TX	15	M	1	M1315	12:41	6:21
3	DEVIN CRISTAN	SHALLOWATER	TX	15	M	2	M1315	13:09	6:35
4	JACKIE CANNON	AMARILLO	TX	45	M	2	M4549	13:36	6:48
5	JIM HARRIS	HOBBS	NM	58	M	1	M5559	13:41	6:51
6	LORENZO PADILLA	LEVELLAND	TX	47	M	3	M4549	13:44	6:52
7	STEVE NIEMAN	SHALLOWATER	TX	46	M	4	M4549	13:50	6:55
8	SANDY PETERS	SHALLOWATER	TX	41	M	1	M4044	13:53	6:57
9	BRETT CATE	LUBBOCK	TX	35	M	1	M3539	13:55	6:57
10	CAMDEN STUERZENBERGE	LUBBOCK	TX	18	M	1	M1619	13:56	6:58
11	NATALIE STEADMAN	LUBBOCK	TX	34	F	1	F3034	14:01	7:01
12	CRAIG JACKSON	RANSOM CANYON	TX	36	M	2	M3539	14:02	7:01
13	RAQUEL RODRIGUEZ	SHALLOWATER	TX	13	F	1	F1315	14:23	7:12
14	SAMANTHA MARTINEZ	SHALLOWATER	TX	14	F	2	F1315	14:45	7:23
15	JEFF KEY	LUBBOCK	TX	38	M	3	M3539	14:51	7:26
16	HOLLIE CHANEY	SHALLOWATER	TX	16	F	1	F1619	15:04	7:32
17	DAVID MOYA	LUBBOCK	TX	28	M	1	M2029	15:11	7:36
18	CRYSTAL MANNIN	SHALLOWATER	TX	16	F	2	F1619	15:16	7:38
19	LINDSEY GREEN	SHALLOWATER	TX	17	F	3	F1619	15:17	7:39
20	JULIE ELLIS	SHALLOWATER	TX	16	F	4	F1619	15:25	7:43
21	JUSTIN PENA	LUBBOCK	TX	12	M	1	M0112	15:28	7:44
22	JR. MENDOZA	LEVELLAND	TX	43	M	2	M4044	15:33	7:47
23	STAN WARREN	SHALLOWATER	TX	43	M	3	M4044	15:36	7:48
24	DAVID HIGGINS	LUBBOCK	TX	48	M	5	M4549	15:44	7:52
25	BRITNEY BIXLER	SHALLOWATER	TX	13	F	4	F1315	16:06	8:03
26	WHITNEY SHARP	SHALLOWATER	TX	14	F	3	F1315	16:19	8:10
27	LAURA ELLIS	SHALLOWATER	TX	16	F	5	F1619	16:22	8:11
28	CASSIE PENA	SHALLOWATER	TX	14	F	5	F1315	16:38	8:19
29	JENNA BURTON	SHALLOWATER	TX	12	F	1	F0112	16:48	8:24
30	ELLEN BURTON	SHALLOWATER	TX	14	F	6	F1315	16:51	8:26
31	JESSICA PETERS	SHALLOWATER	TX	16	F	6	F1619	16:54	8:27
32	NATALIE RIOJAS	SHALLOWATER	TX	15	F	7	F1315	16:55	8:28
33	CANDACE TURNER	SHALLOWATER	TX	16	F	7	F1619	16:56	8:28
34	MALINDA COLWELL	LUBBOCK	TX	28	F	1	F2029	17:00	8:30
35	ASHLEE GARCIA	SHALLOWATER	TX	14	F	8	F1315	17:14	8:37
36	GABBY PENA	LUBBOCK	TX	8	F	2	F0112	17:18	8:39
37	ERIN CORKERY	SHALLOWATER	TX	14	F	9	F1315	17:20	8:40
38	JADE COOPER	SHALLOWATER	TX	14	F	10	F1315	17:23	8:42
39	KALLI KITCHENS	SHALLOWATER	TX	12	F	3	F0112	17:30	8:45
40	BRAD TRULOVE	LUBBOCK	TX	18	M	2	M1619	17:32	8:46
41	CHRISTAL SIMMONS	SHALLOWATER	TX	17	F	8	F1619	17:35	8:48
42	TAMMY BLACKBURN	SHALLOWATER	TX	29	F	2	F2029	17:42	8:51
43	KRISTA POUNDS	SHALLOWATER	TX	27	F	3	F2029	17:43	8:52
44	LINDA TAYLOR	SHALLOWATER	TX	40	F	1	F4044	17:44	8:52
45	LISA ALVARADO	SHALLOWATER	TX	18	F	9	F1619	18:06	9:07
46	BRIAN TRULOVE	LUBBOCK	TX	21	M	2	M2029	18:13	9:07
47	HEATHER CANNON	AMARILLO	TX	15	F	11	F1315	18:15	9:08
48	TARA LOK	LUBBOCK	TX	18	F	10	F1619	18:25	9:13

PRE-REGISTRATION REMARKS

I had 99 people pre-registered for the "STAMPEDE". This was a great help as we had 65 walk up to register race day. I greatly appreciate those of you who, even though there is no financial incentive, will help out by pre-registering. Thanks! George W. Jury, Race Registrar

THE SHALLOWATER STAMPEDE
2 MILE & 10 KILOMETER RUNS
SEPTEMBER 8, 2001
Shallowater, Texas

2 MILE OVERALL RESULTS

Table with columns: PLACE NAME, TOWN, ST, AG, S, DIV, PLACE, TIME, PACE. Lists participants from 49 to 82, including names like Britney Townsend, Niki Timms, Kameron Cates, etc.

WTRC MEMBERS RESULTS at
THE 2001 TEXAS SENIOR GAMES
TEN KILOMETER ROAD RACE
Lubbock, Texas September 16, 2001

Table with columns: PLACE NAME, DIV, PLACE, AG, S, TOWN, ST, TIME, PACE. Lists participants from 1 to 16, including names like John Trompler, Bill Felton, James Bone, etc.

W.R.T.C. 2001 CHALLENGE SERIES
STANDINGS AFTER 9 EVENTS
(reflects all paid members as of 07-05-01)

MALE YTD TOTALS table with columns: AGE, PTS, MILES, EVT, VOL. Lists members grouped by age (0-12, 13-19, 20-29, 30-34, 35-39, 40-44, 45-49, 50-54) and their performance statistics.

** = RACE DIRECTOR
* = VOLUNTEER

CORRECTIONS, QUESTIONS, PROBLEMS???
CALL SHIRLEY WIGLEY 797-4201

W.R.T.C. 2001 CHALLENGE SERIES
STANDINGS AFTER 9 EVENTS
(reflects all paid members as of 07-05-01)

YTD TOTALS				YTD TOTALS			
AGE	PTS	MILES	EVT VOL	AGE	PTS	MILES	EVT VOL
MALE (continued)							
55 - 59 MALE				60 - 99 MALE			
Danny Galey	56	78	55.4	8	71	60	40.4
Bob Bernero	59	51	56.3	7	62	59	42.6
Joe Martinez	55	47	23.2	5	62	54	74.7
Jim Harris	58	39	40.2	5	64	37	43
Ron Hillis	57	17	5	2	62	27	11.2
Ron Lubowicz	58	10	34.4	6	67	24	10
Landrum Medlock	56	8	4	1	60	22	25
Rick Lampe	57	5	11.2	2	66	18	20.2
Ron Key	56	0	5	1	63	16	15
Roger Turner	58	0	5	1	68	10	2
Larry Byrd	59	0	33.5	4	62	0	5
					64	0	64.5
FEMALE							
0 - 12 FEMALE				40 - 44 FEMALE			
Margarita Jimenez	12	9	9.2	2	41	59	33.2
					43	59	25.2
13 - 15 FEMALE							
Heather Waygood	15	20	5	2	44	46	27
Heather Cannon	15	18	6	3	42	20	29.1
Veronica Jimenez	13	0	6.2	1	42	18	15
					42	10	4
16 - 19 FEMALE							
Hope Jimenez	17	29	22.2	4	41	9	13.1
Mindy Sullivan	17	20	9	2	42	9	6.2
Alyssa McManamy	16	10	5	1	44	9	2
Laci Jackson	19	10	2	1	41	0	10
					43	0	15
20 - 29 FEMALE							
Linda Northrup	26	39	33.3	4	47	89	61.6
Brandy Temple	29	36	34.2	4	46	69	23.2
Malinda Colwell	28	36	9	4	49	51	35.2
Marianne Miller	28	20	17.4	3	48	42	36.4
Shanna Armstrong	26	10	5	1	47	31	20.2
Julie Huribut	21	9	6.2	1	47	16	5
					48	9	3
					49	6	6.2
30 - 34 FEMALE							
Louanna Arterburn	32	50	25.4	5	52	69	63.5
Janda Ibbetson	31	30	19.2	3	55	40	53.6
Natalie Steadman	34	20	17	3	50	30	30
Rebecca Puckett	33	0	52.3	6	51	16	8
					59	7	16
35 - 39 FEMALE							
Denise Bray	39	50	47.3	6	59	0	13
Marsha Bennett	37	48	26.1	7	53	0	13.1
Melanie McVey	39	39	24.2	5			
Annette Burentheide	35	28	23.4	3			
Cindy Johnson	37	26	14.2	3			
Linda Wickersham	38	25	16.4	3			
Susie Cobos	35	23	26.2	4			
Moiria Ridley	35	19	17.2	2			
Tracy Baugh	39	15	14	2			
Cindy Phelps	37	6	4	1			

** = RACE DIRECTOR
* = VOLUNTEER

CORRECTIONS, QUESTIONS, PROBLEMS???
CALL SHIRLEY WAGLEY 797-4201

MEMBER NEWS

IRONMAN CANADA

Several club members completed the full ironman triathlon on August 26th at Pincton, British Columbia. Todd Hegstrom finished in 12:14:43; Jimmie Key in 14:09:25; and Brandy Temple in 14:47:59. Congratulations to all!

GOVERNOR'S 10K—CLOUDCROFT NM

Janie Phillips sent an email detailing her run in the "worlds highest certified and sanctioned 10K." Janie completed the course in 1:11:05, placing third in her age category and besting her time from last year by nearly seven minutes. By the way, Cloudcroft is over 9,000 feet in altitude. I could not find results to see if any other club members ran.

TURTLE MARATHON—ROSWELL NM

Hawk Harris ran the half marathon in Roswell on September 4th in 1:19:11, capturing second place overall. Jim Harris ran the 5K in 21:28 to finish second in his age group. Jim also reported, somewhat reluctantly, that he ran a "slow" 23:05 5K in Key West, Florida on July 21. The race was the Hemingway Days Sunset 5K, and it commemorated Hemingway's birthday. By the way, the race was run at 7:00 PM with 90 degree heat and humidity.

PRIMERICA INVITATIONAL

Lubbock hosted the Primerica Cross Country Invitational at Mae Simmons Park on September 15. No team scores were kept. Club member Mindy Sullivan won the two-mile race in 11:38. Hope Jimenez finished second in 12:13, and club member Heather Waygood of Sundown finished 8th in 13:05. In the boy's 3 mile, frequent WTRC participant Casey Sumpter finished 4th with a time of 16:35.

LUBBOCK SENIOR GAMES

Lubbock hosted the Texas State Senior Games this year, and will be hosting them again next year. While club member results in the road runs are posted elsewhere in this newsletter, recognition of WTRC volunteers should be noted. The club hosted the 5K and 10K road races at the Reece Center. George Jury measured the courses and submitted the paperwork for certification. John Trompler acted as coordinator for the events. Volunteers included David Higgins, Etta Mayer, Tom Griffin, Dwayne Oakeley, and Adam Puckett. Attendance was adversely impacted by the terrible events in New York and Washington, but we believe we built a good foundation for hosting next year's games. While the club is not primarily responsible for promoting these events, we will try to notify members next year as soon as details become available.

TEXAS TECH RECREATION CENTER TRIATHLON

The 3rd annual Fall Rec Triathlon attracted 76 registered triathletes. Complete results were not posted on the internet, but division winners were listed. Club members winning their divisions included overall winner Tim Key; Caleb Beck was 1st in the Men 17 and under; David Steadman and new club member Jeremy Leggoe were listed as sharing top honors in the 25-34 age group; Wade Wilson was the winner in the 35-45 age group. In the women's competition, Shanna Armstrong won the 25-34 group; Natalie Steadman was best among 35-44 age group competitors; and Connie Berlinger was 1st in the women over 45 division.

RUNNING INTO OLD AGE

An essay by George Sheehan

"What I have lost I can afford to lose. What I have gained is something I cannot do without."

I first came upon the aging process in a race. I felt no sense of advancing years in my day-to-day activity. My work week was unchanged: I wrote, I traveled, I lectured. Some people marveled at my energy and endurance. It was my weekend race that finally told me I was no longer young. The changes that come with age are subtle-but not to a runner. My 10-K time measures me quite accurately. Any change in performance dictated by age is precisely recorded in minutes or seconds on the digital clock at the finish line. "Crumbling is not an instant's Act," wrote Emily Dickinson. And the physician in me knows that almost 90 percent of my liver has to be damaged before its impairment is apparent. The body has enormous reserves to call upon. But in the race, I call on all my reserves. I am operating at full throttle. The least diminution in function becomes evident.

The race, therefore, is the litmus test for aging. Long before anything else goes, race times signal the approach of the last stage of life. A look at my weekly race results will tell you bluntly that I am no longer middle-aged. I am now a full-fledged citizen of the country of the aged.

Three years ago when this happened, I refused to believe it. Running had been my fountain of youth. For years I thought it was inexhaustible, like the never-empty cup of coffee some restaurants offer. After I began running in my 40's, I quickly became 32 years old and stayed that way. Decades came and went, and I was still in my prime.

When my 10-K times slowed down and I began to run personal worsts instead of personal bests, I took stock. It was not age, I told myself. I had been 32 years old for the previous 20 years and did not intend to get older. All I needed was more training, some hills and speedwork, and I would be back to my best.

I took up arms against age. I increased my training and within a single Thanksgiving holiday ran four races. Each race I ran a little faster than the previous one, but never near the times I had registered the year before. And I was no longer in the top third of the field-now, I was well back in the second half of the pack.

How did I feel about all this? Terrible! And don't remind me that most people my age have run up the white flag. Do not tell me I can still outrun the average person twenty years younger than me. Do not point out that age has compensations that will more than pay for the lost few minutes in the race.

I am rebuilding my life on those thoughts. But first, help me bury the runner I once was, and then we can talk about what the future holds.

Apparently, it still holds plenty. My initial depression has receded. I realize now that there are more things at stake than setting a personal best in a road race. I can even answer truthfully (and this is the most difficult part) when someone asks me, "What was your time, Doc?"

My times continue to get slower and slower. And, therefore, the "me" that I am is different. But the me that I am has developed insights and wisdom that I did not have before. What I have lost I can afford to lose. What I have gained is something I cannot do without.

The race, however slow my times, remains an ever-changing learning experience. Whenever I race, I learn something new about myself and those who race with me. I will never be 32 years-old again, but it no longer matters, because I've learned that winning doesn't matter, it's running that counts. And when I push to the limit, I am a boy again, an untried youth listening to the wisdom of my body.

from georgesheehan.com

WEST TEXAS RUNNING CLUB'S

20th 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 6, 2001
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. 4th, \$15
(WTRC members pre register for \$12 to Oct. 4th)
Late Reg; Friday, Oct. 5th, University
Center, N. side, \$20 (everyone)
Raceday; 6:30 to 7:30 A.M. only, \$25

AGE DIVISIONS:

	5K		10K	
	MALE	FEMALE	MALE	FEMALE
12 & Under	12 & Under		19 & Under	19 & Under
13 - 15	13 - 15		20 - 24	20 - 24
16 - 19	16 - 19		25 - 29	25 - 29
20 - 24	20 - 24		30 - 34	30 - 34
25 - 29	25 - 29		35 - 39	35 - 39
30 - 34	30 - 34		40 - 44	40 - 44
35 - 39	35 - 39		45 - 49	45 - 49
40 - 44	40 - 44		50 - 54	50 Plus
45 - 49	45 - 49		55 - 59	
50 - 54	50 Plus		60 Plus	
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: Wade Wilson, 795-1667

Red Ribbon Run

SEA OF RED 4TH ANNUAL RED RIBBON RUN

Sponsored by: West Texas Running Club,
Covenant Health System, and the Sea of Red Committee

Mail Pre-registrations to	When:	Saturday, October 20, 2001
Sara Wilson	Registration:	8:00-8:45 a.m.
6612 Huron Ave.	Race Starts:	9:00 a.m.
Lubbock, TX 79424	Where:	Buddy Holly Park
For questions call		N. University &
Rose Hoeve @ 725-6074		Canyon Lake Dr

Make checks payable to West Texas Institute

Entry Fee: Pre-registration \$10.00 if post marked by October 13, 2001. Late registration \$12.00, \$25.00 for school groups (including 2 sponsors). T-shirts will be given to the first 40 registrants. Age group awards will be given. Traveling trophy for the Elementary, Junior and Senior High Schools with the most entrants.



Waiver – All entrants must read and sign

The West Texas Running Club, Sea of Red Committee, agents, or representative of the run, or any volunteer 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 participants in the 2001 Red Ribbon Run. This indemnity shall extend to and shall be binding on their heirs, legatees, administrators, and assigns. My signature hereto verifies that part 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 (if minor) _____

Date of Birth _____ / _____ / _____ Male _____ Female _____ T-shirt Size _____

Name _____ Address _____ City _____ ZIP _____

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

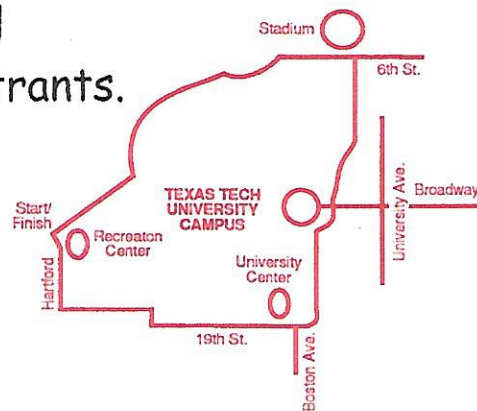
20th
ANNUAL
RED
RAIDER
ROAD
RACE

5K & 10K
Road Race



Run the Texas Tech
Campus as part of Tech's
Homecoming Weekend!
October 6, 2001

T-Shirts
Awarded
To All
Registrants.



Sanctioned by the
West Texas Running Club/
Course TAC Certified

Sponsored by:



West Texas Running Club

Bolinger, Segars, Gilbert & Moss, LLP

Center for
Orthopedic Surgery



Ex-Students
Association

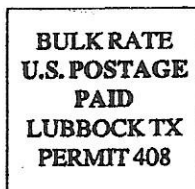
Benefiting the Texas Tech / West Texas Running Club Scholarship Fund

Red Raider Road Race

Texas Tech Ex-Students Association

P.O. Box 45001

Lubbock, TX 79409-5001



20th Annual Red Raider Road Race

Date: Saturday, October 6, 2001 **Starting Time:** 8:00 a.m.

Registration: Until October 4, 2001 - \$15* Entry fee payable to the West Texas Running Club.
*Please add \$2 if you want an XXL t-shirt – (for the first 12 who sign up)

Walk In Registration: 8 a.m. -12 p.m. & 1 p.m.– 5 p.m. Weekdays at the Ex-Students Association building

Late Registration & Packet Pick-Up: \$20 – Friday, October 5, 12 p.m.– 6 p.m. North side of the UC Lobby

Race Day Registration & Packet Pick-Up: \$25 – Saturday, October 6, 6:30 a.m.–7:30 a.m. ONLY!
Student Rec Center (Main & Hartford)

Divisions:

Men: 19 & Under; 20-24; 25-29; 30-34; 35-39; 40-44; 45-49; 50-54; 55-59; 60-64; 65 & over

Women: 19 & Under; 20-24; 25-29; 30-34; 35-39; 40-44; 45-49; 50 & over

Special Divisions: Clydesdales, both races: Men 190 lbs. +; Women 150 lbs. +
5K – 12 & under; 13-15; 16-19

Start/Finish: Student Rec Center **Aid Stations:** At 2, 3 & 5 mile marks **Split Times:** at 1 mile

Course: Both the 5K & 10K Road Race will be run on the Tech Campus, with the start and finish at the Student Rec Center. A map of the course will be included at registration.

Awards: 1st Place overall Male and Female winners will receive a custom engraved plaque. Also best Master in each race (age graded) will receive a custom engraved plaque. Medallions will be presented to the first three finishers in each age/sex race class. Awards will also be given to the first three, age graded, in each race in the Clydesdales division.

Award Ceremony: Presentation at 9:30 a.m. at the Finish Line

Prize Drawings: Pre-registrants only. Must be present to win.

Corporate Sponsors: Cardinal's Sports Centers, Center for Orthopedic Surgery, Bolinger, Segars, Gilbert & Moss CPA's

Please make checks payable to the West Texas Running Club.

For more info call: Wade or Debbie Wilson @ 806/795-1667 or Fax 806/795-9469

Detach & Return to: RRRR/WTRC, %Debbie Wilson, 7818 Kenosha Avenue, Lubbock, TX 79423

First Name	MI	Last Name	Age on race day	Sex	
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	M F	
Address			M L XL XXL	T-shirt Size (adult) Add \$2 for XXL	
<input type="text"/>					
City	State	Zipcode	Make checks payable to: West Texas Running Club		
<input type="text"/>	<input type="text"/>	<input type="text"/>			
Area Code	Daytime Phone Number	Entered Event		<input type="text"/>	
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>		
		5K	10K	Clydesdale	Wheelchair
FOR OFFICIAL USE ONLY					

Warning: Participation in the Red Raider Road Race can be a threat to the health of individuals who are not in proper condition and health.

WAIVER STATEMENT: West Texas Running Club, Texas Tech Ex-Students Assn., Texas Tech University, all corporate sponsors of the event, the employees, 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 or death of any person or persons and for damage to or loss of property, arising out of or attributed, directly or indirectly, to participate in the Red Raider Road Race 5K/10K Run. This indemnity shall extend to and shall be binding on my 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. THIS ENTRY IS NOT VALID UNLESS SIGNED BY THE ENTRANT, GUARDIAN, CONSERVATOR, OR PARENT FOR ENTRANTS UNDER 18 YEARS OLD, RRCA rules prohibit skates, strollers, dogs, etc.

Signature of Entrant _____

Signature of Guardian (minors) _____